

**Attainment's**  
**Ready, Set, COOK!**  
**WORKBOOK**

By Eleana Bastian

Edited by Shannon Booth

Art by Ben Fleischman

Graphic Design by Deidre DeForest

Photography by David Nelson and Marcy Weiland

Art Direction by Josh Eacret

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**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.



## STEP 6

Put a lid on the glass dish.



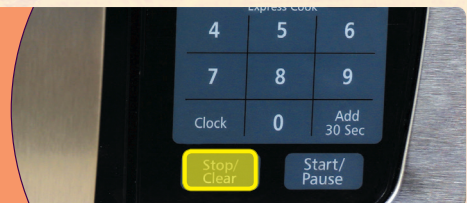
## STEP 7

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



## STEP 8

Close the door. Push *Clear*.





# Omelet Directions:

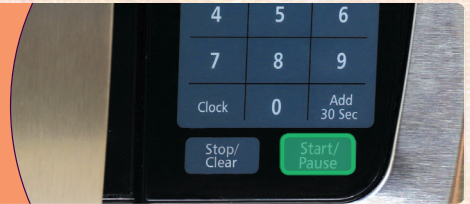
## STEP 9

Push *Time*. Push 300.



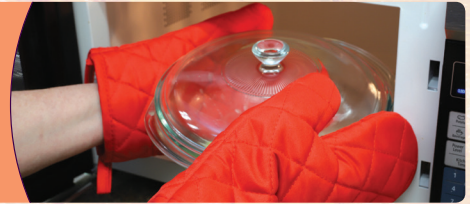
## STEP 10

Push *Start*.



## 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



## Ingredients:

  
1 cup cooked rice (page 117)


  
1/2 cup onion

  
1/4 cup green pepper

  
1 (15 ounce) can diced tomatoes

  
1/4 cup ketchup

  
salt

  
pepper

  
water

Add to It!





## Utensils:

  
2-quart glass dish with lid

  
1 cup

  
1/4 cup

  
timer

  
can opener

  
knife

  
cutting board

  
oven mitts



# Spanish Rice Directions:

## STEP 1

Chop the onion and the pepper.



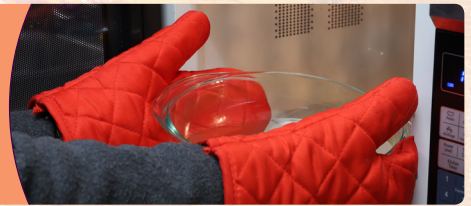
## STEP 2

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



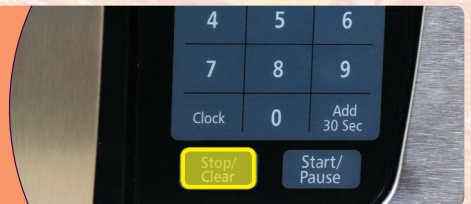
## STEP 3

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



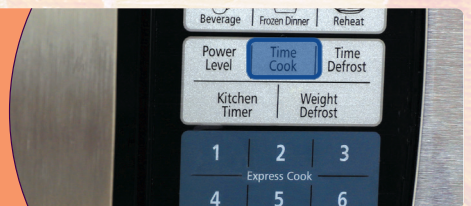
## STEP 4

Close the door. Push *Clear*.



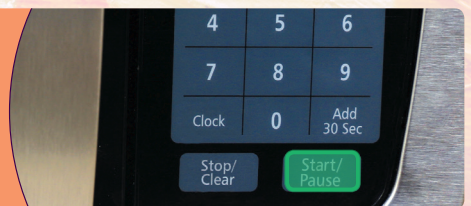
## STEP 5

Push *Time*. Push 200.



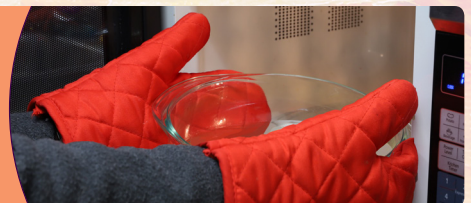
## STEP 6

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.





