

Attainment's

Ready,

Set,

COOK!
COOKBOOK

Eleana Bastian

Contents

About the Artist	v
Introduction	1
Add to It!	5
Omelet	6
Spanish Rice	10
Meatballs	16
Mashed Potatoes	21
Tuna-stuffed Avocado	27
Chocolate Chip Cookies	30
Trail Mix.	35
Coleslaw	38
Eat Fresh!	41
Baked Sweet Potatoes.	42
Steamed Broccoli	45
Fresh Spinach	48
Fresh Asparagus	51
Salmon	55
Quinoa	59
Fruit Parfait	64
Fruit Dip	66
Make It a Meal!	69
Turkey Sandwich	70
French Toast.	73
Poached Egg Sandwich	77
Spaghetti with Meat Sauce	81
Oatmeal.	88
Beans and Rice	91
Salad	95
Share It!	97
Veggie Platter and Dip	98
Monkey Bread.	102
Cracker Dip	107
Buffalo Chicken Dip.	109

Rice Crispy Treats	112
Fudge	116
Nachos	120
Use It, and Reuse It!	123
Chili with Rice.	124
Chicken Breasts	131
Chicken Fajitas	134
Chicken Salad	139
Pasta	142
Mac and Cheese	146
Italian Pasta Salad	150
Chicken Alfredo.	153
Rice	156
"Fried" Rice	160



Add

to

It!

Omelet



Add to It!



Ingredients:



2 eggs



$\frac{1}{4}$ cup shredded
cheese



$\frac{1}{4}$ cup
chopped ham



salt



pepper



2 tablespoons
water



cooking
spray



Utensils:



2-quart glass
dish with lid



bowl



$\frac{1}{4}$ cup



1 tablespoon



fork



spatula



oven mitts



Omelet

Directions:



STEP 1

Crack **2** eggs into the bowl.



STEP 2

Add **2 tablespoons** water to the eggs. Sprinkle salt and pepper.



STEP 3

Beat the eggs with a fork.



STEP 4

Spray the glass dish with cooking spray.



STEP 5

Pour the egg mixture into the glass dish.



Omelet



STEP 6

Put a lid on the glass dish.



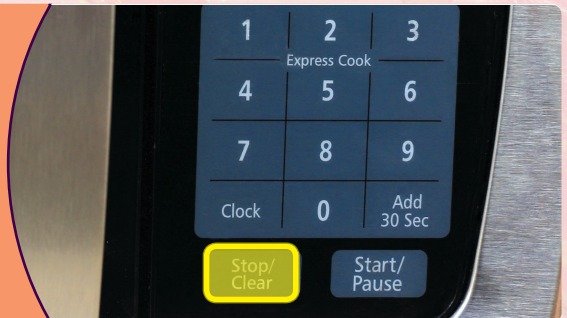
STEP 7

Put on the oven mitts. Put the dish in the microwave.



STEP 8

Close the door. Push *Clear*.



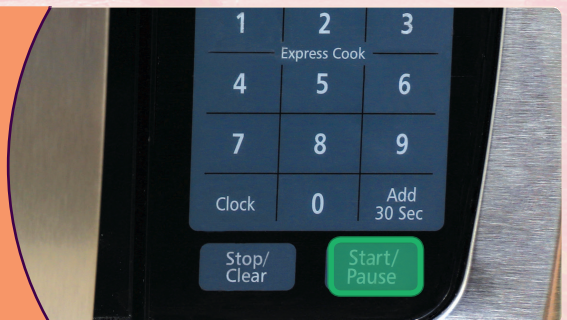
STEP 9

Push *Time*. Push 300.



STEP 10

Push *Start*.



Omelet

☐ STEP 11

When the microwave oven beeps, put on the oven mitts and remove the dish.



☐ STEP 12

Add $\frac{1}{4}$ cup ham and $\frac{1}{4}$ cup cheese to half of the omelet.



☐ STEP 13

Use a spatula to flip the omelet in half.



☐ STEP 14

Use the spatula to put it on a plate and serve.



Spanish Rice

Add to It!



Ingredients:



1 cup cooked
rice (pg. 156)



½ cup
onion



¼ cup
green pepper



1 (15 ounce) can
diced tomatoes



¼ cup
ketchup



salt



pepper



water



Utensils:



2-quart glass
dish with lid



1 cup



¼ cup



timer



can opener



knife



cutting
board



oven mitts



Spanish Rice

Directions:

☐ STEP 1

Chop the onion and the pepper.



