



THE REAL-LIFE EXECUTIVE FUNCTIONING

COOKBOOK

A STEP-BY-STEP VISUAL COOKBOOK FOR DIVERSE LEARNERS

The Lite Edition

CHRIS HANSON | AMY SIPPL





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WHY **COOKING** FEELS SO FREAKIN' HARD

But doesn't have to be.



Even on the best of days, cooking takes a lot of brainpower. Planning ahead. Organizing. Time management. Recognizing and evaluating any safety risks. Problem-solving. There's a lot that goes into putting something healthy and tasty on the table.

Toss in fancy cooking terms like saute, julienne, or parboiled and you might as well head straight out the door to the nearest fast food spot. On days when our brains are already at max capacity or running on low power, cooking is just freakin' hard.

But it doesn't have to be.

The process just has to be adapted in a way that takes out all fluff and narrows the focus to be more executive function friendly. It's also why we've created this cookbook.

Throughout these pages, **you'll find real-life recipes tested by individuals who struggle with executive functioning skills.** Each recipe includes visuals, pictures, and easy-to-understand instructions that guide you step by step through simple but tasty meal prep.

We've done our homework so you don't have to. We assume you've got some basic kitchen equipment to work with (stove, oven, refrigerator, and a sink) and you need to eat. That's about all it takes to get started.

WHY IS COOKING NOT ALWAYS EF-FRIENDLY?

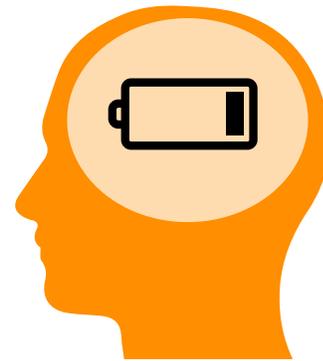
Cooking involves many of the core executive functioning skills, including **planning** (identifying ingredients, creating a meal plan), **organization** (gathering items, keeping a tidy kitchen), **time management** (adding elements and watching cooking times), and **flexible thinking** (learning to adapt and adjust quickly or when things don't go according to plan).

These skills are on top of the fine motor skills (chopping, cutting, stirring) and academic skills (reading comprehension, math, sequencing steps) required in most recipes.

Bah! So. Many. Skills.

Top it off with the hundreds of distractions at home that pull you away from the kitchen, and it doesn't take long before cooking feels completely overwhelming.

BRAIN POWER METER



BUT AGAIN, IT DOESN'T HAVE TO BE THAT WAY.

Thankfully, you can take some simple steps and strategies to help make cooking more EF-friendly. These EF hacks don't require you to learn any fancy cooking techniques or purchase special equipment.

They're simple tools that show you how to stage your environment to be more successful in the kitchen. They can be applied to any recipe or dish you'd like to make. It's about making the cooking process more EF friendly.

10 WAYS TO MAKE COOKING EXECUTIVE FUNCTIONING FRIENDLY

1. SEPARATE THE IDEA OF EATING FROM THE BEHAVIOR OF COOKING.

We try to help our learners understand that **eating and cooking aren't one and the same**. Even though cooking may lead us to eat a great meal, we don't always have to cook to eat.

Some days, **decision fatigue (or having to make so many decisions that, over time, we start to make poor choices) makes cooking too challenging**. Or we have other things planned or don't have enough time to cook a meal.

That's okay.

Those are days where **eating** is more important, so having some no-cook options (PB & J, anyone?) is best.

Save cooking for days when you know you already have some EF capacity left to dedicate to the tasks required to make a meal. Choose cooking days for when you have plenty of time, aren't already hangry, and can maybe even enjoy it.



2. READ THE ENTIRE RECIPE FIRST.

You'll notice in our cookbook that the first step in each recipe is to **read the entire list of ingredients and the whole list of steps for the recipe**. Make sure you understand what each cooking step means. Then, try to visualize what you will do for each step using the photos next to the text. By carefully reading and visualizing each step of the recipe, you can boost the EF skills of planning and organization.

3. CHECK OFF THE INGREDIENTS AND THE SUPPLIES YOU'LL NEED.

There's nothing worse than getting well into a recipe before realizing you're missing a key ingredient. It's hard to make grilled cheese without the cheese, right?

After you read the ingredients and supplies list, **check that you have each ingredient on the ingredients list** and each piece of kitchen equipment you need to make the meal. Check each item off like a checklist, so you visually know you've got what you need.

4. CLEAR OUT SOME SPACE.

Once you've confirmed you have everything you need, it's best to have a clean slate to cook in. **Spend a few minutes clearing off the table or countertops before beginning the recipe**. If the sink or dishwasher is full of dirty dishes, you'll only add to the mess. Extra clutter may cause distractions and make it harder for you to focus on the recipe steps. Take a few minutes to organize and clean up the space before starting.

5. SET OUT ITEMS AS YOU NEED THEM.

Now that you have some space cleared, **gather all the ingredients and items you need to make the recipe**. Set them in the clean area to easily see them, and generally arrange them in the order the recipe says you'll use them. This avoids scrambling for something tucked away in the back of the fridge or accidentally forgetting to add something in.

6. DESIGNATE A CLEAN-UP AREA.

Before you begin the actual cooking, **designate an area for dirty dishes and utensils**. We recommend always starting with the sink and dishwasher empty or with only dirty dishes. That way, as you dirty a mixing bowl or spoon, you can put it right into the area for clean-up, and it's out of the way as you're trying to cook.

7. PUT LEFTOVER INGREDIENTS AWAY AS YOU USE THEM.

The same idea applies to ingredients. **Put those away as you use them as well**. For example, if you're using 1 cup of flour for baking, after you add the cup of flour to the recipe, put the rest of the flour away.

This helps for two reasons. First, you have less mess waiting for clean-up since you've

already put things away when you get to the end. Secondly, if you get to the end and there's still an ingredient left out, you know that you've missed something in the recipe and can go back to double-check.



8. SET TIMERS.

This is a given during cooking, but **it's worth investing in easy-to-use kitchen timers or a smart device.** If you tend to get distracted in the kitchen, ask the smart device to help remind you to complete a step, keep stirring, or check if an item is finished. If you often forget to turn off the stove or the oven at the end of cooking, set a reminder on your smartphone to check.

9. USE VISUAL REMINDERS.

We know visuals are beneficial for individuals who struggle with executive functioning skills. There's no reason we can't apply them to the kitchen – and in some ways, they can be a great safety tool. Here are some ideas for using visuals:

- Strategically place a sticky note to remind you to turn off and unplug appliances.
- Write the date on a piece of masking tape of when you cooked a meal, then place it on the top of leftover containers, so you always remember how old something is.
- Use labels to help you keep ingredients and supplies organized in your kitchen cabinets or pantry.



10. FIND THINGS TO ENJOY ABOUT COOKING.

Our final tip is not necessarily a hack to make cooking more EF-friendly but a general piece of advice for tackling tasks that may be challenging or less rewarding. **Look for ways that you can customize cooking to be more enjoyable for you.**

Learn to make your favorite dishes. Cook something to enjoy with friends or family. Make a funny bloopers video of your cooking fails and share them online.

We tend to find enjoyable tasks more manageable, so find simple ways you can start to see cooking not as a burden but as something rewarding or even fun.

HOW TO **COOK** WITH THIS BOOK

An extra-easy user's guide.



A **Easy to understand titles.** No more needing to learn French or do a web search to know what you're cooking.

B **Key feature symbols.** Find recipes quickly with these symbols:

 "Easy Button" - low effort but a good outcome

 Kid-Friendly

 Cheap

 No Heat Required

 Vegan/Vegetarian

 Dairy-Free

 Gluten Free

 Special Occasion Worthy

C **Total Cook Time.** Know exactly how much time you'll need to complete the entire recipe.

 15 minutes or less

 15 to 30 minutes

 30-45 minutes

 1 hour or more

D **Brain Power Meter.** Understand the executive function required for each recipe.

 Easy recipes, requiring little or no cooking experience/skill

 Easy recipes requiring some prep skills and experience

 Moderate recipes requiring experience with most prep and cooking skills

 Most difficult recipes; requires careful attention and the most skill/experience.

E **Ingredients & Supplies.** Listed in the order that you need them in the recipe and with a check box to mark off when you've gathered what you need.

F **Start.** Every recipe shows you exactly where to get started. **Bold words** are action steps. **Red words** are steps to complete while you're waiting for something else to finish cooking. The rest are ideas and suggestions to help things run smoothly.

G **Serving and saving instructions.** Includes ideas to make ahead and how to store leftovers for later.

H **Variations.** Once you've mastered the main recipe, look here for ideas for different ingredients to mix in or substitutions if you don't have the required ingredients.

I **Expansion ideas.** If you've tried the recipe and enjoyed it, look for more recipe ideas using similar ingredients or similar cooking techniques.

 **Warnings!** Watch for these special alert boxes throughout the recipes for key steps and safety tips.

A

PEANUT BUTTER ENERGY BITES

Our non-guilty way to eat as much gooey peanut butter chocolate chip cookie dough as you like.

B

Dairy Free



Easy Button



Vegan/Vegetarian



Kid Friendly

C

TOTAL COOK TIME


15-20
MINUTES
D

BRAIN POWER

**E**

INGREDIENTS:


 Quick Oats
1 cup

 Shredded Coconut
2/3 Cup

 Peanut Butter
1/2 Cup

 Chocolate Chips
1/2 Cup

 Honey
1/2 Cup

 Ground Flax Seed
1/4 Cup

SUPPLIES YOU'LL NEED:


 Baking Sheet

 Parchment Paper

 Measuring Cups

 Large Mixing Bowl

 Spoon
F
START

STEP 1: READ IT THROUGH.


STEP 5: FINISH AND SERVE.

Serve immediately.

For any extra energy bites, place them in an airtight container and store in the refrigerator for up to one week.

G

VARIATIONS

- Energy bites can be customized in many different ways. Try these extra mix-ins for different varieties:
 - Instead of chocolate chips, stir in 1 cup of dried raisins or cranberries.
 - Add 1/2 cup of finely chopped walnuts, pecans, or pistachios.
 - Stir in pumpkin seeds, pepitos, or chopped almonds.
 - Instead of flaxseed, stir in chia seeds or sesame seeds.
 -
- For an extra sweet treat, before refrigerating, roll the energy bites in extra coconut, powdered sugar, or sweetened cocoa powder.

H**I**

IF YOU LIKED THIS, TRY:



Peanut Butter Toast Toppers
Another Easy Breakfast



Overnight Oats
Uses Similar Ingredients



Frozen Yogurt Fruit Bark
Uses similar cooking steps



3 Ingredient Peanut Butter Cookies
For peanut butter lovers

PLAN IT OUT.

Success in the kitchen
starts with a plan.



Have you ever heard this famous quote attributed to Ben Franklin?

"BY FAILING TO PREPARE, YOU ARE PREPARING TO FAIL." - BENJAMIN FRANKLIN

Even though we're fairly confident that Franklin didn't spend much time cooking meals, his words of wisdom ring true for anyone learning to navigate the kitchen. The most successful cooks (and those who have conquered the executive functioning skills in this book), have learned that it all begins with a plan.

Not the plans you see in the front of most cookbooks, including long lists of "pantry supplies" you'll never use and cupboards full of "necessary tools" that will soon begin collecting dust. Let's just skip all that.

In this book, you'll find just one strategy for meal planning that works if you shop every few days or shop once a month. It's an EF-friendly solution that works if you shop in person or prefer curbside pickup. **Four simple steps allow you to break down the EF barriers that create challenges for so many diverse learners.** It's a step-by-step EF-friendly grocery shopping guide.

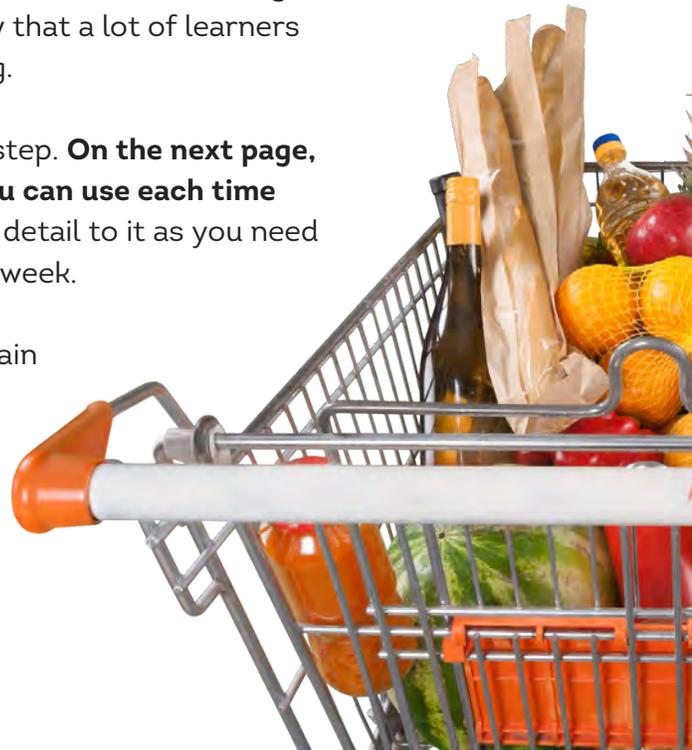
STEP ONE: START WITH YOUR CALENDAR.

How many meals do you need to shop for this week? What days will you be home and able to prep a meal? What days will you be at work, school, or on the go during meals? We like to plan this step at the same time each week--Saturday mornings if we can--spending 10-15 minutes visualizing what we need for the week.

