



THE NEURODIVERGENT-FRIENDLY

COOKBOOK

**A VISUAL STEP-BY-STEP COOKBOOK TO EMPOWER YOUR
EXECUTIVE FUNCTIONING IN THE KITCHEN**

CHRIS HANSON | AMY SIPPL



THE NEURODIVERGENT-FRIENDLY
COOKBOOK



THE NEURODIVERGENT-FRIENDLY

COOKBOOK

**A VISUAL STEP-BY-STEP COOKBOOK TO EMPOWER YOUR EXECUTIVE
FUNCTIONING IN THE KITCHEN**

CHRIS HANSON | AMY SIPPL



Copyright © 2022-2023 by Chris Hanson, Amy Sippl
ISBN 979-8-9894738-1-6

All rights reserved. No part of this book may be reproduced in any form, except for personal use without written permission from the authors.



Life Skills Advocate
www.lifeskillsadvocate.com



To the dedicated professionals and neurodivergent individuals who turn everyday challenges into triumphs—may this cookbook serve as a milestone in your journey towards greater autonomy and independence, one recipe at a time.

Cheers,
Chris Hanson & Amy Sippl

TABLE OF CONTENTS

7

1 - WHY COOKING FEELS SO FREAKIN' HARD

But doesn't have to be.

12

2 - HOW TO USE THIS BOOK

Everything you need to know on one page.

16

3- PLAN IT OUT

A step-by-step executive function friendly method for meal planning and grocery shopping

25

4- "I JUST NEED TO EAT"

Limited ingredients and easy cooking steps. For days when there's not enough brain power for cooking.

62

5 - THREE INGREDIENTS OR LESS

Recipes with the basic ingredients you always have on hand.

92

6 - BEYOND THE BASICS

Stretch your kitchen skills with these easy to prepare, no-cook meals

122

7- ONE POT WONDERS

Skimp on clean-up, not on flavor.

161

8- SLOW COOKER SUPERSTAR

Learn how to use one of the most popular kitchen appliances of all time.

200

9- TWO AT A TIME

Combine two different cooking techniques and expand into more complicated meals.

234

**10 - WOW
FACTOR**

Show stopper recipes to impress family, friends, or a first date.

268

**11 - SPECIAL
OCCASIONS &
SWEET TOOTH**

Step-by-step recipes for cakes, desserts, and special occasion meals.

289

**12 - THE
EXPANSION
PACK**

Learn more about how to adapt nearly any recipe to be executive function friendly.

295

**13 - THE
PRINTABLES**

All the .pdf printables from the cookbook in one easy spot



WHAT'S **INSIDE**

"I JUST NEED **TO EAT.**"

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



PEANUT BUTTER
TOAST TOPPERS



EGGS
3 WAYS



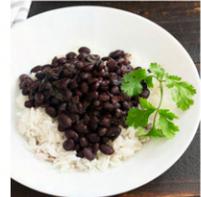
EXTRA-GOOEY
GRILLED CHEESE
SANDWICH



PB&J
TACOS



BLACK BEAN
QUESADILLA



BLACK BEANS
AND RICE

3 **INGREDIENTS** OR LESS

Simple. Easy. Tasty.



7 MINUTE
BAKED POTATO



OATMEAL & FRUIT
PARFAIT



MAC & CHEESE
MUG



BBQ CHICKEN
TENDERS



3 INGREDIENT
PANCAKES



CACIO E
PEPE

BEYOND **THE BASICS**

Fine-tune your techniques. With no heat required.



CUCUMBER
TOMATO & FETA SALAD



PEANUT BUTTER
ENERGY BITES



EXTRA EASY
CHARCUTERIE



TUNA SALAD
WITH CRACKERS



RAINBOW
FRUIT SALAD



FROZEN YOGURT
FRUIT BARK

ONE **POT** WONDERS

One Pot, Endless Possibilities



BLACK BEAN
SOUP



5 INGREDIENT
CHILI



BACON & EGG
RAMEN



SPINACH RAVIOLI
BAKE



EASY ROASTED
VEGETABLES



BLACK BEAN
ENCHILADAS

SLOW COOKER SUPERSTAR

Set It. Forget It. Feast On.



APPLE CINNAMON
OVERNIGHT OATS



SLOW COOKER
BLUEBERRY FRENCH
TOAST



SLOW COOKER
CHICKEN & BISCUITS



SLOW COOKER
SALSA CHICKEN



SLOW COOKER
MEAT BALL TORTELLINI



BBQ PULLED PORK
SANDWICHES

TWO AT A TIME

Expand your skills with two or more cooking techniques.



TUNA
A LA KING



CHICKEN
CORDON BLEU



EASY BEEF &
BROCCOLI



RÁPIDO
CHICKEN FAJITAS



CHICKEN CRUNCH
WRAPS

WOW FACTOR

Show-stopper recipes that can impress even your toughest food critic.



SLOW COOKER
VEGGIE OMELET



SLOW COOKER
STUFFED PEPPERS



PORTOBELLO
POT ROAST



MOZZARELLA
TORTELLINI BAKE



GARLIC PARMESAN
CARROT FRIES

SPECIAL OCCASIONS & SWEET TOOTHS

Celebrate in style with these healthy desserts



FANCY
FRUIT KABOBS



3 INGREDIENT
PEANUT BUTTER
COOKIES



STRAWBERRY
CHEESECAKE
CRACKERS



CHOCOLATE CHIP
DUMP CAKE

WHY **COOKING** FEELS SO FREAKIN' HARD

But doesn't have to be.



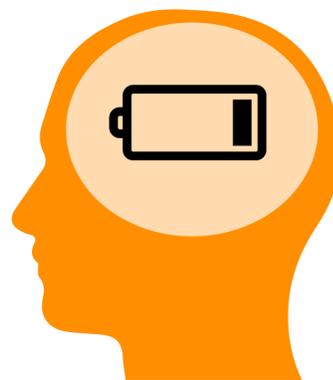
Even on the best of days, cooking takes a lot of brainpower. Planning ahead. Organizing. Time management. Recognizing and evaluating any safety risks. Problem-solving. There's a lot that goes into putting something healthy and tasty on the table.

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.

BRAIN POWER METER

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.

