



PERDUE FARMS

**FRESH + FIT**

2021





We feel you: Sticking to new year's resolutions can be hard, especially when those changes involve improving eating habits. But we're determined to help you change that in 2021. We've partnered with our brands, corporate chefs and ambassadors to create a collection of original recipes (for lunch and dinner) that will help you cut calories, carbs and excess fat while enjoying the amazing flavor you've come to expect from Perdue Farms premium proteins. Saying goodbye to gluten? Thinking keto might be the way to go? Has paleo piqued your interest? We've got you covered! Rely on our guide to help you plan delicious meals and make healthy and nutritious changes in 2021 that stick!



## LEMON DIJON CHICKEN SALAD NIÇOISE

### Ingredients:

1 package Perdue boneless, skinless chicken breasts  
½ teaspoon salt  
¼ teaspoon black pepper  
4 cloves garlic  
3 lemons, juiced  
2 tablespoons mayonnaise  
1 tablespoon Dijon mustard  
¼ cup olive oil  
4 cups shredded romaine lettuce  
2 cups green beans, cooked tender-crisp  
2 cups baby red potatoes, cooked & halved  
2 cups cherry tomatoes, halved  
½ cup Kalamata olives

### Instructions:

1. Heat a lightly greased grill or grill pan to medium-high heat. Season the chicken breasts with ¼ teaspoon salt and ¼ teaspoon black pepper. Grill the chicken breasts 3 to 4 minutes on each side. While grilling, baste the chicken with the juice of one of the lemons. Chicken is done when it feels firm to the touch and a meat thermometer inserted in the center reaches 170 F. Remove the chicken from the grill and let rest for 5 minutes, then slice into strips.
2. On a cutting board, mash garlic cloves with the remaining ¼ teaspoon salt to make a paste. In a bowl, whisk together the garlic, the juice of the remaining 2 lemons, mayonnaise, Dijon mustard, and remaining ¼ teaspoon black pepper. While whisking, drizzle in the olive oil and set aside.
3. Lay shredded romaine on a large platter. Toss both green beans and red potatoes in 2 tablespoons of salad dressing and arrange over romaine. Arrange cherry tomatoes and Kalamata olives on the platter.
4. Top salad with slices of cooked chicken breast. Finish with a drizzle of the remaining salad dressing and serve.



## GRILLED PEAR, PROSCIUTTO & ARUGULA SALAD

### Ingredients:

For the salad:

1½ cups (loosely packed)  
baby arugula, more or less, as  
desired

4 slices Niman Ranch  
Prosciutto, torn into pieces

1 firm pear, slices ½-inch thick

¼ cup goat cheese, crumbled

¼ cup toasted pecans, chopped

½ small red onion, thinly sliced

For the dressing:

3 tablespoons olive oil

1 tablespoon Dijon mustard

2 tablespoons lemon juice

1 teaspoon balsamic vinegar

1 to 2 tablespoons honey

Salt and freshly ground black  
pepper, to taste

### Instructions:

1. Heat a grill pan over medium-high heat and spray with nonstick spray.
2. Lightly brush both sides of the pear slices with the olive oil and sprinkle with a little salt. Grill until they have visible grill marks, 1 to 2 minutes per side. Remove from pan and let cool.
3. In a small jar with a lid, combine the olive oil, Dijon mustard, lemon juice, balsamic vinegar and honey. Cover and shake until well mixed. Taste, and add salt and pepper as needed.
4. Scatter arugula onto a large serving dish or arrange prosciutto across the top, then add grilled pears, red onion, pecans and goat cheese evenly around the platter.
5. Drizzle with prepared dressing and enjoy!



## GRILLED MOJO CHICKEN SALAD WITH CHERRIES, MANCHEGO CHEESE & PECANS

### Ingredients:

1 package Perdue boneless, skinless chicken breasts  
1 cup Mojo Criollo  
1 large red onion, cut into 12 wedges  
2 cups fresh cherries, pitted and divided  
¼ cup extra virgin olive oil  
3 tablespoons red wine vinegar  
¾ teaspoon Adobo all-purpose seasoning with pepper  
1 bag baby arugula  
¾ cup shaved Manchego cheese (1 ½ ounces)  
½ cup candied pecans

### Instructions:

1. Combine the chicken breasts and marinade in a gallon-sized resealable plastic bag. Blend until chicken is well-coated; push out air and seal. Marinate in the refrigerator for 2 to 24 hours. Thread onion wedges onto 2 skewers.
2. Preheat an oiled grill or grill pan over medium-high heat. Remove the chicken from the marinade and place on the hot grill. Discard the marinade. Cover the chicken and grill, turning frequently, until browned on all sides and cooked through, about 20 minutes. Chicken is done when a meat thermometer, inserted in the thickest part of chicken, registers 170 F. Grill onions, turning once, until tender and charred, about 8 minutes.
3. For the cherry vinaigrette, combine ¾ cup pitted cherries, olive oil, vinegar and Adobo in a blender or small food processor. Blend until smooth and set aside.
4. To serve salad, slice chicken into strips. Arrange arugula onto a serving platter. Top with chicken, onions, Manchego, pecans and remaining cherries. Serve with cherry vinaigrette.



