

Attainment's

Ready,

Set,

COOK 2:

**Full
Kitchen
Edition**

Eleana Baranowski-Bastian

WORKBOOK

Attainment's

Ready, Set, COOK 2:

Full Kitchen Edition

Workbook

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An Attainment Company Publication

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Printed in the United States of America

ISBN: 978-1-64856-052-1

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

Phone: 800-327-4269 • Fax: 800-942-3865

www.AttainmentCompany.com



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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

The **Ready Set Cook 2: Full Kitchen Edition (RSC2) Workbook** is here to teach you cooking can be fun and easy! This Cookbook is full of recipes for real food we all love to eat and will help you become comfortable with everything in your kitchen.

We use color-coded buttons and measuring utensils to make everything easier to use:

Microwave		“Stop/Clear”— Yellow tape
		“Start”— Green tape
		“Time”— Blue tape
		“Power”— Red tape

Slow Cooker		“Off”— Red tape
		“High”— Green tape
		“Low”— Yellow tape
		“Warm”— Blue tape

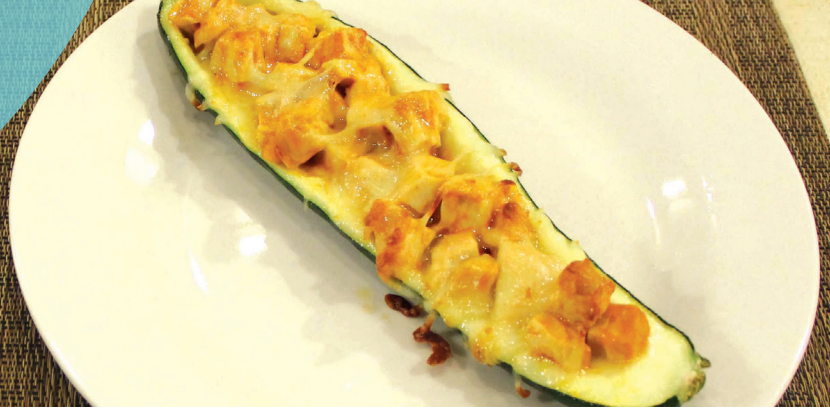
Oven		“Bake”— Yellow tape
		“+”— Blue tape
		“—”— White tape
		“Start”— Green tape
		“Off”— Red tape

Measuring Cups		1 cup — Red tape
		$\frac{1}{2}$ cup — Yellow tape
		$\frac{1}{3}$ cup — Blue tape
		$\frac{1}{4}$ cup — Green tape

Stovetop		“Off”— Red tape
		“Low Heat”— Yellow tape
		“Medium Heat”— Blue tape
		“Medium-Low Heat”— White tape
		“High Heat”— Green tape

Measuring Spoons		1 tablespoon — Red tape
		1 teaspoon — Yellow tape
		$\frac{1}{2}$ teaspoon — Blue tape
		$\frac{1}{4}$ teaspoon — Green tape

Zucchini Boats



Ingredients:



2 medium zucchinis



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



1 cup of mozzarella cheese



$\frac{1}{4}$ cup of buffalo sauce

Use It, and Reuse it!



Utensils:



bowl



baking sheet



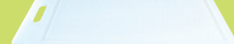
colander



knife



spoon



cutting board



$\frac{1}{4}$ cup



aluminum foil



cooking spray



timer



oven mitts

Zucchini Boats

Directions:



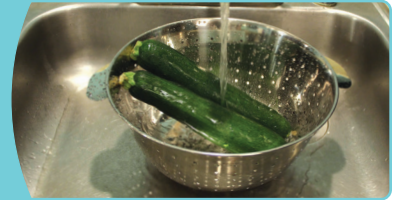
STEP 1

Preheat the oven to 400 degrees.



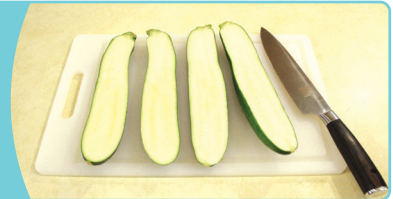
STEP 2

Wash the zucchinis in the colander.



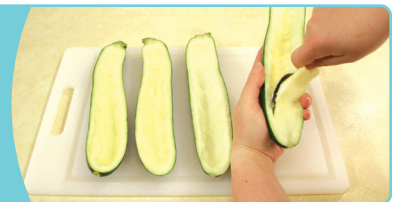
STEP 3

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 $\frac{1}{2}$ **pound** of **leftover** Chicken Breasts into small pieces on the cutting board and add to the bowl.



STEP 6

Add $\frac{1}{4}$ **cup** of buffalo sauce to the Chicken Breasts and mix with the spoon.



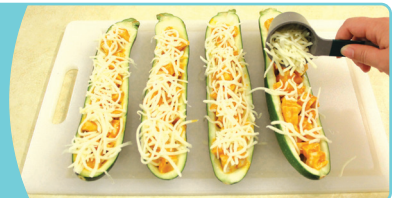
STEP 7

Split the chicken mixture between the **4 pieces** of zucchini.



STEP 8

Sprinkle $\frac{1}{4}$ **cup** of mozzarella cheese on top of each piece of zucchini.



