

Attainment's
Ready, Set, COOK!
WORKBOOK

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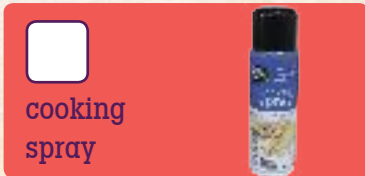
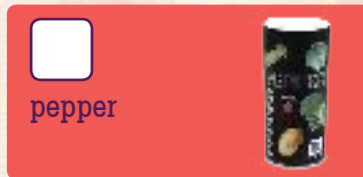
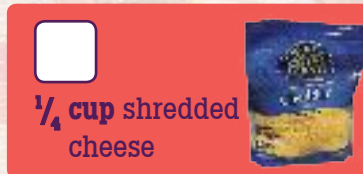
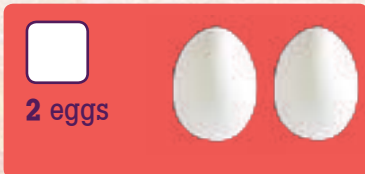
Omelet



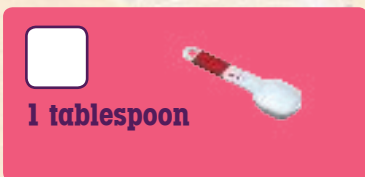
Add to It!



Ingredients:



Utensils:



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.



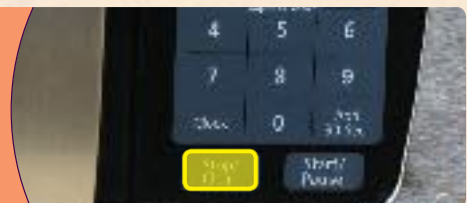
STEP 7

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.