☐ STEP 2

Place $\frac{1}{2}$ cup chopped onion into the glass dish.



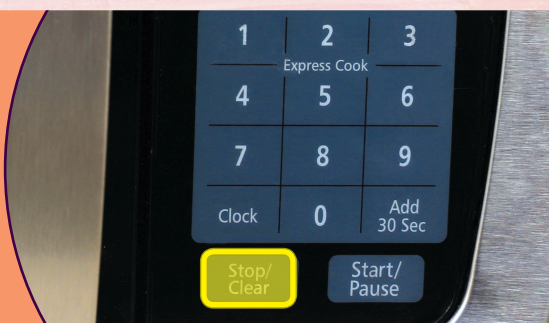
☐ STEP 3

Put on the oven mitts. Put the dish in the microwave.



☐ STEP 4

Close the door. Push *Clear*.



☐ STEP 5

Push *Time*. Push 200.

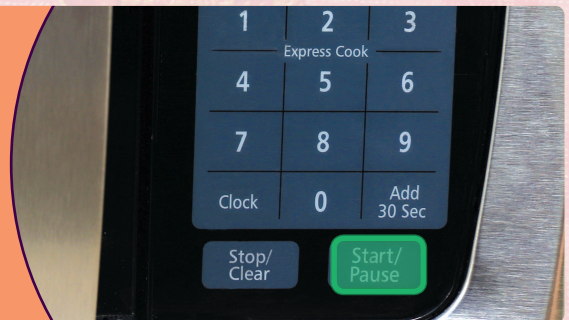


Spanish Rice



STEP 6

Push *Start*.



STEP 7

When the microwave oven beeps, put on the oven mitts and remove the dish.



STEP 8

Add the can of diced tomatoes and **1 cup** of cooked rice.



STEP 9

Add **$\frac{1}{4}$ cup** green bell pepper and **1 cup** water.



STEP 10

Add **$\frac{1}{4}$ cup** ketchup.



Spanish Rice

☐ STEP 11

Put the lid on the dish.



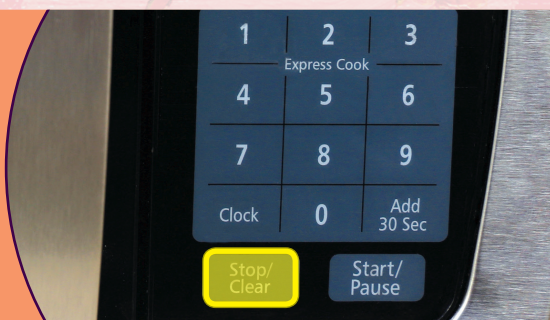
☐ STEP 12

Put on oven mitts. Put the dish in the microwave.



☐ STEP 13

Close the door. Push *Clear*.



☐ STEP 14

Push *Time*. Push 1000.



☐ STEP 15

Push *Start*.



Spanish Rice

☐ STEP 16

When the microwave oven beeps, put on the oven mitts. Remove the dish.



☐ STEP 17

Remove the lid and stir.



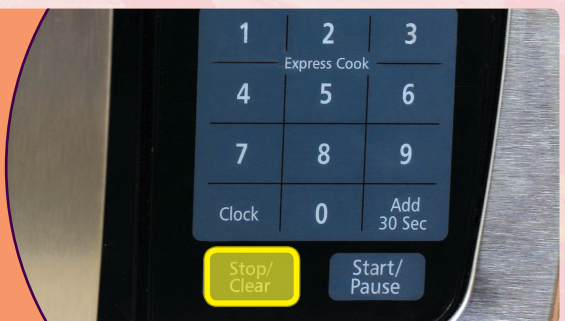
☐ STEP 18

Put on the oven mitts and put the lid on the dish. Put the dish in the microwave.



☐ STEP 19

Close the door. Push *Clear*.



☐ STEP 20

Push *Time*. Push 500.



Spanish Rice

☐ STEP 21

Push *Start*.



☐ STEP 22

When the microwave oven beeps, put on the oven mitts and remove the dish.



☐ STEP 23

Let the dish stand for **5 minutes**.



☐ STEP 24

When the timer beeps, put on the oven mitts. Remove the lid and serve.



Meatballs



Add to It!



