

**PERDUE**  
**WEEKLY**  
SHOPPING LIST



**Roasted Chicken and Root Vegetables**

**PERDUE® CHICKEN**

- 1 PERDUE® HARVESTLAND® Organic Whole Chicken with Giblets

**PRODUCE**

- 1 tbsp. fresh parsley
- 1 tbsp. fresh rosemary
- 1 tbsp. fresh thyme
- 1 lemon
- ½ lb fingerling potatoes
- ¼ lb carrots
- ¼ lb beets
- 2 large shallots
- 6 cloves garlic

**MISCELLANEOUS**

- ½ cup olive oil
- 1 tsp salt
- ½ tsp black pepper
- ½ cup chicken broth

**Chicken Reuben Sandwich**

**PERDUE® CHICKEN**

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

**PRODUCE**

- ¼ cup green onion, finely chopped

**MISCELLANEOUS**

- 1 cup undressed coleslaw blend
- ½ cup Thousand Island salad dressing
- 1 tbsp apple cider vinegar
- 8 slices rye bread
- 4 slices Swiss cheese
- 2 tbsp melted butter
- Kosher pickles (optional)

**Cuban Chicken Sandwiches**

**PERDUE® CHICKEN**

- 1 pkg PERDUE® FRESH CUTS™ Thin Sliced Chicken Breasts

**MISCELLANEOUS**

- 2 tbsp. olive oil
- ½ cup plus 1 tablespoon bottled Mojo marinade
- ½ cup mayonnaise
- 2 tbsp. stone ground or Dijon mustard
- 4 soft hoagie rolls or French bread loaf
- 4 slices deli ham
- 8 slices Swiss cheese
- 4 dill pickle “planks” or 8 hamburger dills slices
- 2 tbsp. butter

**Creamy Maple Chicken and Blueberry Salad**

**PERDUE® CHICKEN**

- 1 PERDUE® PERFECT PORTIONS® Boneless, Skinless Chicken Breast, All Natural

**PRODUCE**

- 1 pkg blueberries
- 1 cup celery, sliced (about 2 stalks)
- 1 head Boston Bibb lettuce

**MISCELLANEOUS**

- 2 tbsp olive oil, divided
- ¾ tsp celery salt, divided
- ¼ tsp black pepper
- ½ cup mayonnaise
- 2 tbsp apple cider vinegar
- 2 tbsp maple syrup
- ¼ cup toasted walnuts

**Grilled Chicken Arugula Salad Wrap**

**PERDUE® CHICKEN**

- 4 PERDUE® HARVESTLAND® PERFECT PORTIONS® Boneless, Skinless Chicken Breast

**PRODUCE**

- 1 tbsp minced chives
- 2 tbsp lemon juice
- 2 cups arugula
- 2 tomatoes, sliced
- ½ avocado, pitted and sliced

**MISCELLANEOUS**

- 1 tbsp olive oil
- 1 tsp onion powder
- ½ tsp garlic powder
- ¼ cup mayonnaise
- 1 tsp Dijon mustard
- ¼ tsp salt
- 1/8 tsp black pepper
- 4 whole-wheat tortillas
- 2 slices bacon, cooked and crumbled

**Parmesan Baked Chicken Nuggets**

**PERDUE® CHICKEN**

- 1 pkg PERDUE® SIMPLY SMART® Gluten Free Breaded Chicken Nuggets

**MISCELLANEOUS**

- ½ tsp garlic powder
- ½ cup grated Parmesan cheese
- 1 cup jarred marinara

**Lemon Dijon Chicken Salad Niçoise**

**PERDUE® CHICKEN**

- 1 pkg PERDUE® HARVESTLAND® Organic Chicken Breast

**PRODUCE**

- 4 garlic cloves
- 3 lemons
- 4 cups shredded romaine lettuce
- 2 cups green beans
- 2 cups baby red potatoes
- 1 cup cherry tomatoes
- ½ cup Kalamata olives

**MISCELLANEOUS**

- ½ tsp salt
- ¼ tsp black pepper
- 2 tbsp. mayonnaise
- 1 tbsp. Dijon mustard
- ¼ cup olive oil