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Perdue Farms

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12/07 — 50M — PERDUE 07/09

Chicken and Red Pepper Corn Chowder

Prep/Cook Time: 20 minutes • Servings: 4

Ingredients

- 1 cup diced, cooked PERDUE® Rotisserie Chicken Breast
- 2 slices bacon, diced
- 1 small onion, chopped
- ¾ cup red pepper, finely diced
- 1 can (10 oz.) cream of potato soup
- 1 can (14 oz.) creamed corn
- ¼ cup milk

Instructions

1. In saucepan, sauté bacon until crispy. Remove from pan onto paper towel. Discard all but 1 tablespoon of bacon fat. Sauté onion and peppers in bacon fat over medium-low heat until onions are softened, about 6 minutes.
2. Add soup, corn, milk and 1/4 cup of water. Increase heat to medium and cook for 5-7 minutes or until heated through.
3. Add chicken and heat for 5 minutes. Divide among 4 soup bowls and garnish with crisp bacon pieces. Serve immediately.



Nutrition Facts: Servings Per Recipe 4; Amount Per Serving (* % of Daily Value): Calories 232 (12%); Total Fat 3.3g (5%); Saturated Fat 3.2g (16%); Trans Fat 0g; Cholesterol 5.4mg (18%); Sodium 153mg (31%); Total Carbohydrate 25g (8%); Fiber 3g; Sugars 0g; Protein 14g
*Percent of Daily Values are based on a 2,000 calorie diet.

Asian Chicken Sauté

Prep/Cook Time: 20 minutes • Servings: 4

Ingredients

- 2 cups cut up or shredded, cooked PERDUE® Rotisserie Chicken Breast
- 1 cup uncooked converted rice
- 1 can Mandarin oranges, (11 oz.) drained, reserve ¼ cup juice
- ½ cup chicken broth
- 2 tablespoons honey
- 2 tablespoons soy sauce
- 1 tablespoon cornstarch
- ½ teaspoon ground ginger
- 1 tablespoon sesame oil
- 1 onion, cut into wedges
- 2 cloves garlic, finely chopped
- 1 box frozen broccoli florets, (10 oz.) thawed and drained

Instructions

1. Cook rice according to package directions.
2. Meanwhile, in medium bowl, whisk together reserved orange juice, broth, honey, soy sauce, cornstarch and ginger; set aside.
3. In large nonstick skillet, heat oil over medium-high heat and cook onion, stirring occasionally, 4 minutes. Add garlic and cook, stirring constantly, 1 minute. Stir in 2 cups cooked chicken meat, broccoli and broth mixture.
4. Reduce heat to medium; cover and cook 5 minutes or until heated through. Stir in oranges and serve over hot rice.



Nutrition Facts: Servings Per Recipe 4; Amount Per Serving (* % of Daily Value): Calories 410 (21%); Total Fat 4.3g (7%); Saturated Fat 3.8g (19%); Trans Fat 0g; Cholesterol 90mg (30%); Sodium 654mg (27%); Total Carbohydrate 44g (15%); Fiber 4g; Sugars 0g; Protein 25g *Percent of Daily Values are based on a 2,000 calorie diet.

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