

# SUCCESS IN THE EXPRESS LANE



## 3 EASY WEEKNIGHT MEALS IN 15 ITEMS OR LESS

Our Express Lane Meal Plans & Shopping Lists help make your meal planning and shopping a little easier. With 15 simple ingredients, you can make three yummy Perdue recipes. Just check off each item as you shop!



**Gluten Free Chicken with Tomatoes and Polenta**



**Easy BBQ Chicken Pizza**



**Lemon Chicken Pasta with Green Beans**

## SHOPPING LIST

### PERDUE® CHICKEN

- 2 packages PERDUE® PERFECT PORTIONS® Boneless Skinless Chicken Breast (1.5 lbs.)



### PRODUCE

- 1 small Red Onion
- 1 bunch Green Onions
- 1 head Garlic
- 1/2 pound Green Beans
- 1 1/2 pounds Heirloom Tomatoes
- 1 bunch Fresh Basil
- 1 Lemon

### MISCELLANEOUS

- 1 (14.5 oz.) can Diced Tomatoes with Garlic and Onions
- 1 log prepared Polenta
- 1 bottle Sweet BBQ Sauce
- 1 box Orecchiette Pasta

### DAIRY

- 1 pound refrigerated Pizza Dough
- 1 block Mozzarella Cheese

### PANTRY STAPLES

- Olive Oil
- Salt
- Black Pepper
- Italian Seasoning
- Garlic Powder
- Parmesan Cheese

### QUICK TIPS

- Use PERFECT PORTIONS® chicken breasts for all your Express Lane Meals
- Just grill or sauté PERFECT PORTIONS® chicken breast for 3 or 4 minutes per sides
- Serve whole, chop, slice or shred as desired
- You can also substitute SHORT CUTS® chicken in the Lemon Chicken or BBQ Chicken Pizza recipe as well

Get these recipes and more at [PERDUE®.com](http://PERDUE.com)