



Fluffy Quiche with Chicken

PERDUE® CHICKEN

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

PRODUCE

- 2-3 sprigs of Parsley and Thyme
- 1 small Celery Stalk, Carrot and Onion
- 1 bag Baby Spinach
- 2 Roma Tomatoes
- 2 tbsp. Chives

REFRIGERATED

- 2 Deep-Dish Pie Shells
- ¼ tsp Nutmeg
- 6 large Eggs
- 1 cup Milk
- ½ cup Grated Parmesan Cheese

PANTRY STAPLES

- 1 tbsp. Olive Oil
- 1 tsp Salt
- ½ tsp Black Pepper

Grilled Chicken Quesadillas with Apple and Cheddar

PERDUE® CHICKEN

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

PRODUCE

- 3 sprigs of Parsley and Thyme
- 1 Celery Stalk
- 1 small Carrot
- 1 small Onion
- 2 medium Tart Apples

REFRIGERATED

- 4 tbsp. Apple Butter
- 3 tbsp. Dijon Mustard
- 1 ½ cup Sharp Cheddar

MISCELLANEOUS

- 8 Whole Wheat or Flour Tortillas

PANTRY STAPLES

- 1-2 tbsp. Olive Oil

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 Leaves
- 1 cup Cherry Tomatoes

MISCELLANEOUS

- 8 oz Campanelle or other curly pasta
- ¼ cup Red Wine Vinegar
- 2 tsp Lemon Juice
- ¼ cup grated Parmesan Cheese

PANTRY STAPLES

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

Asian Grilled Chicken Sandwich

PERDUE® CHICKEN

- 4 PERDUE® FIT & EASY®, Boneless Skinless Chicken Thigh Filets

PRODUCE

- 1 tbsp. Garlic
- 1 Red Pepper
- Lettuce leaves
- Avocado slices
- Cucumber slices

MISCELLANEOUS

- ¼ cup Soy Sauce
- ¼ cup Lime Juice
- 1 tbsp. Sesame Oil
- ¼ tsp Hot Pepper Flakes
- 4 Sandwich Rolls

Grilled Paprika Chicken and Creamy Salsa

PERDUE® CHICKEN

- 1 PERDUE® OVEN STUFFER® Whole Chicken

MISCELLANEOUS

- 4 tbsp. Chili Powder
- 4 tbsp. Brown Sugar
- 2 tbsp. Paprika
- ½ tsp Salt
- ½ cup Reduced Fat Sour Cream
- ½ cup Jarred Salsa

Crispy Tex-Mex Chicken Nachos

PERDUE® CHICKEN

- 6 PERDUE® Crispy Chicken Strips

PRODUCE

- 1 Lime
- ½ cup Tomatoes
- ¼ cup Scallions or Red Onion
- 2 tbsp. Cilantro

REFRIGERATED

- 6 tbsp. Shredded Cheddar Cheese
- 1/4 cup Sour Cream
- ¼ cup Pickled Jalapenos

MISCELLANEOUS

- 1 tbsp. Taco or Fajita Seasoning

Zesty Lime and Mango Chicken Salad

PERDUE® CHICKEN

- 1 Package PERDUE® SIMPLY SMART® Boneless Skinless Chicken Tenderloins

PRODUCE

- 4 cups Romaine Lettuce
- 1 cup Mango
- ½ cup Red Bell Pepper
- ½ cup Red Onion
- 2 tbsp. Cilantro

MISCELLANEOUS

- 4 tbsp. Jerk Seasoning
- 3 tbsp. Molasses
- 2 tbsp. Lime Juice
- 1 tbsp. Low Sodium Soy Sauce
- 4 tbsp. Blue Cheese Dressing

PANTRY STAPLES

- 3 tbsp. Olive Oil