

Attainment's

Ready,

Set,

COOK 2:

Full
Kitchen
Edition

Eleana Baranowski-Bastian

FACILITATOR'S GUIDE

Attainment's

Ready, Set, COOK 2:

Full Kitchen Edition

Facilitator's Guide

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**Attainment
Company**

An Attainment Company Publication

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Printed in the United States of America

ISBN: 978-1-64856-050-7

P.O. Box 930160 • Verona, Wisconsin 53593-0160 USA

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Contents

About the Artist	1
Introduction	3
LESSON 1 Peanut Butter Banana Sandwich	12
LESSON 2 Tuna Salad	14
LESSON 3 Grilled Cheese	16
LESSON 4 Roasted Broccoli	18
LESSON 5 Chicken Breasts	21
LESSON 6 Scrambled Eggs	23
LESSON 7 Chocolate Chip Cookies	26
LESSON 8 Hard-Boiled Eggs	29
LESSON 9 Fried Sausage	31
LESSON 10 Green Beans	33
LESSON 11 Beef Stroganoff	35
LESSON 12 Marinara Sauce	38
LESSON 13 Tacos	40
LESSON 14 Leftover Tacos	42
LESSON 15 Zucchini Boats	44
LESSON 16 Salmon Sheet Pan Dinner	46
LESSON 17 Fruit Salad	49
LESSON 18 Lasagna	51
LESSON 19 Guacamole	55
LESSON 20 Rice	57
LESSON 21 Pasta	59
LESSON 22 Potato Wedges	61
LESSON 23 Lentils	63
LESSON 24 Breakfast Cookies	65
LESSON 25 Chili	67
LESSON 26 One Pot Spaghetti	70
LESSON 27 Baked Chicken Wings	73
LESSON 28 Strawberry Ice Cream Topping	76



LESSON 29 Pizza	78
LESSON 30 Tofu Curry	80
LESSON 31 7-Layer Dip	83
LESSON 32 Potato Salad.	85
LESSON 33 Banana Bread.	88
LESSON 34 Broccoli Cheddar Soup	91
LESSON 35 Fried Rice	94
LESSON 36 Granola	97
LESSON 37 Chicken Garlic Puffs	100
LESSON 38 Spinach Artichoke Dip	103
LESSON 39 Salad with Roasted Chickpeas	106
LESSON 40 Burrito Bowl.	109
Vocabulary	115
Shopping Report	119
My Recipe Reader	129
Measurement Abbreviation Guide	130

About the Artist



Chloe Hougan

Originally working in ceramics, Chloe Hougan has expanded her art practices to include pattern-based acrylic painting.

“I want to tell everyone who dreams about being a painter there are a lot of ways to make truly passionate art.”

Hougan uses a book of her original patterns and color references in order to make choices as she develops paintings, section by section. Often working in layers of acrylic paint and paint marker, Hougan’s mark-making is both intentional and fluid, creating whimsical, bold compositions radiating with vibrant energy.

“I, as a person with autism, use art to express my feelings and locked-up emotions. I love color and pattern. It helps my spinning world stand still.”

Visit <https://www.artworking.org/chloe-hougan> for more information.



Introduction

Welcome to **Ready, Set, Cook 2: Full Kitchen Edition (RSC 2)**. Learning to prepare food is an important step to independence. Cooking can be challenging and overwhelming, so we aim to make it fun and easy with our step-by-step, illustrated recipes. By focusing on fresh ingredients and shying away from premade meals, students truly feel like they are cooking independently. Beyond simply preparing a meal, RSC2 teaches broader concepts like nutrition, freezing food, and reheating leftovers with the hope that students will feel at home using their entire kitchen.

Cooking healthy meals is something everyone can accomplish. We understand that preparing homemade meals can be difficult on busy days, so we place an emphasis on quick meals as well as cooking large portions on days when more time is available. We want to reduce the reliance on premade meals and other people's cooking.

Ready, Set, Cook 2: Full Kitchen Edition uses four different heat sources: the stove, oven, slow cooker, and microwave. The goal is to introduce students to different ways of preparing food and to make them feel comfortable in the entire kitchen. Not all cooking methods will be appropriate for every student to complete independently. By providing a variety of options, the hope is all students will complete this program with a list of recipes they are able to complete on their own.

The Stove

The stove is the first method of cooking introduced in RSC2. An electric stove is used in this **Cookbook** to minimize the dangers of an open flame. While extremely versatile, the stove can also be one of the most dangerous cooking methods. The heat source is out in the open and there is a lot of interaction with pots and pans. Be sure students follow all necessary precautions when cooking on a stove, including, but not limited to:

- Watching the water so it doesn't boil over.
- Not letting pot handles hang over the edge of the stove.
- Always using oven mitts.
- Never touching the flame or surface.
- Never leaving the room when the stove is on.
- Always remembering to turn off the stove when cooking is complete.

The Oven

Recipes cooked in the oven may be easier for all students to complete independently than those cooked on the stove. Oven recipes involve very little interaction once the cooking vessel is hot, and since the heat source is contained, it is less important to pay attention while the food is cooking.

The Slow Cooker

Slow cooker recipes were included to offer a variety of cooking methods. Slow cookers are inexpensive, simple-to-use, and available in homes and classrooms that do not have a full kitchen. Slow cookers can offer some independence for students who may not be ready to independently interact with a stove or oven.