Ingredients:



1 pound
ground beef



1 egg



$\frac{1}{2}$ of a small
onion



Italian style
bread crumbs



$\frac{1}{4}$ teaspoon
salt



$\frac{1}{4}$ teaspoon
pepper



$\frac{1}{4}$ teaspoon
garlic powder



Utensils:



2-quart
glass dish with lid



large bowl



$\frac{1}{3}$ cup



$\frac{1}{4}$ cup



$\frac{1}{2}$ teaspoon



$\frac{1}{4}$ teaspoon



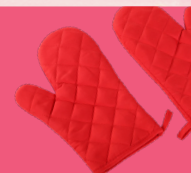
knife



cutting
board



oven mitts



Meatballs

Directions:

☐ STEP 1

Peel the onion. Dice it.



☐ STEP 2

Put the onion in the bowl.



☐ STEP 3

Add the ground beef.



☐ STEP 4

Put $\frac{1}{3}$ cup bread crumbs in the bowl.
Add $\frac{1}{2}$ teaspoon garlic powder.



☐ STEP 5

Add $\frac{1}{2}$ teaspoon salt. Add
 $\frac{1}{2}$ teaspoon pepper.



Meatballs



STEP 6

Crack the egg and add it to the bowl.



STEP 7

Mix using your hands.



STEP 8

Use the $\frac{1}{4}$ cup to measure the mix.
Roll each cupful into a meatball.



STEP 9

Put meatballs in the glass dish.



STEP 10

Wash hands.



Meatballs

☐ STEP 11

Put the lid on the glass dish.



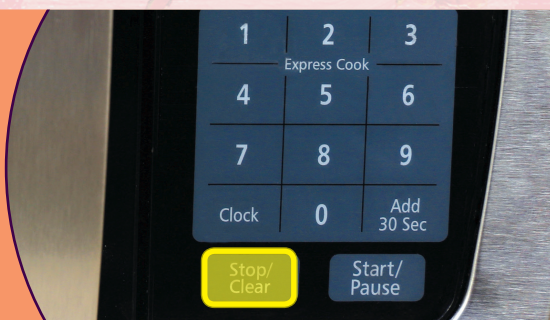
☐ STEP 12

Put on the oven mitts. Put the glass dish in the microwave.



☐ STEP 13

Close the door. Push *Clear*.



☐ STEP 14

Push *Time*. Push 800.



☐ STEP 15

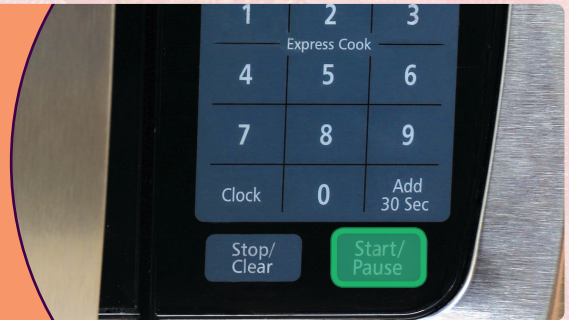
Push *Power*. Push 7.



Meatballs

☐ STEP 16

Push *Start*.



☐ STEP 17

When the microwave oven beeps, put on the oven mitts and remove the dish.



☐ STEP 18

Let the dish stand for **3 minutes**.



☐ STEP 19

When the timer beeps, put on the oven mitts and remove the lid.



☐ STEP 20

Serve.



Mashed Potatoes



Ingredients:



6 medium
potatoes



$\frac{1}{4}$ cup
butter



$\frac{3}{4}$ cup
milk



salt



pepper



Add to It!



Serves
6

Utensils:



2-quart
glass dish with lid



glass
measuring cup



$\frac{1}{2}$ cup



$\frac{1}{4}$ cup



$\frac{1}{2}$ teaspoon



large fork
or potato masher



knife



vegetable
peeler



cutting
board



oven mitts



Mashed Potatoes

Directions:

☐ STEP 1

Peel the potatoes.



☐ STEP 2

Cut each potato into 4 equal pieces.



☐ STEP 3

Put potato pieces into a glass dish.



☐ STEP 4

Put the lid on the glass dish.



