



The Cheez-It Chicken Breast Recipe is a creative twist on classic breaded [chicken](#), offering a unique and flavorful way to enjoy this beloved protein. By using crumbled Cheez-It crackers as a coating, the dish achieves an unparalleled level of crunch and cheesy goodness that traditional breadcrumbs simply can't match. This recipe is not only straightforward and quick to prepare, but it also brings a nostalgic element to the dining experience, reminiscent of snacking on Cheez-Its. Whether you're a fan of cheesy flavors or simply seeking to elevate your chicken dishes, Cheez-It chicken is a delicious option that brings both comfort and innovation to the table.

Health Benefits and Preparation Steps

Although using Cheez-It crackers as a coating is indulgent, the incorporation of chicken breast ensures the dish is rich in lean protein, which is essential for muscle repair and growth. Chicken breast is low in fat and provides a good source of vitamins such as B6 and niacin, which play a crucial role in energy metabolism.

Steps to Prepare Cheez-It Chicken Breast

1. **Gather Ingredients:** You'll need boneless, skinless chicken breasts, Cheez-It crackers, eggs, flour, salt, and pepper.
2. **Preheat Oven:** Set your oven to 375°F (190°C) to ensure it's ready for baking.
3. **Crush Cheez-Its:** Place the Cheez-It crackers in a resealable plastic bag and crush them into fine crumbs using a rolling pin.
4. **Prepare Coating Stations:** Set up three bowls – one with flour mixed with a pinch of salt and pepper, another with beaten eggs, and a third with crushed Cheez-It crumbs.
5. **Coat Chicken Breasts:** Dip each chicken breast first in flour, then egg, and finally coat thoroughly with Cheez-It crumbs.
6. **Bake:** Place coated chicken breasts on a baking sheet, and bake in the preheated oven for 25-30 minutes or until the chicken is fully cooked and the coating is golden brown.
7. **Serve:** Let the chicken rest for a few minutes before serving with your choice of side dishes. Enjoy the cheesy, crunchy delight!

Nutritional Information and Calories

Here's a table providing an estimated calorie breakdown for the Cheez-It chicken breast:

Ingredient	Serving Size	Calories (approx.)
Chicken Breast	8 oz	220



Cheez-It Crackers	1 cup	275
All-Purpose Flour	1/4 cup	110
Eggs	1 large	70
Total	-	675

Note: Caloric values are approximate and can vary based on specific brands and preparation methods. It's recommended to adjust your portion sizes accordingly if you're monitoring caloric intake.

How to Make Cheez-It Chicken Breast with Mayo: Step-by-Step Guide

Ingredients:

- 4 boneless, skinless chicken breasts
- 2 cups Cheez-It crackers, finely crushed
- 1 cup mayonnaise
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- Salt and pepper to taste

Step 1: Preheat Oven

- Preheat your oven to 375°F (190°C).
- Line a baking sheet with parchment paper for easy cleanup.

Step 2: Prepare the Coating

- In a bowl, combine crushed Cheez-It crackers, garlic powder, onion powder, salt, and pepper.
- Mix until well combined and set aside.

Step 3: Coat the Chicken

- Use a brush or spoon to generously coat each chicken breast with mayonnaise.
- Press the mayo-coated chicken into the Cheez-It mixture, ensuring it is evenly coated on all sides.



Step 4: Bake the Chicken

- Place the coated chicken breasts on the prepared baking sheet.
- Bake in the preheated oven for 25-30 minutes, or until the chicken is cooked through and the coating is golden brown.

Step 5: Serve and Enjoy

- Remove the chicken from the oven and let it rest for a few minutes.
- Serve hot and enjoy this crispy, flavorful dish with your favorite sides!

Easy Cheez-It Chicken Breast Recipe for Busy Weeknights

Ingredients

- 4 boneless, skinless chicken breasts
- 2 cups Cheez-It crackers, crushed
- 1/2 cup mayonnaise
- 1 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper

Instructions

1. Prepare the Oven and Baking Dish

Preheat your oven to 400°F (205°C). Lightly grease a baking sheet or line it with parchment paper.

2. Crush the Cheez-It Crackers

Place the Cheez-It crackers into a food processor and pulse until they form fine crumbs. Alternatively, place the crackers in a resealable plastic bag and crush them with a rolling pin.