Did your heart rate go up when we said to start with a calendar? Does using a weekly planner make you cringe? No worries. We know that a lot of learners with EF challenges struggle with calendars and planning.

That's why we've created a visual tool to help with this step. **On the next page, you'll find a printable weekly planner template that you can use each time you make a plan for your week.** Add as much or a little detail to it as you need to help you determine how you'll eat (and cook) for the week.

Other tips: For most of us, this activity takes **a lot** of brain power. Plan a quiet, distraction-free environment to complete your weekly plan. If needed, ask a friend or family member to help with this step. Sometimes talking out the events on the calendar is easier than trying to remember everything on your own.



When you look at the weekly calendar, aim to answer these questions:

- **How many meals do you need to shop for this week?**
- **What days will you be home and able to prep a meal?**
- **What days will you be at work, school, or on the go during meals?**

We like to plan this step at the same time each week--Saturday mornings if we can-- spending 10-15 minutes visualizing what we need for the week.

Other tips: For most of us, this activity takes **a lot** of brain power. Plan a quiet, distraction-free environment to complete your weekly plan. **Then, ask a friend or family member to help with this step.** Sometimes talking out the events on the calendar is easier than trying to remember everything on your own.





MY WEEKLY PLANNER

BIG EVENTS THIS WEEK

Band concert - Thursday, 7 PM

Chemistry Exam - Wednesday

Dad's Birthday - Saturday

Dinner at Grandma's

WHAT I NEED TO SUCCEED:

1

Extra time to study for the Chem exam on Monday & Tuesday

2

Meals prepped for the week through Wednesday - no cooking time before then

3

Time to shop for Dad's birthday card and gift before the party

MONDAY

Early Chem Study - 7- 8AM

School - 8-2 PM

Chem Study Session - 2-4 PM

Tennis Lesson 4-5 PM

Homework 5-9 PM

TUESDAY

Early Chem Study - 7-8 AM

School - 8-2 PM

Chem Study Session - 2-4 PM

Homework 4-9 PM

WEDNESDAY

Make Breakfast before Exam to calm nerves

School - 8-2 PM - CHEMISTRY EXAM

Tennis Practice - 4-5 PM

Shopping for Dad's gift at the Mall - 7-10 PM

THURSDAY

School - 8-2 PM

Make Dinner

Band Concert - 7 PM

FRIDAY

School - 8-2 PM

Tennis Practice - 4-5 PM

Dinner at Grandmas - 6:30 PM

SATURDAY/SUNDAY

Saturday AM - No plans or Shop for Dad's gift if I haven't finished it.

Saturday PM - Dad's Birthday Party

Sunday 8-10 AM - Homework

10-11:00 AM - Meal Planning for Next Week

11:00-1:00 PM - Grocery Shopping & Meal Prep

STEP TWO: BRAINSTORM MEALS.

Once you have a general idea about the calendar, the next step we like to suggest is to spend a few minutes brainstorming about what cooking might look like this week. Spend a few minutes jotting notes down to questions like:

- **What favorite foods do I want to have?**
- **What do I have ingredients for already?**
- **What am I hungry for?**
- **What meals have I not eaten for a while?**
- **What new meals would I like to try?**

This comes back to our EF tip about finding enjoyment and increasing positive thinking about cooking. By taking a few minutes to build in things you know will make meals better this week, you're setting the stage for success.

If you struggle with the executive functioning skills of flexibility and problem-solving, give this step a try, but don't spend too much time on it. **Set a timer for 5 minutes and use whatever notes you have down at that time to move on with the next step.** Any more than that and you're likely adding unnecessary frustration.

STEP THREE: CREATE THE MENU PLAN.

Using your brainstorming notes and your weekly calendar, the next step is to create a basic meal plan for the week. Using a visual chart, sketch out the weekly meals. First, **list out any meals you know you'll be eating on the go and not cooking for.**

On dates where you plan to cook meals, list out which meals you plan to cook. Don't worry about filling in every slot, it's okay to leave some spaces open for 'leftovers' or 'take out.'

If you struggle with the executive functioning skill of time management, double-check that as you complete each day, you have enough time in your weekly calendar for cooking and meal prep. If you need help with the budgeting step, ask a friend or family member if they think the menu plan is a realistic one.



WEEKLY MEAL PLANNER

BRAINSTORMING

Write down as many meal ideas as you can think of prior to menu planning.

Ask:

- What do I have ingredients for already?
- What am I hungry for?
- What meals have I not eaten for a while?
- What new foods would I like to try?

Ingredients I have:
bread and peanut butter
blueberries
cheese

Hungry For:
Something easy - in the slow
cooker?
Sandwiches

It's been a while since I've had:
bacon

New Foods: Not this week.



NARROW IT DOWN

Of my brainstorming options, what 3 recipes/ideas sound the best?

PB & J Tacos
Slow Cooker Chicken
Eggs & Bacon



DOUBLE CHECK

Using the weekly calendar, do you have time for each recipe? Do you have the EF brain power for each recipe this week?

- ✓ *PB & J Tacos*
- ✓ *Slow Cooker Chicken*
- ✓ *Scrambled Eggs & Bacon*



CREATE A SHOPPING LIST

WEEKLY MEAL PLANNER

	BREAKFAST	LUNCH	DINNER
MONDAY	<i>Grab & Go Breakfast: Granola Bar & Protein Shake</i>	<i>Lunch at School</i>	<i>Pre-Prep Meal: Slow Cooker Chicken</i>
TUESDAY	<i>Grab & Go Breakfast: Granola Bar & Protein Shake</i>	<i>Lunch at School</i>	<i>Easy Meal: P B & J Tacos</i>
WEDNESDAY	<i>Home Breakfast: Scrambled Eggs & Bacon</i>	<i>Lunch at School</i>	<i>Dinner at the Mall</i>
THURSDAY	<i>Breakfast At School</i>	<i>Lunch at School</i>	<i>7 PM - Eat at the Band Concert</i>
FRIDAY	<i>Breakfast At School</i>	<i>Lunch at School</i>	<i>Dinner at Grandma's</i>
SATURDAY	<i>Home Breakfast: 3 ingredient pancakes</i>	<i>Dad's Birthday Party</i>	
SUNDAY:	<i>Next week's meal planning & grocery shopping</i>		

STEP FOUR: CHECK INGREDIENTS.

Once you have your weekly menu plan, the next step is to **check that you have all the ingredients you need to make your meals for the week.**

Read through the menu plan meal by meal and confirm that you have the ingredients required to make them. If you don't have an ingredient, add it to the grocery list.

EF tip: **We add grocery items to the list with the quantity we need for the recipe.** That way you always make sure you purchase only what you need and don't have to make a special trip back for more.

Finally, **check your basics list.** The basics list includes pantry staples like spices, flour, and common recipe ingredients like milk, cheese, and bread that can be combined into simple meals. The basics list should always be permanent on your list and something you check on each time you shop. **Include other home items** (laundry detergent, dish soap, etc.) that you may pick up at the grocery store as well.

STEP FIVE: SHOP.

Just like cooking, grocery shopping requires a lot of different EF skills. Organization, working memory, problem-solving, attentional control, and self-monitoring are some of the many different skills it takes to have a productive trip at the grocery store.

That's why it helps to go in having a grocery list to shop from. **Take the paper list and a pencil or your smartphone so you can check off the items as you put them in the cart.** Write all of your ingredients in order by the section of the grocery store. Double-check before you head to the cashier that you put all the items on your list in the cart.

If you find grocery shopping is too much, don't let it get in the way of enjoying cooking. Now more than ever, it's easy to use online shopping and grocery delivery apps. These can make the process of shopping less overwhelming and allow you to separate shopping and cooking.

So you can spend more time doing what you enjoy.



WEEKLY MEAL PLANNER

GROCERY SHOPPING LIST

Check your BASIC Ingredients list. Cross off any that you don't need to shop for this week.

- | | |
|---|--|
| <input checked="" type="checkbox"/> Salt | <input type="checkbox"/> Bananas |
| <input checked="" type="checkbox"/> Black Pepper | <input checked="" type="checkbox"/> Flour Tortillas |
| <input type="checkbox"/> All purpose flour | <input type="checkbox"/> Canned Black Beans |
| <input type="checkbox"/> Butter | <input type="checkbox"/> Frozen Chicken Tenders |
| <input checked="" type="checkbox"/> Olive Oil | <input type="checkbox"/> Shredded Cheddar Cheese |
| <input type="checkbox"/> Eggs | <input checked="" type="checkbox"/> Microwave Rice Packet |
| <input type="checkbox"/> Bread | <input type="checkbox"/> |

Add additional ingredients from your weekly meal plan.

FRUITS & VEGETABLES

- | | |
|---------------------------------------|--------------------------|
| <input type="checkbox"/> Apples | <input type="checkbox"/> |
| <input type="checkbox"/> Cucumber (1) | <input type="checkbox"/> |
| <input type="checkbox"/> Avocado (2) | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |

MEAT/SEAFOOD

- | | |
|---|--------------------------|
| <input type="checkbox"/> Bacon (1 pound) | <input type="checkbox"/> |
| <input type="checkbox"/> Chicken Breast (3) | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |

BAKING / SPICES

- | | |
|---|--------------------------|
| <input type="checkbox"/> Cumin (2 Tbsp) | <input type="checkbox"/> |
| <input type="checkbox"/> Taco Seasoning (1) | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |

CONDIMENTS/SAUCES

- | | |
|---|--------------------------|
| <input type="checkbox"/> Raspberry Jam | <input type="checkbox"/> |
| <input type="checkbox"/> Ranch Dressing | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |

CANNED / DRIED FOODS

- | | |
|---|--------------------------|
| <input type="checkbox"/> Granola Bars (12) | <input type="checkbox"/> |
| <input type="checkbox"/> Chicken Broth (2 cans) | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |

FROZEN FOODS

- | | |
|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> |

BEVERAGES

- | | |
|---|--------------------------|
| <input type="checkbox"/> Mocha Powder Mix | <input type="checkbox"/> |
| <input type="checkbox"/> Whey Powder Mix | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |

HOUSEHOLD & TOILETRIES

- | | |
|---|--------------------------|
| <input type="checkbox"/> Toothpaste | <input type="checkbox"/> |
| <input type="checkbox"/> Canned Cat Food | <input type="checkbox"/> |
| <input type="checkbox"/> Paper Towels | <input type="checkbox"/> |
| <input type="checkbox"/> Cough Drops | <input type="checkbox"/> |
| <input type="checkbox"/> Plastic Zip Bags | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |

"I JUST NEED TO EAT."

Recipes for days when there's not
enough brain power for cooking.



**EASY WAY TO
START THE DAY**



**PEANUT BUTTER
TOAST TOPPERS**

PEANUT BUTTER TOAST TOPPERS

It's so good, even Elvis couldn't resist it.

FEATURES

-  Kid Friendly
-  Easy Button
-  Cheap
-  5 or fewer ingredients

TOTAL COOK TIME

 **5**
MINUTES

BRAIN POWER



INGREDIENTS:

-  **Sliced Bread**
2 slices
-  **Banana**
1 small
-  **Peanut Butter**
2 Tablespoons

OPTIONAL INGREDIENTS:

-  **Honey**
1 teaspoon
-  **Raisins**
2 Tablespoons

SUPPLIES YOU'LL NEED:



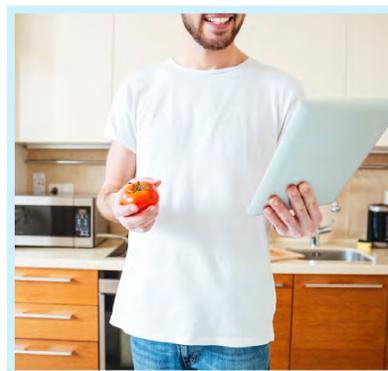
Toaster



Plate



Butter Knife



START

STEP 1: READ IT THROUGH.

Read the entire recipe carefully before even deciding to make it.

Decide: What type of toast will you make?

Do you have all the ingredients?

Do you have all the supplies?



STEP 2: PREP YOUR SPACE.

Prepare your cooking space.

Read the recipe steps in order.

As you read each step, **set out the ingredients in the order you'll need them.**

Read the recipe again, this time **placing supplies in the order** you'll need them.

As you set out each item, **check the box that you have the item.**



STEP 3:

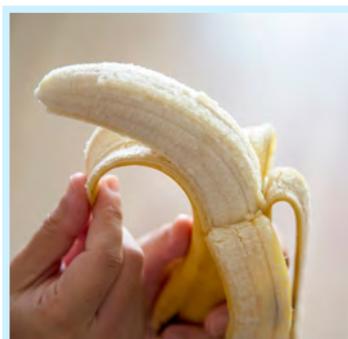
Put the bread in the toaster.

Set the cooking time setting to medium.

Toast.



The heat is on!
Toasters can get very warm. Be careful not to touch the heating elements or internal components.



STEP 4:

While the bread is toasting, peel the banana.

Throw the peel away.



STEP 5:

While the toast continues to cook, slice the banana into 1/4 inch pieces.

Set aside.



STEP 6:

Unplug the toaster

Carefully take the toast out the toaster and put on the plate.



STEP 7:

Evenly coat the toast with a layer of peanut butter.



STEP 8:

Top with sliced bananas.
Add honey and raisins (optional)



STEP 9: FINISH AND SERVE.