☐ STEP 5

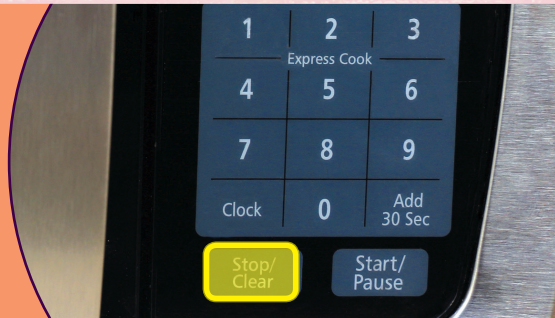
Put on the oven mitts. Put the glass dish in the microwave.



Mashed Potatoes

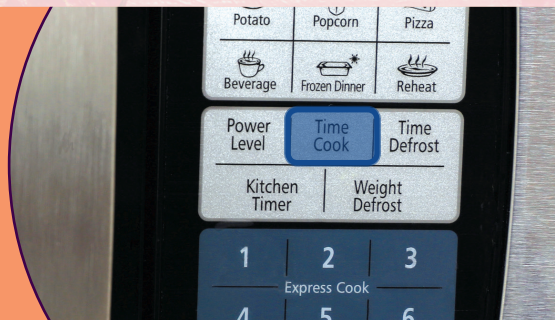
☐ STEP 6

Close the door. Push *Clear*.



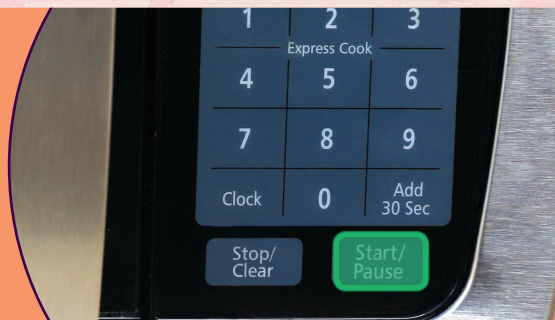
☐ STEP 7

Push *Time*. Push 500.



☐ STEP 8

Push *Start*.



☐ STEP 9

When the microwave oven beeps, put on the oven mitts and remove the dish.



☐ STEP 10

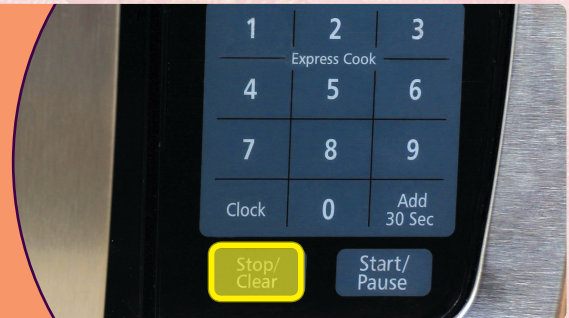
Stir the potatoes. Put the lid on the dish and place it back in the microwave.



Mashed Potatoes

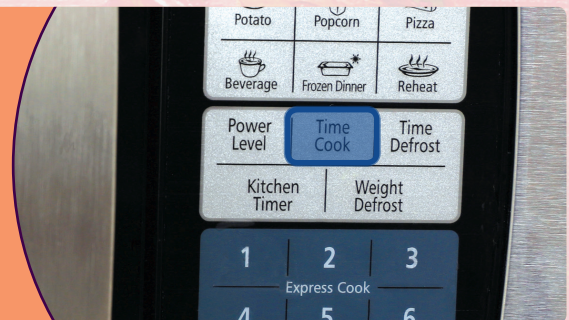
☐ STEP 11

Close the door. Push *Clear*.



☐ STEP 12

Push *Time*. Push 500.



☐ STEP 13

Push *Start*.



☐ STEP 14

When the microwave oven beeps, put on the oven mitts and remove the dish.



☐ STEP 15

Mix $\frac{3}{4}$ cup milk, $\frac{1}{2}$ teaspoon salt, a dash of pepper, and $\frac{1}{4}$ cup butter in the glass measuring cup.



Mashed Potatoes

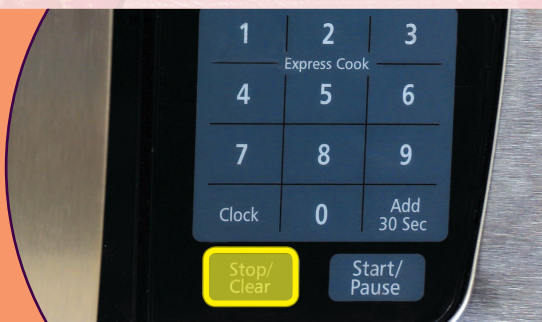
STEP 16

Put on the oven mitts, and put the measuring cup in the microwave.