The Microwave

While the microwave can be used to fully prepare food, it is only used as a reheating element in this program. If you are interested in recipes that are cooked in the microwave, please view the original **Ready, Set, Cook!** program where all of the food is cooked in a microwave.

Materials

The Cookbook

The Cookbook includes 40 step-by-step illustrated recipes. They range from basic recipes like the **Peanut Butter Banana Sandwich** and **Scrambled Eggs** to more difficult recipes such as **Lasagna** and **Zucchini Boats**.



The Categories

We have five recipe categories: Add to It!, Eat Fresh!, Make It a Meal!, Share It!, and Use It, and Reuse It!



Add to It!

focuses on basic foods that can be transformed into something more, such as **Grilled Cheese**, and **Chili**.



Eat Fresh!

encourages eating fresh food you prepare yourself, such as **Green Beans**, **Granola**, and **Lentils** instead of items that often come frozen or premade



Make It a Meal!

incorporates recipes that offer many food groups that come together to make a complete and well-balanced meal, such as the **Peanut Butter Banana Sandwich**, **One Pot Spaghetti**, and **Tacos**.



Share It!

focuses on the social aspect of eating at get-togethers. These recipes tend to be a little more indulgent and make many servings to share with a group, such as the **7-Layer Dip**, **Chicken Garlic Puffs**, and **Spinach Artichoke Dip**.



Use It, and Reuse It!

introduces the concept of cooking one item and transforming it to be used in many meals over a week, such as the **Chicken Breast**, **Burrito Bowl**, and **Marinara Sauce**.

Some recipes are further divided into the following categories:



Staple Food

introduces foods that can be used as a base for many different meals, such as **Lentils** or **Rice**.



Meal Prep

features recipes that make many servings and can be stored to eat throughout the week, such as **Breakfast Cookies** and **Chili**, so cooking doesn't need to be a daily task.



Favorites at Home

focuses on healthy ways to make foods typically ordered from restaurants at home, such as **Baked Chicken Wings** and **Pizza**.

About the Icons



Primary Objectives

are the most important points for students to take away from the lesson.



Secondary Objectives

are other tasks or skills for the students to practice and complete in each lesson. Occasionally they touch on a more complicated subject.



Talking Points

are things to discuss and activities to complete while teaching the lesson.



Connect It!

gives suggestions for pairing recipes in the Cookbook.



Spice It Up!

gives tips for seasoning foods.



Customize It!

gives ideas on how to change a recipe to make it your own.



Healthy Tip

gives recommendations for making the recipe healthier in various ways.



Serving Tip

gives suggestions for serving or storing different dishes.



Timer Icon

provides the amount of time food needs to cook, stand, or cool.



Servings Icon

shows you how many servings the recipe makes.

The Lesson Plans

In **Ready, Set, Cook 2**, each recipe has lessons to be learned, and those lessons often build upon previous lessons and recipes. In the earlier recipes, students will learn knife safety, raw meat safety, and how to use color-coded cooking devices. Later lessons often revisit and expand upon these topics, while introducing more complicated ones such as nutrition, cooking for guests, and meal preparation (meal prep). All pages referenced in the **Facilitator's Guide** correspond to the recipes in this book. To easily navigate the consumable **Student Workbook**, look up the recipes by title. In the Facilitator's Guide, a number of cooking and meal prep terms will be in bold, magenta font so you can easily identify them and integrate them into your lesson. A list of all the vocabulary words and the lesson plans they are mentioned in can be found on pg. 115.

Other Components

A laminated **Measurement Abbreviation Guide** and **My Recipe Reader** are included to help students customize the serving size their recipe produces.

The included **Student Checklist** is a handy guide for students to reference before they begin preparing a recipe.

At the end of the Facilitator's Guide you will find two data collection sheets: **The Shopping Report** and **The Cooking Report** to help monitor students' progress. The Shopping Report allows you to track a student's shopping preparation and behavior while at the grocery store. The Cooking Report allows you to manage goals and keep track of how each student performs on each lesson.

You will find a **Meal Plan** and corresponding sample **Grocery List**. These are examples of how one might shop and cook throughout the week using this **Cookbook** as a guide. There is also a blank Meal Plan and Grocery List for students to use while shopping. To provide multiple opportunities for student practice, the Meal Plan and Grocery List sheets (40 in total) are provided on a **Tear-Off Pad** so students can use them for each trip to the grocery store.

Communication overlays are included to show how students who are nonverbal can be integrated into the lessons with their communication devices. There are overlays dedicated to specific recipes and lessons, as well as overlays to be used more generally for cooking and grocery shopping.

A foldable, Cookbook **easel** is supplied to make cooking enjoyable. Stable, rugged, and lightweight, the easel adjusts to different settings to accommodate different user preferences. This easel keeps the Cookbook in view, but neatly contained so users can easily follow the recipes' directions step-by-step.

A **Pocket Timer** is provided for setting cooking and cooling times throughout the recipes. For recipes that require more than 60 minutes, a different timer will be needed. A phone or a built-in oven timer are good alternative options.

*Access the **Attainment HUB** for reproducible digital content using the code printed on the inside cover.