# Spanish Rice Directions:

## STEP 9

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



## STEP 10

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



## STEP 11

Put the lid on the dish.



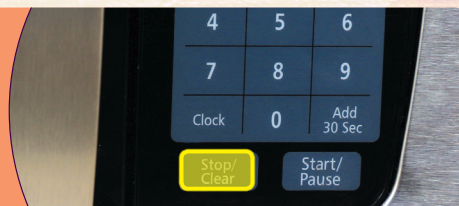
## STEP 12

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



## STEP 13

Close the door. Push *Clear*.



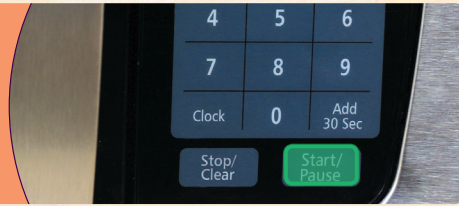
## STEP 14

Push *Time*. Push 1000.



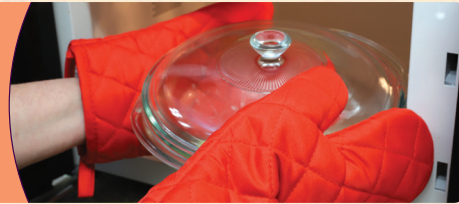
## STEP 15

Push *Start*.



## STEP 16

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





# Spanish Rice Directions:

## STEP 17

Remove the lid and stir.



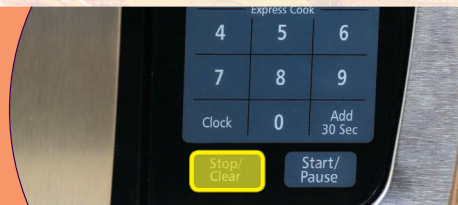
## STEP 18

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



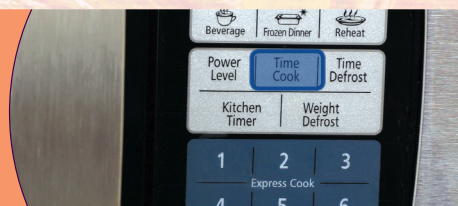
## STEP 19

Close the door. Push *Clear*.



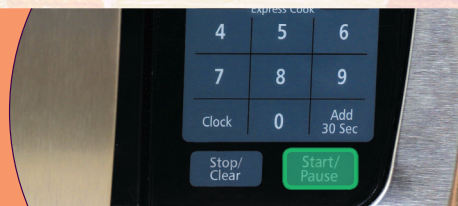
## STEP 20

Push *Time*. Push 500.



## 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




## Ingredients:

1 pound ground beef 

1 egg 

1/2 of a small onion 

Italian style bread crumbs 

1/4 teaspoon salt 

1/4 teaspoon pepper 

1/4 teaspoon garlic powder 

Add to It!



## Utensils:

2-quart glass dish with lid 

large bowl 

1/3 cup 

1/4 cup 

1/2 teaspoon 

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.



## 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.





# Meatballs Directions:

## STEP 9

Put meatballs in the glass dish.



## STEP 10

Wash hands.



## STEP 11

Put the lid on the glass dish.



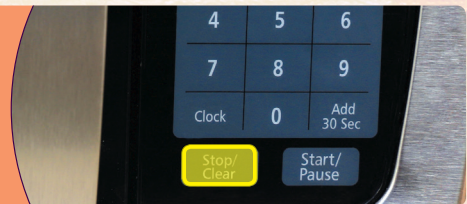
## STEP 12

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



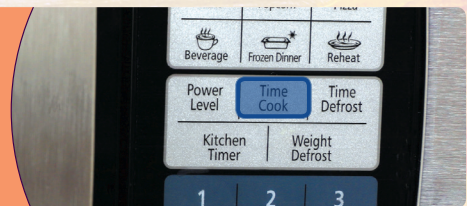
## STEP 13

Close the door. Push *Clear*.



## STEP 14

Push *Time*. Push 800.