STEP 17

Close the door. Push *Clear*.



STEP 18

Push *Time*. Push 200.



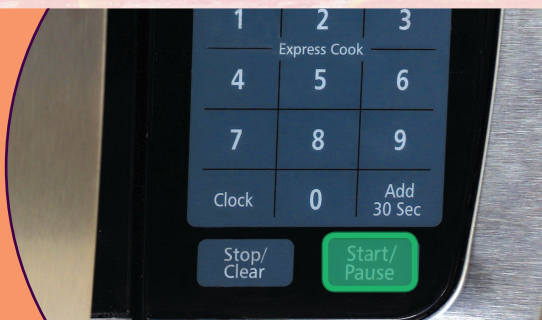
STEP 19

Push *Power*. Push 6.



STEP 20

Push *Start*.



Mashed Potatoes

☐ STEP 21

When the microwave oven beeps, put on the oven mitts and remove the measuring cup.



☐ STEP 22

Pour the mixture into the potato dish.



☐ STEP 23

Mash the potatoes and serve.



Tuna-stuffed Avocado



Ingredients:



1 (4.5 ounce)
can tuna



1 avocado



$\frac{1}{4}$ cup diced
red peppers



$\frac{1}{4}$ cup
fresh cilantro



1 tablespoon
lime juice



salt



pepper



1 teaspoon
mayonnaise



Add to It!



Utensils:



bowl



$\frac{1}{4}$ cup



1 tablespoon



1 teaspoon



knife



cutting
board



Tuna-stuffed Avocado

Directions:

☐ STEP 1

Open the can of tuna and drain the liquid. Add the tuna to the bowl.



☐ STEP 2

Dice the red bell pepper. Add $\frac{1}{4}$ cup to the tuna.



☐ STEP 3

Chop the cilantro. Add $\frac{1}{4}$ cup to the tuna.



☐ STEP 4

Add **1 teaspoon** of mayonnaise, **1 tablespoon** of lime juice, and a sprinkle of salt and pepper to the tuna.



☐ STEP 5

Stir the tuna mixture until everything is combined.



Tuna-stuffed Avocado

☐ STEP 6

Cut the avocado in half. Remove the pit.



☐ STEP 7

Spoon the mixture into each avocado half.



☐ STEP 8

Serve.





Chocolate Chip Cookies

Add to It!



Ingredients:



3 tablespoons
chocolate chips



2 large
egg yolks



$\frac{1}{2}$ cup
flour



2 tablespoons
sugar



2 tablespoons
brown sugar



$\frac{1}{4}$ teaspoon
vanilla



$\frac{1}{4}$ teaspoon
salt



2 tablespoons
butter



Utensils:



bowl



plate



$\frac{1}{2}$ cup



1 tablespoon



$\frac{1}{4}$ teaspoon



fork



oven mitts



Chocolate Chip Cookies

Directions:



STEP 1

Add **1 tablespoon** of butter to bowl.



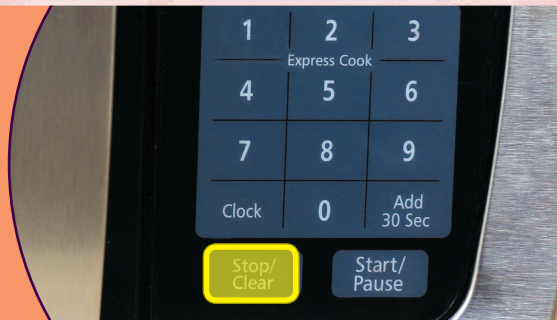
STEP 2

Put on the oven mitts. Put the bowl in the microwave.



STEP 3

Close the door. Push *Clear*.



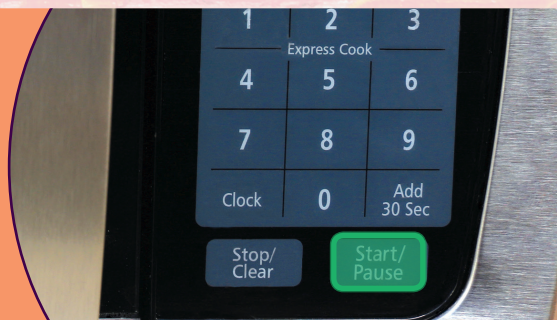
STEP 4

Push *Time*. Push 30.



