

PERDUE
WEEKLY
SHOPPING LIST



Summer Rolls with Dipping Sauce

PERDUE® CHICKEN

- ❑ 1 pkg PERDUE® SHORT CUTS® Carved Chicken Breast, Original Roasted

PRODUCE

- ❑ ½ cup shredded carrots
- ❑ ½ English cucumber, peeled and julienned
- ❑ ½ red bell pepper, thinly julienned
- ❑ 1 avocado, sliced
- ❑ ½ mango, thinly julienned
- ❑ 1/4 cup mint leaves
- ❑ ¼ cup cilantro leaves

MISCELLANEOUS

- ❑ 2 tbsp. rice wine vinegar
- ❑ 1 tbsp. soy sauce
- ❑ 8 large rice paper wrappers
- ❑ Peanut dipping sauce, for serving
- ❑ Sweet chili dipping sauce, for serving

Cheesy Chicken Taco Baked Potato

PERDUE® CHICKEN

- ❑ 1 lb PERDUE® Fresh Ground Chicken

PRODUCE

- ❑ 4 large baking potatoes
- ❑ 4 tbsp. chopped chives
- ❑ ½ cup chopped tomatoes, for topping
- ❑ ½ cup shredded lettuce, for topping
- ❑ ¼ cup pickled jalapeno, for topping

MISCELLANEOUS

- ❑ 1 taco seasoning packet
- ❑ ½ cup sour cream
- ❑ ½ cup shredded cheddar, divided

Za'atar Chicken Under a Brick

PERDUE® CHICKEN

- ❑ 4 PERDUE® Fresh Chicken Leg Quarters

PRODUCE

- ❑ 1 medium onion, sliced
- ❑ ½ cup dried apricots, chopped
- ❑ ½ cup green olives, chopped
- ❑ 1 lemon, juiced
- ❑ Lemon wedges for garnish

MISCELLANEOUS

- ❑ 2 tbsp. zaatar seasoning
- ❑ 4 tbsp. olive oil
- ❑ ½ tsp salt
- ❑ ¼ tsp black pepper
- ❑ ½ cup chicken broth
- ❑ 2 cups cooked couscous, for serving
- ❑ 2-3 bricks wrapped in foil or a second heavy skillet and several heavy cans

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

Sesame Ginger Chicken Salad

PERDUE® CHICKEN

- ❑ 4 cups PERDUE® OVEN STUFFER® Whole Chicken

PRODUCE

- ❑ 1 tbsp. grated ginger
- ❑ 2 cups arugula
- ❑ 1 cup celery, chopped
- ❑ 1 cup red bell pepper, diced
- ❑ ¼ cup cilantro, chopped
- ❑ 2 scallions, sliced

MISCELLANEOUS

- ❑ 4 tbsp. rice wine vinegar
- ❑ 1 tbsp. sesame oil
- ❑ 1 tbsp. soy sauce
- ❑ 1 tbsp. honey
- ❑ ¼ tsp salt
- ❑ 1/8 tsp black pepper
- ❑ 4 tbsp. vegetable oil
- ❑ 2 tbsp. toasted sesame seeds, optional

Buttermilk Chicken and Waffle Bites

PERDUE® CHICKEN

- ❑ 1 pkg PERDUE® SIMPLY SMART® Lightly Breaded Chicken Chunks

PRODUCE

- ❑ 2 tbsp chopped chives for garnish, optional

MISCELLANEOUS

- ❑ 1 cup peach preserves
- ❑ 2 tbsp. Dijon mustard
- ❑ 1 tbsp. honey
- ❑ 1 tbsp. lemon juice
- ❑ ½ pkg mini waffles (20 count)

Chicken Marinara Pita Pizzas

PERDUE® CHICKEN

- ❑ 1 pkg PERDUE® SHORT CUTS® Carved Chicken Breast, Grilled Italian Style

MISCELLANEOUS

- ❑ 4 pita pocket breads
- ❑ ½ cup favorite prepared pizza sauce (or spaghetti sauce)
- ❑ 1 cup shredded low-fat mozzarella cheese (4 ounces)
- ❑ Parmesan cheese for serving (optional)
- ❑ Crushed red pepper for serving (optional)
- ❑ Dried oregano for serving (optional)