



Chicken Waffle BLTs

PERDUE® CHICKEN

- ❑ 12 PERDUE® Chicken Breast Nuggets

PRODUCE

- ❑ ¾ cup Shredded Lettuce
- ❑ 4 Roma Tomatoes

REFRIGERATED

- ❑ 6 Bacon Slices

MISCELLANEOUS

- ❑ 24 Mini Waffles
- ❑ ¼ cup Mayonnaise

Chicken Mushroom Swiss Chard Galette

PERDUE® CHICKEN

- ❑ 2 PERDUE® PERFECT PORTIONS® Boneless, Skinless Chicken Breasts

PRODUCE

- ❑ 1 (8-ounce) box White, Cremini or Mixed Mushrooms
- ❑ 2 Garlic Cloves
- ❑ 1 (8-ounce) bunch Swiss Chard
- ❑ ¼ cup Fresh Herbs

REFRIGERATED

- ❑ 1 cup Ricotta Cheese
- ❑ ¼ cup Grated Parmesan Cheese
- ❑ 1 store-bought Pie Crust
- ❑ 1 Egg

PANTRY STAPLES

- ❑ 1 ¼ tsp Salt
- ❑ ¾ tsp Black Pepper
- ❑ 4 tbsp. Olive Oil

Southwestern Style Chicken Fajita Salad

PERDUE® CHICKEN

- ❑ 1 Package PERDUE® SHORT CUTS® Carved Chicken Breasts, Southwestern Style

PRODUCE

- ❑ ½ cup Jicama
- ❑ ½ cup Red Bell Pepper
- ❑ ½ cup Red Onion
- ❑ 1 Lime
- ❑ 4 cups Romaine Lettuce

REFRIGERATED

- ❑ ½ cup Ranch Dressing
- ❑ ½ cup Pickled Jalapeno

MISCELLANEOUS

- ❑ ¾ cup Corn Kernels
- ❑ 1 (15-ounce) can Black Beans
- ❑ Tortilla Strips

PANTRY STAPLES

- ❑ 1 tbsp Olive Oil

Quinoa Lime Stuffed Chicken Breasts

PERDUE® CHICKEN

- ❑ 4 PERDUE® FIT & EASY®, Boneless Skinless Chicken Breasts

PRODUCE

- ❑ 8 tbsp Sweet Onion
- ❑ 1 Lime
- ❑ 2 tbsp Cilantro
- ❑ 1 Avocado

MISCELLANEOUS

- ❑ 1 cup Chicken Stock
- ❑ ½ cup Quinoa

PANTRY STAPLES

- ❑ 2 tbsp Olive Oil
- ❑ ½ tsp Salt
- ❑ ¼ tsp Black Pepper
- ❑ ¼ tsp Hot Sauce
- ❑ 4 tsp Ground Cumin

Parmesan Baked Chicken Nuggets

PERDUE® CHICKEN

- ❑ 1 Bag PERDUE® SIMPLY SMART® Gluten Free Breaded Chicken Nuggets

REFRIGERATED

- ❑ ½ cup Grated Parmesan Cheese
- ❑ 1 cup Jarred Marinara Sauce

PANTRY STAPLES

- ❑ ½ tsp Garlic Powder

Apple Cran Chicken Salad Sandwich

PERDUE® CHICKEN

- ❑ 2 Cups PERDUE® Oven Ready Whole Seasoned Roaster

PRODUCE

- ❑ 1 cup tart Apples
- ❑ 1 cup Celery
- ❑ 4 large Lettuce Leaves (optional)

REFRIGERATED

- ❑ ½ cup Reduced Fat Mayonnaise
- ❑ 1 ½ tsp Honey Mustard

MISCELLANEOUS

- ❑ ½ cup Dried Cranberries
- ❑ 4 slices hearty Whole Grain Bread (optional)

Quick and Simple Chicken Piccata

PERDUE® CHICKEN

- ❑ 2 PERDUE® FIT & EASY®, Boneless Skinless Chicken Breasts

PRODUCE

- ❑ 2 lemons
- ❑ 4 tbsp Parsley

REFRIGERATED

- ❑ 2 tbsp Unsalted Butter

MISCELLANEOUS

- ❑ 1 cup White Wine
- ❑ ½ cup Chicken Stock
- ❑ 2 tbsp brined Capers

PANTRY STAPLES

- ❑ 2 tbsp Olive Oil
- ❑ ½ tsp Salt
- ❑ ¼ tsp Black Pepper
- ❑ ½ cup all-purpose Flour