



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