3. Season the Chicken

Sprinkle the chicken breasts with garlic powder, salt, and black pepper to taste.



4. Coat with Mayonnaise

Evenly spread a thin layer of mayonnaise over each chicken breast. This will act as the glue to keep the cracker crumbs in place.

5. Cover in Crumbs

Dredge the mayo-coated chicken breasts in the crushed cracker crumbs, pressing down slightly to ensure an even coating on all sides.

6. Bake

Arrange the crumb-coated chicken breasts on the prepared baking sheet. Bake in the preheated oven for 20-25 minutes, or until the chicken is cooked through and the crust is golden and crispy.

Serving Suggestions

- Pair with a side of steamed vegetables for a balanced meal.
- Serve alongside mashed potatoes or a fresh garden salad for a satisfying dinner.

Cheez-It Chicken with Sour Cream: Adding a Creamy Twist

For those who enjoy a richer flavor profile, adding sour cream to your Cheez-It chicken is a delightful way to enhance the dish. Here's how to incorporate sour cream into this already delicious recipe.

Ingredients

- Chicken breasts
- Cheez-It crackers
- Sour cream
- Basic seasonings (salt and pepper)

Instructions

- **Prepare the Cheez-It Crumbs:** Crush Cheez-It crackers into fine crumbs using a food processor or a resealable bag with a rolling pin.



- **Coat the Chicken:** Before applying the Cheez-It crumbs, coat the chicken breasts with sour cream. This adds a creamy texture and helps the crumbs stick better.
- **Crumb the Chicken:** Press the sour cream-coated chicken into the Cheez-It crumbs, ensuring an even coating.
- **Bake:** Preheat your oven to 400°F and bake the chicken on a parchment-lined baking sheet for about 20-25 minutes, until fully cooked and golden brown.

This variation offers a tangy twist on the classic Cheez-It chicken recipe, providing a creamy contrast to the crispy crust. It pairs well with sides like mashed potatoes or a cucumber salad for a well-rounded meal.

Crispy Cheez-It Chicken Breast Recipe in an Air Fryer

Cooking Cheez-It chicken breast in an air fryer offers a quick and healthier way to achieve that perfect crispy texture. This method uses minimal oil while maintaining all the flavor and crunch you love. Here's how to make it:

Ingredients

- Chicken breasts (boneless and skinless)
- Cheez-It crackers, finely crushed
- Mayonnaise or sour cream (your choice)
- Salt and pepper to taste
- Non-stick cooking spray

Instructions

1. Prepare the Coating:

- Crush the Cheez-It crackers until they form fine crumbs. You can use a food processor for this or crush them manually in a resealable bag.

2. Coat the Chicken:

- Season the chicken breasts with salt and pepper.
- Coat each piece with mayonnaise or sour cream, ensuring an even layer for optimal adhesion.
- Press the chicken into the Cheez-It crumbs, covering completely.

3. Preheat the Air Fryer:



- Set your air fryer to 375°F (190°C) and preheat for about 3 minutes.

4. **Cook the Chicken:**

- Lightly spray the air fryer basket with non-stick cooking spray.
- Place the coated chicken breasts in a single layer in the basket. Avoid overcrowding to ensure even cooking.
- Air fry for 15-18 minutes, flipping halfway through, until the chicken is cooked through and the coating is golden and crispy.

5. **Serve and Enjoy:**

- Allow the chicken to rest for a few minutes before serving to let the juices redistribute.
- Pair with your favorite sides and enjoy a delicious, crispy meal!

Cheez-It Chicken Thighs A Juicy Variation to Try

Cheez-It chicken thighs offer a juicy and flavorful twist on the classic chicken breast recipe. The dark meat of the thighs provides a richer taste and remains moist throughout cooking. Here's how to make this tasty variation:

1. **Prepare the Ingredients:** Gather chicken thighs, Cheez-It crackers, mayonnaise (or sour cream for a twist), salt, and pepper.
2. **Crush the Crackers:** Using a food processor or resealable bag and rolling pin, crush the Cheez-It crackers into fine crumbs.
3. **Coat the Chicken Thighs:** Apply a generous layer of mayonnaise or sour cream onto the chicken thighs, ensuring even coverage to help the crumbs stick.
4. **Apply the Cheez-It Coating:** Press the coated thighs into the crushed Cheez-It crumbs, turning them to cover all sides thoroughly.
5. **Bake the Chicken:** Place the chicken thighs on a parchment-lined baking sheet. Bake in a preheated oven at 400°F for 25-30 minutes, or until the chicken reaches an internal temperature of 165°F and the coating is golden brown.
6. **Serve and Enjoy:** Once cooked, let the thighs rest for a few minutes before serving. Pair them with your favorite side dishes for a complete and satisfying meal that highlights the juicy tenderness of Cheez-It chicken thighs.

