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GF/DF Stir Fry

### 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/Dairy Free Stir Fry

#### **Ingredients:**

- 3 boneless and skinless chicken breasts
- 3-4 tablespoons GF Soy Sauce (Tamari is a good brand to use)
- 1 cup broccoli
- ½ cup carrots
- 1 cup cauliflower
- 1 cup sugar snap peas
- Olive oil
- 2 cups of Minute Rice (make sure it is gluten free) ---\*\*can also use other rice that can be prepared ahead of time.

#### **Kitchen Equipment Needed:**

- Knife
- Cutting Boards
- Skillet Pans (medium and large)



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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
- In a medium sized saucepan, place the chicken strips or cubes, with 1 teaspoon soy sauce and 2 teaspoons of olive oil on medium heat.
- Using a separate cutting board, chop the broccoli and cauliflower into little pieces. Then, cut up the carrots into small circles.
- Combine the broccoli, cauliflower, carrots, sugar snap peas into a large sauce pan with the rest of the soy sauce and olive oil and put on medium heat.
- Once, the chicken is fully cooked, mix it in with the vegetable medley and mix it all together.
- Finally, portion out the rice, and top the rice with the chicken and vegetable mixture. Add additional soy sauce as desired!
- Enjoy!