



Grilled Hawaiian Chicken Foil Packets

PERDUE® CHICKEN

- ❑ 1 pkg. PERDUE® FRESH CUTS™ Diced Chicken Breast

PRODUCE

- ❑ 1 cup Red Bell Pepper
- ❑ 4 oz. Snow Peas
- ❑ 4 Scallions

MISCELLANEOUS

- ❑ 20 oz. can Pineapple Chunks
- ❑ 6 tbsp. Soy Sauce
- ❑ 3 tbsp. Brown Sugar
- ❑ 2 tsp. Ground Ginger
- ❑ 1 tsp. Red Pepper Flakes

PANTRY STAPLES

- ❑ White Rice

Grilled Chicken Tacos and Spicy Mango Salsa

PERDUE® CHICKEN

- ❑ 4 PERDUE® SIMPLY SMART® Individually Wrapped, Boneless, Skinless Chicken Breasts

PRODUCE

- ❑ 1 Ripe Mango
- ❑ 2 tbsp. Red Onion
- ❑ 2 tbsp. Red Bell Pepper
- ❑ 2 tbsp. Fresh Cilantro
- ❑ 1 Lime
- ❑ 1 tbsp. Fresh Jalapeno

MISCELLANEOUS

- ❑ 4 Flour or Corn Tortillas
- ❑ 4 oz. Goat Cheese Crumbles

PANTRY STAPLES

- ❑ 4 tsp. Olive Oil
- ❑ ½ tsp. Salt
- ❑ 1/8 tsp. Black Pepper

Grilled Chicken Quinoa Lettuce Cups

PERDUE® CHICKEN

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

PRODUCE

- ❑ 2 tbsp. Fresh Ginger
- ❑ 2 Garlic Cloves
- ❑ ¾ cup Cucumber
- ❑ ½ cup Red Onion
- ❑ ½ cup Jicama
- ❑ ½ cup Cilantro leaves
- ❑ ¼ cup Lime Juice
- ❑ 1 head Boston Bibb Lettuce
- ❑ 4 medium Tomatoes

MISCELLANEOUS

- ❑ 2 cups cooked Quinoa
- ❑ 2 tsp. Asian Chili Paste

PANTRY STAPLES

- ❑ 8 tbsp. Olive Oil
- ❑ ½ tsp. Salt
- ❑ ¼ tsp. Black Pepper
- ❑ 3 tsp. Sugar

Ginger Garlic Asian Grilled Chicken

PERDUE® CHICKEN

- ❑ 4 PERDUE® PERFECT PORTIONS® Boneless, Skinless Chicken Breast, all Natural

PRODUCE

- ❑ 4 Baby Bok Choy
- ❑ 1 cup Snap Peas
- ❑ 1 cup Baby Zucchini
- ❑ 1 cup Cherry Tomatoes
- ❑ 8 Baby Corn
- ❑ 4 Garlic Cloves

MISCELLANEOUS

- ❑ ½ cup Sherry
- ❑ 6 tbsp. Soy Sauce
- ❑ 6 tbsp. Firmly Packed Brown Sugar
- ❑ 2 tbsp. Sesame Oil
- ❑ 1 tbsp. Ground Ginger

PANTRY STAPLES

- ❑ 2 tbsp. Olive Oil

Sheet Pan Chili-Lime Chicken Fajitas

PERDUE® CHICKEN

- ❑ 1 pkg. PERDUE® FRESH CUTS™ Chicken Breast Strips

PRODUCE

- ❑ 2 Limes
- ❑ 1 large Red Bell Pepper
- ❑ 1 large Poblano Pepper
- ❑ 1 large Sweet Onion

MISCELLANEOUS

- ❑ 3 tbsp. Dried Fajita Seasoning
- ❑ 4 (6-inch) Flour Tortillas
- ❑ Sour Cream
- ❑ 1 Avocado
- ❑ Pico De Gallo
- ❑ Shredded Cheddar Cheese

PANTRY STAPLES

- ❑ 4 tbsp. Olive Oil

Burgers Verde

PERDUE® CHICKEN

- ❑ 1 package PERDUE® Fresh Ground Chicken

PRODUCE

- ❑ 3 Scallions
- ❑ ¼ cup Fresh Parsley
- ❑ 2 tbsp. Cilantro
- ❑ 2 Garlic Cloves
- ❑ 2 tsp. grated Lime Zest
- ❑ Tomato, Onion, Lettuce, optional

MISCELLANEOUS

- ❑ 4 Hamburger Buns
- ❑ ½ cup Guacamole, optional

PANTRY STAPLES

- ❑ Salt and Black Pepper, to taste

Easy Chicken Piccata

PERDUE® CHICKEN

- ❑ 4 PERDUE® FRESH CUTS™ Thin Sliced Chicken Breasts

PRODUCE

- ❑ 2 Lemons
- ❑ 4 tbsp. Chopped Parsley

MISCELLANEOUS

- ❑ 1 cup White Wine
- ❑ ½ cup Chicken Stock
- ❑ 2 tbsp. Brined Capers
- ❑ 2 tbsp. Unsalted Butter

PANTRY STAPLES

- ❑ 2 tbsp. Olive Oil
- ❑ ½ tsp. Salt
- ❑ ¼ tsp. Black Pepper
- ❑ ½ cup All-Purpose Flour