Cheez-It Chicken Nuggets for Kids Bite-Sized



Perfection

Making Cheez-It chicken nuggets is a fantastic way to serve a kid-friendly meal that's both tasty and fun. These bite-sized pieces are perfect for little hands and offer a satisfying crunch that children will love. Here's how to make them:

Ingredients

- Boneless, skinless chicken breasts or thighs
- Cheez-It crackers
- Mayonnaise or sour cream (for coating)
- Salt and pepper, to taste
- Optional: garlic powder or onion powder for additional flavor

Instructions

1. Prepare the Chicken:

- Cut the chicken into bite-sized pieces. Make sure they are all similar in size for even cooking.

2. Crush the Cheez-Its:

- Use a food processor or resealable bag and rolling pin to crush the Cheez-It crackers into fine crumbs for the coating.

3. Coat the Chicken:

- Toss the chicken nuggets in mayonnaise or sour cream to help the crumbs adhere. Season with salt, pepper, and any additional spices you like.

4. Apply the Coating:

- Press each piece of chicken into the Cheez-It crumbs until fully coated on all sides.

5. Cooking Options:

- For baking: Place nuggets on a baking sheet lined with parchment paper and bake in a preheated oven at 400°F for 15-18 minutes.
- For air frying: Arrange in the air fryer basket and cook at 375°F for 12-15 minutes, flipping halfway through.



6. Serve and Enjoy:

- Serve the nuggets warm with favorite dipping sauces such as ketchup, ranch, or honey mustard.

These Cheez-It chicken nuggets are sure to be a hit at any family meal or kids' party!

Cheez-It Chicken Tenders Perfect for Dipping and Snacking

Cheez-It chicken tenders are a fantastic option when you're looking for something easy and delicious to snack on. These tenders are perfect for game days, parties, or when you simply crave a savory bite. Here's how to make them:

- **Ingredients Needed:**

- Chicken tenders
- Cheez-It crackers
- Mayonnaise or sour cream
- Salt and pepper to taste
- Optional: your choice of seasonings (e.g., paprika, garlic powder)

- **Preparation Steps:**

1. Crush the Cheez-It crackers into fine crumbs using a food processor or by placing them in a resealable bag and crushing them with a rolling pin.
2. Coat the chicken tenders with mayonnaise or sour cream to ensure the Cheez-It crumbs stick well.
3. Season the tenders with salt, pepper, and any additional spices you like.

- **Cooking Method:**

- **Oven Baked:** Preheat the oven to 400°F and place the coated tenders on a lined baking sheet. Bake for 15-20 minutes or until crispy and cooked through.
- **Air Fried:** Place the tenders in the air fryer basket, ensuring they are spaced out for even cooking. Cook at 375°F for about 12 minutes, flipping halfway through.

- **Serving Suggestions:**

- Serve the chicken tenders with your favorite dipping sauces like honey mustard, BBQ sauce, or ranch dressing.
- Perfect as a stand-alone snack or pair with a salad for a quick meal.

Enjoy these irresistible and crunchy Cheez-It chicken tenders that everyone will love!



Cheez-It Chicken with Mayo vs. Sour Cream: Which One to Choose?

Criteria	Mayo Coating	Sour Cream Coating
Texture	Moist and creamy	Rich and tangy
Crispiness	Helps achieve a slightly crispier crust	Provides a softer, slightly creamy crust
Flavor Profile	Mild with a slight tang	More pronounced tang, adding extra flavor
Adhesion	Excellent, ensuring crumbs stick well	Good, though slightly less than mayo
Calories	Usually higher, depending on the mayo type	Slightly lower, providing a lighter option
Cooking Time	Consistent with recipe recommendations	Consistent with recipe recommendations

Choosing between mayo and sour cream as a coating depends on personal preferences regarding flavor and texture. Both options result in delicious, crunchy chicken with their unique characteristics enhancing the overall dish.

