



Pan Roasted Citrus Fennel Brined Chicken

PERDUE® CHICKEN

- 1 PERDUE® Whole Cut-Up Chicken

PRODUCE

- 1 Lemon
- 1 Orange
- 3 Garlic Cloves
- 1 Bay Leaf
- Roasted Potatoes

MISCELLANEOUS

- 2 tbsp. Fennel Seeds
- 1 tbsp. Peppercorns

PANTRY STAPLES

- 2 tbsp. Olive Oil
- 1/3 cup Kosher Salt
- 1/3 cup Sugar

Balsamic Grilled Chicken Caprese Salad

PERDUE® CHICKEN

- 4 PERDUE® PERFECT PORTIONS®, Boneless Skinless Chicken Breasts, All Natural

PRODUCE

- 2 Zucchini
- 2 cups Tomatoes
- ¼ cup Fresh Basil

REFRIGERATED

- 4 ounces Mozzarella Pearls

MISCELLANEOUS

- ¼ cup Toasted Pine Nuts

PANTRY STAPLES

- 4 tbsp. Balsamic Vinegar
- 4 tbsp. Olive Oil
- ½ tsp. Kosher Salt
- ¼ tsp. Black Pepper

Slow Cooker Lime Garlic Chicken Tacos

PERDUE® CHICKEN

- 1 Package PERDUE® Fresh Chicken Thighs

PRODUCE

- 2 Garlic Cloves
- 1 Lime
- 1 Tomato (optional)
- 1 Onion (optional)
- Romaine Lettuce (optional)

REFRIGERATED

- 1 cup Low-Fat Cheddar Cheese (optional)
- 1 cup Low-Fat Sour Cream (optional)

MISCELLANEOUS

- 1 packet Taco Seasoning
- 8 Hard Taco Shells

PANTRY STAPLES

- 1 cup Reduced-Sodium Chicken Broth
- 1 ½ tsp. Salt
- 1 ½ tsp. Black Pepper

Garlic & Ginger Sweet Chicken Wings

PERDUE® CHICKEN

- 1 lb. PERDUE® Chicken Wings

PRODUCE

- 2 Scallions
- 3 Garlic Cloves
- 2 tbsp. Minced Ginger

MISCELLANEOUS

- 2 tbsp. Sriracha Sauce or other Hot Sauce
- 1 tbsp. Sesame Seeds

PANTRY STAPLES

- 2 tbsp. Flour
- 1 tbsp. Baking Powder
- ½ tsp. Salt
- ¼ tsp. Black Pepper
- 4 tbsp. Vegetable or Canola Oil
- ½ cup Soy Sauce
- ½ cup Brown Sugar

BBQ Chicken Avocado Boats

PERDUE® CHICKEN

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

PRODUCE

- 2 Avocados

REFRIGERATED

- ½ cup Cheddar Cheese
- ¼ cup Coleslaw
- 2 Bacon Slides

MISCELLANEOUS

- 3 tbsp. Bottled BBQ Sauce

PANTRY STAPLES

- 2 tsp. Olive Oil

Chipotle Lime Grilled Chicken with Strawberry Salsa

PERDUE® CHICKEN

- 4 PERDUE® PERFECT PORTIONS®, Boneless Skinless Chicken Breasts, All Natural

PRODUCE

- 2 Limes
- 1 (7 oz.) can of Chipotle Pepper in Adobo Sauce
- 2 cups Strawberries
- 1/3 cup Red Onion
- 2 tbsp. Cilantro

PANTRY STAPLES

- 4 tbsp. Olive Oil
- 2 tsp. Honey
- ½ tsp. Salt

Chicken Frittata with Kalamata Olives

PERDUE® CHICKEN

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

PRODUCE

- 1 Yellow Onion
- ¼ lb. Fingerling Potatoes
- 2 tbsp. Dill
- 1 tbsp. Parsley

REFRIGERATED

- ½ cup Parmesan Cheese
- 3 ounces Goat Cheese
- 2 tbsp. Unsalted Butter
- 6 Eggs
- ½ cup Milk

PANTRY STAPLES

- ½ tsp. Salt
- ¼ tsp. Black Pepper
- 2 tbsp. Olive Oil
- ¼ cup Kalamata Olives