Measurement Abbreviation Guide and Recipe Reader



Student Checklists



The Shopping and Cooking Reports



Meal Plan and Grocery List



Pocket Timer

Easel

Meal Plan and Grocery List Tear-off pad

How Much to Make

Each recipe indicates how many servings it produces. How much you decide to prepare will be based on how much money is available to purchase ingredients, how much time you have, and how many students are in the class. You do not have to make a full serving for each student. When adjusting the serving size, use the **Recipe Reader**. It is a handy guide that shows how to convert each measurement within a recipe to a different number of servings. Have the students help decide the appropriate amount to make, and have them follow along as you adjust the recipe using the **Recipe Reader**.

Preparing the Kitchen

1. Obtain the necessary materials. In addition to a microwave oven, sink, and flat preparation surface, you will need the utensils for each recipe. You can label drawers and cupboards with pictures or words to help students locate necessary items. To make it simple, there is a list of ingredients and utensils at the beginning of each recipe to let you know what is needed to prepare that dish. Below are all the materials used throughout the Cookbook.

1 cup	cookie scoop	plate
½ cup	cooking spray	pot with lid
⅓ cup	cutting board	potato masher
¼ cup	fine mesh sieve	rubber spatula
1 tablespoon	fork	scissors
1 teaspoon	frying pan with lid	skillet with lid
½ teaspoon	knife	slotted spoon
¼ teaspoon	large bowl	slow cooker
9" x 13" casserole dish	large pot	small, microwave-safe bowl
8" x 8" glass baking dish	large spoon or ladle	spatula
aluminum foil <i>*Please note that the aluminum foil is often included as an optional item in recipes to make clean up easier.</i>	loaf pan	spoon
baking sheet	meat thermometer	steamer basket
butter knife	mesh sieve	timer <i>*Please note that the included timer should be used any time a recipe says to let the dish cook, stand, or cool.</i>
can opener	microwave-safe plate	tongs
colander	non-stick frying pan	toothpick
colored tape for color-coding (included)	non-stick skillet	whisk
	oven mitts	wooden spoon
	paper towels	
	pizza cutter	
	plastic wrap	

2. The recipes provided can be color-coded to make cooking temperatures and measurements easier to use. To prepare the utensils and heat sources, use colored plastic tape to mark the microwave, oven, slow cooker, stove, and measuring utensils. The heavy-duty plastic tape provided should last through many washes. Each recipe is color-coded for the buttons, dials, and utensils used. If your devices use different buttons or wording, please take that into consideration when color-coding and teaching the lessons. To color-code the heat sources, place a piece of colored tape over the corresponding buttons used in the Cookbook.

Microwave		"Stop/Clear" Yellow tape
		"Start" Green tape
		"Time" Blue tape
		"Power" Red tape



Oven		"Bake" Yellow tape
		"+" Blue tape
		"-" White tape
		"Start" Green tape
		"Off" Red tape



Stovetop		"Off" Red tape
		"Low Heat" Yellow tape
		"Medium Heat" Blue tape
		"Medium-Low Heat" White tape
		"High Heat" Green tape



Slow Cooker		"Off" Red tape
		"High" Green tape
		"Low" Yellow tape
		"Warm" Blue tape



To color-code your measuring utensils, wrap colored tape around the handles with the corresponding colors used in the Cookbook.

Measuring Cups		1 cup Red tape
		1/2 cup Yellow tape
		1/3 cup Blue tape
		1/4 cup Green tape



Measuring Spoons		1 tablespoon Red tape
		1 teaspoon Yellow tape
		1/2 teaspoon Blue tape
		1/4 teaspoon Green tape



Provide necessary adaptations for students' needs. Ensure the cooking surfaces and preparation station are accessible to all.



