



### Fresh Chicken Parmesan

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

- PRODUCE**
- ❑ 2 medium tomatoes, sliced into 8 slices

- MISCELLANEOUS**
- ❑ 4 slices fresh mozzarella cheese
  - ❑ ¼ grated Parmesan cheese
  - ❑ ¼ cup panko bread crumbs

- PANTRY STAPLES**
- ❑ 2 tbsp. olive oil
  - ❑ ½ tsp salt
  - ❑ ¼ tsp black pepper

### Bruschetta Topped Chicken Tenders

- PERDUE® CHICKEN**
- ❑ 1 pkg PERDUE® SIMPLY SMART® Gluten Free Breaded Chicken Breast Tenders

- PRODUCE**
- ❑ 2 cups heirloom cherry
  - ❑ 3 garlic, finely chopped cloves
  - ❑ 3 tbsp chopped fresh basil

- MISCELLANEOUS**
- ❑ 2 tsp balsamic vinegar
  - ❑ ½ cup Parmesan cheese, shredded (optional)

- PANTRY STAPLES**
- ❑ 1/8 tsp black pepper
  - ❑ 2 tbsp olive oil

### Grilled California Chicken Wraps

- PERDUE® CHICKEN**
- ❑ 2 PERDUE® PERFECT PORTIONS® Boneless, Skinless Chicken Breasts

- PRODUCE**
- ❑ 1 cup baby spinach leaves
  - ❑ 1 small tomato

- MISCELLANEOUS**
- ❑ 2 tbsp garlic mayonnaise
  - ❑ 2 large flour tortillas
  - ❑ 2 slices bacon, cooked and crumbled
  - ❑ ½ cup shredded Cheddar cheese
  - ❑ ½ cup small avocado, sliced

### Chicken, Kale and Lemon Tahini Salad in a Jar

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

- PRODUCE**
- ❑ 1 lemon, juiced
  - ❑ 1 broccoli florets
  - ❑ 2 cups kale, thinly sliced

- MISCELLANEOUS**
- ❑ 2 tbsp tahini
  - ❑ ½ tsp salt
  - ❑ 1/8 tsp pepper
  - ❑ 3 tbsp olive oil
  - ❑ 1 cup quinoa, cooked
  - ❑ 1 cup edamame
  - ❑ ½ cup feta cheese crumbles
  - ❑ ½ cup pomegranate seeds
  - ❑ ¼ cup toasted pumpkin seeds
  - ❑ ¼ cup dried chopped figs, cherries or currants

### Mojo Chicken and Quinoa Burrito Bowls

- PERDUE® CHICKEN**
- ❑ 1 pkg PERDUE® FIT & EASY® Boneless, Skinless Chicken Breasts

- PRODUCE**
- ❑ 3 limes
  - ❑ ½ cup fresh cilantro, chopped, divided
  - ❑ ½ cup red bell pepper, chopped
  - ❑ ½ cup red onion, chopped

- MISCELLANEOUS**
- ❑ 1 cup Mojo Criollo marinade
  - ❑ 3 tbsp Extra Virgin Olive Oil, divided
  - ❑ 1 cup Organic Quinoa
  - ❑ 1 tsp GOYA® Adobo seasoning, divided
  - ❑ 1 can Whole Kernel Corn, drained
  - ❑ 1 can Low Sodium Pinto Beans, drained and rinsed
  - ❑ ½ cup sour cream
  - ❑ ½ cup Pico de Gallo Salsa, strained

### Parmesan & Herb Breaded Chicken Breast Hoagie

- PERDUE® CHICKEN**
- ❑ 2 PERDUE® Encrusted Parmesan & Herb Breaded Chicken Breast Fillets

- PRODUCE**
- ❑ 1 cup iceberg lettuce, shredded
  - ❑ Sliced tomatoes
  - ❑ Sliced onion
  - ❑ Pepperoncini peppers
  - ❑ Green bell peppers

- MISCELLANEOUS**
- ❑ 2 hoagie rolls
  - ❑ 2 slices provolone cheese, cut in half
  - ❑ 2 tbsp red wine vinaigrette or Italian salad dressing

### Ramen Chicken Noodle Bowl

- PERDUE® CHICKEN**
- ❑ 1.5 lb PERDUE® FIT & EASY® Boneless, Skinless Chicken Thigh Fillets

- PRODUCE**
- ❑ 1 tbsp minced fresh garlic
  - ❑ 1 tbsp grated ginger
  - ❑ 1 oz dried shiitake mushrooms
  - ❑ 4 bok choy, cut in half
  - ❑ 4 eggs, hard boiled and cut in half
  - ❑ 4 tbsp sliced scallions
  - ❑ Lime wedges for serving

- MISCELLANEOUS**
- ❑ 1 tbsp olive oil
  - ❑ ¼ tsp Chinese five-spice powder
  - ❑ ¼ tsp salt
  - ❑ 1/8 tsp black pepper
  - ❑ 4 cups chicken stock
  - ❑ 1 tbsp soy sauce
  - ❑ 2 tsp sugar
  - ❑ 4 nests of dried ramen noodles, cooked
  - ❑ Sriracha sauce for serving