To finish, place the toast on the plate.

Serve it immediately.

Q. WHAT IF I DON'T LIKE BANANAS?

Answer: **No problem!**

Don't like bananas? Don't worry. These can be made with any type of sliced fruit. Substitute any type of fresh fruit for the bananas. Some of our favorites are pears, blueberries, and strawberries. Or try a combination of different fruits.



VARIATIONS

- Any type of nut butter can be substituted for the peanut butter.
- Don't have bread on hand? Try a flour tortilla or skip the bread and just spread the peanut butter directly on the bananas.
- Don't like peanut butter? Try vanilla or plain yogurt instead. Finish the toast and spread the yogurt on in Step 7 before adding the fruit.
- For a savory toast topper, try a fried egg (see p. ___) and sliced avocado.



IF YOU LIKED THIS, TRY:



Grilled Cheese (p.37)
Uses bread and Basic ingredients



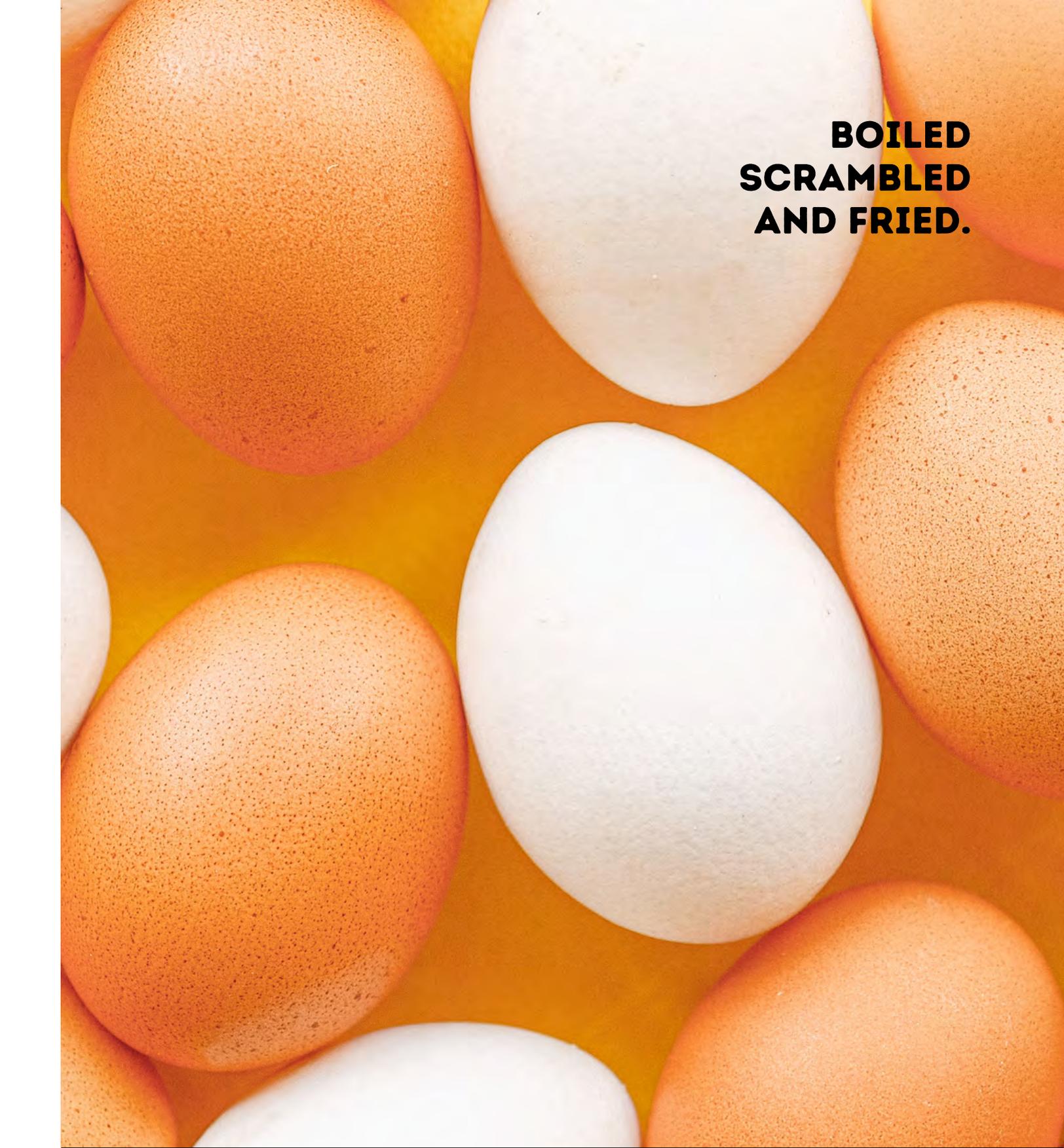
PB & J Tacos (p.42)
Ultra-easy breakfast option



3 Ingredient Peanut Butter Cookies
For the peanut butter lover



Oatmeal & Fruit Parfait
Same ingredients, minus the toast.



**BOILED
SCRAMBLED
AND FRIED.**

EGGS

3 WAYS

EGGS 3 WAYS

Knowing how to make a decent egg is a good life skill.
Knowing how to make eggs three different ways...now that's called talent.



1

SCRAMBLED

FEATURES



Cheap



Easy Button



Vegetarian



5 or fewer ingredients

TOTAL TIME



5-10
MINUTES

BRAIN POWER



INGREDIENTS:



Eggs
2 large



Milk or Half & Half
2 Tablespoons



Butter
1 Tablespoon



Salt & Pepper
To taste

OPTIONAL INGREDIENTS:



Shredded Cheese
1/4 cup



Avocado
1/4 cup sliced

SUPPLIES YOU'LL NEED:



Mixing Bowl



Measuring Spoon



Whisk



Frying Pan



Spatula



Plate

START



STEP 1: READ IT THROUGH.

Read the **entire recipe** carefully before even deciding to make it.

Do you have all the ingredients?

Do you have all the supplies?



STEP 2: PREP YOUR SPACE.

Prepare your cooking space.

Create a clean space on the counter or table for cooking.

Re-read the recipe.

As you read each step, **set out the ingredients in the order you'll need them.**

Read the recipe again, this time **placing supplies in the order you'll need them.**

As you set out each item, **check the box that you have the item.**



STEP 3: CRACK 'EM.

Gently crack the eggs into the mixing bowl.



Raw eggs can make you sick!
Raw eggs may contain bacteria. Be careful to wash hands after this step and throw the eggshells away immediately. Wipe up any spills with paper towel.



STEP 4:

Measure and add the milk or half and half into the mixing bowl with the eggs.



STEP 5:

Add a few shakes of salt and pepper to the mixing bowl.



STEP 6: WHISK 'EM.

Aggressively whisk together the eggs, milk, and salt until the mixture is uniform in color and texture, and is light and foamy, without any separate streaks of yolk or whites.



STEP 7:

Place the pan on the stove top.
Turn on the stove to low heat. Every stove is different, but you want low enough heat that the eggs cook through without burning.



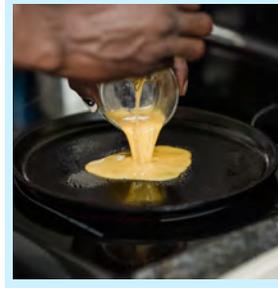
The heat is on!
Dedicate your full attention to cooking after this step!



STEP 8: MELT THE BUTTER.

Add the butter to the frying pan.

As it melts and begins to bubble, use the spatula to **spread the butter** so it creates an even layer around the pan.



STEP 9: ADD THE EGGS.

Pour the whisked eggs into the center of the pan.



STEP 9: COOK 'EM

Wait for the edges to just barely start to set, then using a rubber spatula, **gently push the eggs from one end of the pan to the other**.

Wait 10-15 seconds to allow the uncooked egg to settle on the pan and cook.

Then, **push the eggs from one end of the pan to the other again**.



STEP 10:

Continue to fold the eggs onto themselves as the eggs begin to stiffen and become fluffy. Remove from the heat when the eggs still shimmer with some moisture.

Turn off the heat.



STEP 11: FINISH AND SERVE.

Put the scrambled eggs on the plate. Add additional salt and pepper to taste.

Top with optional ingredients (cheese and avocado)
Serve immediately.

Scrambled eggs do not keep well and are best to be eaten immediately.



DID YOU KNOW?

Scrambled eggs are a global dish.

In American cooking, scrambled eggs are pushed toward the center like this recipe.

It's common in British cooking to stir the eggs in a circular motion during cooking to give the eggs a soft, fine texture.

In Syria, scrambled eggs are known as jaz maz, and are cooked in clarified butter (ghee) with chopped tomatoes and onions.

VARIATIONS

- This method works with any type of egg. Don't worry about if your eggs are brown or white, organic or regular. All eggs will scramble well. That being said, it's hard to beat farm-fresh eggs.
- For some variety, add in vegetables (onions, mushrooms, red peppers, asparagus, fresh herbs, etc.) or chopped meats (ham, bacon, sausage, etc.) to scrambled eggs. But be sure to pre-cook all vegetables and meats in the frying pan first. Set aside and then cook the eggs according to this recipe. Add in the cooked items in Step 10. This helps everything cook more evenly.



2

FRIED

INGREDIENTS:

		
<input type="checkbox"/> Eggs 2 large	<input type="checkbox"/> Butter 1 Tablespoon	<input type="checkbox"/> Salt & Pepper To taste

OPTIONAL INGREDIENTS:

	
<input type="checkbox"/> Shredded Cheese 1/4 cup	<input type="checkbox"/> Chopped Green Onion 1 Tbsp

SUPPLIES YOU'LL NEED:

		
<input type="checkbox"/> Frying Pan	<input type="checkbox"/> Spatula	<input type="checkbox"/> Plate

START

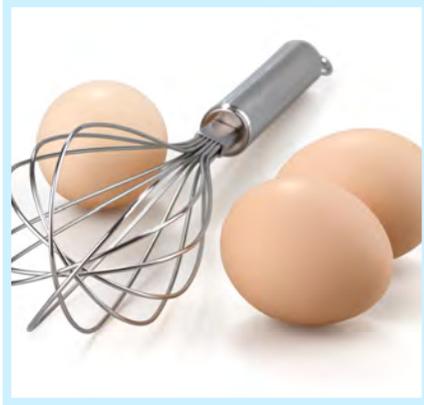


STEP 1: READ IT THROUGH.

Read the entire recipe carefully before even deciding to make it.

Do you have all the ingredients?

Do you have all the supplies?



STEP 2: PREP YOUR SPACE.

Prepare your cooking space.

Create a clean space on the counter or table for cooking.

Re-read the recipe.

As you read each step, **set out the ingredients in the order you'll need them.**

Read the recipe again, this time **placing supplies in the order** you'll need them.

As you set out each item, **check the box that you have the item.**



STEP 3:

Place the pan on the stove top.

Turn on the stove to low heat. Every stove is different, but you want low enough heat that the eggs cook through without burning.



The heat is on!

Dedicate your full attention to cooking after this step!



STEP 4: MELT THE BUTTER.

Add the butter to the frying pan.

As it melts and begins to bubble, use the spatula to **spread the butter** so it creates an even layer around the pan.



STEP 5: ADD THE EGGS.

Carefully crack the egg into the skillet. Watch out for hot butter spatters. Crack the eggs together to form one mound of eggs.



STEP 6: COOK 'EM

Let the egg cook, gently tilting the pan occasionally to redistribute the butter until the edges are crisp and golden and the yolk is cooked to your liking.

Cook about 2 minutes for runny yolks or 2 ½ to 3 minutes for medium yolks.

For hard cooked yolks, cook the eggs for 2 minutes, then flip them over and cook for an additional 2 minutes.



STEP 7: FINISH AND SERVE.

Use the spatula to put the eggs on the plate.

Sprinkle with salt and pepper to taste.

Top with optional ingredients (cheese and chopped green onions),

Serve immediately.

Fried eggs do not keep well and are best to be eaten immediately.



3

HARD-BOILED

INGREDIENTS:

		
<input type="checkbox"/> Eggs 1-6 large	<input type="checkbox"/> Water	<input type="checkbox"/> Salt & Pepper To taste

SUPPLIES YOU'LL NEED:

			
<input type="checkbox"/> Sauce Pan	<input type="checkbox"/> Sauce Pan Lid	<input type="checkbox"/> Plate	<input type="checkbox"/> Timer



START

STEP 1: READ IT THROUGH.

Read the entire recipe carefully before even deciding to make it.

Do you have all the ingredients?

Do you have all the supplies?



STEP 2: PREP YOUR SPACE.

Prepare your cooking space.

Create a clean space on the counter or table for cooking.

Re-read the recipe.

As you read each step, **set out the ingredients in the order you'll need them.**

Read the recipe again, this time **placing supplies in the order** you'll need them.

As you set out each item, **check the box that you have the item.**



STEP 3: ADD THE EGGS.

Fill a saucepan about a quarter of the way with cold water.

Gently the eggs in a single layer at the bottom of the saucepan. Be careful not to drop the eggs in the pan. It may be helpful to place the egg on a spoon a set it into the pan.

Add more water so that the eggs are covered by at least an inch or two of water.



STEP 4:

Place the sauce pan on the stove top.

Turn on the stove to medium low heat.



STEP 5:

Bring the water to a full rolling boil.



The heat is on!

Dedicate your full attention to cooking after this step!



STEP 6:

When the water is boiling, turn off the heat.