The Secret to Perfectly Crunchy Cheez-It Chicken Breast in the Oven

Achieving the perfect crunch for your Cheez-It chicken breast in the oven involves a few simple tricks to ensure crispy, flavorful results every time. Here are some tips and techniques to follow:

Ingredients

- Chicken breasts
- Mayonnaise or sour cream
- Cheez-It crackers, crushed
- Optional: spices or seasoning blends



Preparation Tips

- **Pat the Chicken Dry:** Ensure the chicken breasts are thoroughly dried with a paper towel before coating. This helps the coating adhere better.
- **Crush the Cheez-Its Finely:** Use a food processor or a rolling pin to crush the Cheez-Its into fine crumbs. This ensures an even coating.
- **Even Layer of Coating:** Make sure each piece of chicken is evenly coated with crumbs for consistent crunchiness.

Baking Techniques

- **Preheat the Oven:** Always preheat your oven to 400°F (204°C) before baking. This helps start the cooking process right and maintains the chicken's moisture.
- **Use a Wire Rack:** Place the chicken on a wire rack set over a baking sheet. This allows hot air to circulate around the chicken, promoting an even, crispy exterior.
- **Avoid Overcrowding:** Ensure there is space between each piece of chicken while baking so that it cooks evenly and crisps up nicely.
- **Monitor the Cooking Time:** Bake for approximately 20-25 minutes, checking occasionally to avoid overcooking, which could lead to dryness.

By following these tips, you can achieve a perfectly crunchy Cheez-It chicken breast that satisfies both texture and flavor enthusiasts.

Can You Make Cheez-It Chicken in an Air Fryer? A Quick and Easy Recipe

Ingredients

- Boneless, skinless chicken breasts or thighs
- 1 cup of Cheez-It crackers, crushed
- 1/2 cup of mayonnaise or sour cream
- Salt and pepper to taste
- Cooking spray

Instructions

1. Prepare the Chicken:

- Trim any excess fat from the chicken.



- Season with salt and pepper.

2. **Coat the Chicken:**

- Spread mayonnaise or sour cream over each piece of chicken.
- Dip the chicken into the crushed Cheez-It crackers, pressing firmly to ensure an even coating.

3. **Air Fry the Chicken:**

- Preheat the air fryer to 375°F.
- Spray the basket with cooking spray to prevent sticking.
- Place the coated chicken pieces in the basket, ensuring they are not overlapping.
- Cook for 12-15 minutes, turning halfway through, until the chicken reaches an internal temperature of 165°F for safe consumption.

4. **Serve:**

- Enjoy your crispy Cheez-It chicken warm, with your choice of dipping sauces.

How to Make Cheez-It Chicken Thighs Extra Juicy and Flavorful

Ingredients

- Chicken thighs (bone-in or boneless)
- Mayonnaise or sour cream
- Cheez-It crackers, crushed
- Salt and pepper, to taste
- Optional: garlic powder, onion powder, or paprika for added seasoning

Preparation Steps

1. **Preheat the Oven or Air Fryer**

- Oven: Preheat to 400°F.
- Air Fryer: Preheat to 375°F.

2. **Prepare the Chicken Thighs**

- Trim any excess fat from the thighs.



- Season with salt, pepper, and any additional spices of choice.

3. Coating the Chicken

- **Option 1: Mayonnaise**

- Spread a thin layer of mayonnaise over each thigh for richness.

- **Option 2: Sour Cream**

- Apply a coating of sour cream for a tangier flavor.

4. Crust the Thighs

- Place the seasoned thighs in a shallow dish with crushed Cheez-It crumbs.
- Press firmly to ensure an even coating.

Cooking Instructions

- **Baking Method**

- Place coated thighs on a baking sheet lined with parchment paper.
- Bake in the oven for 25-30 minutes or until the internal temperature reaches 165°F.

- **Air Frying Method**

- Place the thighs in the air fryer basket with space in between.
- Air fry for 20-25 minutes, flipping halfway through, until golden brown and cooked through.