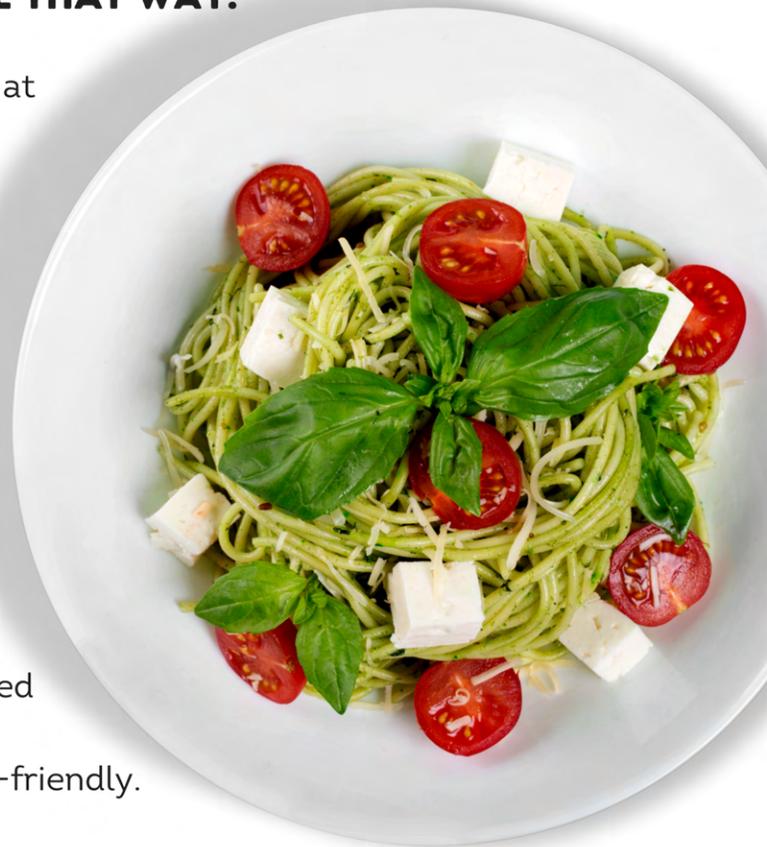
Bah! So. Many. Skills.

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

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.

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 when eating is more important. 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 a 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.

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.

M 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.

S 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.
G
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

H

- 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.

**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 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.

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

Vertical column of 21 checkboxes for task completion tracking.

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 to 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 need help 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 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 have 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.

"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				TOTAL COOK TIME	BRAIN POWER
					
Kid Friendly	Easy Button	Cheap	5 or fewer ingredients	5 MINUTES	

INGREDIENTS:

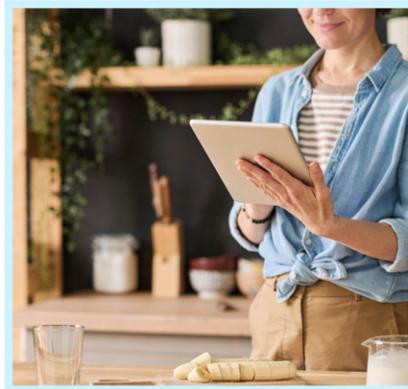
		
<input type="checkbox"/> Sliced Bread 2 slices	<input type="checkbox"/> Banana 1 small	<input type="checkbox"/> Peanut Butter 2 Tablespoons

OPTIONAL INGREDIENTS:

	
<input type="checkbox"/> Honey 1 teaspoon	<input type="checkbox"/> Raisins 2 Tablespoons

SUPPLIES YOU'LL NEED:

	<input type="checkbox"/> Toaster
	<input type="checkbox"/> Plate
	<input type="checkbox"/> Butter Knife



STEP 1: READ IT THROUGH.

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

Decide: What type of toast toppers will you make?

Do you have all the ingredients?

Do you have all the supplies?

START



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.



STEP 4:

While the bread is toasting, peel the banana.

Throw the peel away.



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



STEP 5:

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

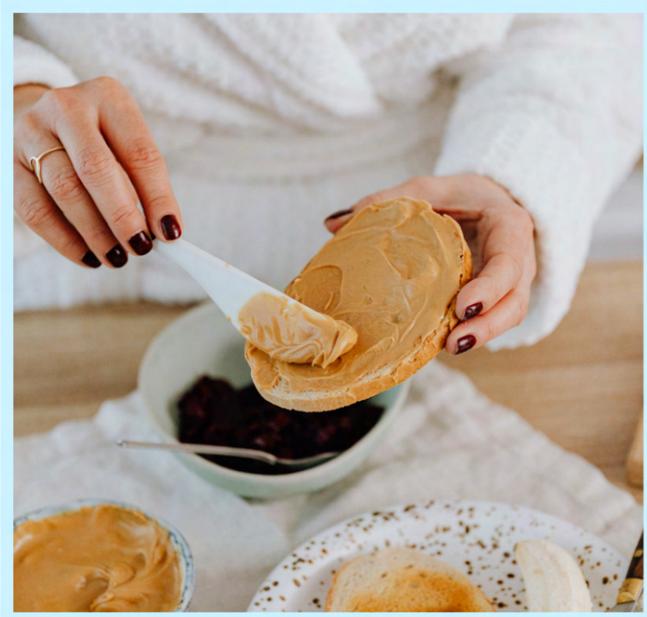
Set aside.



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.