Keep the saucepan on the burner.

Place the lid on the sauce pan.

Set a timer for 12 minutes.

Allow the eggs to sit in the pot until the timer goes off.



STEP 7: DRAIN THE EGGS.

When the timer goes off, dump the water from the pan.

Run cold water over the eggs to cool them quickly and stop them from cooking further.



STEP 8: PEEL THE EGGS

Allow the eggs to cool until they are easy to handle.

Gently tap the egg on the counter top to create a crack.

Peel off the eggshell and discard.

Some people find that it's helpful to peel eggs under running water. This can help if the eggs are still slightly hot.



STEP 9: FINISH AND SERVE

Sprinkle the hardboiled eggs with salt and pepper.

Serve immediately, or store hard boiled eggs in a covered container in the refrigerator for up to 5 days.

VARIATIONS

- This method works with any type of egg. Don't worry about if your eggs are brown or white, organic or regular. All eggs will hard boil also. That being said, it's hard to beat farm-fresh eggs.
- Hard-boiled eggs can be used in a variety of recipes, including topping for salads, or mixed with mayonnaise for egg salad on crackers.

IF YOU LIKED THIS, TRY:



Toast Toppers (p.19)
Pairs well with eggs



3 Ingredient Pancakes
Another easy breakfast option



Rainbow Fruit Salad (p.)
Add eggs for a complete breakfast meal



**EVERYDAY
COMFORT FOOD**

EXTRA-GOOEY

GRILLED CHEESE SANDWICH

EXTRA-GOOEY

GRILLED CHEESE SANDWICH

It was the best of days. It was the worst of days.
Either way, it's the perfect day for a grilled cheese sandwich.

FEATURES				TOTAL COOK TIME	BRAIN POWER
					
Kid Friendly	Easy Button	Cheap	5 or fewer ingredients	8-10 MINUTES	

INGREDIENTS:

		
<input type="checkbox"/> Sliced Bread 2 slices	<input type="checkbox"/> Sliced Cheese 2-3 slices	<input type="checkbox"/> Butter 2 Tablespoons

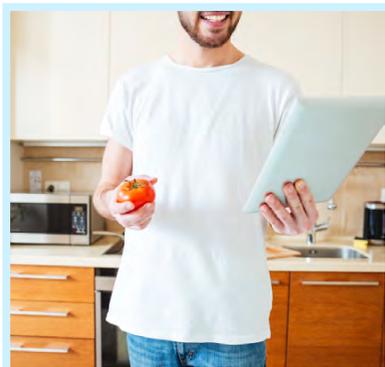
OPTIONAL INGREDIENTS:

		
<input type="checkbox"/> Tomato 1-2 slices	<input type="checkbox"/> Bacon 3-4 slices	<input type="checkbox"/> Avocado 2-3 slices

SUPPLIES YOU'LL NEED:

	
<input type="checkbox"/> Frying Pan	<input type="checkbox"/> Butter Knife
	
<input type="checkbox"/> Spatula	<input type="checkbox"/> Plate

START



STEP 1: READ IT THROUGH.

Read the entire recipe carefully before even deciding to make it.

Do you have all the ingredients?

Do you have all the supplies?



STEP 2: PREP YOUR SPACE.

Prepare your cooking space.

Read the recipe steps in order.

As you read each step, **set out the ingredients in the order you'll need them.**

Read the recipe again, this time **placing supplies in the order** you'll need them.

As you set out each item, **check the box that you have the item.**



STEP 3:

Combine beans, cheese and salsa.

Before you begin the grilled cheese, slice tomatoes and avocado, or take out the pre-cooked bacon.



STEP 4:

Place the pan on the stove top. Turn on the stove to medium-low heat. Every stove is different, but you want low enough heat that the cheese gets gooey before the outside of the sandwich toasts.



The heat is on!

Dedicate your full attention to cooking after this step!



STEP 5:

Butter the bread. Spread a thin, even layer of butter on both slices of bread.



STEP 6:

Place one slice of bread, butter side down on the preheated pan.



STEP 7:

Build your sandwich. On the slice of bread, place sliced cheese and any optional ingredients. Top with the other slice of bread, butter side out.



STEP 8: COOK

Cook for 1-2 minutes.

While the cheese is melting, get the plate ready to serve.

Use the spatula to gently lift the sandwich.

When the bread is golden brown, **flip the sandwich over** and toast the other side for 1-2 more minutes.

STEP 9: FINISH AND SERVE.

To finish, **turn off the stove.**

Use the spatula to take the sandwich out of the pan and put it on the plate. Serve it immediately.

Q. WHAT CHEESE MAKES THE BEST GRILLED CHEESE SANDWICH?

Answer: **Whatever you have on hand!**

If you're adding cheese to your Basic+ shopping list, consider these extra melty options:

- Provolone
- Monterey Jack
- American
- Colby Jack
- Havarti
- Combination - mix your favorite cheeses together!



VARIATIONS

- Most vegetables can be added to grilled cheese for a hearty and healthy sandwich. Add tomato, avocado, mushrooms, or onions in Step 7.
- For extra protein, add a slice of turkey or ham lunchmeat in Step 7.
- Make a BLT. Follow the same steps in this recipe. Instead of using cheese, add cooked bacon, lettuce, and tomato in Step 7.
- For a lunch or dinner option, make a grilled cheese sandwich and serve it with pickles, or a cup of tomato soup, or chili.
- Substitute gluten-free sliced bread or non-dairy cheese slices in this recipe without changing any of the other steps.

IF YOU LIKED THIS, TRY:



Toast Toppers (p.19)
Uses bread and Basic+ ingredients



Black Bean Soup (p.--)
Great for dipping extra-gooey grilled cheese



Chicken Crunch Wraps (p.--)
Quick sandwich for lunch



Microwave Mac & Cheese Mug
For Cheese Lovers



Black Bean Quesadilla (p. 46)
Uses similar cooking techniques



PB & J Tacos (p. 42)
Another easy sandwich option

**A CLASSIC
RECIPE WITH A
TWIST**



**PB&J
TACOS**

PB & J

TACOS

Whoever said you can't make a good thing great?
This classic twist on a childhood favorite is an easy-to-make snack or meal.

FEATURES				TOTAL TIME	BRAIN POWER
					
Kid Friendly	Easy Button	No Cooking	5 or fewer ingredients	5 MINUTES	

INGREDIENTS:

		
<input type="checkbox"/> Sliced Bread 2 slices	<input type="checkbox"/> Peanut Butter 1/4 cup	<input type="checkbox"/> Jam 2 Tablespoons

OPTIONAL INGREDIENTS:

	
<input type="checkbox"/> Strawberries 1/4 cup sliced	<input type="checkbox"/> Blueberries 1/4 cup

SUPPLIES YOU'LL NEED:

	
<input type="checkbox"/> Cutting Board	<input type="checkbox"/> Butter Knife
	
<input type="checkbox"/> Rolling Pin (optional)	<input type="checkbox"/> Spoon
	
<input type="checkbox"/> Plate	

START



STEP 1: READ IT THROUGH.

Read the entire recipe carefully before even deciding to make it.

Do you have all the ingredients?

Do you have all the supplies?



STEP 2: PREP YOUR SPACE.

Prepare your cooking space.

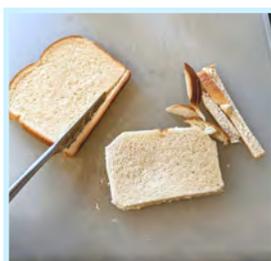
Create a clean space on the counter or table for cooking.

Re-read the recipe.

As you read each step, **set out the ingredients in the order you'll need them.**

Read the recipe again, this time **placing supplies in the order** you'll need them.

As you set out each item, **check the box that you have the item.**



STEP 3:

Cut the crust off the bread.

Place the sliced bread flat on the cutting board. Cut the four edges off each slice of bread to form a circle. Throw the edges away (or eat them!)



STEP 4:

Flatten the bread.

Use the rolling pin or the palm of your hand to gently flatten the bread.



STEP 5:

Spread peanut butter over each slice of bread.



STEP 6:

Spoon the jam over the peanut butter on each slice.



STEP 7: BUILD THE TACOS.

Fold each slice of bread into a taco shape. (Makes 2)
If desired, add fresh fruit to each taco.



STEP 8: FINISH AND SERVE.

Put the tacos on the plate.

Serve it immediately.

PB & J tacos can be made ahead 4-6 hours (make in the morning for lunch.) Keep refrigerated until eating.

VARIATIONS

- Any type of soft, sliced sandwich bread can be made into sandwich tacos. For gluten-free diets, choose a gluten-free sandwich bread.
- Customize with your favorite nut butter (almond, cashew, or crunchy peanut butter) and your favorite flavor of jam.
- If you don't have a rolling pin, just cut the crusts off and make a modified PB&J sandwich.



IF YOU LIKED THIS, TRY:



Grilled Cheese (p. 37)

Uses bread and basic ingredients



Chicken Crunch Wraps (p. ...)

Another quick sandwich for lunch



Peanut Butter Energy Bites

For Peanut Butter Lovers



Toast Toppers (p.19)

Uses bread and basic ingredients



**MAKE YOURSELF
A QUESADILLA!**

**BLACK BEAN
QUESADILLA**

BLACK BEAN QUESADILLA

A thousand ways to customize, but nothing beats the original. This recipe makes one quesadilla but can be easily repeated for extra meals.

FEATURES				TOTAL TIME	BRAIN POWER
					
Kid Friendly	Easy Button	Vegetarian	5 or fewer ingredients	5 MINUTES	

INGREDIENTS:

			
<input type="checkbox"/> Canned Black Beans 1/4 cup	<input type="checkbox"/> Shredded Cheese 1/4 cup	<input type="checkbox"/> Flour Tortillas 2 tortillas	<input type="checkbox"/> Salsa 1/4 cup

OPTIONAL INGREDIENTS:

	
<input type="checkbox"/> Sour Cream 1 Tablespoon	<input type="checkbox"/> Avocado 1/4 cup sliced

SUPPLIES YOU'LL NEED:

		
<input type="checkbox"/> Can Opener	<input type="checkbox"/> Mixing Bowl	<input type="checkbox"/> Large Spoon
		
<input type="checkbox"/> Frying Pan	<input type="checkbox"/> Spatula	
		
<input type="checkbox"/> Butter Knife	<input type="checkbox"/> Plate	

START



STEP 1: READ IT THROUGH.

Read the entire recipe carefully before even deciding to make it.

Do you have all the ingredients?

Do you have all the supplies?



STEP 2: PREP YOUR SPACE.

Prepare your cooking space.

Create a clean space on the counter or table for cooking.

Re-read the recipe.

As you read each step, **set out the ingredients in the order you'll need them.**

Read the recipe again, this time **placing supplies in the order** you'll need them.

As you set out each item, **check the box that you have the item.**



STEP 3:

Open the can of beans.

Drain the liquid from the beans.

Rinse the beans (optional).



STEP 4:

Add the beans, cheese, and salsa to the mixing bowl.

Stir the bean mixture.



STEP 5: BUILD THE QUESADILLA.

Place one tortilla flat on the plate.

Spread the bean mixture on the tortilla.



STEP 6:

Top with the second flour tortilla.



STEP 7:

Place the pan on the stove top.

Turn on the stove to medium-low heat. Every stove is different, but you want low enough heat that the cheese gets gooey before the outside of the quesadilla toasts.



The heat is on!

Dedicate your full attention to cooking after this step!



STEP 8: COOK

Cook for 1-2 minutes.

While the cheese is melting, get the plate ready to serve.

Use the spatula to gently lift the quesadilla.

When the tortilla is golden brown, **flip the quesadilla over** and toast the other side for 1-2 more minutes.

STEP 9: FINISH AND SERVE.

Put the quesadilla on the plate

Cut into pieces.

Top with optional ingredients (avocado and sour cream).

Serve immediately with extra salsa if desired.





Q. WHERE DID QUESADILLAS ORIGINATE?

Answer: **Mexico!**

Quesadillas originated in central and northern parts of Mexico but the food item rapidly spread to all regions of the country.

The literal meaning of quesadilla is "little cheesy thing"

VARIATIONS

- Flour tortillas come in many different sizes and types. Low-carb, gluten-free, and corn tortillas are all ways to customize quesadillas.
- Not a fan of beans? Skip those and just make a cheese and salsa filling.
- Other ingredients we love to add to quesadillas:
 - Canned refried beans
 - Fresh guacamole
 - Sliced black olives
 - Frozen corn
- Looking for a side to serve with quesadillas? Try a bagged cole slaw mix or a microwave rice packet.

IF YOU LIKED THIS, TRY:



Toast Toppers (p.19)
Uses bread and Basic ingredients



Grilled Cheese (p. 37)
Uses a similar cooking process



Chicken Crunch Wraps (p.--)
Also uses flour tortillas



Black Beans & Rice (p. 51)
For Black Bean Lovers



Black Bean Soup
Pairs well with quesadillas



Black Bean Enchiladas
Uses similar ingredients

**BACK TO THE
BASICS**



**BLACK BEANS
AND RICE**

BLACK BEANS AND RICE

Millions of people on the planet eat beans and rice every day. They're kitchen staples and best for days when the basics is the only thing you need.

FEATURES			TOTAL TIME	BRAIN POWER
				
Easy Button	Vegan/Vegetarian	5 or fewer ingredients	5 MINUTES	

INGREDIENTS:

			
<input type="checkbox"/> Canned Black Beans 1 cup	<input type="checkbox"/> Microwave Rice Packet	<input type="checkbox"/> Salt and Pepper To taste	<input type="checkbox"/> Salsa 2 Tbsp.

