



Down Syndrome Achievement Centers  
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### 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!

### Chicken Fajitas

#### Ingredients:

- 3 boneless and skinless chicken breasts
- ½ large onion
- 1 medium Red Bell Pepper
- 1 medium Green Bell Pepper
- 1 tbsp Olive Oil
- 2 ½ tbsp fajita seasoning or whole packet (depending on how spicy you want it!) – make sure it is gluten and dairy free!!
- Gluten Free Tortillas (corn tortillas or Mission)
- \*\*\*Optional Toppings: avocado, sour cream, and/or salsa!



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## Instructions:

- Begin by washing your hands for 20 seconds with warm water
- Using a sharp knife and cutting board, cut the chicken breasts into long strips
- Slice the onion and peppers into long strips
- Heat olive oil in a frying large pan and add the chicken
- Sprinkle about half of the seasoning over the chicken and stir
- Cook the chicken for about 5-10 minutes until it's fully cooked
- When the meat is no longer pink, remove the chicken from the pan and place on a plate
- Add another tbsp of olive oil to the pan if needed
- Add the onion and cook until it is translucent or clear
- Add the peppers and the remaining fajita seasoning and stir
- Cook the vegetables for 3 to 5 minutes
- Add the chicken to the pan with the vegetables and combine
- Next, add the chicken and vegetables to the tortillas
- Add any toppings you'd like!
- Enjoy!