

PERDUE
WEEKLY
SHOPPING LIST



Colorful Chicken Stuffed Peppers

PERDUE® CHICKEN

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

PRODUCE

- ❑ 1 clove garlic
- ❑ 4 slices lemon
- ❑ bundle fresh herbs
- ❑ 4 large poblano peppers
- ❑ ½ cup diced red onion
- ❑ 1 sweet potato
- ❑ chopped cilantro, for garnish

MISCELLANEOUS

- ❑ 1 tsp salt
- ❑ 1 tsp black pepper
- ❑ 1 can black beans
- ❑ 1 can sweet corn
- ❑ 1 ¼ cup chunky tomato salsa
- ❑ 1 tsp chili powder
- ❑ 1 tsp cumin
- ❑ 1 tsp dried oregano
- ❑ 1 cup feta cheese

Witches' Stew

PERDUE® CHICKEN

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

PRODUCE

- ❑ 1 large yellow onion
- ❑ ¼ cup cilantro

MISCELLANEOUS

- ❑ 2 chili verde or tomatillo salsa tomatillo salsa
- ❑ sour cream

Buffalo Chicken Macaroni and Cheese

PERDUE® CHICKEN

- ❑ 1 pkg PERDUE® HARVESTLAND® Boneless Skinless Chicken Breasts

PRODUCE

- ❑ 2 cups chopped celery
- ❑ 1 cup diced onions
- ❑ 2 cloves garlic

MISCELLANEOUS

- ❑ 1 lb cavatappi or other curly pasta
- ❑ 1 tsp smoked paprika
- ❑ ½ tsp salt
- ❑ ¼ tsp black pepper
- ❑ 6 tbsp. olive oil
- ❑ 2 tbsp. flour
- ❑ 2 ½ cups 2% milk
- ❑ 2 tbsp. Sriracha sauce
- ❑ 1 can fire-roasted tomatoes
- ❑ ½ cup pickled jalapeño
- ❑ 6 cups shredded Gruyere cheese
- ❑ 1 ball smoked mozzarella
- ❑ 1 cup fresh bread crumbs
- ❑ 1 cup crumbled blue cheese

Sautéed Chicken and Black Bean Salsa

PERDUE® CHICKEN

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

PRODUCE

- ❑ ½ cup diced onion
- ❑ ½ cup red bell pepper diced small
- ❑ 1 tsp minced garlic
- ❑ 1 avocado
- ❑ 2 tbsp. lemon juice
- ❑ 2 tbsp. roughly chopped fresh cilantro

MISCELLANEOUS

- ❑ 2 tbsp. extra virgin olive oil
- ❑ adobo all-purpose seasoning with pepper, to taste
- ❑ 1 can black beans
- ❑ ½ can whole kernel corn
- ❑ ½ tsp ground cumin

Easy Chicken Fried Rice

PERDUE® CHICKEN

- ❑ 1 pkg PERDUE® FRESH CUTS™ Diced Chicken Breast

PRODUCE

- ❑ 2 garlic cloves
- ❑ 1 tsp ginger
- ❑ 1 small red bell pepper
- ❑ ½ cup carrots
- ❑ 1/3 cup peas
- ❑ 2 large eggs
- ❑ ½ cup green onions

MISCELLANEOUS

- ❑ ½ tsp salt
- ❑ ¼ tsp black pepper
- ❑ 3 tbsp. peanut butter or canola oil
- ❑ 4 cups cooked rice
- ❑ 3 tbsp. soy sauce
- ❑ 2 tsp sesame oil

Cheesy Chicken Enchiladas

PERDUE® CHICKEN

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

PRODUCE

- ❑ ½ cup chopped onion
- ❑ ¼ cup chopped cilantro

MISCELLANEOUS

- ❑ 2 tbsp. olive oil
- ❑ 1 tsp garlic powder
- ❑ ½ tsp dried oregano
- ❑ ¼ tsp salt
- ❑ 1/8 tsp black pepper
- ❑ 2 tsp chili powder
- ❑ 1 tsp ground cumin
- ❑ 1 tsp hot sauce
- ❑ ½ tsp ground cinnamon
- ❑ 2 cups tomato sauce
- ❑ 12 corn tortillas
- ❑ 1 cup Monterey Jack cheese
- ❑ 1 cup sharp cheddar cheese
- ❑ 1 cup sour cream

Chicken and Sweet Corn Chowder

PERDUE® CHICKEN

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

PRODUCE

- ❑ 6 ears sweet corn
- ❑ 3 sprigs fresh thyme
- ❑ 2 cups chopped celery
- ❑ 1 lb. fingerling potatoes
- ❑ Chives, thinly sliced, for serving (optional)

MISCELLANEOUS

- ❑ 4 cups chicken stock
- ❑ 4 slices thick cut bacon
- ❑ 2 cups diced onion
- ❑ 6 tbsp. flour
- ❑ 1 tbsp. poultry seasoning
- ❑ 2 tsp salt
- ❑ 1 cup whole milk or half-and-half
- ❑ Cheddar cheese, shredded, for serving (optional)