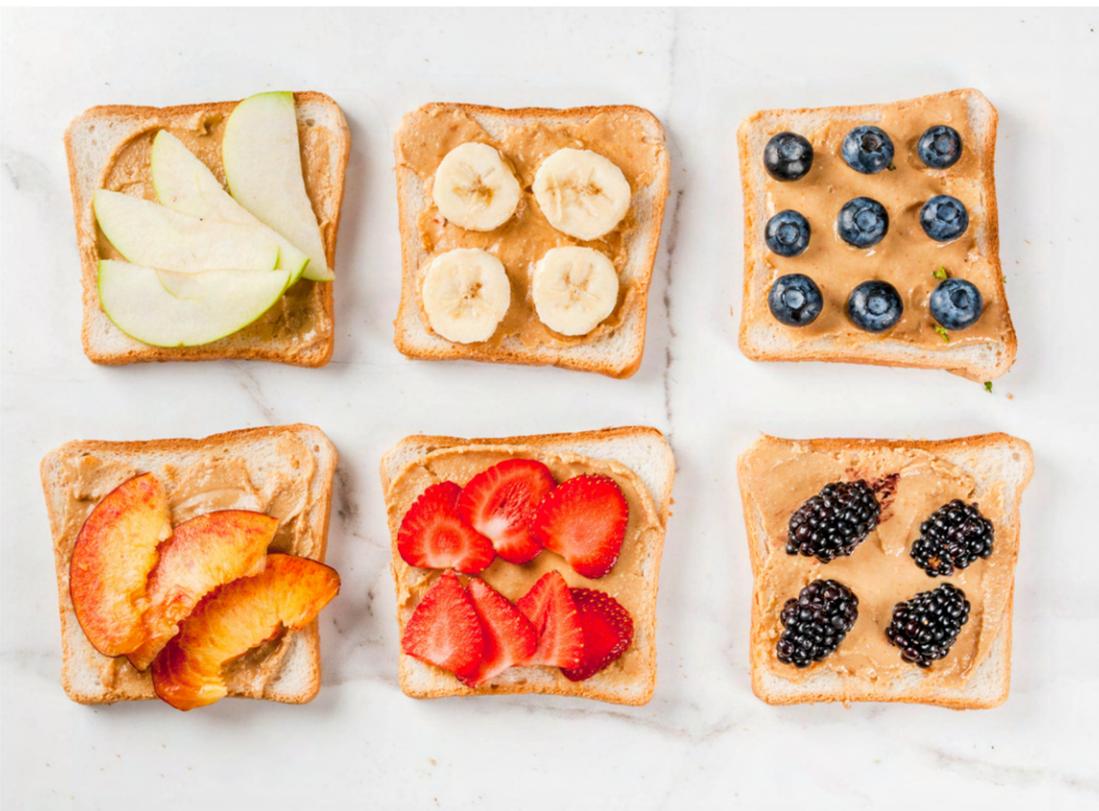
To finish, place the toast on the plate.

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 and sliced avocado.



IF YOU LIKED THIS, TRY:



Extra-Gooey Grilled Cheese
Uses bread and Basic ingredients



PB & J Tacos
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



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?

START



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 stovetop.

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 in 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:



Eggs
2 large



Butter
1 Tablespoon



Salt & Pepper
To taste

OPTIONAL INGREDIENTS:



Shredded Cheese
1/4 cup



Chopped Green Onion
1 Tbsp

SUPPLIES YOU'LL NEED:



Frying Pan



Spatula



Plate



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?

START



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 stovetop.

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.

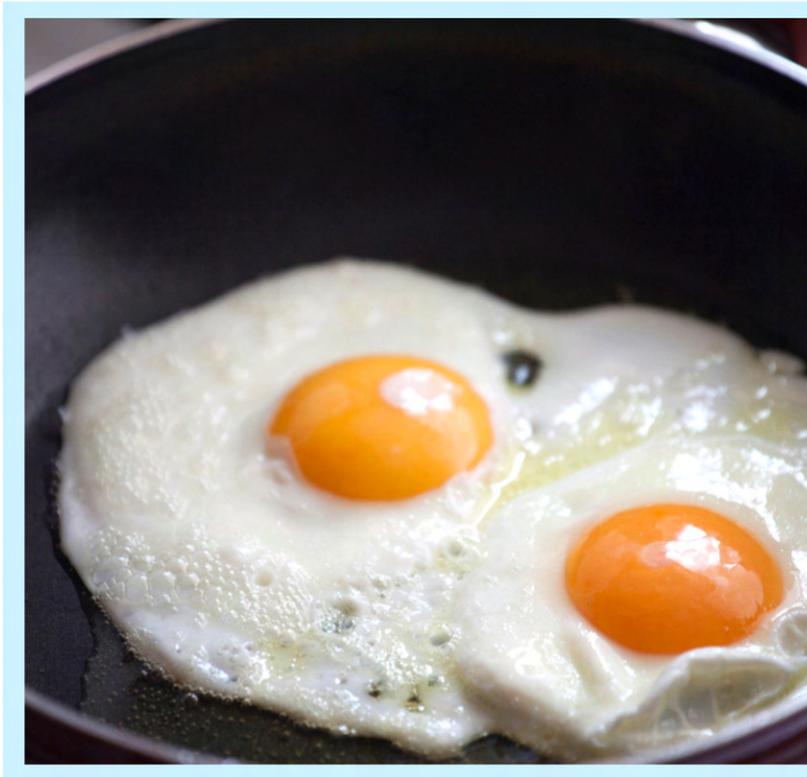
Add the butter to the frying pan.

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



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?

START



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 stovetop.

Turn on the stove to medium-low heat.



The heat is on!

Dedicate your full attention to cooking after this step!



STEP 5:

Bring the water to a full rolling boil.



STEP 6:

When the water is boiling, turn off the heat.

Keep the saucepan on the burner.

Place the lid on the saucepan.

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 countertop 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 hard-boiled 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:



Peanut Butter Toast Toppers

Pairs well with eggs



3 Ingredient Pancakes

Another easy breakfast option



Rainbow Fruit Salad

Add eggs for a complete breakfast

**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:

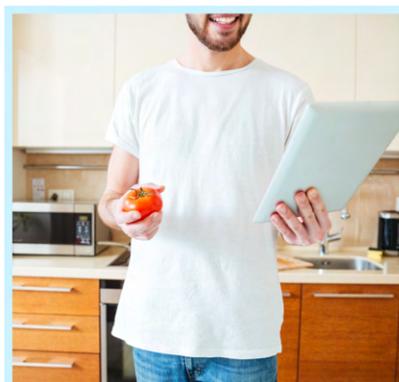
		
<input type="checkbox"/> Sliced Bread 2 slices	<input type="checkbox"/> Sliced Cheese 2-3 slices	<input type="checkbox"/> Butter 2 Tablespoons

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



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?

START



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:

Prepare the optional ingredients.

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



STEP 4:

Place the pan on the stovetop.