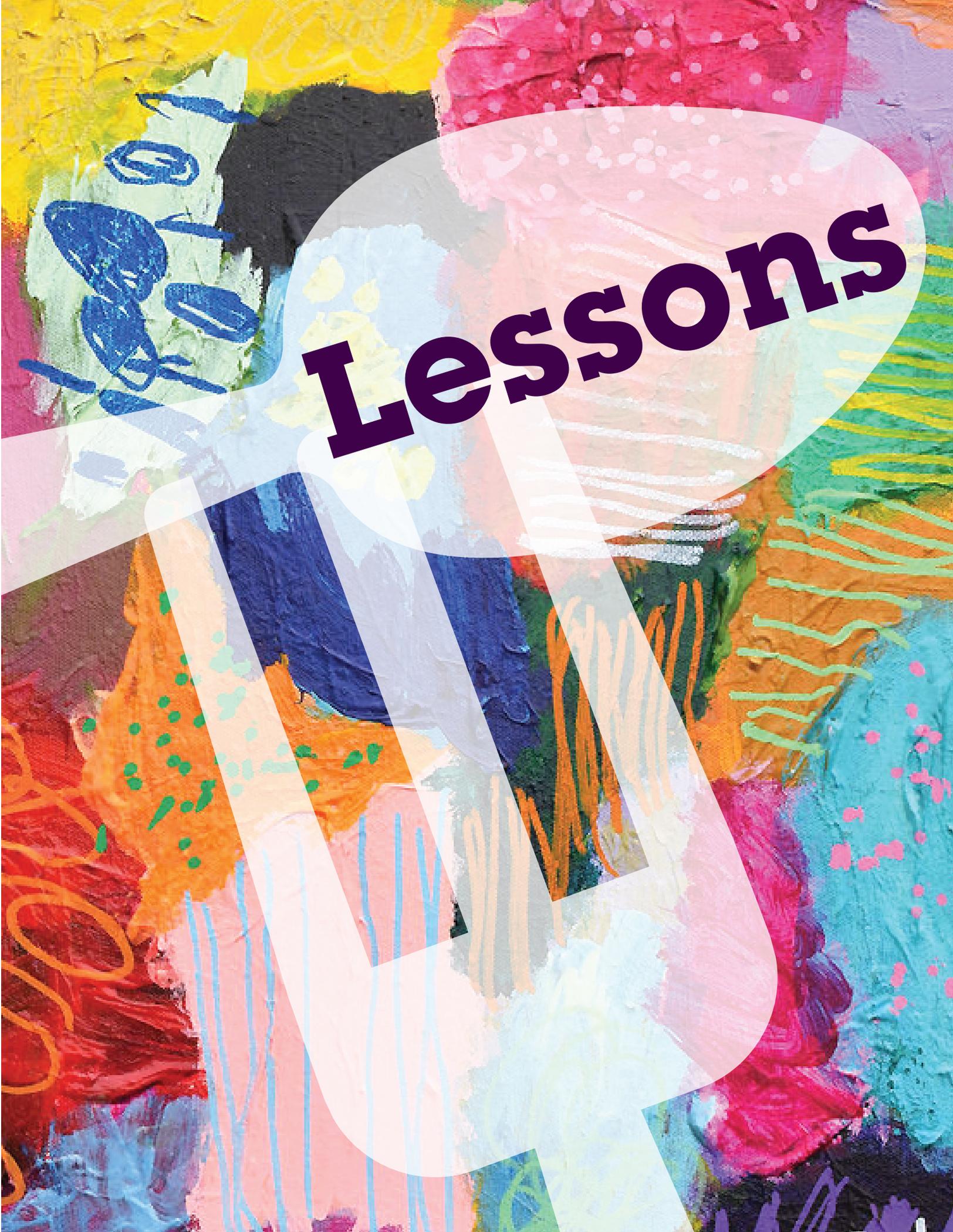
3. Review safety. While everything may not need to be reviewed before each recipe, it is a good idea to fully review all safety points the first few times the students prepare meals. While this Cookbook is intended for beginners, evaluate each student's abilities, and make adjustments when necessary. For example, if a student does not have the motor control to safely use a chef's knife, a food chopper may be a more practical choice for them.

- Always use appropriate cookware. Metal should never go in the microwave, and plastic should never go in the oven. We recommend using all non-stick cookware to make clean up easier and lower the likelihood of burning food. Be sure to use care with metal utensils as they can scratch the coating.
- Always use oven mitts. Our directions suggest using oven mitts not only when removing food from a heat source, but also when putting it into a heat source to create a habit and reduce the likelihood of injury. We also recommend using oven mitts when cooking on the stove or using the slow cooker. Oven mitts may need to be removed to add certain ingredients but should always be replaced as soon as possible.
- Oven, stove, slow cooker, and microwave cooking times may vary, so it is important to keep an eye on any food being cooked. It may be necessary to adjust the cooking times for your devices.
- Always wash your hands and workspace after handling raw meat or eggs.
- Wash all produce before eating it.

Knife Safety

A chef's knife is great to have in the kitchen. It is versatile and can be used for cutting most things. However, chef's knives are very big and sharp. Before using a sharp knife, ALWAYS go over the following tips with your students:

- Always use a cutting board. The cutting board should be placed on a flat surface.
- Beware of your fingers! Before you start cutting, make sure all your fingers are far away from the knife blade.
- When you aren't using the knife, place it back on a flat surface.
- Using a knife can be tricky. If holding a knife safely is hard for you, try using a food chopper instead.

The background is a vibrant, abstract collage of colors and textures. It features various shades of yellow, pink, blue, orange, and green, with some areas having a textured, almost fabric-like appearance. A large, white, semi-transparent number '1' is positioned on the left side, partially overlapping the word 'Lessons'. The word 'Lessons' is written in a bold, dark blue, sans-serif font, slanted upwards to the right, and is contained within a white, semi-transparent oval shape. The overall composition is dynamic and visually rich.

1 Lessons

**Ingredients:**

2 medium zucchinis

 $\frac{1}{2}$ pound of leftover
Chicken Breasts

1 cup of mozzarella cheese

 $\frac{1}{4}$ cup of buffalo sauce**Utensils:**

bowl

baking sheet

colander

knife

spoon

cutting board

 $\frac{1}{4}$ cup

aluminum foil

cooking spray

timer

oven mitts

**Primary Objectives:**

- States the 5 food groups
- Understands that using premade or **leftover** chicken saves time

**Secondary Objectives:**

- Prepares the Zucchini Boats
- Uses oven mitts
- Measures ingredients accurately using color-coded utensils
- Operates a timer
- Operates a color-coded oven
- Uses a knife safely

**Talking Points:**

- Discuss using food that has been previously cooked in a new recipe. Sometimes you can cook a lot of food at once, and then use it many different ways. This can save you time in the kitchen.
- Discuss the food groups (fruits, grains, vegetables, protein, and dairy). More information is available at choosemyplate.gov. Encourage students to find examples of these food groups in this recipe.
- Discuss the importance of eating foods from different food groups and what a well-balanced meal looks like. Many people don't eat enough fruits and vegetables. Discuss ways to make sure you eat enough. Give ideas for how to make vegetables you don't like more appetizing, like dipping broccoli in low-fat ranch dip.
- Prepare the Zucchini Boats.