Tips for Extra Juiciness

- Brine the chicken thighs for a few hours in saltwater before coating for enhanced moisture retention.
- Avoid overcooking by using a meat thermometer to check for doneness.
- Let the chicken rest for a few minutes after cooking to lock in juices.

Enjoy your flavorful and juicy Cheez-It chicken thighs with your favorite side dishes!

Cheez-It Chicken Nuggets vs. Tenders: What's the Difference?

Aspect	Chicken Nuggets	Chicken Tenders
Size	Small, bite-sized pieces	Longer, strip-like pieces
Meat Type	Generally from all chicken parts	Typically made from chicken breast



Cooking Time	Shorter due to smaller pieces	Slightly longer due to larger size
Texture	Uniform texture	Combination of crunchy exterior and tender interior
Ideal Serving	Perfect for children's meals and snacks	Great for dipping and appetizers
Versatility	Can be seasoned in various ways	Can easily pair with diverse sauces

Common Mistakes to Avoid When Making Cheez-It Chicken Breast Recipes

When preparing Cheez-It chicken breast, certain missteps can hinder achieving the desired crunchy and juicy texture. Here's a step-by-step guide to avoiding common pitfalls:

1. **Not Crushing the Cheez-Its Fine Enough:** Ensure the Cheez-Its are crushed into a fine crumb consistency. Large chunks may not adhere well to the chicken and can lead to uneven coating.
2. **Skipping the Coating Binder:** Use mayonnaise or sour cream to coat the chicken before applying Cheez-It crumbs. This step is crucial for ensuring the crumbs stick and form a crispy layer.
3. **Crowding the Baking Sheet or Air Fryer Basket:** Leave enough space between each chicken piece to allow proper air circulation. Overcrowding can lead to uneven cooking and prevent your chicken from achieving a crispy exterior.
4. **Neglecting to Preheat the Oven or Air Fryer:** Preheating is essential for consistent cooking. Starting in a cold oven or air fryer can cause the chicken to cook unevenly and result in a soggy texture.
5. **Underestimating Cooking Time:** Use a meat thermometer to ensure chicken reaches an internal temperature of 165°F. Undercooked chicken can be unsafe while overcooked chicken might become dry.
6. **Overlooking Flavor Enhancements:** Although Cheez-Its are flavorful, consider additional seasonings or marinades to enhance the taste. Simple additions like garlic powder or paprika can boost the chicken's flavor profile.

By keeping these common mistakes in mind, you'll be on your way to mastering Cheez-It chicken breast recipes that delight every time.



Conclusion

Cheez-It chicken breast is a versatile and delicious dish that offers endless possibilities for customization. From mayo vs. sour cream to nuggets vs. tenders, there's something for everyone. With these tips and recipes, you can create the perfect Cheez-It chicken meal for any occasion. Now, it's time to get creative in the kitchen! Whether you're a seasoned chef or a home cook, this dish is sure to impress. Enjoy exploring the flavors and finding your favorite combination. Happy cooking!

FAQs

Q1: Can I use different types of cheese crackers for the coating?

A1: Yes, you can experiment with various cheese-flavored crackers to find your preferred taste. Just be sure to crush them to a fine consistency for an even coating.

Q2: Is there an alternative to mayonnaise or sour cream for the coating base?

A2: Certainly! You can use Greek yogurt, buttermilk, or even a beaten egg as the coating base to help the crumbs adhere to the chicken.

Q3: How can I store leftover Cheez-It chicken?

A3: Allow the chicken to cool and store it in an airtight container in the refrigerator for up to 3 days. For reheating, use the oven or air fryer to maintain the crispiness.

Q4: Can Cheez-It chicken be frozen for later use?

A4: Absolutely! Once cooked, allow the chicken to cool completely, then freeze in a single layer before transferring to a resealable bag or container. Reheat directly from the freezer in the oven or air fryer for best results.

Q5: What sides pair well with Cheez-It chicken?

A5: Cheez-It chicken pairs well with various sides like coleslaw, mashed potatoes, roasted vegetables, or a simple garden salad for a balanced meal.

Q6: Can I make Cheez-It chicken spicy?



A6: Yes! Add spices like cayenne pepper, chili powder, or hot sauce to the coating mix or marinade to give your chicken a spicy kick. Adjust the level to your heat preference.