



One Pot Tuscan Chicken with White Beans

PERDUE® CHICKEN

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

PRODUCE

- ❑ 1 small shallot, sliced
- ❑ 1 large garlic clove, minced
- ❑ 2 tsp fresh Italian parsley, chopped
- ❑ 1 tsp fresh sage, chopped
- ❑ 1 bag fresh baby spinach

MISCELLANEOUS

- ❑ 1 cup white wine or chicken stock
- ❑ 1 can diced tomatoes with juices
- ❑ 1 can cannellini beans

PANTRY STAPLES

- ❑ 4 tsp Olive Oil

Easy Chicken Fried Rice

PERDUE® CHICKEN

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

PRODUCE

- ❑ 2 garlic cloves, minced
- ❑ 1 tsp ginger, grated
- ❑ 1 small red bell pepper, diced
- ❑ ½ cup carrots, diced
- ❑ 1/3 cup peas
- ❑ 2 large eggs, beaten
- ❑ ½ cup green onions, thinly sliced

MISCELLANEOUS

- ❑ 3 tbsp. peanut butter or canola oil, divided
- ❑ 4 cup cooked rice
- ❑ 3 tbsp. soy sauce
- ❑ 2 tsp sesame oil

PANTRY STAPLES

- ❑ ½ tsp Salt
- ❑ ¼ tsp Black Pepper

Fried Chicken Breast Salad with Vidalia Onion Pecan Dressing

PERDUE® CHICKEN

- ❑ 2 PERDUE® Encrusted Southern Style Fried Breaded Chicken Breast Filets

PRODUCE

- ❑ 1 (6-ounce) bag Spring Lettuce Mix

MISCELLANEOUS

- ❑ ¼ cup Toasted Pecan Halves
- ❑ ¼ cup Bottled Vidalia Onion Salad Dressing

Zesty BBQ Drumsticks

PERDUE® CHICKEN

- ❑ 6 PERDUE® Chicken Drumsticks

PRODUCE

- ❑ 1 tbsp. Lime Juice
- ❑ 1 tsp Lime Zest
- ❑ 1 tsp Garlic
- ❑ 1 tbsp. Fresh Cilantro

MISCELLANEOUS

- ❑ 1 tbsp. Olive Oil
- ❑ ½ cup prepared BBQ Spice Rub
- ❑ ¼ tsp Salt
- ❑ 1/8 tsp Black Pepper

Balsamic Grilled Chicken Caprese Salad

PERDUE® CHICKEN

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

PRODUCE

- ❑ 2 large Zucchini
- ❑ 2 cups Tomatoes
- ❑ ¼ cup Basil

MISCELLANEOUS

- ❑ 4 tbsp. Balsamic Vinegar
- ❑ 4 tbsp. Olive Oil
- ❑ ½ tsp Salt
- ❑ ¼ tsp Black Pepper
- ❑ 4 ounces Mozzarella Pearls
- ❑ ¼ cup Toasted Pine Nuts

Easy Grilled Chicken Arugula Salad Wrap

PERDUE® CHICKEN

- ❑ 12 ounces PERDUE® HARVESTLAND® Chicken Breast Strips, Roasted

PRODUCE

- ❑ 1 tbsp. Chives
- ❑ 2 tsp Lemon Juice
- ❑ 2 cups Arugula
- ❑ 2 small Tomatoes
- ❑ ½ Avocado

MISCELLANEOUS

- ❑ ¼ cup Mayonnaise
- ❑ 1 tsp Dijon Mustard
- ❑ ¼ tsp Salt
- ❑ 1/8 tsp Black Pepper
- ❑ 4 whole-wheat Tortillas
- ❑ 2 Bacon Slices

Tarragon Chicken with White Wine Sauce

PERDUE® CHICKEN

- ❑ 4 PERDUE® FIT & EASY® Boneless, Skinless Chicken Breasts, Thin Sliced

PRODUCE

- ❑ 1 small Shallot
- ❑ ¼ tbsp. Fresh Tarragon

MISCELLANEOUS

- ❑ ½ tsp Salt
- ❑ ¼ tsp Black Pepper
- ❑ 2 tbsp. Olive Oil
- ❑ ¾ cup Dry White Wine
- ❑ ½ cup Chicken Stock
- ❑ ¼ cup Heavy Cream