**Connect It!**

Don't like zucchini? Try serving the filling with some **Roasted Broccoli** (pg. 18) and **Rice** (pg. 57) for a well-balanced meal.

**Customize It!**

If buffalo sauce is too spicy, try replacing it with a mild sauce or a different dressing. You may need to adjust the amount, but honey mustard and **Marinara Sauce** (pg. 38) are tasty alternatives.

Zucchini Boats

Zucchini Boats



Use It, and Reuse It!

 **2** medium zucchinis

 **1/4** cup of buffalo sauce

 **1/4** pound of leftover Chicken Breasts

 **1** cup of mozzarella cheese

Ingredients:

Utensils:

 bowl

 baking sheet

 colander

 knife

 spoon

 cutting board

 **1/4** cup

 aluminum foil

 cooking spray

 timer

 oven mitts

66 Ready, Set, COOK 2: Full Kitchen Edition Cookbook

Zucchini Boats

Directions:

STEP 1
Preheat the oven to 400 degrees.



STEP 2
Wash the zucchinis in the colander.



STEP 3
Cut both zucchinis in half lengthwise.



STEP 4
Use the spoon to gently scoop out the seeds from the pieces of zucchini.



STEP 5
Use the knife to chop **1/4** pound of leftover Chicken Breasts into small pieces on the cutting board and add to the bowl.



67 Ready, Set, COOK 2: Full Kitchen Edition Cookbook

Zucchini Boats

STEP 6
Add **1/4** cup of buffalo sauce to the Chicken Breasts and mix with the spoon.



STEP 7
Split the chicken mixture between the 4 pieces of zucchini.



STEP 8
Sprinkle **1/4** cup of mozzarella cheese on top of each piece of zucchini.



STEP 9
Tear off a sheet of the aluminum foil and place it on the baking sheet.



STEP 10
Spray the aluminum foil with the cooking spray.



68 Ready, Set, COOK 2: Full Kitchen Edition Cookbook

Zucchini Boats

STEP 11
Place each Zucchini Boat on the baking sheet.



STEP 12
When the oven is preheated, put on the oven mitts, and put the baking sheet on the middle rack of the oven.



STEP 13 
Set the timer for 15 minutes.



STEP 14 
After 15 minutes, put on the oven mitts and remove the baking sheet from the oven. Turn off the oven.



STEP 15 
Let the Zucchini Boats cool for 5 minutes, and then serve.



69 Ready, Set, COOK 2: Full Kitchen Edition Cookbook

Salmon Sheet Pan Dinner



Ingredients:

- 4 (4 ounce) salmon fillets
- 1 pound of asparagus
- 1 pound of baby red potatoes
- 3 tablespoons of olive oil
- 3 teaspoons of minced garlic
- 1 teaspoon of salt
- pepper

Utensils:

- baking sheet
- colander
- small bowl
- tongs
- spoon
- knife
- cutting board
- tablespoon
- teaspoon
- aluminum foil
- cooking spray
- timer
- oven mitts



Primary Objectives:

- States there are 3 **macronutrients**: **carbohydrates**, **fats**, and **protein**
- Understands that macronutrients are needed in large amounts



Secondary Objectives:

- Prepares the Salmon Sheet Pan Dinner
- Uses oven mitts
- Measures ingredients accurately using color-coded utensils
- Operates a timer
- Washes hands
- Washes produce
- Uses a knife safely
- Operates a color-coded oven



Talking Points:

- Discuss macronutrients. Macronutrients are nutrients that your body needs a lot of. There are three macronutrients: carbohydrates, fats, and protein. Everyone needs these nutrients for energy, brain health, and to build muscles.
- Discuss which foods contain which macronutrient. Explain that foods can contain one or more macronutrient.
- Have students identify macronutrients in the Salmon Sheet Pan Dinner recipe.
- Prepare the Salmon Sheet Pan Dinner.



Spice It Up!

You can easily make this dish feel brand new by switching up a couple of ingredients. By brushing the salmon with a store-bought honey garlic glaze and adding some minced ginger in with your minced garlic, you now have an Asian-inspired meal!



Serving Tip:

Fish is a tasty food, but it has a very strong smell that can linger for a long time. Be careful reheating **leftover** salmon in shared spaces like an office microwave.

Salmon Sheet Pan Dinner

Salmon Sheet Pan Dinner



Make It a Meal!



Serves

4

Ingredients:

<input type="checkbox"/> 4 (4 ounce) salmon fillets	<input type="checkbox"/> 1 pound of asparagus	<input type="checkbox"/> 1 pound of baby red potatoes
<input type="checkbox"/> 3 tablespoons of olive oil	<input type="checkbox"/> 3 teaspoons of minced garlic	<input type="checkbox"/> 1 teaspoon of salt
<input type="checkbox"/> pepper		

Utensils:

<input type="checkbox"/> baking sheet	<input type="checkbox"/> colander	<input type="checkbox"/> small bowl
<input type="checkbox"/> tongs	<input type="checkbox"/> spoon	<input type="checkbox"/> knife
<input type="checkbox"/> cutting board	<input type="checkbox"/> tablespoon	<input type="checkbox"/> teaspoon

Ready, Set, COOK 2: Full Kitchen Edition Cookbook

Salmon Sheet Pan Dinner

Utensils Continued:

<input type="checkbox"/> aluminum foil	<input type="checkbox"/> cooking spray	<input type="checkbox"/> timer
<input type="checkbox"/> oven mitts		

Directions:

STEP 1
Preheat the oven to 400 degrees.



