



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!

Chicken Cacciatore

Serves 6

Ingredients:

- 6 chicken thighs bone in, skin on, trimmed of excess fat
- Kosher salt and black pepper (optional)
- 2 Tablespoons Extra virgin olive oil
- 1 small yellow onion, chopped
- 2 celery ribs, chopped
- 1 red or green (or combination) bell pepper, chopped
- 8 ounces mushrooms (white or baby bella), cleaned and sliced
- 3 garlic cloves, minced or 2 teaspoons of jarred minced garlic
- 1 tsp oregano
- 3 sprigs fresh thyme or ½ teaspoon dried thyme
- 2 tbsp fresh chopped parsley more for later
- Pinch red pepper flakes (optional)
- 1 cup red wine or chicken broth
- 28 ounce can crushed tomatoes
- Cooked Pasta, rice or crusty bread



Down Syndrome Achievement Centers
educate. inspire. believe.

Equipment:

- Large skillet with lid
- Cutting Board
- Knife
- Measuring cups and spoons
- Plate to hold cooked chicken

Method:

1. Pat the chicken dry and season with salt and pepper if desired.
2. In the skillet, heat 2 tbsp extra virgin olive oil over medium-high until shimmering but not smoking. Add the chicken, skin side down first. Cook until golden brown, then turn over to brown on the other side (about 8 minutes total). Remove the chicken and set aside on a plate.
3. In the same skillet, add the onions, celery, peppers, mushrooms, and garlic. Cook over medium heat, tossing regularly. Add kosher salt, pepper, oregano, thyme, parsley and red pepper flakes. Allow the vegetables to cook for 5 to 6 minutes or until tender.
4. Add the red wine and cook for a few minutes until the wine has reduced by about ½, then add the tomatoes and chicken. Bring to boil, then reduce the heat to medium-low. Cover and allow the chicken to cook for 30 minutes or until cooked through.
5. Serve with pasta, rice or crusty bread. Garnish with parsley.

Adapted from: <https://www.themediterraneandish.com/chicken-cacciatore-recipe>