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 and 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:



Peanut Butter Toast Toppers
Another sandwich option



Black Bean Soup
Great for dipping extra-gooey grilled cheese



Chicken Crunch Wraps
Quick sandwich for lunch



Mac & Cheese Mug
For Cheese Lovers



Black Bean Quesadilla
Uses similar cooking techniques



PB & J Tacos
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



Kid Friendly



Easy Button



No Cooking



5 or fewer ingredients

TOTAL TIME



5
MINUTES

BRAIN POWER



INGREDIENTS:



Sliced Bread
2 slices



Peanut Butter
1/4 cup



Jam
2 Tablespoons

OPTIONAL INGREDIENTS:



Strawberries
1/4 cup sliced



Blueberries
1/4 cup

SUPPLIES YOU'LL NEED:



Cutting Board



Butter Knife



Rolling Pin
(optional)



Spoon



Plate



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?

START



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.



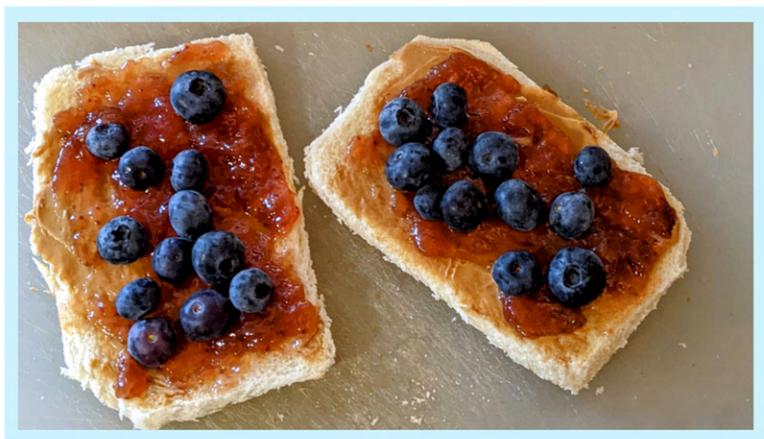
STEP 5:

Spread peanut butter over each slice of bread.



STEP 6:

Spoon the jam over the peanut butter on each slice.

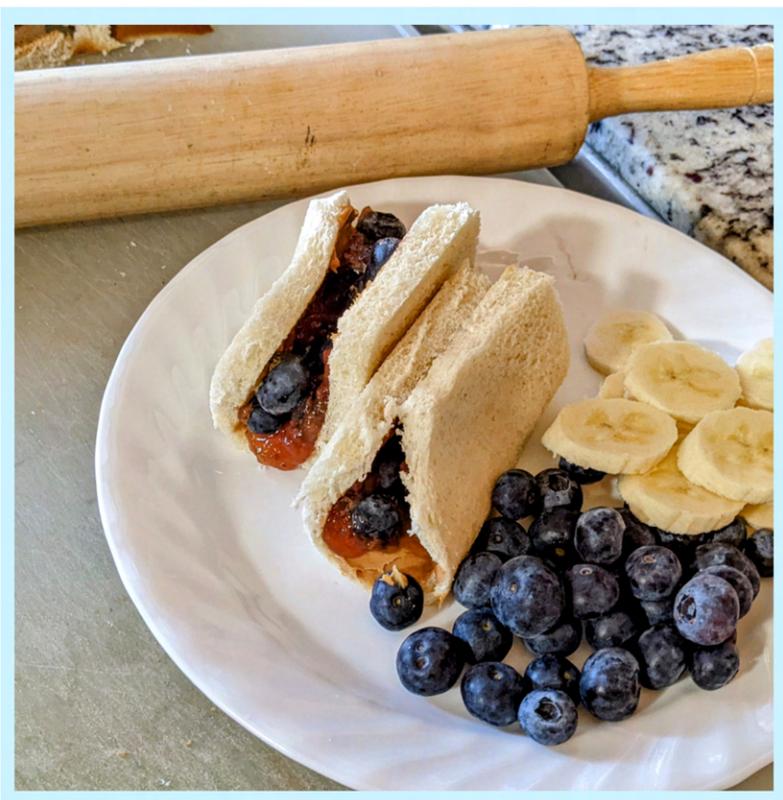


STEP 7: BUILD THE TACOS.

Fold each slice of bread into a taco shape.

(Makes 2)

If desired, add fresh fruit to each taco.



STEP 8: FINISH AND SERVE.

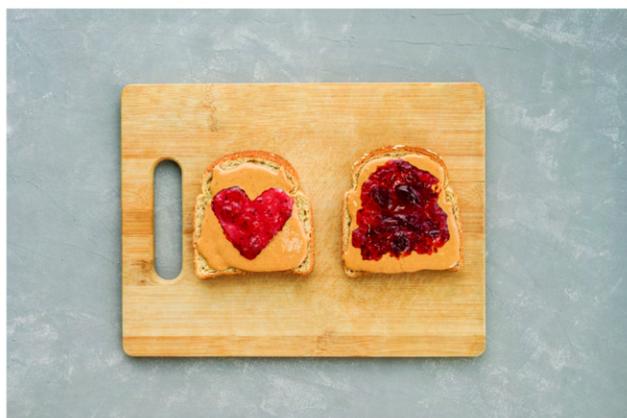
Put the tacos on the plate.

Serve it immediately.

PB & J tacos can be made ahead 4-6 hours (made 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:



Extra-Goopy Grilled Cheese
Uses bread and basic ingredients



Chicken Crunch Wraps
Another quick sandwich for lunch



Peanut Butter Energy Bites
For Peanut Butter Lovers



Peanut Butter Toast Toppers
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	



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?

START



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 stovetop.