Zucchini Boats

☐ STEP 9

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



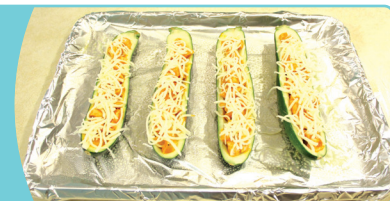
☐ STEP 10

Spray the aluminum foil with the cooking spray.



☐ 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.



Salmon Sheet Pan Dinner



**Make It
a Meal!**



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**



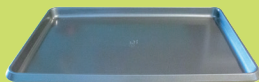
pepper



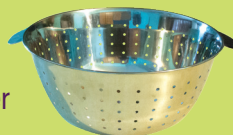
Utensils:



**baking
sheet**



colander



small bowl



tongs



spoon



knife



cutting board



tablespoon



teaspoon



aluminum foil



cooking spray



timer



oven mitts



Salmon Sheet Pan Dinner

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.



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.



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.



☐ 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.



Salmon Sheet Pan Dinner

☐ 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.



☐ 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.



Breakfast Cookies



Eat Fresh!



Meal Prep



Ingredients:



3 ripe
bananas



2 cups of oats



$\frac{1}{2}$ cup of
peanut butter



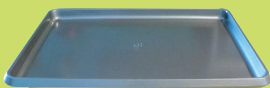
$\frac{1}{4}$ cup of
chocolate chips



Utensils:



baking
sheet



large
mixing bowl



fork



cookie
scoop



spoon



1 cup



$\frac{1}{2}$ cup



$\frac{1}{4}$ cup



aluminum foil



cooking
spray



timer



oven
mitts



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.



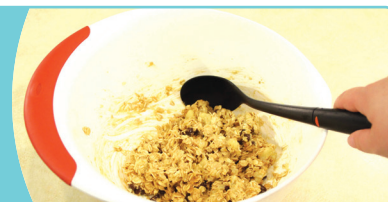
STEP 3

Add $\frac{1}{4}$ cup of chocolate chips, 2 cups of oats, and $\frac{1}{2}$ cup of peanut butter.



STEP 4

Stir to combine.



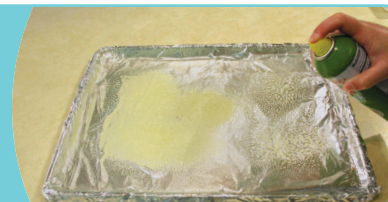
STEP 5

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



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.



Breakfast Cookies



STEP 9



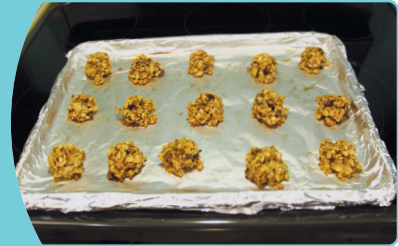
Set the timer for **12 minutes**.



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.



STEP 11



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



One Pot Spaghetti



Ingredients:

Make It a Meal!



Meal Prep


☐ 
 1 (12 ounce)
 box of spaghetti noodles

☐ 
 4 1/2 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

☐ 
 1/2 teaspoon
 of salt

☐ 
 1/2 teaspoon
 of pepper

Utensils:


☐ 
 pot


☐ 
 1 cup

☐ 
 1/2 cup

☐ 
 can
 opener

☐ 
 spatula

☐ 
 tablespoon

☐ 
 teaspoon

☐ 
 knife

☐ 
 cutting
 board

☐ 
 timer

☐ 
 oven
 mitts

One Pot Spaghetti

Directions:

☐ STEP 1

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



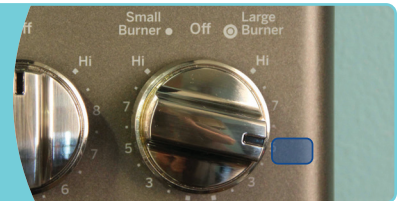
☐ STEP 2

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.



☐ 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, **1/2 teaspoon** of salt, and **1/2 teaspoon** of pepper.


Wear Oven Mitts for Safety



One Pot Spaghetti

☐ STEP 9

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



☐ STEP 10

After **1 minute**, add **4 1/2 cups** of chicken broth, a can of fire-roasted **diced** tomatoes, and **1 (12 ounce)** box of spaghetti noodles. Stir.



☐ 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.



☐ STEP 14

After **9 minutes**, turn off the burner.



☐ STEP 15

Add in **1 cup** of shredded Parmesan cheese and stir.


**Wear Oven
Mitts for Safety**



☐ STEP 16

Let the spaghetti cool for **5 minutes** before serving.



Baked Chicken Wings



Share It!



Favorites at Home



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:



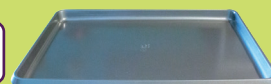
large bowl



tongs



baking
sheet



tablespoon



$\frac{1}{2}$ teaspoon



$\frac{1}{4}$ cup



aluminum foil



cooking spray



timer



oven
mitts



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.



☐ 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.



Baked Chicken Wings

☐ 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.



☐ 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.



☐ STEP 16

Add **1/4 cup** of buffalo sauce and use the tongs to toss the wings. Serve.