## HONEY GARLIC CHICKEN

### Ingredients:

1 package Perdue diced chicken breasts  
6 to 8 garlic cloves, crushed  
¼ cup olive oil  
¼ cup honey  
¼ cup fresh lemon juice  
1 tablespoon soy sauce  
2 tablespoons butter  
Salt & pepper, to taste  
Dash of red pepper flakes


### Instructions:


1. In a large pan set over medium to high heat, melt two tablespoons of butter; add the chicken and season with salt and pepper. Cook 3 to 5 minutes on each side to sear the chicken and cook through until no longer pink. Turn off burner and remove pan from heat.
2. In a small bowl, whisk together the honey, lemon juice, soy sauce, olive oil and garlic. Return the pan to heat, pour mixture over chicken and cook until sauce thickens and chicken is cooked through. Serve over rice and with your favorite veggies for a delicious dinner any night of the week.





Jon is founder of the blog [2DadsWithBaggage.com](http://2DadsWithBaggage.com) and co-host of a livestream cooking show called Dinner's Gonna Be a Little Late Tonight. He recently released his first cookbook, "One-Pan Cooking for Men," which is available on Amazon and other online retailers. He lives with his husband and their two teen daughters in San Diego, where the family navigates daily life, world travel, home-cooked meals, shopping frenzies and teen angst — all rolled up into one big happy gang. They love luxury travel, fresh-baked chocolate chip cookies and their own separate corners.



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## KETO-FRIENDLY BAKED CHICKEN FLAUTAS BY JON BAILEY

### Ingredients:

4 tablespoons olive oil, divided  
1 cup chopped red onion  
1 poblano pepper, chopped  
 $\frac{3}{4}$  cup cored and chopped red or yellow bell pepper  
2 garlic cloves, chopped  
1 jalapeño pepper, cored and chopped  
2 cups shredded chicken thigh meat (see recipe below)  
1  $\frac{1}{2}$  cups shredded cheddar cheese  
7 to 8 spinach tortillas  
One 15-ounce can tomato sauce  
One 1-ounce packet taco seasoning  
 $\frac{1}{4}$  cup chopped cilantro leaves  
 $\frac{1}{4}$  cup sour cream  
Salt and pepper, to taste

### Instructions:

1. Preheat oven to 400 F.
2. In a large pan set over medium heat, add 2 tablespoons olive oil. Add onion, peppers, garlic, salt and pepper, stirring occasionally to cook until soft, about 5 minutes.
3. Mix in shredded chicken and  $\frac{1}{2}$  cup water, cooking for another 2 minutes until well combined. Remove from heat.
4. Using a flat surface, place  $\frac{1}{2}$  cup of chicken mixture in a line across center of one tortilla. Sprinkle with cheese and roll tightly with ends open. Place flauta on cookie sheet with the seam side down, pressing down to fix firmly in place. Repeat with remaining tortillas until all filling is used.
5. Brush tops and sides of flautas with a light layer of oil, using about 1 tablespoon total spread across all the flautas. Place in oven and bake for 15 minutes.
6. In another pan, heat 1 tablespoon olive oil over medium heat. Add entire packet of taco seasoning and stir to mix.
7. Add tomato sauce and  $\frac{1}{2}$  cup water to pan, stirring well, over medium heat for about 3 minutes or until bubbling.
8. Remove flautas from oven when done, placing 1 or 2 on each dish to serve. Top generously with tomato sauce mixture, sprinkle with chopped cilantro and add a dollop of sour cream, if desired.



## HOW TO BRAISE CHICKEN THIGHS IN A SLOW COOKER

The beauty of this recipe for Shredded Chicken Thighs is that you can make more than enough meat and freeze the unused portion for a later meal. Using the slow cooker ensures that the meat is tender and easy to shred. The flavors used in this recipe for Shredded Chicken Thighs are perfectly suited for Mexican food. This meat makes an ideal stuffing for Keto-Friendly Baked Chicken Flautas, tacos, burritos and other Mexican favorites.

### Ingredients:

2 tablespoons olive oil  
6 to 8 Perdue bone-in chicken thighs  
8 to 10 tomatillos, chopped\*  
1 yellow onion, chopped  
1 jalapeño, chopped  
1 tablespoon dried oregano  
1 tablespoon cumin  
1 tablespoon chili powder  
¼ teaspoon salt  
½ teaspoon black pepper

\*If you cannot find tomatillos at your market, substitute one 10-ounce can of green enchilada sauce.