OPTIONAL INGREDIENTS:

	
<input type="checkbox"/> Cilantro 1 Tbsp. chopped	<input type="checkbox"/> Avocado 1/4 cup sliced

SUPPLIES YOU'LL NEED:

-  Can Opener
-  Microwave-safe bowl
(check the bottom)
-  Serving Bowl
-  Spoon



START

STEP 1: READ IT THROUGH.

Read the entire recipe carefully before even deciding to make it.

Do you have all the ingredients?
Do you have all the supplies?

STEP 2: PREP YOUR SPACE.

Prepare your cooking space. **Create a clean space on the counter or table for cooking.**

Re-read the recipe. As you read each step, **set out the ingredients in the order you'll need them.**

Read the recipe again, this time **placing supplies in the order** you'll need them.

As you set out each item, **check the box that you have the item.**

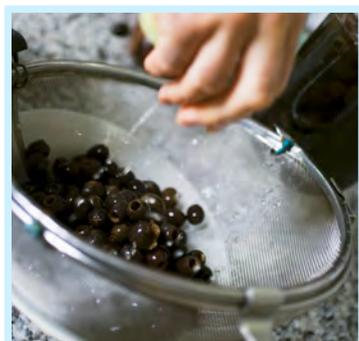


STEP 3: PREPARE THE RICE.

Read the directions for the microwave rice packet.

Cook according to the package directions.

Place the cooked rice in the serving bowl.



STEP 3: PREPARE THE BEANS.

Open the can of beans.

Drain the beans.

Measure 1 cup and place in the microwave-safe bowl.



STEP 4:

Microwave the beans for 30 seconds. Add 2-3 shakes of salt and pepper.

Stir the beans.

Repeat for 30 more seconds or until the beans are hot.



STEP 5: FINISH AND SERVE

Add the hot black beans to the serving bowl with rice.

Top with the salsa and the optional ingredients.



VARIATIONS

- While black beans offer the best flavor for the basic recipe, test out different types of canned beans. Red beans or Southwestern-style beans can be substituted.
- For a cheesy option, add shredded cheese to the black beans and melt in the microwave.
- Add in cooked rotisserie chicken, tofu, or bacon for a meatier option.

IF YOU LIKED THIS, TRY:



Mac & Cheese Mug
Microwave friendly meal



Extra Goopy Grilled Cheese
(p. 37)
Also uses basic ingredients



Black Bean Quesadilla (p.46)
Uses similar ingredients



Black Bean Soup
For black bean lovers



Black Bean Enchiladas
Uses similar ingredients



BBQ Pulled Pork Sandwiches
Pairs well with rice and beans

3 INGREDIENTS

OR LESS

Simple. Easy. Tasty.





**BAKED POTATO.
MINUS THE BAKING.**

**7 MINUTE
BAKED POTATO**

7 MINUTE BAKED POTATO

The 5-minute baked potato is the basic building block for an infinite number of fast and easy meals.

FEATURES				TOTAL COOK TIME	BRAIN POWER
					
Kid Friendly	Easy Button	Cheap	3 or fewer ingredients	7-10 MINUTES	

INGREDIENTS:

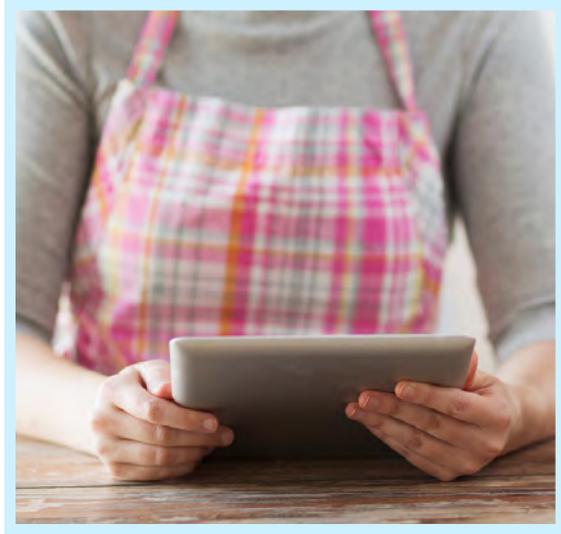
		
<input type="checkbox"/> Baking Potato 1 medium	<input type="checkbox"/> Olive Oil 1 teaspoon	<input type="checkbox"/> Salt & Pepper To Taste

OPTIONAL INGREDIENTS:

					
<input type="checkbox"/> Butter 1/2 Tablespoon	<input type="checkbox"/> Bacon 3-4 slices	<input type="checkbox"/> Shredded Cheese 1/4 cup	<input type="checkbox"/> Sour Cream 1 Tablespoon	<input type="checkbox"/> Green Onion 2 Tablespoons	<input type="checkbox"/> Salsa 1/4 cup

SUPPLIES YOU'LL NEED:

				
<input type="checkbox"/> Vegetable Scrubber	<input type="checkbox"/> Fork	<input type="checkbox"/> Microwave Safe Plate (check the bottom)	<input type="checkbox"/> Oven Mitt	<input type="checkbox"/> Butter Knife



START

STEP 1: READ IT THROUGH.

Read the **entire recipe** carefully before even deciding to make it.

Do you have all the ingredients?

Do you have all the supplies?



STEP 2: PREP YOUR SPACE.

Prepare your cooking space.

Read the **recipe steps in order**.

As you read each step, **set out the ingredients in the order you'll need them**.

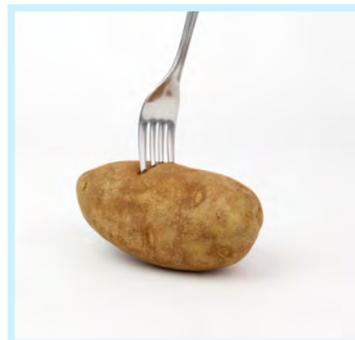
Read the recipe again, this time **placing supplies in the order** you'll need them.

As you set out each item, **check the box that you have the item**.



STEP 3:

Scrub potatoes. Scrub the potato thoroughly under running water and pat them dry.



STEP 4:

Pierce with a fork. Poke the potato four or five times on each side with a fork. This allows steam to escape from the baking potato.



STEP 5: PREP THE POTATO.

Rub the outside of the potato with olive oil. Generously sprinkle the potatoes with salt and pepper.



STEP 6:

Microwave for 5 minutes. Place the potatoes in a microwave-safe dish and microwave at full power for 5 minutes.

While the potato is cooking in the microwave prepare any optional toppings.



STEP 7:

When the timer goes off, check the potato for doneness.

Use the oven mitt to handle the plate and the potato. Pierce the potato again with the fork. Microwave for 2 minutes more or until a fork goes in smoothly.



Use the oven mitts!

Both the bowl and the potato will be hot. Use caution.



STEP 8: FINISH AND SERVE.

Serve the potatoes. Let the potatoes cool briefly, then slice open. Top with optional ingredients. Serve immediately.

Potatoes can also be cooled completely and refrigerated for 3-4 days.

Q. HOW DO I KNOW WHAT TYPE OF POTATO TO BUY?

Answer: [Alton Brown says](#), "If it looks like Mr. Potato Head, it's best for baking."

When shopping at the grocery store look for one of these varieties:

- Russet
- Yukon Gold
- Red Bliss
- Idaho White



VARIATIONS

- This microwave recipe also works well for sweet potatoes. Choose medium-sized sweet potatoes and remember to poke holes with a fork before cooking.
- Choose any 2-to 3 of the optional ingredients listed above top your microwaved baked potato. Or try:
 - Leftover taco meat, cheese, and guacamole.
 - A fried egg (see p. 30) and crumbled bacon.
 - Bacon lettuce and tomato.
 - Low-fat greek yogurt and chives.
 - Steamed broccoli, chopped ham, and cheese.
 - Leftover chili

IF YOU LIKED THIS, TRY:



BBQ Chicken Tenders
Pairs well with baked potatoes



Mac n' Cheese Mug
Another microwave-only recipe



Black Beans & Rice
Another simple side dish



Easy Roasted Vegetables
Also has potatoes

**CUSTOMIZE YOUR
MORNING CRUNCH.**



**OATMEAL & FRUIT
PARFAIT**

OATMEAL & FRUIT PARFAIT

An all-purpose way to start the morning, grab a quick lunch, or make up for an afternoon snack.

FEATURES				TOTAL COOK TIME	BRAIN POWER
					
Gluten Free	Easy Button	No Cooking Required	3 or fewer ingredients	< 5 MINUTES	

INGREDIENTS:

		
<input type="checkbox"/> Yogurt 1 cup plain or vanilla	<input type="checkbox"/> Fresh Berries 1/2 cup	<input type="checkbox"/> Granola 1/4 cup

OPTIONAL INGREDIENTS:

	
<input type="checkbox"/> Honey 1/2 teaspoon	<input type="checkbox"/> Maple Syrup 1/2 teaspoon

SUPPLIES YOU'LL NEED:

	
<input type="checkbox"/> Serving Bowl	<input type="checkbox"/> Spoon

START



STEP 1: READ IT THROUGH.

Read the entire recipe carefully before even deciding to make it.

Do you have all the ingredients?

Do you have all the supplies?



STEP 2: PREP YOUR SPACE.

Prepare your cooking space.

Read the recipe steps in order.

As you read each step, **set out the ingredients in the order you'll need them.**

Read the recipe again, this time **placing supplies in the order** you'll need them.

As you set out each item, **check the box that you have the item.**



STEP 3: WASH THE FRUIT.

Run the berries gently under water.

If using strawberries, remove the green tops.



STEP 4: ASSEMBLE THE PARFAIT.

Scoop yogurt into the bowl.

Top with the fresh fruit and granola.

If desired, drizzle with honey or maple syrup.



STEP 5: FINISH AND SERVE.

Serve immediately.

Yogurt, fruit and granola can be stored in the refrigerator for 7-10 days, however should be assembled just before eating to prevent the granola from becoming soggy.

VARIATIONS

- Any type of fresh berry and many different seasonal fruits will work for oatmeal and fruit parfaits. Try out:
 - Bananas
 - Blackberries, Raspberries, Strawberries, or Blueberries
 - Blood orange slices or canned mandarin oranges
 - Kiwi Fruit
- Try out different flavors of yogurt to customize your bowl.
- Other toppings to mix in:
 - Peanut butter or almond butter.
 - Chopped nuts like almonds or pecans.
 - Sunflower or pumpkin seeds
 - Chia seeds
 - Dried fruit like raisins, cherries, or apricots.



IF YOU LIKED THIS, TRY:



Toast Topper
Another customizable breakfast option



PB & J Tacos
Uses similar ingredients



Apple Cinnamon Overnight Oats
Uses the same supplies



Rainbow Fruit Salad
For fruit lovers

A top-down view of two mugs filled with mac and cheese. The mug in the foreground is blue with a black rim and a blue handle, filled with elbow macaroni in a bright orange cheese sauce. A silver spoon is stuck in the mac and cheese. The mug in the background is purple with a black rim and a silver spoon. Both mugs are on a green napkin with white polka dots. The background is a wooden surface.

**ONE CUP OF CHEESY
GOODNESS.**

MAC & CHEESE

MUG

MAC & CHEESE MUG

An all-purpose way to start the morning, grab a quick lunch, or make up for an afternoon snack.

FEATURES

-  Kid Friendly
-  Easy Button
-  3 or fewer ingredients

TOTAL COOK TIME

 **8-10**
MINUTES

BRAIN POWER



INGREDIENTS:

-  **Elbow Macaroni**
1/2 cup
-  **Water**
1-1/2 cup
-  **Shredded Cheese**
1/2 cup

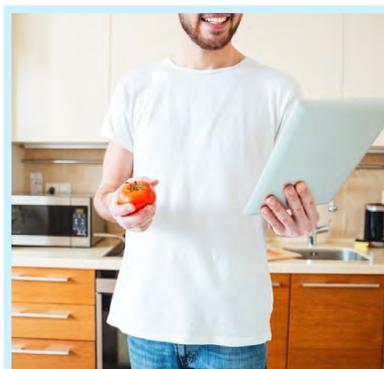
OPTIONAL INGREDIENTS:

-  **Butter**
1 Tbsp.
-  **Broccoli**
1/2 cup
-  **Bacon Bits**
2 Tablespoons

SUPPLIES YOU'LL NEED:

-  **Large Microwave-Safe (check bottom) Coffee Mug**
-  **Spoon**
-  **Oven Mitt**

START



STEP 1: READ IT THROUGH.

Read the entire recipe carefully before even deciding to make it.

Do you have all the ingredients?

Do you have all the supplies?



STEP 2: PREP YOUR SPACE.

Prepare your cooking space.
Read the recipe steps in order.

As you read each step, **set out the ingredients in the order you'll need them.**

Read the recipe again, this time **placing supplies in the order** you'll need them.

As you set out each item, **check the box that you have the item.**



STEP 3:

Put macaroni in a mug.

If adding optional ingredients like butter, broccoli, or cooked bacon, add them now.



STEP 4:

Pour in enough water to completely cover the noodles.



STEP 5: Microwave pasta mug on high for 5 minutes.

Using the oven mitt, carefully remove the mug from the microwave and stir. Add more water to cover the noodles again if necessary.

Microwave for another 2 minutes.