STEP 2
Wash 1 pound of baby red potatoes and 1 pound of asparagus in the colander.



STEP 3
Cut each potato into 4 equal parts with the knife on the cutting board.



Ready, Set, COOK 2: Full Kitchen Edition Cookbook

Salmon Sheet Pan Dinner

STEP 4
Cut off the thick, woody ends of the asparagus with the knife on the cutting board.



STEP 5
In a small bowl, add 3 tablespoons of olive oil, 3 teaspoons of minced garlic, and 1 teaspoon of salt. Mix with the spoon.



STEP 6
Tear off a sheet of the aluminum foil and place it on the baking sheet.



STEP 7
Spray the aluminum foil with the cooking spray.



STEP 8
Place the chopped potatoes on the baking sheet and drizzle 2 tablespoons of the oil mixture over them.



Ready, Set, COOK 2: Full Kitchen Edition Cookbook

Salmon Sheet Pan Dinner

STEP 9
Stir the potatoes with the tongs to coat them in oil.



STEP 10
When the oven is preheated, put on the oven mitts, and put the potatoes in the oven.



STEP 11 
Set the timer for 10 minutes.



STEP 12 
After 10 minutes, put on the oven mitts and remove the potatoes from the oven.



STEP 13
Use the tongs to move the potatoes to one side of the baking sheet.



Ready, Set, COOK 2: Full Kitchen Edition Cookbook

Salmon Sheet Pan Dinner

Salmon Sheet Pan Dinner

STEP 14

Use the tongs to place the 4 salmon fillets in the middle of the baking sheet with the skin facing down.



STEP 15

Wash your hands.



STEP 16

Put on the oven mitts and use the tongs to place the asparagus on the other side of the baking sheet.



STEP 17

Drizzle the remaining olive oil mixture over the salmon and asparagus.



STEP 18

Use the tongs to stir the asparagus and coat in oil.



74

Ready, Set, COOK 2: Full Kitchen Edition Cookbook

Salmon Sheet Pan Dinner

STEP 19

Set the timer for 15 minutes.



STEP 20

Put the baking sheet in the oven for 15 minutes.



STEP 21

After 15 minutes, put on the oven mitts and remove the Salmon Sheet Pan Dinner from the oven. Turn off the oven.



STEP 22

Let sit for 3 minutes before serving.



75

Ready, Set, COOK 2: Full Kitchen Edition Cookbook

**Ingredients:**

- 3 ripe bananas
- 2 cups of oats
- ½ cup of peanut butter
- ¼ cup of chocolate chips

Utensils:

- baking sheet
- large mixing bowl
- fork
- cookie scoop
- spoon
- 1 cup
- ½ cup
- ¼ cup
- aluminum foil
- cooking spray
- timer
- oven mitts

**Primary Objectives:**

- Understands that **meal preparation (meal prep)** refers to making food ahead of time for future meals or snacks
- Understands that **meal planning** makes grocery shopping easier and cuts down on food waste

**Secondary Objectives:**

- Prepares the Breakfast Cookies
- Uses oven mitts
- Stirs the dish
- Measures ingredients accurately using color-coded utensils
- Operates a timer
- Operates a color-coded oven

**Talking Points:**

- Discuss meal prep. Meal prep is the act of cooking food ahead of time. It helps cut down on the amount of time you spend cooking every day, and ensures that you have something to eat, even when you are busy or don't feel like cooking.
- Discuss meal planning. Meal planning involves making a plan for what you will eat each week before you go to the grocery store and having a plan for when you will prepare those meals. This helps cut down on food waste and saves you money because you have a plan for all of the food that you buy.
- Refer to the **grocery list example** on pg. 124 and have students make their own sample grocery list. Have students look through the recipes and ingredients in the Cookbook, making sure to pay attention to the number of servings in each recipe. The **My Recipe Reader** on pg. 129 can be used to scale recipes to fit students' needs.
- Prepare the Breakfast Cookies.

**Healthy Tip:**

Just because this recipe has the word "cookie" in it doesn't mean it's unhealthy! If chocolate for breakfast isn't to your liking, swap the chocolate chips out for walnuts.

**Serving Tip:**

Breakfast Cookies are a nutritious breakfast for busy mornings. This recipe can be made ahead of time and kept in the fridge throughout the week to stay fresh longer.

Breakfast Cookies

Breakfast Cookies



Eat Fresh!
  **Meal Prep**
  **Serves**
 

Ingredients:

- 3 ripe bananas
- 2 cups of oats
- 1/2 cup of peanut butter
- 1/4 cup of chocolate chips

Utensils:

- baking sheet
- large mixing bowl
- fork
- cookie scoop
- spoon
- 1 cup
- 1/2 cup
- 1/4 cup
- aluminum foil
- cooking spray
- timer
- oven mitts

104 Ready, Set, COOK 2: Full Kitchen Edition Cookbook

Breakfast Cookies

Directions:

STEP 1
 Preheat oven to 350 degrees.