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:



Peanut Butter Toast Toppers

Another easy sandwich option



Extra-Gooey Grilled Cheese

Uses a similar cooking process



Chicken Crunch Wraps

Also uses flour tortillas



Black Beans & Rice

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

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**



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
Another Microwave friendly meal



Extra-Gooey Grilled Cheese
Also uses basic ingredients



Black Bean Quesadilla
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:

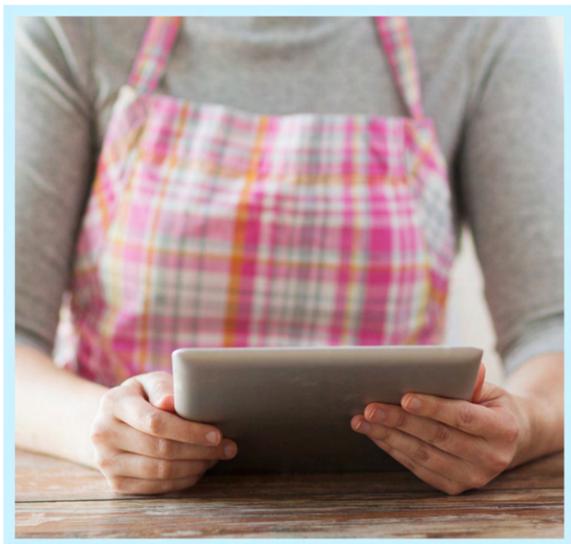
		
<input type="checkbox"/> Baking Potato 1 medium	<input type="checkbox"/> Olive Oil 1 teaspoon	<input type="checkbox"/> Salt & Pepper To Taste

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



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?

START



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.

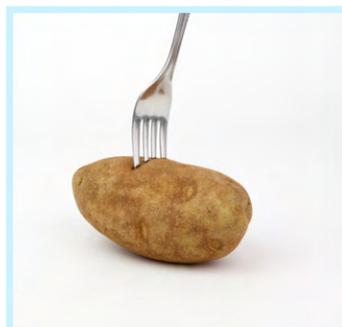
As you set out each item, **check the box that you have the item.**



STEP 3:

Scrub potatoes.

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

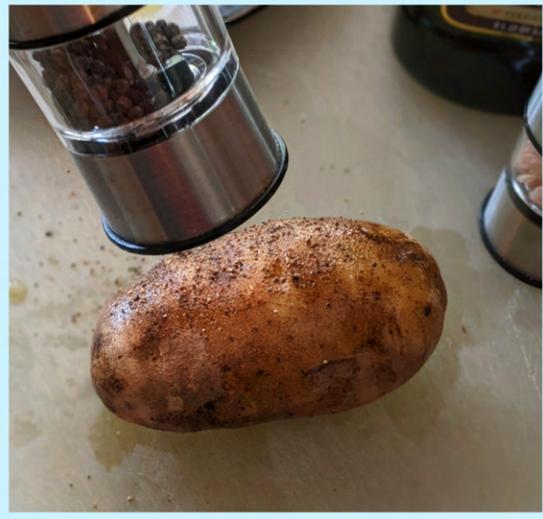


STEP 4:

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 them open.

Top with optional ingredients like cheese and sour cream.

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: Chef 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 to 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 & 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"/> 	<input type="checkbox"/> 
Serving Bowl	Spoon



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?

START



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:



Peanut Butter 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



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

INGREDIENTS:

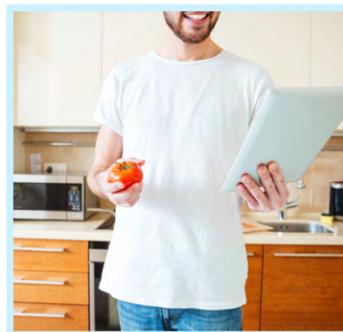
		
<input type="checkbox"/> Elbow Macaroni 1/2 cup	<input type="checkbox"/> Water 1-1/2 cup	<input type="checkbox"/> Shredded Cheese 1/2 cup

OPTIONAL INGREDIENTS:

		
<input type="checkbox"/> Butter 1 Tbsp.	<input type="checkbox"/> Broccoli 1/2 cup	<input type="checkbox"/> Bacon Bits 2 Tablespoons

SUPPLIES YOU'LL NEED:

- 
- 
- 



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?

START



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:

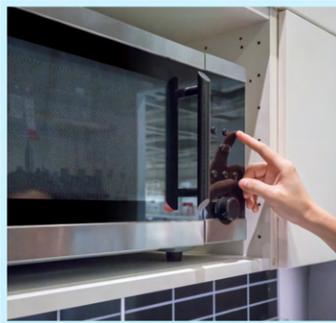
Put macaroni in a mug.

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.



STEP 6:

Stir in the cheese. Microwave for 60 seconds more.



Handle with Care!

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



STEP 5: FINISH AND SERVE.

Stir. Serve immediately.

This recipe makes a single serving because microwaved 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-Goeey 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 
---	---	---	--	---

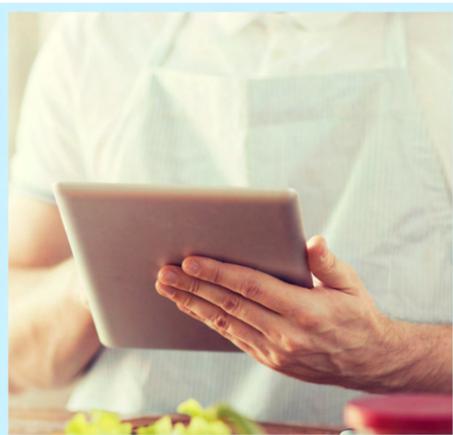
INGREDIENTS:

 <input type="checkbox"/> Raw Chicken Breast 1 breast	 <input type="checkbox"/> Seasoned Bread Crumbs 1 Cup	 <input type="checkbox"/> BBQ Sauce 1 Cup
--	--	--

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
--	--	--	--	---	--	---



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?

START



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.



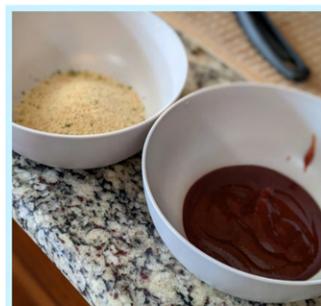
STEP 4:

Line the baking sheet with parchment paper.



STEP 4:

Using a 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 for 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 Fahrenheit or microwave for 2 minutes.