### Instructions:

1. Place all ingredients in slow cooker, except for chicken thighs, and stir well.
2. Add chicken and mix well to coat. Make sure chicken is covered with some ingredients.
3. Cook on low setting for 6 hours, or until meat is tender and falls off the bone.
4. Strain juices from meat mixture and allow to cool. Remove all bones and place chicken thigh meat in bowl.
5. Using two forks, tear meat in opposite directions to shred.
6. Your shredded chicken is now ready to use in recipes like our Baked Chicken Flautas described above. Freeze any extra meat to use in other recipes.



As a full-time working mom of three kids, Laura's meal prep skills are off the charts when creating fresh and delicious meals for her family, cookbooks and websites. Some of Laura's best childhood memories include raising chickens with her grandfather and watching her grandmother cook in the kitchen. When she's not tinkering in the kitchen or winning on The Food Network, Laura loves to travel with her family. Her hobbies also include early morning workouts with lots of coffee.



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# CILANTRO LIME CHICKEN WITH AVOCADO SALSA BY LAURA FUENTES

## Ingredients:

1 ½ pounds Perdue boneless, skinless chicken breasts  
1 to 2 tablespoons olive oil, for cooking

### For the Marinade:

¼ cup lime juice  
2 tablespoons olive oil  
¼ cup chopped cilantro leaves  
½ teaspoon ground cumin  
1 small garlic clove, grated  
¼ teaspoon salt

### For the Avocado Topping:

2 avocados, diced  
1 small shallot, finely chopped, or ¼ cup finely chopped red onion  
¼ cup chopped cilantro leaves  
3 tablespoons lime juice  
¼ teaspoon salt

## Instructions:

1. In a medium bowl, combine the marinade ingredients; whisk to combine. Transfer to a large zipper storage bag, along with chicken breasts, zip closed and marinate for 20 minutes.
2. Remove chicken breasts from bag, pat dry and season on both sides with salt.
3. In a large pan or iron skillet, set over medium-high heat, heat oil. Place chicken breasts in the pan and cook for about 6 minutes. Flip and cook for an additional 4 to 6 minutes, or until a digital meat thermometer, inserted in the thickest part of breasts, registers 165 F.
4. While the chicken cooks, make the avocado topping by combining the diced avocados with shallots, cilantro, lime juice and salt in a medium bowl.
5. Top chicken breasts with avocado mixture and sprinkle cilantro and lime juice overtop. Serve.



Dr. Lisa is a nationally known wellness expert, speaker, media spokesperson and holistic health coach. She uses her background as a clinically trained pharmacist to help people craft more healthfully holistic and intentional lives. Dr. Lisa is also an Oprah Magazine Insider and the face of "Mom Prescribed," which is a mini web-series on TLC Network's digital platform, TLCme. This veteran homeschooling mom of two is also a self-professed "Noodie," where she uses her love for food and merges it with natural and nutritious ingredients to craft meals that the whole family can enjoy. She shares those recipes on her blog (The Domestic Life Stylist) and in her free e-cookbook (available for download), "10 Easy and Healthy Recipes Your Family Will Enjoy."



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## GRILLED PESTO CHICKEN BY DR. LISA LESLIE-WILLIAMS

### Ingredients:

4 to 6 Perdue boneless, skinless chicken breasts

2 handfuls of basil leaves

½ cup walnuts

4 garlic cloves

1 teaspoon salt

Fresh cracked black pepper, to taste

½ cup olive oil

1 lemon (juice of ½, reserve other half)

Vegetable oil

4 roma tomatoes, chopped, for garnish

### Instructions:

1. Preheat oven to 350 F. Remove chicken breasts from package and pat dry.

2. Place basil, walnuts, garlic, salt, pepper, olive oil and lemon juice in a food processor. Blend until smooth. Place chicken breasts on a platter or in a container, smear mixture over chicken breasts, cover, place in refrigerator and let marinate for 1 hour.

3. Preheat cast iron grill to medium heat. Brush with vegetable or other oil of choice. Grill chicken for about 5 to 6 minutes per side. Note: Wait until grill lines are set to flip chicken over. Brush the pan with vegetable oil between batches of chicken to avoid sticking. Grill the other half of lemon in the same pan, about 3 to 5 minutes.

4. Place chicken in a flat aluminum sheet pan. Place pan in oven and roast for about 10 minutes or until the center of chicken is no longer pink and a digital meat thermometer, inserted in the thickest part of the breast, registers 165 F.

5. Remove chicken from oven, plate, top with chopped roma tomatoes, garnish with grilled lemon and serve.