



Kona Pineapple Chicken Kebabs

PERDUE® CHICKEN

- ❑ 1 Package PERDUE® SIMPLY SMART®, Original Grilled Chicken Strips

PRODUCE

- ❑ 1 Lime
- ❑ 1 inch piece Fresh Ginger
- ❑ Fresh Pineapple, cut 16 pieces
- ❑ 1 Large Red Bell Pepper

MISCELLANEOUS

- ❑ 1 can Pineapple Juice
- ❑ 4 Skewers

PANTRY STAPLES

- ❑ 2 tbsp. Vegetable Oil
- ❑ 1 tbsp. Sugar
- ❑ ½ tsp Red Pepper Flakes

Southwest Chicken Beans & Rice Pouch

PERDUE® CHICKEN

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

PRODUCE

- ❑ 4 tsp chopped Cilantro
- ❑ Lime Wedges, for garnish

MISCELLANEOUS

- ❑ 1 can Black Beans
- ❑ 1 cup Corn Kernels
- ❑ 1 cup Salsa
- ❑ 1 cup Rice
- ❑ 4 sheets heavy-duty Aluminum Foil
- ❑ Cooking Spray
- ❑ 4 tsp Taco Seasoning
- ❑ 1 cup Cheddar Cheese

Lemon Chicken Pasta with Green Beans

PERDUE® CHICKEN

- ❑ 1 package PERDUE® HARVESTLAND® Organic Chicken Breast

PRODUCE

- ❑ 2 Garlic Cloves
- ❑ 8 oz. Green Beans
- ❑ 1 ½ lbs heirloom Tomatoes
- ❑ ½ cup Basil
- ❑ 1 Lemon

MISCELLANEOUS

- ❑ 8 oz. Orecchiette Pasta
- ❑ ¼ cup Extra Virgin Olive Oil
- ❑ ½ tsp Salt
- ❑ ¼ tsp Black Pepper
- ❑ 4 oz. Mozzarella
- ❑ ¼ cup Grated Parmesan Cheese

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

MISCELLANEOUS

- ❑ ½ cup reduced-fat Mayonnaise
- ❑ 1 ½ tsp Honey Mustard
- ❑ ½ cup Dried Cranberries

PANTRY STAPLES

- ❑ 1 tbsp. Olive Oil
- ❑ ½ tsp Salt
- ❑ ¼ tsp Black Pepper
- ❑ 2 tbsp. Unsalted Butter

Chicken Tostadas with Pico De Gallo

PERDUE® CHICKEN

- ❑ 4 PERDUE® HARVESTLAND®, Boneless Skinless Chicken Breasts

PRODUCE

- ❑ 3 Tomatoes
- ❑ ¼ White Onion
- ❑ 2 tbsp. fresh Cilantro
- ❑ 1 Jalapeno
- ❑ 2 cups Romaine Lettuce
- ❑ 2 Radishes
- ❑ Lime Wedges, for garnish

MISCELLANEOUS

- ❑ 2 tbsp. Lime Juice
- ❑ 3 tbsp. Olive Oil
- ❑ 1 tsp ground Cumin
- ❑ 1 tsp Smoked Paprika
- ❑ 1 tsp Garlic Powder
- ❑ 1 tsp Brown Sugar
- ❑ 8 Corn Tortillas
- ❑ ¼ cup Feta Cheese
- ❑ ¼ cup Sour Cream

Buffalo Chicken Macaroni and Cheese

PERDUE® CHICKEN

- ❑ 1 pkg PERDUE® HARVESTLAND® Boneless Skinless Chicken Breast

PRODUCE

- ❑ 2 cups chopped Celery
- ❑ 1 cup Onion
- ❑ 2 Garlic Cloves

MISCELLANEOUS

- ❑ 1 lb. Cavatappi or other curly pasta
- ❑ 1 tsp Smoked Paprika
- ❑ ½ tsp Salt
- ❑ ¼ tsp Black Pepper
- ❑ 6 tbsp. Olive Oil
- ❑ 2 tbsp. Flour
- ❑ 2 ½ cup 2% Milk
- ❑ 2 tbsp. Sriracha
- ❑ 1 can Fire-Roasted Tomatoes
- ❑ ½ cup Pickled Jalapenos
- ❑ 6 cups shredded Gruyere Cheese
- ❑ 1 ball Smoked Mozzarella
- ❑ 1 cup Bread Crumbs
- ❑ 1 cup Crumbled Blue Cheese

Simply Smart Asian Chicken Salad

PERDUE® CHICKEN

- ❑ 1 bag PERDUE® SIMPLY SMART®, Lightly Breaded Chicken strips

PRODUCE

- ❑ 2 cups Napa Cabbage
- ❑ 2 cups Romaine Lettuce
- ❑ ½ cup Red Cabbage
- ❑ ½ cup Carrots
- ❑ ½ cup Snow Peas

MISCELLANEOUS

- ❑ 1/3 cup Vegetable Oil
- ❑ ¼ cup Rice Vinegar
- ❑ 2 tbsp. Lime Juice
- ❑ 2 tsp Light Brown Sugar
- ❑ 2 tsp fresh Ginger
- ❑ ¼ cup Toasted Sliced Almonds
- ❑ ½ cup Wonton Strip Salad Topping