STEP 5

Push *Start*.



Chocolate Chip Cookies



STEP 6

When the microwave oven beeps, put on the oven mitts and remove the bowl.



STEP 7

Add **2 tablespoons** of sugar and **2 tablespoons** of brown sugar.



STEP 8

Separate the egg yolks and add it to the bowl. Add **$\frac{1}{4}$ teaspoon** of vanilla.



STEP 9

Stir well.



STEP 10

Add **$\frac{1}{2}$ cup** of flour and **$\frac{1}{4}$ teaspoon** of salt. Add **3 tablespoons** of chocolate chips.



Chocolate Chip Cookies

☐ STEP 11

Stir.



☐ STEP 12

Form the dough into a large cookie on the plate.



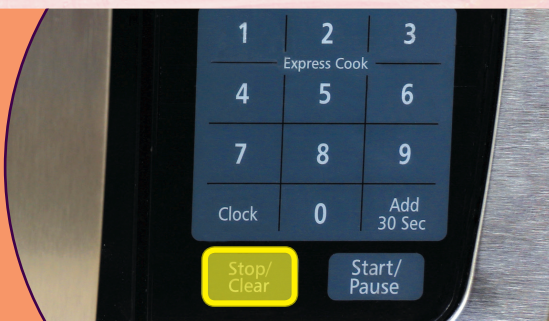
☐ STEP 13

Put on the oven mitts. Put the plate in the microwave.



☐ STEP 14

Close the door. Push *Clear*.



☐ STEP 15

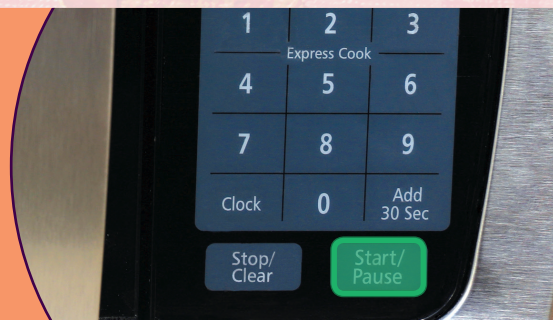
Push *Time*. Push 200.



Chocolate Chip Cookies

☐ STEP 16

Push *Start*.



☐ STEP 17

When the microwave oven beeps, put on the oven mitts and remove the plate.



☐ STEP 18

Cut the cookie into **4** pieces and serve.



Trail Mix



Ingredients:



1 cup
raisins



$\frac{1}{2}$ cup whole
almonds



$\frac{1}{2}$ cup
peanuts



$\frac{1}{2}$ cup
cashews



$\frac{1}{2}$ cup
M&Ms



Add to It!



Serves
8



Utensils:



bowl



1 cup



$\frac{1}{2}$ cup



spoon



Trail Mix

Directions:

☐ STEP 1

Put **1 cup** of raisins into the bowl.



☐ STEP 2

Add **1/2 cup** of almonds to the bowl.



☐ STEP 3

Add **1/2 cup** of peanuts to the bowl.



☐ STEP 4

Add **1/2 cup** of M&Ms to the bowl.



☐ STEP 5

Add **1/2 cup** of cashews to the bowl.



Trail Mix



STEP 6

Mix ingredients with a spoon.



STEP 7

Serve.



Coleslaw



Add to It!



Speed
It Up!



Serves
10

Ingredients:



1 (16 ounce) bag
coleslaw mix



$\frac{1}{2}$ cup
mayonnaise



$\frac{1}{4}$ teaspoon
mustard



2 tablespoons
white vinegar



3 tablespoons
sugar



$\frac{1}{4}$ teaspoon
salt



pepper



Utensils:



bowl



$\frac{1}{2}$ cup



1 tablespoon



$\frac{1}{4}$ teaspoon



spoon



Coleslaw

Directions:

☐ STEP 1

Add **$\frac{1}{2}$ cup** mayonnaise, **$\frac{1}{4}$ teaspoon** mustard, **2 tablespoons** white vinegar, and **3 tablespoons** sugar to the bowl.



☐ STEP 2

Stir the ingredients until they are well mixed.



☐ STEP 3

Add **$\frac{1}{4}$ teaspoon** salt and a sprinkle of pepper to the mixture. Stir again.



☐ STEP 4

Add the coleslaw mix to the bowl. Mix until all the cabbage is covered in the dressing.



☐ STEP 5

Serve.