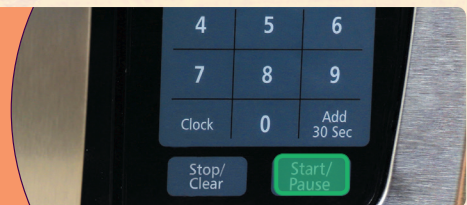
## STEP 15

Push *Power*. Push 7.



## STEP 16

Push *Start*.





# Meatballs

Directions:

## 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 

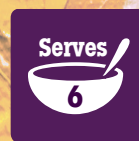
1/4 cup butter 

3/4 cup milk 

salt 

pepper 

Add to It!



## Utensils:

2-quart glass dish with lid 

glass measuring cup 

1/2 cup 

1/4 cup 

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.



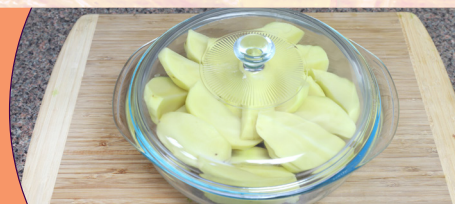
## STEP 3

Put potato pieces into a glass dish.



## STEP 4

Put the lid on the glass dish.



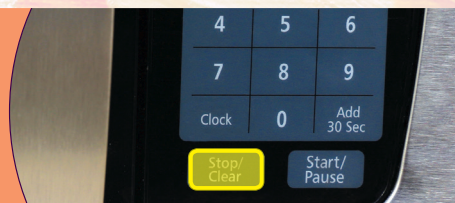
## STEP 5

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



## STEP 6

Close the door. Push *Clear*.



## STEP 7

Push *Time*. Push 500.



## STEP 8

Push *Start*.





# Mashed Potatoes Directions:

## STEP 9

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



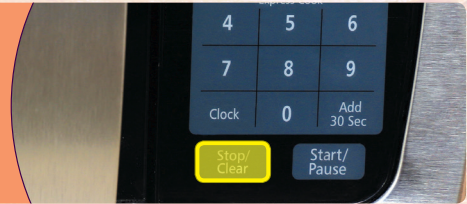
## STEP 10

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



## STEP 11

Close the door. Push *Clear*.



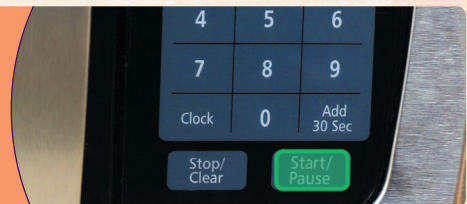
## STEP 12

Push *Time*. Push 500.



## STEP 13

Push *Start*.



## STEP 14

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



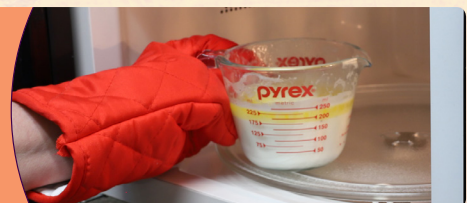
## STEP 15

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.



## STEP 16

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

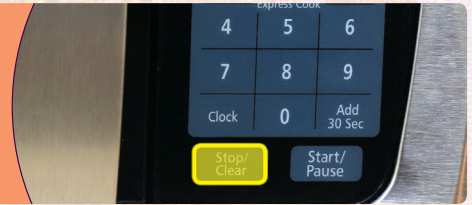




# Mashed Potatoes Directions:

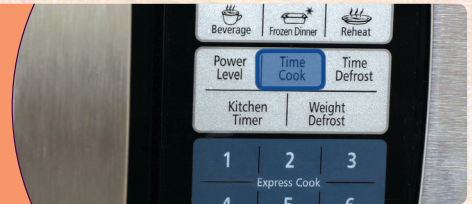
## STEP 17

Close the door. Push *Clear*.



## STEP 18

Push *Time*. Push 200.