Check to see that the pasta is soft.



Handle with Care!

The mug may be hot. Be sure to use an oven mitt when stirring.



STEP 6:

Stir in the cheese. Microwave for 60 seconds more.



STEP 5: FINISH AND SERVE.

Stir. Serve immediately.

This recipe makes a single serving because microwave Mac and Cheese should be eaten hot, immediately after cooking.

If served later, the cheese and pasta may become thick or have a gritty texture.

VARIATIONS

- Depending on how creamy or chunky you prefer your Mac and Cheese, adjust the water level in the mug. Add less water for a thicker sauce. Add more water for a thinner, runnier sauce.
- For variety, test out different cheese combinations. Cheddar, parmesan, and Colby cheeses all make excellent microwave mugs.
- Additional mix-ins to try:
 - Fresh chopped herbs like cilantro and parsley.
 - Fresh vegetables like red peppers, corn, or peas.
 - Diced ham.
 - Grilled chicken.
 - Chopped hot dogs.
 - Homemade chili.

IF YOU LIKED THIS, TRY:



Extra-Goey Grilled Cheese
For cheese lovers



7 Minute Baked Potato
Easy microwave-prep



BBQ Chicken Tenders
Pairs well with Mac & Cheese



5 Ingredient Chili
Pairs well with Mac & Cheese

**YOUR NEW CHICKEN
WING MAN.**



**BBQ CHICKEN
TENDERS**

BBQ CHICKEN TENDERS

An all-purpose way to start the morning, grab a quick lunch, or make up for an afternoon snack.

 Dairy Free	FEATURES  Easy Button	 3 or fewer ingredients	TOTAL COOK TIME  25-30 MINUTES	BRAIN POWER 
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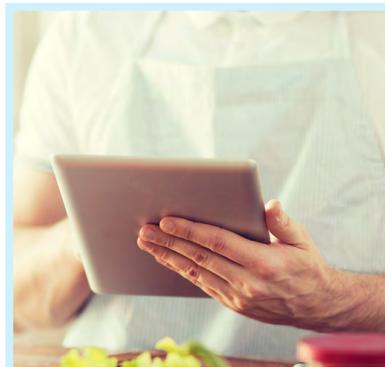
INGREDIENTS:

 <input type="checkbox"/> Raw Chicken Breast 1 breast	 <input type="checkbox"/> Seasoned Bread Crumbs 1 Cup	 <input type="checkbox"/> BBQ Sauce 1 Cup
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SUPPLIES YOU'LL NEED:

 <input type="checkbox"/> Baking Sheet	 <input type="checkbox"/> Parchment Paper	 <input type="checkbox"/> Cutting Board	 <input type="checkbox"/> Sharp Knife	 <input type="checkbox"/> 2 Bowls	 <input type="checkbox"/> Spoon	 <input type="checkbox"/> Oven Mitt	 <input type="checkbox"/> Timer	 <input type="checkbox"/> Meat Thermometer
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START



STEP 1: READ IT THROUGH.

Read the entire recipe carefully before even deciding to make it.

Do you have all the ingredients?

Do you have all the supplies?



STEP 2: PREP.

Read the recipe steps in order.

As you read each step, **set out the ingredients in the order you'll need them.**

Read the recipe again, this time placing supplies in the order you'll need them.

As you set out each item, **check the box that you have the item.**



STEP 3:

Preheat the oven to 350 degrees Fahrenheit.



Warning - The Heat is On!

After this step, cooking requires your full attention.



STEP 4:

Line the baking sheet with parchment paper.



STEP 4:

Using the sharp knife, slice the chicken into even strips.



STEP 5:

Pour BBQ sauce and bread crumbs into two separate bowls.



STEP 6: DREDGE.

Dip the chicken strips in BBQ sauce.

Then cover them in bread crumbs.



STEP 7:

Line up the chicken on the baking sheet lined with parchment paper.



STEP 8: BAKE.

Bake for 15 minutes.

Don't forget to set the timer!



STEP 9: ADD EXTRA SAUCE.

Using the oven mitt, carefully remove the baking sheet from the oven.

Spoon the remaining BBQ sauce evenly on both sides of the chicken strips.



STEP 10:

Bake 10 more minutes. Remove from the oven.



STEP 11:

Use the meat thermometer to check the temperature of the thickest piece of chicken.

Ensure that the temperature reaches 165 degrees F. If the chicken needs more cooking, return to the oven and set the timer for 5 more minutes.



!!!
Don't forget to turn the oven off after this step!

STEP 5: FINISH AND SERVE.

Serve immediately.

This recipe makes a single serving. Extras can be refrigerated in a tightly sealed container for up to 5 days.

Reheat in the oven for 10 minutes at 350 degrees or microwave for 2 minutes.

VARIATIONS

- Not a fan of BBQ sauce? Skip that step and use the bread crumbs only. Teriyaki sauce, Hoisin sauce, or Chimichurri sauce are also good choices in place of the BBQ sauce.
- A variety of spices can be added to the bread crumb mixture. Try out Italian seasoning, Old Bay's, curry powder, garlic, or chili powder.

IF YOU LIKED THIS, TRY:



Chicken Crunch Wrap
Also uses baked chicken



Easy Roasted Vegetables
Another simple baking recipe



BBQ Pulled Pork Sandwiches
For BBQ sauce lovers



Easy Chicken Fajitas
Another simple chicken recipe



Mac & Cheese Mug
Pairs well with BBQ Chicken



7 Minute Baked Potato
Pairs well with BBQ Chicken



**NOTHING STACKS UP
TO THESE PANCAKES.**

3 INGREDIENT PANCAKES

3 INGREDIENT PANCAKES

I'm into fitness.
Fitn-ess whole stack of pancakes into my mouth.

FEATURES				TOTAL COOK TIME	BRAIN POWER
					
Kid Friendly	Easy Button	Cheap	3 or fewer ingredients	8-10 MINUTES	

INGREDIENTS:

		
<input type="checkbox"/> Eggs 2 medium	<input type="checkbox"/> Milk 2 cups	<input type="checkbox"/> Self-Rising Flour 2 1/4 cups

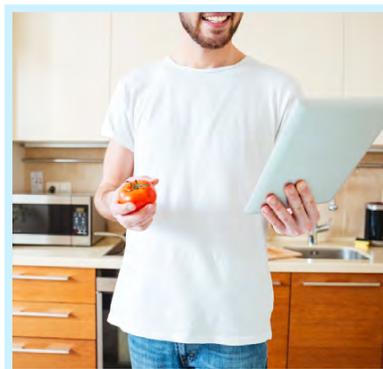
OPTIONAL INGREDIENTS:

		
<input type="checkbox"/> Sugar 2-3 teaspoons	<input type="checkbox"/> Chocolate Chips 1/3 cup	<input type="checkbox"/> Blueberries 1/2 cup

SUPPLIES YOU'LL NEED:

		
<input type="checkbox"/> Measuring Cups	<input type="checkbox"/> Whisk	<input type="checkbox"/> Mixing Bowl
		
<input type="checkbox"/> Non-Stick Cooking Oil Spray	<input type="checkbox"/> Frying Pan	<input type="checkbox"/> Ladle
		
<input type="checkbox"/> Spatula	<input type="checkbox"/> Plate	

START



STEP 1: READ IT THROUGH.

Read the entire recipe carefully before even deciding to make it.

Do you have all the ingredients?

Do you have all the supplies?



STEP 2: PREP YOUR SPACE.

Prepare your cooking space.

Read the recipe steps in order.

As you read each step, **set out the ingredients in the order you'll need them.**

Read the recipe again, this time **placing supplies in the order** you'll need them.

As you set out each item, **check the box that you have the item.**

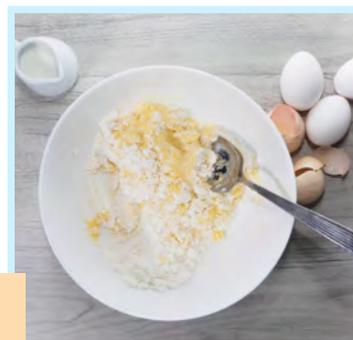


STEP 3:

Whisk the eggs and milk together to combine.

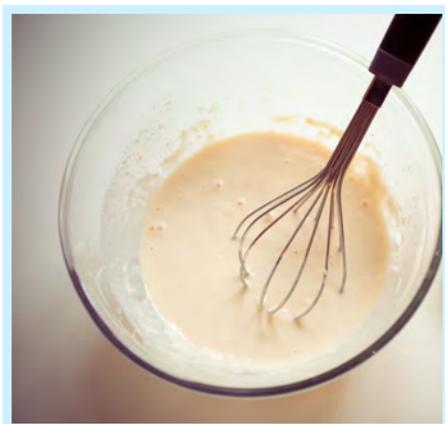


Raw eggs can make you sick!
Raw eggs may contain bacteria. Be careful to wash hands after this step and throw the eggshells away immediately. Wipe up any spills with paper towel.



STEP 4:

Add in the flour.



STEP 5: MIX IT WELL.

Continue to mix until the batter is smooth without any lumps.

Add any additional ingredients in at this step.



STEP 6: HEAT THE PAN.

Place the frying pan on the stove top.

Spray evenly with non-stick cooking spray.

Turn on the stove to low heat.



The heat is on!

Dedicate your full attention to cooking after this step!



STEP 7: COOK

Using the ladle, scoop 1/3 of the ladle full of pancake batter and add it to the center of the pan.



STEP 8: FLIP.

Watch the pancake as it cooks. When the surface is covered in bubbles, flip with the spatula (about 2-3 minutes).

Cook the other side until golden brown.



STEP 9: REPEAT.

When both sides are golden brown, transfer to the plate.

Repeat Steps 7 - 9 until all the batter is used, spraying with the non-stick spray every 2nd or 3rd pancake.



STEP 10: FINISH AND SERVE.

When all of the pancakes are finished, turn the stove off.

Stack pancakes on a plate.

Serve immediately, topped with butter, maple syrup, or fresh fruit. Or all three!

Leftover pancakes can be stored in an airtight container or zip-top bag and keep them in the fridge for up to 3 days.

RECORD-BREAKING PANCAKES

- The record for the highest pancake toss is 9.47 m (31 ft 1 in) made in New York in 2010.
- The biggest pancake in the world weighed 6,614 pounds and was over 49 feet in diameter.
- The Guinness World Record for the most pancakes served in 8 hours by a team is 34,818.



VARIATIONS

- Pancakes can be made thicker or thinner, depending on your preference. Adjust the milk added in Step 1 to your liking.
- 3 ingredient pancakes require self-rising flour. If you have regular flour, use this recipe to make your own:
 - 4 cups all-purpose flour
 - 2 tablespoons baking powder
 - 1 teaspoon fine salt
- For a fun variation, use a small spoon instead of the ladle to make golf-ball-sized pancakes. Serve them in a bowl with fruit and milk.



IF YOU LIKED THIS, TRY:



Toast Toppers
Breakfast with basic ingredients



Eggs Three Ways
Pairs well with pancakes



Extra Goopy Grilled Cheese
Uses similar cooking techniques



Oatmeal & Fruit Parfait
Another easy breakfast



Black Bean Quesadilla
Uses similar cooking techniques



3 ingredient peanut butter cookies
Another 3 ingredient recipe

**A SIMPLE
ITALIAN
FAVORITE.**



**CACIO E
PEPE**

CACIO E PEPE

Ain't no sauce here. All pasta, cheese, and pepper.

FEATURES

- Cheap
- Easy Button
- Vegetarian
- 5 or fewer ingredients

TOTAL TIME

5-10
MINUTES

BRAIN POWER

INGREDIENTS:

- Pecorino Romano Cheese
1 Cup Grated
- Black Pepper
1 Tablespoons
- Ice Water
1/3 Cup
- Dried Spaghetti
1 pound

OPTIONAL INGREDIENTS:

- Grilled Chicken
1 Cup
- Avocado
1/4 cup sliced

SUPPLIES YOU'LL NEED:

- Large Pot
- Measuring Spoon
- Fork
- Large Bowl
- Timer
- Strainer
- Plate

START



STEP 1: READ IT THROUGH.

Read the entire recipe carefully before even deciding to make it.

Do you have all the ingredients?

Do you have all the supplies?



STEP 2: PREP YOUR SPACE.

Prepare your cooking space.

Create a clean space on the counter or table for cooking.

Re-read the recipe.

As you read each step, **set out the ingredients in the order you'll need them.**

Read the recipe again, this time **placing supplies in the order** you'll need them.

As you set out each item, **check the box that you have the item.**



STEP 3: FILL IT UP.

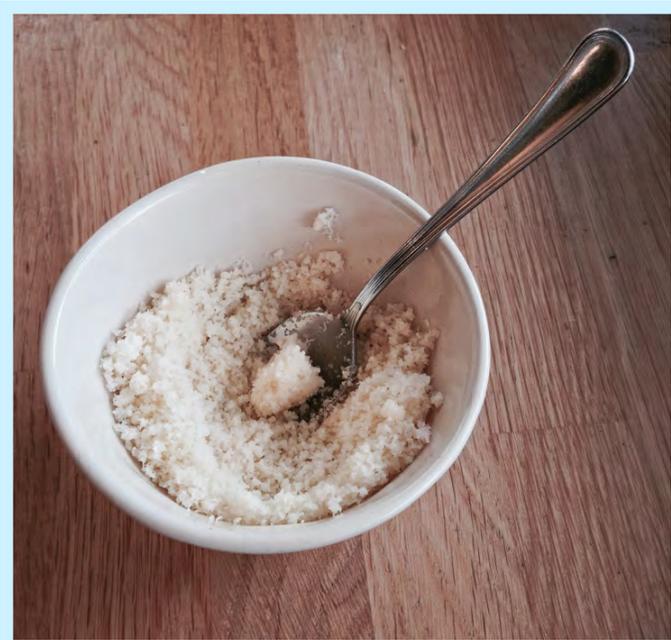
Fill the large pot 3/4 full with water.



