



## Hearty Apple Chicken Breakfast Skillet

### PERDUE® CHICKEN

- ❑ 1 lb. PERDUE® Fresh Ground Chicken

### PRODUCE

- ❑ 1 cup Sweet Onion
- ❑ 1 medium Sweet Apple
- ❑ 4 cups Shredded Potatoes

### REFRIGERATED

- ❑ 4 Large Eggs

### MISCELLANEOUS

- ❑ 2 tbsp Dried Sage

### PANTRY STAPLES

- ❑ 4 tbsp Olive Oil
- ❑ 1 tsp Salt
- ❑ ½ tsp Black Pepper

## Grilled Teriyaki Chicken Negimaki

### PERDUE® CHICKEN

- ❑ 1 lb. PERDUE® FIT & EASY® Boneless, Skinless Chicken Breasts

### PRODUCE

- ❑ 8 Asparagus Spears
- ❑ 4 tbsp Scallions

### MISCELLANEOUS

- ❑ 1 cup Teriyaki Sauce
- ❑ 1 tbsp Toasted Sesame Seeds

## Mojo Chicken and Quinoa Burrito Bowls

### PERDUE® CHICKEN

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

### PRODUCE

- ❑ 3 Limes
- ❑ ½ cup Cilantro
- ❑ ½ cup Red Bell Pepper
- ❑ ½ cup Red Onion

### REFRIGERATED

- ❑ ½ cup Sour Cream
- ❑ ½ cup Pico De Gallo Salsa

### MISCELLANEOUS

- ❑ 1 cup Mojo Criollo Marinade
- ❑ 1 cup Organic Quinoa
- ❑ 1 tsp Adobo Seasoning
- ❑ 1 can Whole Kernel Corn
- ❑ 1 can Low Sodium Pinto Beans

### PANTRY STAPLES

- ❑ 3 tbsp. Extra Virgin Olive Oil

## Sesame Ginger Chicken Salad

### PERDUE® CHICKEN

- ❑ 4 PERDUE® OVEN STUFFER® Whole Chicken

### PRODUCE

- ❑ 1 tbsp. Grated Ginger
- ❑ 1 cup Celery
- ❑ 2 cups Arugula
- ❑ 1 cup Red Bell Pepper
- ❑ ¼ cup Cilantro
- ❑ 2 Scallions

### MISCELLANEOUS

- ❑ 4 tbsp. Rice Wine Vinegar
- ❑ 1 tbsp. Sesame Oil
- ❑ 1 tbsp. Soy Sauce
- ❑ 1 tbsp. Honey
- ❑ 2 tbsp. Toasted Sesame Seeds (optional)

### PANTRY STAPLES

- ❑ ¼ tsp Salt
- ❑ 1/8 tsp Black Pepper
- ❑ 4 tbsp. Vegetable Oil

## Lemon Chicken and Orzo One Pan Meal

### PERDUE® CHICKEN

- ❑ 1 Package PERDUE® HARVESTLAND® Boneless Skinless Chicken Thighs

### PRODUCE

- ❑ 2 cups Carrots or Zucchini
- ❑ 1 Lemon

### REFRIGERATED

- ❑ ½ cup Black or Kalamata Olives
- ❑ 1 tbsp. Lemon Juice

### MISCELLANEOUS

- ❑ 1 ¼ cup Reduced-Sodium Chicken Broth
- ❑ 2/3 cup Orzo Pasta

### PANTRY STAPLES

- ❑ 2 tbsp. Olive Oil
- ❑ 2 tsp Dried Oregano
- ❑ ¼ tsp Black Pepper

## Chicken Pasta Primavera Salad with Parmesan Vinaigrette

### PERDUE® CHICKEN

- ❑ 2 Cups PERDUE® HARVESTLAND® Whole Chicken with Giblets

### PRODUCE

- ❑ 1 small Onion
- ❑ 1 medium Carrot
- ❑ 1 small Summer Squash
- ❑ 8 Asparagus Spears
- ❑ ½ cup Peas
- ❑ 1 tsp grated Garlic
- ❑ ¼ cup Fresh Basil
- ❑ 1 cup Cherry Tomatoes
- ❑ 2 tsp Lemon Juice

### MISCELLANEOUS

- ❑ 8 ounces Campanelle
- ❑ ¼ cup Red Wine Vinegar
- ❑ ¼ cup Grated Parmesan Cheese

### PANTRY STAPLES

- ❑ ½ cup Olive Oil
- ❑ ½ tsp Salt
- ❑ ¼ tsp Black Pepper

## Easy Carolina BBQ Chicken

### PERDUE® CHICKEN

- ❑ 1 PERDUE® Fresh Whole Chicken

### PRODUCE

- ❑ 1 Lemon

### REFRIGERATED

- ❑ 1 Large Egg

### MISCELLANEOUS

- ❑ ½ cup Apple Cider Vinegar
- ❑ ½ tsp Dry Mustard
- ❑ ½ tsp Poultry Seasoning

### PANTRY STAPLES

- ❑ ½ cup Vegetable Oil
- ❑ ½ tsp Garlic Powder
- ❑ ¼ tsp Paprika
- ❑ ¼ tsp Salt
- ❑ 1/8 tsp Black Pepper