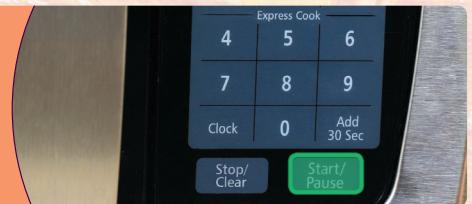
## STEP 19

Push *Power*. Push 6.



## STEP 20

Push *Start*.



## 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


## Utensils:

  
bowl

  
 $\frac{1}{4}$  cup

  
1 tablespoon

  
1 teaspoon

  
knife

  
cutting board

Add to It!

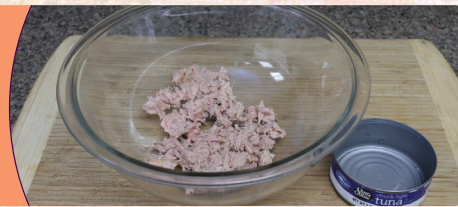




# Tuna-stuffed Avocado Directions:

## 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.



## 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



## 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

Add to It!





# Chocolate Chip Cookies Directions:

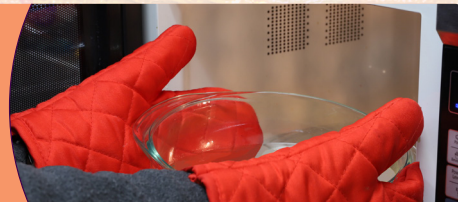
## STEP 1

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



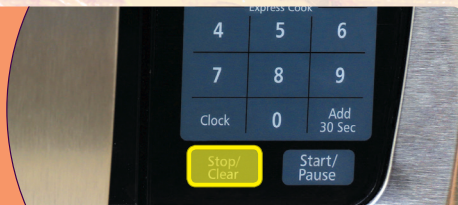
## STEP 2

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



## STEP 3

Close the door. Push *Clear*.



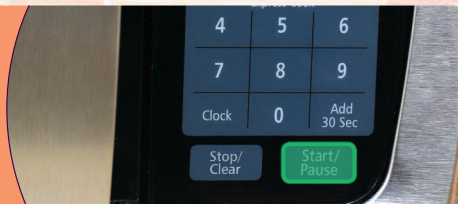
## STEP 4

Push *Time*. Push 30.



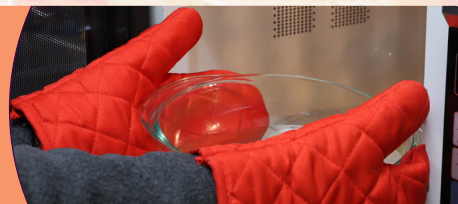
## STEP 5

Push *Start*.



## 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.





# Chocolate Chip Cookies Directions:

## 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.



## STEP 11

Stir.



## STEP 12

Form the dough into a large cookie on the plate.



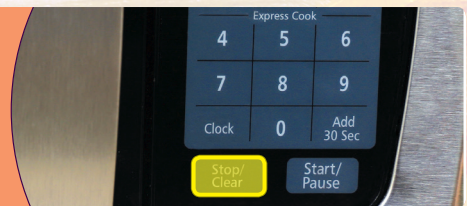
## STEP 13

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



## STEP 14

Close the door. Push *Clear*.



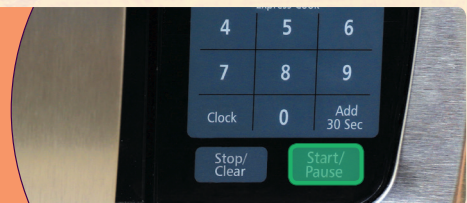
## STEP 15

Push *Time*. Push 200.



## STEP 16

Push *Start*.





# Chocolate Chip Cookies Directions:

## 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



1/2 cup whole almonds



1/2 cup peanuts



1/2 cup cashews



1/2 cup M&M's



Add to It!



## Utensils:

bowl



1 cup



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.



## STEP 6

Mix ingredients with a spoon.



## STEP 7

Serve.






# Coleslaw



## 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



## Add to It!



## Speed It Up!



## 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.

