

BBQ Chicken (or Turkey) Burritos (serves 4)

Kitchen # _____

2 skinless, boneless chicken or turkey breasts (or thighs) sliced into small pieces or **use 1 ½ to 2 cups precooked chicken or turkey*

½ large onion, thinly sliced

2 garlic cloves, minced

2 tsp. vegetable oil

¼ tsp. salt

¼ cup barbecue sauce (honey, brown sugar, spicy, etc.)

½ cup grated cheese (Cheddar, Monterey Jack, Pepper Jack, Parmesan)

4 soft flour tortillas (fajita size)



If using raw meat, slice into small strips/pieces and prepare onions and garlic. Measure oil into a non-stick frying pan; add onions and chicken or turkey. Cook over medium heat until meat is no longer pink and onions are translucent. Add garlic, salt and barbecue sauce and heat through. Place in the center of a warm soft tortilla shell and top with grated cheese.

**If using cooked meat, chop into small pieces if necessary, measure and set aside. Prepare the onions and garlic and cook in oil over medium heat until translucent. Add precooked meat, garlic, salt and barbecue sauce until heated through. Place in the center of a warm soft tortilla shell and top with grated cheese.*

Preparation Jobs

- _____ Slice or measure meat accordingly based on selected version
- _____ Prepare onion & measure oil
- _____ Prepare garlic & measure salt
- _____ Grate the cheese & measure barbecue sauce
- _____ Warm tortilla shells according to package directions
- _____ Fill & serve tortillas

Clean-Up Jobs

- _____ Wash dishes & empty sink drains
- _____ Rinse & dry dishes and sink/faucet areas
- _____ Put dishes away & place dirty towels in basket
- _____ Wipe off counters, stove, tables, microwave, etc.
- _____ Sweep floor, empty trash & place recipe in basket on teacher's desk



Pre-Lab Questions

1. Besides color, what is the difference between dark meat and white meat?
2. Can you use the same cutting board and knife to cut the raw chicken, onions and garlic? Explain why or why not.
3. Can you use the same cutting board to cut the onions and garlic if chopping pre-cooked meat? Explain why or why not.
4. Identify the food groups represented in this dish and the corresponding ingredients.
5. Is this dish nutrient dense or empty calorie? How do you know?
6. If using raw meat, how do you know when it's done?
7. The onions need to cook until translucent. What does that mean?
8. How will you heat the tortilla shells?
9. Watch this [video](#) on cutting the raw meat and answer the following questions:
 - What type of knife is being used to perform the cuts?
 - Is the narrator holding the knife and his non-dominant hand correctly? Explain.