VARIATIONS

- Not a fan of BBQ sauce? Skip that step and use the breadcrumbs 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 breadcrumb mixture. Try 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



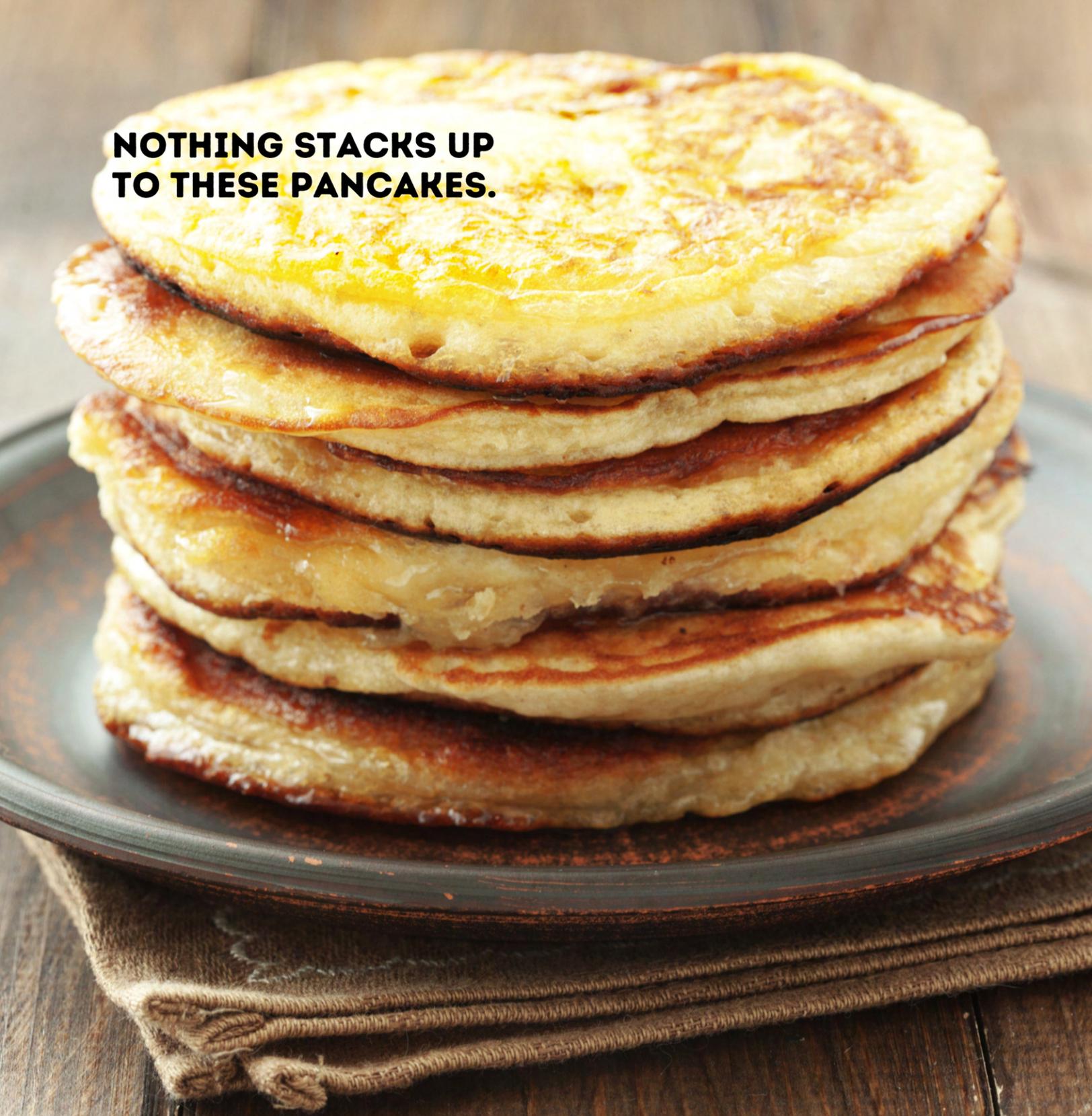
Rapido Chicken Fajitas
Another simple chicken recipe



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	



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?

START



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.**



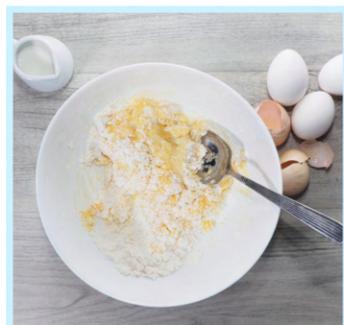
STEP 3:

Whisk the eggs and milk together to combine.



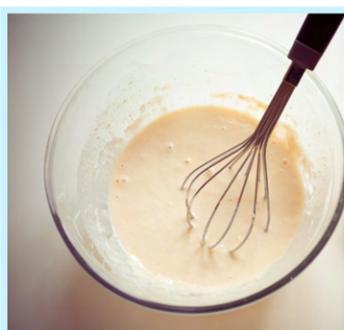
Raw eggs can make you sick!

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 at this step.



STEP 6: HEAT THE PAN.

Place the frying pan on the stovetop.

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:



Peanut Butter Toast Toppers
Breakfast with basic ingredients



Eggs Three Ways
Pairs well with pancakes



Extra-Gooey 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



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?

START



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.

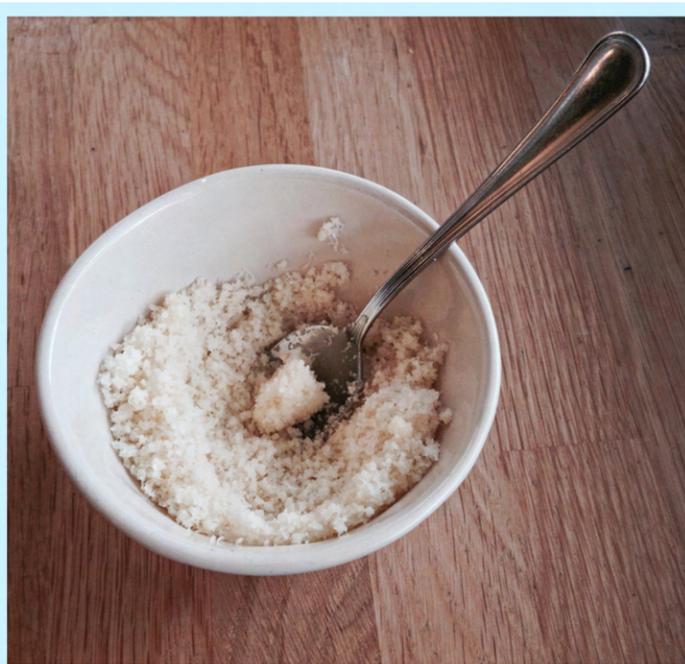
Fill the large pot 3/4 full with water.