STEP 4:

Put the pot on the stove over medium-low heat.

While the water comes to a boil, prepare the pasta paste.



STEP 5: MAKE THE CHEESE PASTE.

In the large bowl, mix together the cheese and black pepper.

Slowly add the 1/3 Cup of ice water to the mixture, carefully adding it to the side of the bowl and mixing it the entire time.

Mix together until it forms a smooth paste.

Set aside.



STEP 6: COOK THE PASTA

When the water is boiling, add the pasta.

Set the timer for 8-9 minutes.



The heat is on!

Dedicate your full attention to cooking after this step!



STEP 7: MIX IT UP.

When the pasta is finished cooking, turn off the stove.

Drain the pasta and immediately add it to the large bowl.

Use the fork to mix and toss the pasta until the cheese and pepper evenly coat it.



STEP 8: FINISH AND SERVE.

Transfer a large scoop of pasta to the plate. If serving with grilled chicken or avocado, add it to the plate now.

If desired, sprinkle with more cheese and black pepper.

Serve immediately.

Leftovers can be stored in an airtight container in the refrigerator for up to 3 days. Texture may change when reheated.

VARIATIONS

- While the recipe calls for spaghetti, any dried pasta can be used. Read the package directions for cooking time and adjust the timer accordingly.
- Gluten-free and plant-based pasta can also be used for cacio e pepe recipes. Read the package directions for cooking time and adjust the timer accordingly.
- Parmesan cheese and black pepper go well together on everything. If you like this recipe, use the same cheese paste method to make cacio e pepe grilled corn, green beans, pizza or salad.

IF YOU LIKED THIS, TRY:



Tomato Basil Pasta

Uses similar cooking techniques



Cheese Tortellini Bake

For the cheese & pasta lover



Spinach Ravioli Bake

Another easy pasta dinner

BEYOND THE BASICS

Fine-tune your techniques.
With no heat required.



**IT'S ALL GREEK
TO ME.**



CUCUMBER

TOMATO & FETA SALAD

CUCUMBER TOMATO & FETA SALAD

This salad comes together quickly but packs a big punch on flavor. And it goes well with just about anything.

FEATURES				TOTAL COOK TIME	BRAIN POWER
				 10-15 MINUTES	
Special Occasion Worthy	Easy Button	Gluten Free	No Cooking Required		

INGREDIENTS FOR THE DRESSING:

				
<input type="checkbox"/> Red Wine Vinegar 1 1/2 Tablespoons	<input type="checkbox"/> Oregano 1 teaspoon	<input type="checkbox"/> Dijon Mustard 1/2 teaspoon	<input type="checkbox"/> Olive Oil 1 teaspoon	<input type="checkbox"/> Salt & Pepper To Taste

INGREDIENTS FOR THE SALAD:

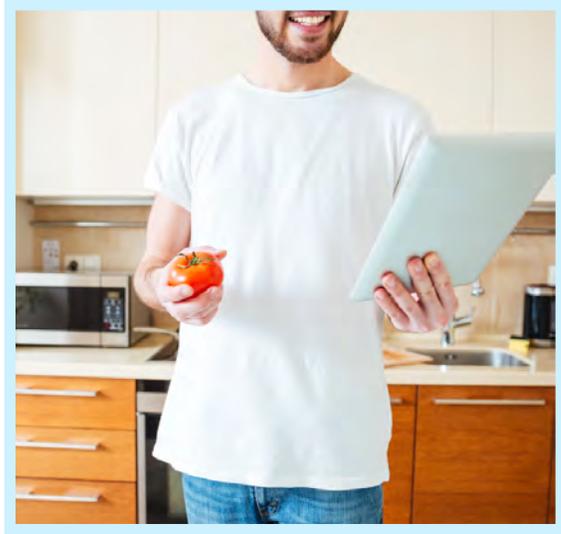
		
<input type="checkbox"/> Tomatoes 5 large	<input type="checkbox"/> Cucumbers 3 medium	<input type="checkbox"/> Feta Cheese 1/4 cup crumbled

OPTIONAL INGREDIENTS

	
<input type="checkbox"/> Sliced Black Olives 1/2 Cup	<input type="checkbox"/> Pita Bread 3 pieces

SUPPLIES YOU'LL NEED:

					
<input type="checkbox"/> Small Mixing Bowl	<input type="checkbox"/> Whisk	<input type="checkbox"/> Cutting Board	<input type="checkbox"/> Medium-Sized Mixing Bowl	<input type="checkbox"/> Sharp Knife	<input type="checkbox"/> Spoon



START

STEP 1: READ IT THROUGH.

Read the **entire recipe** carefully before even deciding to make it.

Do you have all the ingredients?

Do you have all the supplies?



STEP 2: PREP YOUR SPACE.

Prepare your cooking space.

Read the **recipe steps in order**.

As you read each step, **set out the ingredients in the order you'll need them**.

Read the recipe again, this time **placing supplies in the order** you'll need them.

As you set out each item, **check the box that you have the item**.



STEP 3: MAKE THE DRESSING.

Add the red wine vinegar, oregano, mustard, and salt to the small bowl.

Slowly whisk in the olive oil, stirring constantly.

Set aside until after you prep the vegetables.



STEP 4: PREP THE VEGGIES.

Chop the tomatoes.

Chop the cucumbers.

Add both vegetables to the large mixing bowl.

If using sliced olives, add them to the mixing bowl now.



STEP 5: STIR THE SALAD.

Drizzle the salad dressing over the tomato and cucumber mixture.

Stir to combine.



STEP 6:

Add the feta to the top.

Sprinkle with extra salt and pepper to taste.



STEP 8: FINISH AND SERVE.

Serve immediately with sliced pita bread.

To make ahead, prepare the salad dressing and refrigerate it in an airtight container for up to three days. Add to chopped vegetables and stir.

Salad may be kept for 1-2 days in an airtight container in the refrigerator. Feta and will begin to break apart if kept any longer.

Q. WHAT KIND OF TOMATOES SHOULD I BUY?

Answer: Any type of tomatoes will work for this recipe, however larger slicing tomatoes will add more liquid and seeds to the dressing.

When shopping for fresh tomatoes look for:

- Campari
- Roma
- Plum
- Grape or Teardrop
- Cherry



VARIATIONS

- This salad includes oregano and feta.
- For different flavors, try these additions and combinations:
 - 1 cup of cooked shredded rotisserie chicken.
 - 1 cup canned tuna, drained
 - 1 cup chopped avocado
 - 1/4 cup of chopped fresh parsley or basil leaves
 - 1/4 cup finely diced purple onion
 - 1/2 teaspoon chopped garlic
- If you don't prefer feta, substitute 1/4 cup shredded parmesan or asiago cheese.

IF YOU LIKED THIS, TRY:



Tomato Basil Pasta
Uses similar ingredients



Tuna Salad with Crackers
Another easy prep salad



Cacio e Pepe
Mediterranean Flavors



Charcuterie
Another "chopping only" no-cook recipe



Rainbow Fruit Salad
Another "chopping only" no-cook recipe



Spinach Ravioli Bake
This salad pairs well with this dish



**OUR ONE BOWL
PEANUT BUTTER
WONDER.**

**PEANUT BUTTER
ENERGY BITES**

PEANUT BUTTER ENERGY BITES

Our non-guilty way to eat as much gooey peanut butter chocolate chip cookie dough as you like.

FEATURES				TOTAL COOK TIME	BRAIN POWER
				 15-20 MINUTES	
Dairy Free	Easy Button	Vegan/Vegetarian	Kid Friendly		

INGREDIENTS:

					
<input type="checkbox"/> Quick Oats 1 cup	<input type="checkbox"/> Shredded Coconut 2/3 Cup	<input type="checkbox"/> Peanut Butter 1/2 Cup	<input type="checkbox"/> Chocolate Chips 1/2 Cup	<input type="checkbox"/> Honey 1/2 Cup	<input type="checkbox"/> Ground Flax Seed 1/4 Cup

SUPPLIES YOU'LL NEED:

	
<input type="checkbox"/> Baking Sheet	<input type="checkbox"/> Parchment Paper
	
<input type="checkbox"/> Measuring Cups	<input type="checkbox"/> Large Mixing Bowl
	
<input type="checkbox"/> Spoon	

START



STEP 1: READ IT THROUGH.

Read the entire recipe carefully before even deciding to make it.

Do you have all the ingredients?

Do you have all the supplies?



STEP 2: PREP.

Read the recipe steps in order.

As you read each step, **set out the ingredients in the order you'll need them.**

Read the recipe again, this time placing supplies in the order you'll need them.

As you set out each item, **check the box that you have the item.**



STEP 3:

Line the baking sheet with parchment paper.

Clear a space in your refrigerator large enough for the cookie sheet to sit flat.



STEP 4: DUMP EVERYTHING TOGETHER.

Dump oats, coconut, peanut butter, chocolate chips, honey and flax in the large mixing bowl.



STEP 5:

Stir together until it forms a thick paste.

It should be difficult to stir.



STEP 6:

Grab a 1 inch piece of dough and roll it into a ball.

Place on the parchment paper.

Repeat for all the dough in the bowl.

!!!
If you don't want to use your hands, roll the dough between two spoons to form a ball.



STEP 7:

Place the baking sheet in the refrigerator for 15 minutes or until the energy bites are firm.



STEP 5: FINISH AND SERVE.

Serve immediately.

For any extra energy bites, place them in an airtight container and store in the refrigerator for up to one week.

VARIATIONS

- Energy bites can be customized in many different ways. Try these extra mix-ins for different varieties:
 - Instead of chocolate chips, stir in 1 cup of dried raisins or cranberries.
 - Add 1/2 cup of finely chopped walnuts, pecans, or pistachios.
 - Stir in pumpkin seeds, pepitos, or chopped almonds.
 - Instead of flaxseed, stir in chia seeds or sesame seeds.
 -
- For an extra sweet treat, before refrigerating, roll the energy bites in extra coconut, powdered sugar, or sweetened cocoa powder.



IF YOU LIKED THIS, TRY:



Peanut Butter Toast Toppers
Another Easy Breakfast



Overnight Oats
Uses Similar Ingredients



Frozen Yogurt Fruit Bark
Uses similar cooking steps



3 Ingredient Peanut Butter Cookies
For peanut butter lovers



**MEAT + CHEESE +
CRACKERS + FRUIT.**

EXTRA EASY

CHARCUTERIE

EXTRA EASY CHARCUTERIE

""SHAR-COO-TER-REE" - It's French for grown up snacks.

FEATURES				TOTAL COOK TIME	BRAIN POWER
					
Special Occasion Worthy	Easy Button	No-Cook	Gluten Free	15-20 MINUTES	

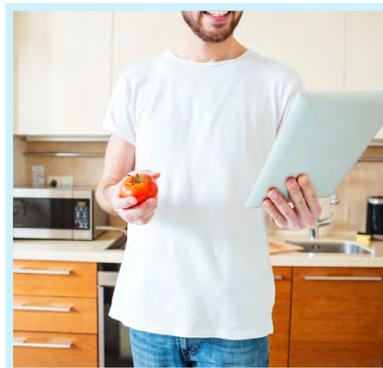
INGREDIENTS:

						
<input type="checkbox"/> Lunch Meat 5 slices	<input type="checkbox"/> Cheese Cubes 1 Cup	<input type="checkbox"/> Grapes 1 Cup	<input type="checkbox"/> Apple 1 sliced	<input type="checkbox"/> Olives 1/2 Cup	<input type="checkbox"/> Crackers 1 Cup	<input type="checkbox"/> Jam 1/4 Cup

SUPPLIES YOU'LL NEED:

	or	
<input type="checkbox"/> Cutting Board		<input type="checkbox"/> Large Plate
		
<input type="checkbox"/> Small Bowl		<input type="checkbox"/> Spoon

START



STEP 1: READ IT THROUGH.

Read the entire recipe carefully before even deciding to make it.

Do you have all the ingredients?

Do you have all the supplies?



STEP 2: PREP.

Read the recipe steps in order.

As you read each step, **set out the ingredients in the order you'll need them.**

Read the recipe again, this time placing supplies in the order you'll need them.

As you set out each item, **check the box that you have the item.**



STEP 3:

Open each of the packages.

Place the jam in the bowl in the center.

Arrange all of the ingredients on the cutting board or plate around the jam.



STEP 5: FINISH AND SERVE.

Serve immediately.

Remove the crackers from the cutting board. Place those in an airtight container.

Refrigerate the remaining ingredients for 2-3 days in sealed containers.

VARIATIONS

- Charcuterie boards can be made in thousands of variations. There's no right or wrong way to make a cheese plate. The important thing is to choose ingredients you enjoy.

