

December Make & Take

Chicken Burrito Bowl with Cauliflower



PARTICIPANTS MUST HAVE ACCESS TO INTERNET AS THE MAKE & TAKE WILL BE DONE VIRTUALLY, SESSIONS WILL BE PRE-RECORDED AND SENT OUT VIA EMAIL PRIOR TO PICKUP. INGREDIENTS MUST BE PICKED UP ON WEDNESDAY, **DECEMBER 11TH**, AT THE SMHWC FROM 11:45AM -1:15PM. SIGN UP IS NOVEMBER 25TH - DECEMBER 2ND. WE WILL BE DRAWING NAMES FOR THE VIRTUAL MAKE & TAKE. WE WILL CONTACT YOU ON TUESDAY, DECEMBER 3RD IF YOUR NAME HAS BEEN CHOSEN.

*Contact Violet Azzolina, Community Health
Representative to sign up!*

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ATTENTION: MAKE & TAKE ACTIVITIES ARE MADE POSSIBLE THROUGH GRANT FUNDING. PICTURES OF YOUR COMPLETED CREATIONS MUST BE SUBMITTED TO VIOLET. 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

Chicken Burrito Bowls with Cauliflower

Yield: 4 servings Prep Time: 5 min Cook time: 20 min

Ingredients

- 1 lb ground chicken (or turkey)
- 3 tbsp olive oil
- 1/2 yellow onion, minced
- 1 medium head of cauliflower (or one pack of riced cauliflower)
- 1 small can diced tomatoes, drained
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp paprika
- 1/2 tsp chili powder, optional
- 1 tsp cumin
- 1/4 cup low-sodium vegetable or chicken broth
- 2 cups shredded Monterey Jack or Mozzarella (or your favorite cheese)
- Salt and fresh cracked black pepper

Instructions

1. To make the chicken cauliflower burrito bowl: Rinse and break the cauliflower head into small florets and roughly chop in a food processor.
2. In a large skillet, sauté minced onion in 2 tablespoons of olive oil, until softened.
3. Add ground chicken (or turkey) to the skillet and season with salt and pepper. Cook over medium-high heat until chicken has started to brown and rendered most of its water. Remove from the skillet and set aside.
4. In the same skillet, add the remaining tablespoon olive oil and sauté cauliflower rice for about 2 minutes. Stir in onion powder, garlic powder, paprika, chili, and cumin. Mix well and continue to cook for a couple of minutes; then add diced tomatoes and vegetable broth. Bring to a simmer, and allow the juices to reduce a little. Adjust seasoning if necessary.
5. Add ground chicken (or turkey) and onion back to the skillet and give a quick stir (you can also keep chicken on top of cauliflower for serving if you like). Sprinkle with shredded cheese, cover the skillet and let sit for 2-3 minutes off heat to melt the cheese. Divide into bowls, enjoy!



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