



Baked Chicken Parmesan

PERDUE® CHICKEN

- ❑ 4 PERDUE® FRESH CUTS™ Thin Sliced Chicken Breasts

PRODUCE

- ❑ 2 cloves garlic
- ❑ 2 tbsp. fresh basil
- ❑ 2 tsp. fresh oregano
- ❑ 1 tbsp. fresh parsley

MISCELLANEOUS

- ❑ 1 (15 oz.) can whole tomatoes
- ❑ 2 egg whites
- ❑ 1 cup whole-grain salted crackers
- ❑ ¼ cup grated parmesan
- ❑ 8 oz. fresh mozzarella
- ❑ Cooked pasta for serving

PANTRY STAPLES

- ❑ 2 tbsp. olive oil
- ❑ 1 tsp. sugar

10 Minute Chicken Taco Salad

PERDUE® CHICKEN

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

PRODUCE

- ❑ 1 cup shredded salad greens
- ❑ 1 cup cherry tomatoes
- ❑ 1 cup fresh or frozen corn
- ❑ 2 green onions
- ❑ 1 fresh jalapeno
- ❑ 4 tbsp. fresh cilantro

MISCELLANEOUS

- ❑ 1 tbsp. taco seasoning mix
- ❑ 4 (6-inch) taco bowls
- ❑ 1 cup black beans
- ❑ ½ cup shredded cheddar cheese
- ❑ ½ cup sour cream
- ❑ 1 tbsp. sriracha

PANTRY STAPLES

- ❑ 1 tbsp. vegetable oil

Chicken Chow Mein

PERDUE® CHICKEN

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

PRODUCE

- ❑ 3 cloves garlic
- ❑ 1 tbsp. grated ginger
- ❑ 2 stalks celery
- ❑ 4 cups thinly sliced Napa cabbage
- ❑ 2 cups shredded carrots
- ❑ 2 scallions

MISCELLANEOUS

- ❑ 2 tsp. sesame oil
- ❑ 3 tbsp. soy sauce
- ❑ 2 tbsp. oyster sauce

PANTRY STAPLES

- ❑ ½ tsp. salt
- ❑ ¼ tsp. black pepper
- ❑ ½ cup chicken broth
- ❑ 1 tbsp. cornstarch
- ❑ 2 tsp. granulated sugar
- ❑ 2 tbsp. vegetable or peanut oil

Chicken Cordon Bleu

PERDUE® CHICKEN

- ❑ 4 PERDUE® SIMPLY SMART® Lightly Breaded Chicken Chunks (24 oz.), frozen

MISCELLANEOUS

- ❑ 4 thin slices of smoked ham
- ❑ 4 slices Gruyere or Swiss cheese

Chicken Tender PerduZas

PERDUE® CHICKEN

- ❑ 1 pkg PERDUE® FIT & EASY® Boneless, Skinless Chicken Breast Tenderloins

PRODUCE

- ❑ ½ cup diced green bell pepper, optional
- ❑ ½ cup sliced black olives, optional

MISCELLANEOUS

- ❑ 1 cup pizza sauce
- ❑ 1 cup low fat shredded mozzarella cheese
- ❑ ½ cup pepperoni slices, optional

PANTRY STAPLES

- ❑ Salt, to taste
- ❑ Pepper, to taste

Crispy Coconut Chicken

PERDUE® CHICKEN

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

MISCELLANEOUS

- ❑ 1 ½ cups unsweetened shredded coconut
- ❑ 1 cup panko breadcrumbs
- ❑ 2 large eggs

PANTRY STAPLES

- ❑ ½ cup flour
- ❑ 1 tsp. salt
- ❑ ½ tsp. black pepper
- ❑ 4 tbsp. canola or coconut oil

Chicken and Chorizo Breakfast Burrito

PERDUE® CHICKEN

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

PRODUCE

- ❑ ½ cup onion
- ❑ ½ cup green pepper

MISCELLANEOUS

- ❑ 1 cup pancake baking mix
- ❑ 9 large eggs
- ❑ 1 cup milk
- ❑ 2 links Mexican style chorizo sausage
- ❑ ¼ cup shredded sharp cheddar cheese
- ❑ Hot sauce for serving

PANTRY STAPLES

- ❑ 1 tbsp. vegetable oil
- ❑ ¼ tsp. salt
- ❑ 1/8 tsp. black pepper