

## Chicken Cauliflower Rice Taco Skillet

### Ingredients

1 lb ground chicken  
12 oz pre-cut peppers/ onions  
12 oz cauliflower rice  
1 can diced tomatoes  
1 small can green chiles  
Chicken Broth  
Pico de gallo  
Two taco seasoning packs  
1 avocado  
Avocado Oil



### Materials

Adaptive Scissors  
Adaptive Knife  
Ring can opener  
Measuring cups  
Measuring spoons  
Strainer  
Cutting board

**Helpful Hint - Use the ring top opener to open diced tomatoes and green chilis before class. Strain green chili peppers.**

Heat skillet to 375 degrees and measure a tablespoon of Avocado Oil to put in the skillet

.



Wash Hands



Open container of onions/peppers (might need assistance), place veggies on cutting board.



Use adaptive knife to chop peppers and onions



Put the veggies in a skillet and stir with a wooden spoon.



Turn down the heat in the skillet, and put the lid back on. Wash hands



Put gloves on and open package of ground chicken (might need assistance)



Put ground chicken in skillet, then throw away gloves and wash hands again



Turn up heat on skillet to high



Add ½ a cup of chicken broth.



Add one packet of taco seasoning, turn down the heat of skillet to low



Stir all ingredients with a wooden spoon



Stir in diced tomatoes



Open and drain green chili peppers



Put a paper towel under strainer



Put green chili peppers in the skillet.



Stir all the ingredients together



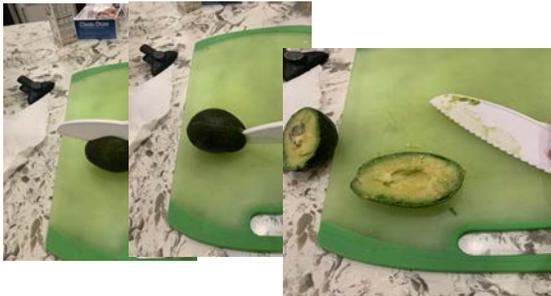
Add cauliflower rice



Turn up the heat of the skillet to high and add second packet of Taco seasoning



Stir all the ingredients, turn the heat of the skillet to low and cover. Using an adaptive knife cut the avocado



Turn off the heat of the skillet, spoon out Chicken Cauliflower Taco Skillet in a bowl



Top with shredded cheddar cheese and Pico de gallo.

Don't forget to add sliced avocado

Now you're ready to sit down with some chips and watch Football