

PERDUE
WEEKLY
SHOPPING LIST



Skillet Chicken Cacciatore

PERDUE® CHICKEN

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

PRODUCE

- ❑ 1 green bell pepper
- ❑ 1 medium onion

MISCELLANEOUS

- ❑ ½ cup flour
- ❑ ½ tsp salt
- ❑ ¼ tsp black pepper
- ❑ 2 tbsp. olive oil
- ❑ 1 can diced tomatoes with garlic, basil and oregano

BBQ Chicken Empanadas

PERDUE® CHICKEN

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

PRODUCE

- ❑ 4 tbsp. green onion
- ❑ 1 jalapeno pepper

MISCELLANEOUS

- ❑ 1 cup cheddar or jack cheese
- ❑ ¼ cup barbecue sauce
- ❑ 1 can jumbo refrigerated biscuits
- ❑ 1 egg yolk

Mini Chicken Taco Bowls

PERDUE® CHICKEN

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

PRODUCE

- ❑ ½ cup shredded lettuce
- ❑ ½ cup diced tomato
- ❑ ¼ cup sliced black olives

MISCELLANEOUS

- ❑ 6 flour tortillas
- ❑ 1 cup green or red salsa or taco sauce
- ❑ 6 tbsp. shredded cheddar cheese
- ❑ ¼ cup sour cream

Chicken Pizza Bake

PERDUE® CHICKEN

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

PRODUCE

- ❑ 2 cloves garlic
- ❑ 1 bag frozen mixed vegetables

MISCELLANEOUS

- ❑ 4 tbsp. olive oil
- ❑ 1 jar low sodium pizza or spaghetti sauce
- ❑ 1 tsp dried Italian seasoning
- ❑ 1 cup low fat mozzarella cheese
- ❑ 1 tube refrigerated pizza dough
- ❑ ¼ cup Parmesan cheese

Chicken Mushroom Swiss Chard Galette

PERDUE® CHICKEN

- ❑ 2 PERDUE® PERFECT PORTIONS® Boneless, Skinless Chicken Breast

PRODUCE

- ❑ 1 (8-ounce) box white, cremini, or mixed mushrooms
- ❑ 2 cloves garlic
- ❑ 1 (8-ounce) bunch swiss chard
- ❑ ½ cup fresh herbs

MISCELLANEOUS

- ❑ 1 ¼ tsp salt
- ❑ ¾ tsp black pepper
- ❑ 4 tbsp. olive oil
- ❑ 1 cup ricotta cheese
- ❑ ¼ cup grated parmesan cheese
- ❑ 1 store-bought pie crust
- ❑ 1 egg

Skillet Chicken with Roasted Red Pepper Cream Sauce

PERDUE® CHICKEN

- ❑ 1 pkg PERDUE® PERFECT PORTIONS® Boneless, Skinless Chicken Breast

PRODUCE

- ❑ 2 garlic cloves
- ❑ 1 cup jarred roasted red peppers
- ❑ ¼ cup fresh basil

MISCELLANEOUS

- ❑ ½ cup flour
- ❑ ¼ tsp salt
- ❑ 1/8 tsp black pepper
- ❑ 2 tbsp. olive oil
- ❑ 1 ½ cup chicken stock
- ❑ ½ cup sour cream or greek yogurt

Super Easy Chicken Fajitas

PERDUE® CHICKEN

- ❑ 2 cups PERDUE® SIMPLY SMART® Original Grilled Chicken Strips

PRODUCE

- ❑ 1 red bell pepper
- ❑ 1 green bell pepper
- ❑ Sautéed onions
- ❑ Lime wedges
- ❑ Shredded lettuce
- ❑ Avocado

MISCELLANEOUS

- ❑ 1 tbsp. olive oil
- ❑ 1 tsp fajita spice blend
- ❑ ½ cup picante sauce or salsa
- ❑ 4 flour tortillas
- ❑ Shredded Cheddar
- ❑ Sour cream