

**MAY
2024
MAKE & TAKE**

**25 FAMILIES WILL BE
CHOSEN TO RECEIVE
FREE INGREDIENTS!**

BBQ CHICKEN BOWL



PARTICIPANTS NEED INTERNET ACCESS FOR THE VIRTUAL MAKE & TAKE SESSIONS, WHICH WILL BE PRE-RECORDED, AND SENT OUT VIA EMAIL.

INGREDIENTS MUST BE PICKED UP ON WEDNESDAY, MAY 22ND, AT THE SMHWC FROM 11:45AM-1:15PM. SIGN UP IS MAY 6TH-10TH. WE WILL BE DRAWING NAMES FOR THE VIRTUAL MAKE & TAKE AND WILL CONTACT YOU ON MONDAY, MAY 13TH IF YOUR NAME HAS BEEN CHOSEN.

Contact Casey Rosenberg, RD to sign up!

PHONE: 715.793.5006

EMAIL: CASEY.ROSENBERG@MOHICAN.COM

ATTENTION: MAKE & TAKE ACTIVITIES ARE MADE POSSIBLE THROUGH GRANT FUNDING. PICTURES OF YOUR COMPLETED CREATIONS MUST BE SUBMITTED TO CASEY. PICTURES ARE PART OF THE VERIFICATION OF APPROPRIATE FUNDING USE TO OUR GRANTOR, WHICH ALLOWS US TO CONTINUE TO PROVIDE THIS PROGRAM. FAILURE TO DO SO MAY EFFECT YOUR FUTURE ELIGIBILITY.



Stockbridge-Munsee
COMMUNITY HEALTH DEPARTMENT



**SPONSORED BY THE SMHWC
COMMUNITY HEALTH
DEPARTMENT WITH FUNDING
FROM SNAP-ED & SDPI GRANT**

BBQ CHICKEN BOWL

Prep Time: 15 minutes

Cook Time: 15 minutes

Total Time: 30 minutes

Ingredients:

- 1 teaspoon of olive oil
- 1 thinly sliced medium onion
- 5 boneless, skinless chicken thighs
- 1/3 cup of low-carb BBQ sauce
- 1/2 cup of shredded cheese
- Salt and pepper, to taste



Instructions:

1. Heat oil in a medium skillet. Add onions and cook 3-4 minutes, stirring occasionally.
2. Salt and pepper thighs, add to the skillet with onions. Cover and cook on medium-low 2-3 minutes.
3. Uncover and cook until chicken temp reaches 165 degrees F, approximately 10 minutes.
4. Using 2 forks, shred chicken and stir in BBQ sauce. Top with cheese and cover 1-2 minutes to melt cheese.
5. Serve as is or on a bed of peppers or with coleslaw.