For different varieties try mixing in any of these options:

- **Meats** - ham, smoked turkey, salami, prosciutto, or cold sausage.
- **Hard Cheese** - smoked gouda, cheddar, parmesan, asiago
- **Soft Cheese** - brie, camembert, flavored cream cheese
- **Fruit** - orange slices, figs, strawberries, blackberries, or raspberries.
- **Dried Fruit** - apricots, cherries, or raisins.
- **Nuts** - Walnuts, pecans, almonds salted cashews
- **Crackers** - breadsticks, sliced crusty bread, parmesan crisps

IF YOU LIKED THIS, TRY:



Peanut Butter Toast Toppers
Easy to customize



Goopy Grilled Cheese
For cheese lovers



Tuna salad & crackers
Easy appetizer



Rainbow Fruit Salad
Good to bring to a party



**SEIZE THE
OPPOR-TUNA-TY
FOR A GREAT
LUNCH**

**TUNA SALAD
WITH CRACKERS**

TUNA SALAD WITH CRACKERS

You can tune a guitar, but you can't tuna fish. Unless of course, you play *bass*.

FEATURES

-  Kid Friendly
-  Easy Button
-  Cheap
-  Dairy Free

TOTAL COOK TIME

 **5-10**
MINUTES

BRAIN POWER



INGREDIENTS:

-  **Crackers**
12 crackers
-  **Canned Tuna**
2 cans
-  **Red Onion**
1 small
-  **Celery**
1 stalk
-  **Mayonnaise**
1/4 Cup
-  **Salt & Pepper**
To Taste

OPTIONAL INGREDIENTS:

-  **Pickle Relish**
1 teaspoon
-  **Lettuce**
2-3 leaves
-  **Fresh Parsley**
12 sprigs

SUPPLIES YOU'LL NEED:

-  **Plate**
-  **Mixing Bowl**
-  **Spoon**
-  **Cutting Board**
-  **Sharp Knife**
-  **Measuring Cups**



START

STEP 1: READ IT THROUGH.

Read the **entire recipe** carefully before even deciding to make it.

Decide: What type of toast will you make?

Do you have all the ingredients?

Do you have all the supplies?



STEP 2: PREP YOUR SPACE.

Prepare your cooking space.

Read the recipe steps in order.

As you read each step, **set out the ingredients in the order you'll need them.**

Read the recipe again, this time **placing supplies in the order** you'll need them.

As you set out each item, **check the box that you have the item.**



STEP 3: PREP THE CRACKERS.

Open the crackers.

Spread them in an even layer on the plate.

if using lettuce, add a small piece of lettuce to each cracker.

Set aside until after making the tuna salad.



STEP 4: PREP THE TUNA.

Open the tuna cans.

Drain the liquid off the tuna into the sink.

Place the drained tuna in the mixing bowl.



Watch out!

Tuna cans and lids can have sharp edges. Be careful to avoid cuts as you open the cans and drain the liquid.



STEP 5:

Chop the onion into small pieces.

Add to the bowl with the tuna.



STEP 6:

Chop the celery stalk into small pieces.

Add to the bowl with the tuna.



STEP 7:

Add the mayonnaise to the mixing bowl. If desired, add pickle relish, now.

Stir with the spoon until well combined.



STEP 8:

Taste the tuna salad.

Add salt and pepper a few shakes at a time to taste.



STEP 9: FINISH AND SERVE.

Top each cracker with a small spoonful of tuna salad mixture.

Add a piece of fresh parsley (optional).

Serve immediately.

Only make as many crackers as you plan to eat. Store the crackers in an airtight container in the pantry.

Store tuna salad covered in the refrigerator for 1-2 days.

**Q. DOES IT
MATTER IF I
HAVE TUNA
PACKED IN
WATER OR OIL ?**

Answer: **Not for this recipe!**

Tuna packed in oil or packed in water will work well for this recipe. Either way, be sure to drain off all of the liquid in the can.

Tuna packed in a pouch will also work well for tuna salad with crackers.



VARIATIONS

- Not a fan of crackers? Spread tuna salad on toast, crusty bread, or just eat it with a spoon.
- If it feels like too much work to spread each cracker on the plate, spread and eat as you go.
- This recipe can also be made with pre-seasoned tuna in a pouch (try lemon pepper or dill) as well as with canned salmon or canned chicken. Drain the liquid and add to the bowl in Step 4.
- Add extra vegetables to tuna salad for a full meal. Try green peas, corn or chopped carrots.



IF YOU LIKED THIS, TRY:



Charcuterie
Can be made as an appetizer



Tuna a la King
Another great tuna recipe



Strawberry Cheesecake Bites
Spread it on a cracker



Rainbow Fruit Salad
Pairs well with tuna

**TASTE THE FRUIT
RAINBOW.**



**RAINBOW
FRUIT SALAD**

RAINBOW FRUIT SALAD

Who knew fruit could look this good?

FEATURES				TOTAL TIME	BRAIN POWER
					
Kid Friendly	Easy Button	No Cooking	Special Occasion Worthy	10-15 MINUTES	

INGREDIENTS:

						
<input type="checkbox"/> Bananas 2 large	<input type="checkbox"/> Lemon Juice 2 Tablespoons	<input type="checkbox"/> Watermelon 2 Cups	<input type="checkbox"/> Pineapple Chunks 2 Cups	<input type="checkbox"/> Kiwi Fruit 3 peeled	<input type="checkbox"/> Blueberries 1 pint	<input type="checkbox"/> Strawberries 1/4 cup sliced

OPTIONAL:


<input type="checkbox"/> Fresh Mint 3 sprigs

SUPPLIES YOU'LL NEED:

				
<input type="checkbox"/> Cutting Board	<input type="checkbox"/> Sharp Knife	<input type="checkbox"/> Butter Knife	<input type="checkbox"/> Mixing Bowl	<input type="checkbox"/> 4 empty glass jars or cups for serving

START



STEP 1: READ IT THROUGH.

Read the entire recipe carefully before even deciding to make it.

Do you have all the ingredients?

Do you have all the supplies?



STEP 2: PREP YOUR SPACE.

Prepare your cooking space.

Create a clean space on the counter or table for cooking.

Re-read the recipe.

As you read each step, **set out the ingredients in the order you'll need them.**

Read the recipe again, this time **placing supplies in the order** you'll need them.

As you set out each item, **check the box that you have the item.**



STEP 3:

Peel and slice bananas into small rounds. Place the banana in the mixing bowl.

Throw away the banana peel.



STEP 4:

Measure the lemon juice and add it to the bowl with the bananas.

Stir to evenly coat the bananas.

The lemon juice prevents the bananas from turning brown.



STEP 5:

Using the cutting board and sharp knife. Cut the watermelon, kiwi and strawberries into small bite-sized pieces.



STEP 7: LAYER THE FRUIT.

Starting with the watermelon, place the fruit in the glass jars forming a rainbow. Put fruit in the jar in this order:

Watermelon
Strawberries
Bananas
Pineapple
Kiwi
Blueberries



STEP 8: FINISH AND SERVE.

Top with a sprig of fresh mint (optional) and serve immediately.

Rainbow fruit salad can be made ahead 4-6 hours (make in the morning for lunch.) Keep refrigerated until just before eating.

This makes a great dish to bring for a party or as a side dish for any meal.

VARIATIONS

- Many different types of fruit work well in this salad. Mix in these options:
 - Red: raspberries, cherries
 - Orange/Yellow: mango, mandarin orange slices, canteloupe, papaya, peaches
 - Green: green grapes, Granny Smith apple slices, honeydew melon, sliced pears
 - Blue/Purple: red or black grapes, blackberries
- This salad serves well with greek yogurt, packaged fruit dip, or cream cheese.
- In a hurry or prefer not to layer the salad? Simply add all the ingredients to the mixing bowl with the bananas in Step 4 and toss.



IF YOU LIKED THIS, TRY:



Cucumber Feta Salad
Uses similar prep time and cooking skills



Chicken Crunch Wraps
Pairs well with fruit salad



Charcuterie
Another easy no-cook lunch



Toast Toppers
Another way to use any extra fruit

**NO-BAKE EASY
SNACK.**



FROZEN YOGURT

FRUIT BARK

FROZEN YOGURT FRUIT BARK

Cheap, easy and no-cooking required

FEATURES				TOTAL TIME	BRAIN POWER
					
Cheap	Easy Button	No-Cook	5 or fewer ingredients	2 HOURS	

INGREDIENTS:

			
<input type="checkbox"/> Blueberries 1 Cup	<input type="checkbox"/> Strawberries 1 Cup	<input type="checkbox"/> Vanilla Greek Yogurt 1 1/2 Cups	<input type="checkbox"/> Quick Oats 1/4 Cup

OPTIONAL INGREDIENTS:

	
<input type="checkbox"/> Honey 2 Tablespoons	<input type="checkbox"/> Pecans 1/4 Cup Chopped

SUPPLIES YOU'LL NEED:

					
<input type="checkbox"/> Baking Sheet	<input type="checkbox"/> Parchment Paper	<input type="checkbox"/> Spoon	<input type="checkbox"/> Large Bowl	<input type="checkbox"/> Timer	<input type="checkbox"/> Strainer

START



STEP 1: READ IT THROUGH.

Read the entire recipe carefully before even deciding to make it.

Do you have all the ingredients?

Do you have all the supplies?



STEP 2: PREP YOUR SPACE.

Prepare your cooking space.

Create a clean space on the counter or table for cooking. Prep room in your freezer for the baking sheet.

Re-read the recipe.

As you read each step, **set out the ingredients in the order you'll need them.**

Read the recipe again, this time **placing supplies in the order** you'll need them.

As you set out each item, **check the box that you have the item.**



STEP 3: LINE THE BAKING SHEET.

Line the baking sheet with parchment paper.



STEP 4:

Mix together the yogurt, fruit, and oats in the bowl until combined.



STEP 5: SPREAD ON THE BAKING SHEET.

Spread the mixture in an even layer on the baking dish.

Sprinkle chopped nuts on the top (optional).



STEP 6: FREEZE IT.

Place the baking dish in the freezer for 1 1/2-2 hours or until firm.

Set the timer so you don't forget to check!



STEP 7: BREAK IT UP.

Once hardened, remove the bark from the freezer.

Pull the parchment paper out of the baking dish, lifting the entire piece of fruit bark out.

Gently grab the corners of the bark to crack it into smaller pieces.



STEP 8: FINISH AND SERVE.

Serve immediately.

Transfer the frozen bark to a plate and serve as a snack or with a fork for breakfast.

Store the remaining bark in an air-tight container in the freezer for 1-2 weeks. Do not allow the bark to thaw.

VARIATIONS

- Many different types of fruit will work in fruit bark. For variety, try mixing in:
 - Bananas
 - Kiwi Fruit
 - Blackberries
 - Plums
 - Peaches
 - Mango
 - Raspberries
 - Mandarin Oranges
- For extra sweetness, drizzle the top of the bark before freezing with chocolate chips or maple syrup.
- For extra crunch, mix in granola, breakfast cereal, or crushed graham crackers.
- Try out different flavors of yogurt to pair with fruit. Best options include lemon, raspberry and cream cheese.



IF YOU LIKED THIS, TRY:



Oatmeal and Fruit Parfait
Uses similar ingredients



Rainbow Fruit Salad
Uses similar ingredients



Peanut Butter Energy Bites
Another no-bake freezer treat



Oatmeal Overnight Oats
Another easy breakfast option

TEMPLATES

Print your own and fully customize your meal
planning and preparation



WEEKLY MEAL PLANNER

BRAINSTORMING

Write down as many meal ideas as you can think of prior to menu planning.

Ask:

- What do I have ingredients for already?
- What am I hungry for?
- What meals have I not eaten for a while?
- What new foods would I like to try?



NARROW IT DOWN

Of my brainstorming options, what 3 recipes/ideas sound the best?



DOUBLE CHECK

Using the weekly calendar, do you have time for each recipe? Do you have the EF brain power for each recipe this week?



CREATE A SHOPPING LIST



WEEKLY MEAL PLANNER

	BREAKFAST	LUNCH	DINNER
MONDAY			
TUESDAY			
WEDNESDAY			
THURSDAY			
FRIDAY			
SATURDAY			

SUNDAY:

WEEKLY MEAL PLANNER

GROCERY SHOPPING LIST

Check your BASIC Ingredients list. Cross off any that you don't need to shop for this week.

- | | |
|---|---|
| ● | ● |
| ● | ● |
| ● | ● |
| ● | ● |
| ● | ● |
| ● | ● |
| ● | ● |

Add additional ingredients from your weekly meal plan.

FRUITS & VEGETABLES

- | | |
|---|---|
| ● | ● |
| ● | ● |
| ● | ● |
| ● | ● |
| ● | ● |
| ● | ● |

MEAT/SEAFOOD

- | | |
|---|---|
| ● | ● |
| ● | ● |
| ● | ● |
| ● | ● |

BAKING / SPICES

- | | |
|---|---|
| ● | ● |
| ● | ● |
| ● | ● |
| ● | ● |

CONDIMENTS/SAUCES

- | | |
|---|---|
| ● | ● |
| ● | ● |
| ● | ● |

CANNED / DRIED FOODS

- | | |
|---|---|
| ● | ● |
| ● | ● |
| ● | ● |
| ● | ● |

FROZEN FOODS

- | | |
|---|---|
| ● | ● |
| ● | ● |
| ● | ● |
| ● | ● |

BEVERAGES

- | | |
|---|---|
| ● | ● |
| ● | ● |
| ● | ● |
| ● | ● |

HOUSEHOLD & TOILETRIES

- | | |
|---|---|
| ● | ● |
| ● | ● |
| ● | ● |
| ● | ● |
| ● | ● |