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:



Mozarella Tortellini Bake
For the cheese and 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
					
Special Occasion Worthy	Easy Button	Gluten Free	No Cooking Required	10-15 MINUTES	

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:

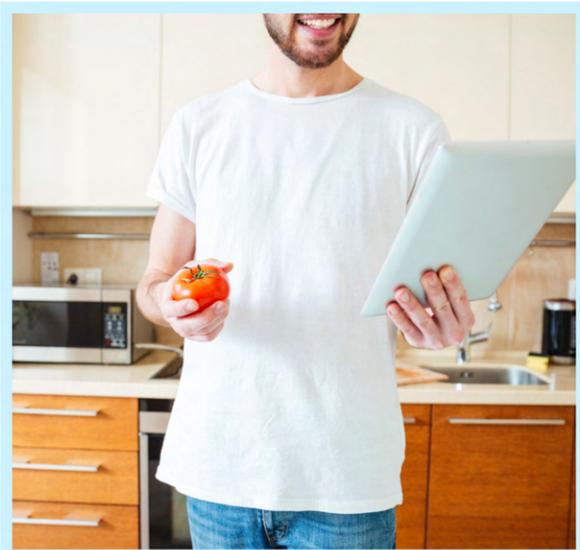
		
<input type="checkbox"/> Tomatoes 5 large	<input type="checkbox"/> Cucumbers 3 medium	<input type="checkbox"/> Feta Cheese 1/4 cup crumbled

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



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?

START



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 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:



Mozzarella Tortellini Bake
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	



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?

START



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 them 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



Apple Cinnamon 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.

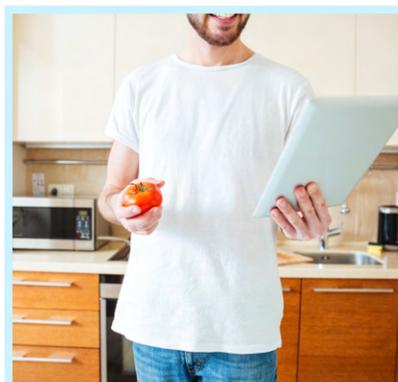
FEATURES				TOTAL COOK TIME	BRAIN POWER
					
Special Occasion Worthy	Easy Button	No-Cook	Gluten Free	15-20 MINUTES	

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



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?

START



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



Extra-Gooey Grilled Cheese
For cheese lovers



Tuna Salad with 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**



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?

START



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 or 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) and 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 Crackers

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



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?

START



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 pre-made for 4-6 hours (made in the morning for lunch.) Keep refrigerated until just before eating.

This makes a great dish to bring to 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



Peanut Butter 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



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?

START



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.**



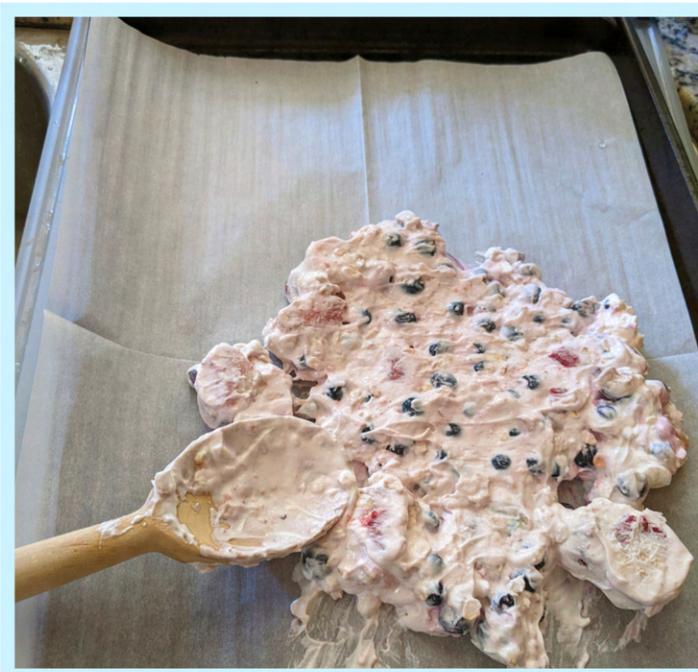
STEP 3: LINE THE BAKING SHEET.

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



Apple Cinnamon Overnight Oats
Another easy breakfast option

ONE POT WONDERS

One Pot, Endless Possibilities



**5 INGREDIENTS.
FULL FLAVOR.**



BLACK BEAN SOUP

BLACK BEAN SOUP

Master a full-flavor soup recipe in just 20 minutes without the EF challenges.

FEATURES				TOTAL COOK TIME	BRAIN POWER
					
Vegan/Vegetarian	Easy Button	Cheap	Gluten Free	20 MINUTES	

INGREDIENTS:

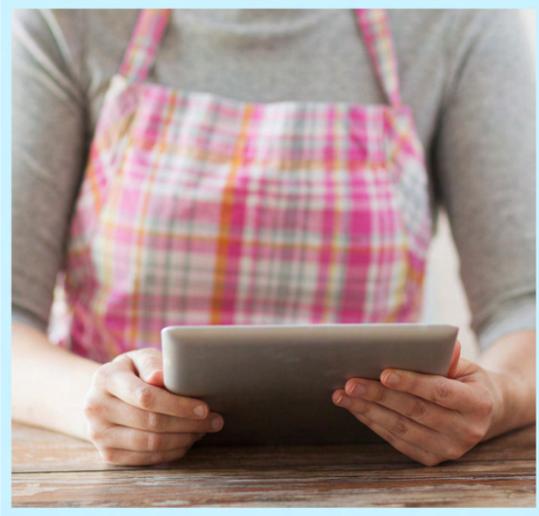
				
<input type="checkbox"/> Black Beans 3 - 15 oz cans	<input type="checkbox"/> Salsa 2 1/2 cups	<input type="checkbox"/> Ground Cumin 2 tsp.	<input type="checkbox"/> Cilantro 1/2 cup	<input type="checkbox"/> Garlic 1 clove

OPTIONAL INGREDIENTS:

			
<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"/> Tortilla Chips 1 cup

SUPPLIES YOU'LL NEED:

						
<input type="checkbox"/> Can Opener	<input type="checkbox"/> Medium Saucepot	<input type="checkbox"/> Saucepot Lid	<input type="checkbox"/> Chopping Knife	<input type="checkbox"/> Cutting Board	<input type="checkbox"/> Wooden Spoon	<input type="checkbox"/> Kitchen Timer



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?