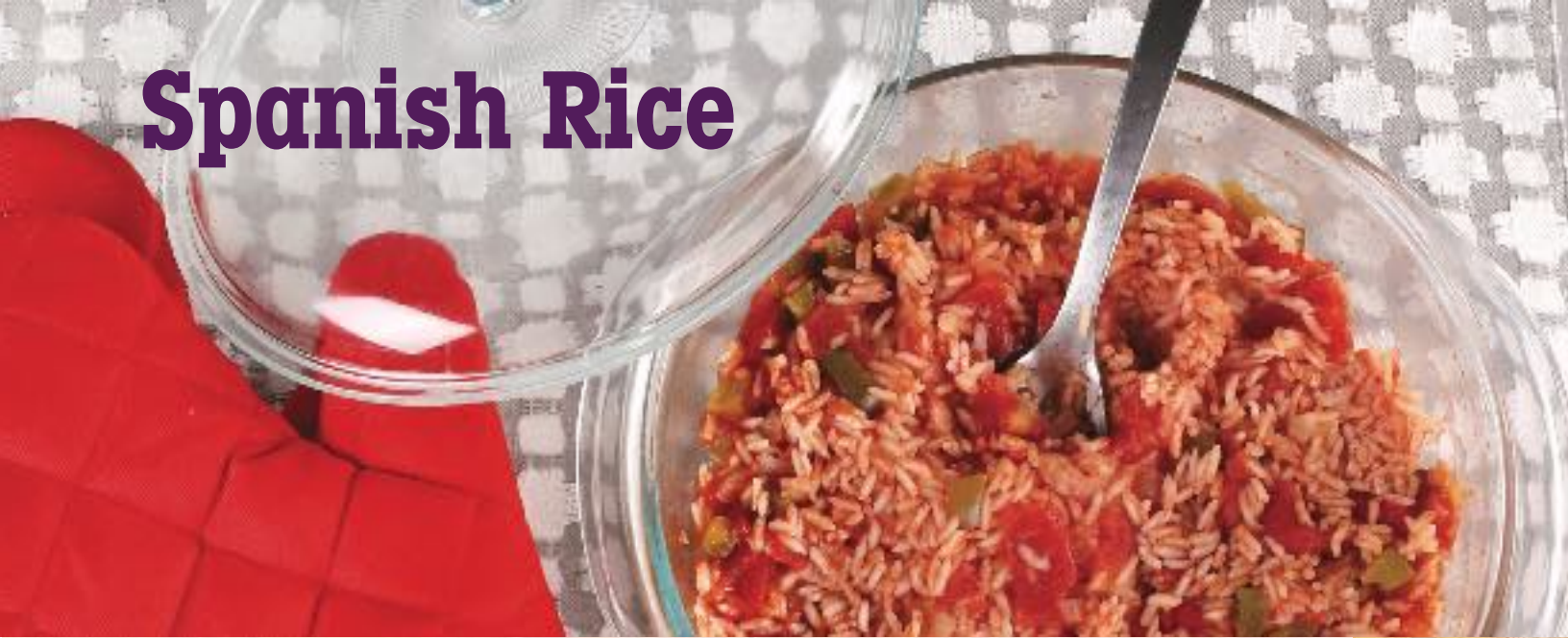


STEP 14


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

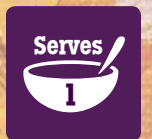

1/4 cup ketchup


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*.



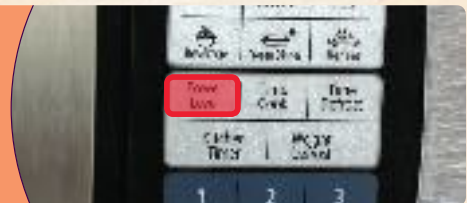
STEP 14

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 
 $\frac{1}{4}$ cup butter 
 $\frac{3}{4}$ cup milk 
salt 
pepper 

Add to It!



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.



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:

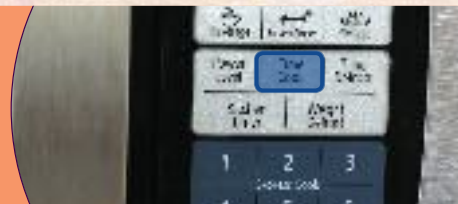
STEP 17

Close the door. Push *Clear*.



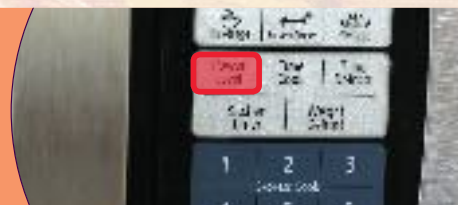
STEP 18

Push *Time*. Push 200.



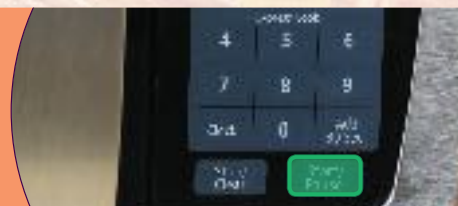
STEP 19

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.



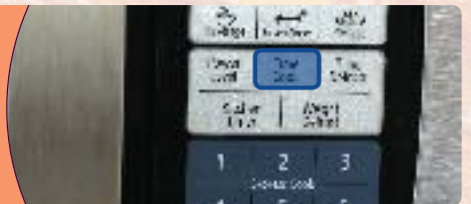
STEP 3

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.



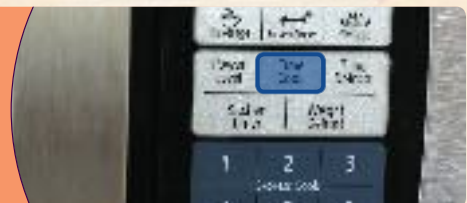
STEP 14

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




Utensils:

bowl



1 cup



1/2 cup



spoon



Add to It!



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 


Utensils:

bowl 

$\frac{1}{2}$ cup 

1 tablespoon 

$\frac{1}{4}$ teaspoon 

spoon 

Add to It!



Speed
It Up!



Serves
10



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.