STEP 2
 Peel the bananas and add them to the large mixing bowl. Mash the bananas with the fork.



STEP 3
 Add 1/4 cup of chocolate chips, 2 cups of oats, and 1/2 cup of peanut butter.



STEP 4
 Stir to combine.



STEP 5
 Tear off a sheet of the aluminum foil and place it on the baking sheet.



Ready, Set, COOK 2: Full Kitchen Edition Cookbook 105

Breakfast Cookies

STEP 6
 Spray the aluminum foil with the cooking spray.



STEP 7
 Use the cookie scoop to place balls of the mixture on the baking sheet.



STEP 8
 When the oven is preheated, put on the oven mitts, and place the baking sheet in the oven.



STEP 9 
 Set the timer for 12 minutes.



STEP 10 
 After 12 minutes, put on the oven mitts and remove the baking sheet from the oven. Place the baking sheet on a heat-resistant surface, like the stove.



106 Ready, Set, COOK 2: Full Kitchen Edition Cookbook

Breakfast Cookies

STEP 11 
 Turn off the oven and let the cookies cool for 10 minutes before serving.



Ready, Set, COOK 2: Full Kitchen Edition Cookbook 107

One Pot Spaghetti

Make It
a Meal!Meal
Prep

Ingredients:

- 1 (12 ounce) box of spaghetti noodles
- 4 ½ cups of chicken stock
- 1 small onion
- 1 (14.5 ounce) can of fire-roasted diced tomatoes
- 1 cup of shredded Parmesan cheese
- 2 tablespoons of olive oil
- 2 teaspoons of minced garlic
- ½ teaspoon of salt
- ½ teaspoon of pepper

Utensils:

- pot
- 1 cup
- ½ cup
- can opener
- spatula
- tablespoon
- teaspoon
- knife
- cutting board
- timer
- oven mitts



Primary Objective:

Understands that cleaning up while food is cooking can save time



Secondary Objectives:

- Prepares the One Pot Spaghetti
- Cleans cutting board and knife
- Uses oven mitts
- Uses a knife safely
- Measures ingredients accurately using color-coded utensils
- Operates a timer
- Stirs the dish
- Operates a color-coded stove
- Uses a can opener



Talking Points:

- Explain that some foods use less dishes to prepare.
- Discuss cleaning as you go. Taking time to clean the kitchen while the food is cooking will save time.
- Show how to use your time wisely. While the spaghetti is **boiling** for 9 minutes, have students wash the cutting board and knife. Be sure they don't leave the room and take time to check on the pasta and stir it.
- Explain that they aren't draining the pasta because this recipe turns the liquid into a sauce.
- Prepare the One Pot Spaghetti.



Connect It!

Adding the **Chicken Breasts** (pg. 21) gives this meal a good source of **protein**.



Healthy Tip:

Since chicken stock has a lot of sodium, try using a low-sodium chicken stock instead.

One Pot Spaghetti

One Pot Spaghetti



Make It a Meal!

Meal Prep

Serves 4

Ingredients:

<input type="checkbox"/> 1 (12 ounce) box of spaghetti noodles	<input type="checkbox"/> 4 ½ cups of chicken stock	<input type="checkbox"/> 1 small onion
<input type="checkbox"/> 1 (14.5 ounce) can of fire-roasted diced tomatoes	<input type="checkbox"/> 1 cup of shredded Parmesan cheese	<input type="checkbox"/> 2 tablespoons of olive oil
<input type="checkbox"/> 2 teaspoons of minced garlic	<input type="checkbox"/> ½ teaspoon of salt	<input type="checkbox"/> ½ teaspoon of pepper

Utensils:

<input type="checkbox"/> pot	<input type="checkbox"/> 1 cup	<input type="checkbox"/> ½ cup
<input type="checkbox"/> can opener	<input type="checkbox"/> spatula	<input type="checkbox"/> tablespoon

114 Ready, Set, COOK 2: Full Kitchen Edition Cookbook

One Pot Spaghetti

Utensils Continued:

<input type="checkbox"/> teaspoon	<input type="checkbox"/> knife	<input type="checkbox"/> cutting board
<input type="checkbox"/> timer	<input type="checkbox"/> oven mitts	

Directions:

STEP 1
Peel and **dice** the onion using the knife on the cutting board.



STEP 2
Open the can of fire-roasted **diced** tomatoes with the can opener.



STEP 3
Put the large pot on the stove and turn the burner on to medium heat.



115 Ready, Set, COOK 2: Full Kitchen Edition Cookbook

One Pot Spaghetti

STEP 4 
Add 2 **tablespoons** of oil and wait 1 **minute** for it to heat up.



STEP 5
When the oil is hot, add the chopped onion.



STEP 6 
Set the timer for 4 **minutes**.



STEP 7 
Put on the oven mitts and cook the onion for 4 **minutes**, stirring occasionally with the spatula.



STEP 8 
After 3 **minutes**, add 2 **teaspoons** of minced garlic, ½ **teaspoon** of salt, and ½ **teaspoon** of pepper.

