

PERDUE
WEEKLY
SHOPPING LIST



Grilled Vegetable and Pesto Chicken Panini

PERDUE® CHICKEN

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

PRODUCE

- 1 large red bell pepper
- 1 medium red onion

MISCELLANEOUS

- 1 tub prepared pesto
- 8 slices Italian bread or 4 sandwich rolls
- 8 slices provolone cheese

PANTRY STAPLES

- 3 tbsp. olive oil
- ½ tsp salt
- ¼ tsp black pepper

Grilled Rosemary Pecan Chicken Salad Boats

PERDUE® CHICKEN

- 1 pkg PERDUE® SHORT CUTS® Carved Chicken Breast, Olive Oil & Rosemary

PRODUCE

- 1 tbsp. minced shallot
- ¾ cup apples
- 8 long leaves romaine lettuce

MISCELLANEOUS

- ½ cup whole milk yogurt
- ¼ tsp honey
- ¼ cup pecan pieces
- ¼ cup dried cherries

Creamy Buffalo Chicken and Black Bean Quesadillas

PERDUE® CHICKEN

- 2 cups PERDUE® OVEN STUFFER® Whole Chicken

PRODUCE

- 2 green onions, thinly sliced

MISCELLANEOUS

- 1 can black beans, drained and rinsed
- ½ cup sour cream
- ¼ cup Buffalo sauce
- 4 large flour tortillas, 10-inch
- 2 cups shredded Cheddar cheese

Hard Apple Cider Glazed Chicken Kale Salad

PERDUE® CHICKEN

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

PRODUCE

- 2 Granny Smith apples, peeled, cored and cut into 12ths
- 4 cups thinly shredded kale

MISCELLANEOUS

- 2 bottles Hard Apple Cider
- 2 tbsp brown sugar
- 1 tbsp olive oil
- ½ tsp salt
- ¼ tsp black pepper
- 2 tbsp unsalted butter
- 1 tbsp coarse grain mustard

Southwestern Yogurt Chicken Dip

PERDUE® CHICKEN

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

PRODUCE

- 1 cup tomatoes, diced
- ½ cup red, yellow or orange bell peppers, diced
- ¼ cup pepperoncini peppers, chopped
- 4 scallions, chopped
- 1 lime, juiced
- 2 tbsp fresh cilantro

MISCELLANEOUS

- 1 tsp olive oil
- ¼ tsp salt
- 1/8 tsp black pepper
- 1 container plain Greek yogurt
- 4 tsp southwestern seasoning spice blend
- 1 cup canned black beans
- 1 cup fresh corn, blanched and drained
- 8 tortilla dipping chips or pita chips

Bite-Sized Buffalo Chicken Mac n' Cheese

PERDUE® CHICKEN

- 2 cups PERDUE® OVEN STUFFER® Whole Chicken

PRODUCE

- 1 green onion, finely chopped

MISCELLANEOUS

- 1/3 cup Buffalo sauce or Louisiana-style hot sauce
- 3 tbsp butter, divided
- 3 tbsp all-purpose flour
- 1 cup milk
- 1 cup shredded sharp cheddar cheese
- ½ cup cubed pepper jack cheese
- 3 cups macaroni, cooked and drained
- ½ cup fresh breadcrumbs

Chicken Souvlaki Platter

PERDUE® CHICKEN

- 1 pkg PERDUE® FRESH CUTS™ Diced Chicken Breast

PRODUCE

- 1 clove garlic
- 1 lemon
- 2 tbsp. fresh dill
- ½ English cucumber
- 1 medium onion
- 1 medium green pepper
- 1 cup cherry tomatoes

MISCELLANEOUS

- 3 tbsp. olive oil
- 1 tsp dried oregano
- ½ tsp salt
- ¼ tsp black pepper
- 1 cup plain whole milk Greek yogurt