



Down Syndrome Achievement Centers  
educate. inspire. believe.

### Kitchen Safety Tips:

1. Put long hair up in ponytails.
2. Wash your hands:
  - a) First thing before touching any food
  - b) If you cough or sneeze into your hand
  - c) After touching raw meat (before you touch anything else)
  - d) After you touch anything greasy
3. Use knives safely
  - a) Make sure your fingers are safe
    1. Push down on the top of the knife
    2. Hold food with claws not squids!
  - b) Try to make a flat surface on your food as soon as possible
4. Keep pot handles on the stove facing away from the front.
5. Always use potholders when touching pots and pans!

### Gluten-Free Cheeseburger/Hamburger Pie Recipe

#### **What You Will Need:**

- Pie plate
- Skillet pan
- Cheese shredder
- Knife
- Cutting board
- Measuring cups

#### **Ingredients:**

- 1 lb (pound) ground beef
- 1 medium onion
- ½ teaspoons Salt
- ⅛ teaspoons pepper
- 1 cup cheese (dairy-free or regular if not Dairy-Free)
- ½ cup **GLUTEN-FREE** Bisquick mix (other gluten-free pancake mixes may work)
- 1 cup milk (milk of choice: soy, almond, coconut, regular, etc)
- 3 eggs



Down Syndrome Achievement Centers  
educate. inspire. believe.

### Directions:

- Heat oven to 400 degrees. Spray a 9-inch pie plate with cooking spray (make sure it is gluten-free!) or butter.
- Chop the onion into small, diced pieces.
- Shred the cheese (if it is not already shredded).
- In a skillet pan, cook beef and chopped onion on medium-high heat until thoroughly cooked; then drain the meat.
- Stir in salt and pepper to the meat, then spread it into the pie plate, mixing in cheese.
- In a medium bowl, whisk the eggs together, then stir in the Gluten-Free Bisquick mix and milk (of your choice). Pour this over the meat mixture until completely coated.
- Sprinkle cheese on top before placing it in the oven.
- Bake for 20-25 minutes or until a knife inserted comes out clean

**\*\*\*Can make “hamburger pie” by omitting the cheese altogether if you do not want any cheese/dairy!\*\*\***



Down Syndrome Achievement Centers  
educate. inspire. believe.

Fantastic Friends: Healthy Living  
Purposeful Programs  
Gluten-Free Cheeseburger Pie