

Attainment's

Ready,

Set,

COOK 2:

Full
Kitchen
Edition

Eleana Baranowski-Bastian

COOKBOOK



Contents

About the Artist	1
Introduction	3
Peanut Butter Banana Sandwich	9
Tuna Salad	11
Grilled Cheese	14
Roasted Broccoli	18
Chicken Breasts	23
Scrambled Eggs	27
Chocolate Chip Cookies	32
Hard-Boiled Eggs	39
Fried Sausage	42
Green Beans	45
Beef Stroganoff	49
Marinara Sauce	55
Tacos	59
Leftover Tacos	63
Zucchini Boats	66
Salmon Sheet Pan Dinner	70
Fruit Salad	76
Lasagna	78
Guacamole	87
Rice	91
Pasta	94
Potato Wedges	97
Lentils	101
Breakfast Cookies	104
Chili	108
One Pot Spaghetti	114





Baked Chicken Wings	119
Strawberry Ice Cream Topping	124
Pizza	128
Tofu Curry	132
7-Layer Dip	138
Potato Salad	142
Banana Bread	148
Broccoli Cheddar Soup	155
Fried Rice	160
Granola	165
Chicken Garlic Puffs	170
Spinach Artichoke Dip	175
Salad with Roasted Chickpeas	180
Burrito Bowl	186



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) Cookbook** 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



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



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



Food and Kitchen Safety:

- Use the appropriate cookware. Never put plastic in the oven and never put metal in the microwave.
- Always use oven mitts when putting a dish in or taking a dish out of something hot.
- Cooking times can be different for each appliance, so it is important to keep an eye on all food while cooking.
- Always wash your hands and workspace after handling raw meat and eggs.
- Wash all fruits and vegetables before eating them.
- Handle knives carefully.

If you have a question, ask! Safety is always the priority, so if you are unsure about something, ask someone to help you.

What Does It Mean?

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, Pizza, and Chili**.



Eat Fresh!

encourages students to eat fresh food they prepare themselves, 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 Breasts, 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



Timer Icon

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



Servings Icon

shows you how many servings the recipe makes.



Lessons

Zucchini Boats



Use It, and Reuse It!



Ingredients:



2 medium zucchinis



1/2 pound of leftover Chicken Breasts



1 cup of mozzarella cheese

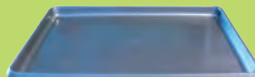


1/4 cup of buffalo sauce

Utensils:



bowl



baking sheet



colander



knife



spoon



cutting board



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.



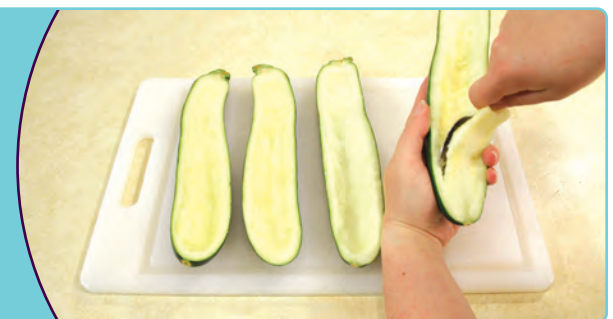
STEP 3

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.



Zucchini Boats

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.



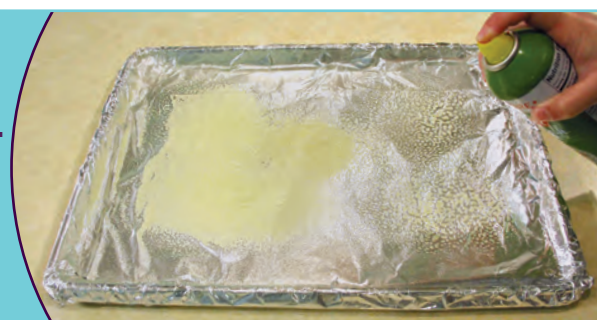
STEP 9

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.



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.



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



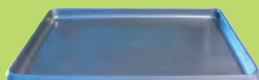
pepper



Utensils:



baking
sheet



colander



small
bowl



tongs



spoon



knife



cutting
board



tablespoon




teaspoon



Salmon Sheet Pan Dinner

Utensils Continued:

 aluminum foil

 cooking spray

 timer

 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.



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.



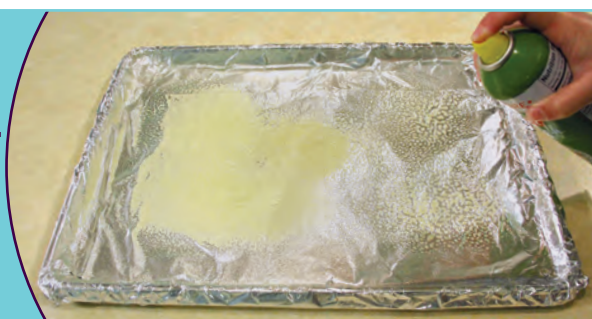
STEP 6

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.



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.



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.



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.



Breakfast Cookies



Eat Fresh!



Meal Prep



Ingredients:



3 ripe
bananas



2 cups of oats



1/2 cup of
peanut butter



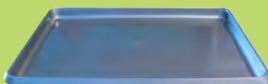
1/4 cup of
chocolate chips



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



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.



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.



Breakfast Cookies

STEP 11

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



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

One Pot Spaghetti

Utensils Continued:



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.



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, **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 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.



One Pot Spaghetti



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



Ingredients:



1 pound
of chicken wings



1 tablespoon
of baking powder



1/4 cup of
buffalo sauce



1/2 teaspoon
of garlic powder



1/2 teaspoon
of salt



Share It!



Favorites at Home



Utensils:



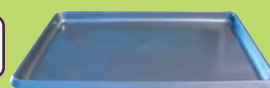
large bowl



tongs



baking
sheet



tablespoon



1/2 teaspoon



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.



Baked Chicken Wings

STEP 6

Spray the aluminum foil with the cooking spray.



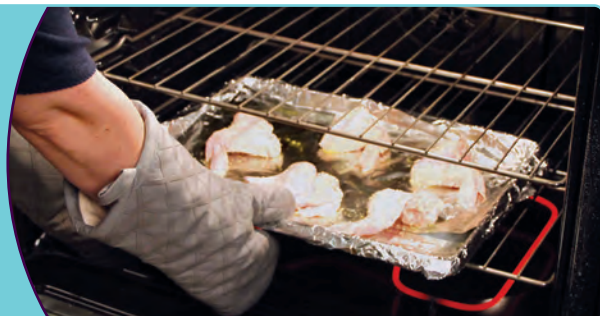
STEP 7

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.



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.



Baked Chicken Wings



STEP 16

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