Wear Oven Mitts for Safety



116 Ready, Set, COOK 2: Full Kitchen Edition Cookbook

One Pot Spaghetti

STEP 9 
Cook for 1 **minute**, stirring constantly with the spatula.



STEP 10 
After 1 **minute**, add 4 ½ **cups** of chicken stock, a can of fire-roasted **diced** tomatoes, and 1 (12 **ounce**) box of spaghetti noodles. Stir.

Wear Oven Mitts for Safety



STEP 11
Turn the heat on high and wait for the broth to **boil**.



STEP 12 
Once the broth starts **boiling**, set the timer for 9 **minutes**.



STEP 13
Stir the pasta occasionally.



117 Ready, Set, COOK 2: Full Kitchen Edition Cookbook

One Pot Spaghetti

One Pot Spaghetti

STEP 14  After 9 minutes, turn off the burner.



STEP 15 Add in 1 cup of shredded Parmesan cheese and stir.



STEP 16  Let the spaghetti cool for 5 minutes before serving.



118 Ready, Set, COOK 2: Full Kitchen Edition Cookbook

Baked Chicken Wings



Ingredients:

- 1 **pound** of chicken wings
- 1 **tablespoon** of baking powder
- $\frac{1}{4}$ **cup** of buffalo sauce
- $\frac{1}{2}$ **teaspoon** of garlic powder
- $\frac{1}{2}$ **teaspoon** of salt

Utensils:

- large bowl
- tongs
- baking sheet
- tablespoon**
- $\frac{1}{2}$ **teaspoon**
- $\frac{1}{4}$ **cup**
- aluminum foil
- cooking spray
- timer
- oven mitts



Primary Objective:

Understands it is less expensive to cook food at home than to eat food from restaurants



Secondary Objectives:

- Prepares the Baked Chicken Wings
- Uses oven mitts
- Stirs the dish
- Measures ingredients accurately using color-coded utensils
- Washes hands
- Operates a timer
- Operates a color-coded oven



Talking Points:

- Discuss the cost of eating out. When you get food from a restaurant, the food costs more because the restaurant owners have to pay their employees and for the upkeep of their building.
- Have students look up the prices of buffalo wings at restaurants in your area. Have them compare those prices to the price of ingredients (be sure to factor in how many wings you could make with a bottle of buffalo sauce and spices). Explain that making the wings at home saves a lot of money.
- Prepare the Baked Chicken Wings.



Customize It!

By replacing the buffalo sauce with a barbeque sauce, you can give the same recipe a completely different taste!



Serving Tip:

Try serving the wings with ranch or blue cheese dip.

Baked Chicken Wings

Baked Chicken Wings



Ingredients:

<input type="checkbox"/> 1 pound of chicken wings	<input type="checkbox"/> 1 tablespoon of baking powder	<input type="checkbox"/> 1/4 cup of buffalo sauce
<input type="checkbox"/> 1/2 teaspoon of garlic powder	<input type="checkbox"/> 1/2 teaspoon of salt	

Utensils:

<input type="checkbox"/> large bowl	<input type="checkbox"/> tongs	<input type="checkbox"/> baking sheet
<input type="checkbox"/> tablespoon	<input type="checkbox"/> 1/2 teaspoon	<input type="checkbox"/> 1/4 cup
<input type="checkbox"/> aluminum foil	<input type="checkbox"/> cooking spray	<input type="checkbox"/> timer
<input type="checkbox"/> oven mitts		

Share It!

Favorites at Home

Serves 4

Ready, Set, COOK 2: Full Kitchen Edition Cookbook 119

Baked Chicken Wings

Directions:

STEP 1
Preheat the oven to 250 degrees.



STEP 2
Add 1 pound of chicken wings to the large bowl and wash your hands.



STEP 3
Sprinkle the chicken with 1 tablespoon of baking powder, 1/2 teaspoon of salt, and 1/2 teaspoon of garlic powder.



STEP 4
Use the tongs to stir and coat the chicken wings.



STEP 5
Tear off a sheet of the aluminum foil and place it on the baking sheet.



120 Ready, Set, COOK 2: Full Kitchen Edition Cookbook

Baked Chicken Wings

STEP 6
Spray the aluminum foil with the cooking spray.



STEP 7
Pour the wings onto the baking sheet and use the tongs to spread them out.



STEP 8
When the oven is preheated, put on the oven mitts, and put the wings on the lower rack.



STEP 9
Set the timer for 30 minutes.



STEP 10
After 30 minutes, put on the oven mitts and move the baking sheet to the upper rack of the oven.



Ready, Set, COOK 2: Full Kitchen Edition Cookbook 121

Baked Chicken Wings

STEP 11
Raise the temperature to 425 degrees and set the timer for 40 minutes.



STEP 12
Wash the large bowl while the wings are cooking.



STEP 13
After 40 minutes, put on the oven mitts and remove the baking sheet from the oven. Turn off the oven.



STEP 14
Let the wings sit for 5 minutes on a heat-resistant surface, like the stove.



STEP 15
After 5 minutes, use the tongs to add the wings to the large bowl.



122 Ready, Set, COOK 2: Full Kitchen Edition Cookbook

Baked Chicken Wings

Baked Chicken Wings

STEP 16

Add $\frac{1}{4}$ cup of buffalo sauce and use the tongs to toss the wings. Serve.