START



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:

Open the three cans of beans.



STEP 4:

Pour the beans and liquid into the sauce pot.



STEP 5:

Add the salsa and cumin to the saucepot. Stir to combine.



STEP 6:

Turn on the burner to medium heat.



The heat is on!

From this point on, make sure cooking takes your full attention.



STEP 7:

While the soup is cooking, chop the cilantro.

Add the cilantro to the sauce pot and stir.



STEP 8:

Chop the garlic clove finely.

Add the garlic to the sauce pot and stir.



STEP 9:

When all of the ingredients are added, cover the pot and reduce the heat to low.



STEP 10:

Set the timer to 5 minutes.

When the timer goes off, stir the soup and cover it again.

Repeat the 5-minute timer again.



Warning!
This is an easy point to get distracted. Stay near the soup pot to avoid it boiling over or burning.



STEP 11: PREP THE TOPPINGS.

While the soup is cooking, chop the avocado and green onion and shred the cheese.



STEP 11: FINISH AND SERVE.

Top the soup with sour cream, extra salsa, avocado, and green onions.

Serve with tortilla chips.

VARIATIONS

- For extra vegetables in your soup, add chopped tomatoes, minced onions, or finely chopped carrots.
- For spicy black bean soup, add 1 Tbsp of chopped jalapeno pepper.
- Most canned beans have salt included during the canning process. If using low-sodium beans, add a pinch of salt with the cumin.

IF YOU LIKED THIS, TRY:



5 Ingredient Chili
Another easy soup recipe



Black Beans & Rice
Also uses canned beans



Black Bean Quesadilla
Also uses canned beans



Mac n' Cheese Mug
Another easy recipe



Extra Goopy Grilled Cheese
Goes well with black bean soup

**HEARTY SOUP
WITHOUT THE HEFTY
PREP.**



**5 INGREDIENT
CHILI**

5 INGREDIENT CHILI

Dump it all in and let it simmer is our kind of chili.

FEATURES				TOTAL TIME	BRAIN POWER
					
Cheap	Easy Button	Gluten Free	5 or fewer ingredients	30-35 MINUTES	

INGREDIENTS:

				
<input type="checkbox"/> Ground Beef 1 Pound	<input type="checkbox"/> Yellow Onion 1 Cup	<input type="checkbox"/> Chili Powder 2 Tbsp	<input type="checkbox"/> Diced Tomatoes with Chilis 3, 10 oz. cans	<input type="checkbox"/> Kidney Beans 2, 15 oz. cans

OPTIONAL INGREDIENTS:

	
<input type="checkbox"/> Shredded Cheese 2 Tablespoons	<input type="checkbox"/> Sour Cream 2 Tablespoons
	
<input type="checkbox"/> Salt & Pepper to taste	

SUPPLIES YOU'LL NEED:

		
<input type="checkbox"/> Large Stock Pot with lid	<input type="checkbox"/> Cutting Board	<input type="checkbox"/> Knife
		
<input type="checkbox"/> Timer	<input type="checkbox"/> Can Opener	<input type="checkbox"/> Strainer
		
<input type="checkbox"/> Spoon	<input type="checkbox"/> Soup Bowl	



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?

START



STEP 2: PREP YOUR SPACE.

Prepare your cooking space.

Create a clean space on the counter or table for cooking. Clear out the sink or dishwasher so that dishes that come in contact with raw meat can immediately be cleaned.

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 ground beef in the large stock pot. Use the spoon to spread it evenly in the bottom of the pot.



STEP 4:

Use the cutting board and knife to chop the onion into 1/2-inch pieces.



STEP 5: COOK THE ONION & BEEF.

Turn on the burner to medium-low.

Place the pot with the beef and onion on the burner and cook the beef. Stir every 30 seconds to ensure the beef doesn't burn and is evenly cooked.

The beef should no longer have any pink spots in the pot.

This should take about 8-10 minutes.



The heat is on!

From this point on, make sure cooking takes your full attention.



STEP 6: DRAIN THE MEAT.

When the beef is no longer pink in the middle, turn off the burner.

Place the beef in the strainer and drain off any additional fat and cooking liquid from the pot.

Place the beef back in the pot.



STEP 7:

Add the chili powder to the pan with the meat.

Stir to evenly coat.



STEP 8: ADD THE TOMATOES.

Use the can opener to open each can of tomatoes.

Pour them into the pot, including the liquid.



STEP 9:

Turn the burner back on to medium-low.

Set the timer for 10 minutes.

Cover the pot.



Warning!

This is an easy place to get distracted and forget about your recipe. Set reminders, stay where you can hear the timer, or don't leave the kitchen!



STEP 10: PREP THE TOPPINGS.

While the chili continues to cook, prepare any optional toppings you might want, including shredding the cheese.

Take out the bowls or set the table.



STEP 11: COOK IT.

When the timer goes off, stir the chili well.

Reset the timer for 5 minutes and repeat.



STEP 12:

Continue cooking until chili reaches the desired thickness or about 20 minutes total.



STEP 13: TURN OFF THE STOVE.

When the chili is done, turn off the burner.



STEP 8: FINISH AND SERVE.

Serve immediately.

Spoon the chili into a bowl.

Top with shredded cheese and sour cream.

Once the chili is cooled off completely, any leftovers can be stored in a tightly covered container in the refrigerator for 3-5 days. Reheat in the microwave.

VARIATIONS

- Any canned bean will substitute in this recipe. For a mixed chili recipe, swap out a can of kidney beans for:
 - Black Beans
 - Pinto Beans
 - Great Northern Beans
 - Black-eyed peas
- For other toppings besides cheese and sour cream try one of these:
 - chopped green onions
 - chopped cilantro
 - thinly sliced jalapeños
 - lime wedges
 - sliced avocado
 - corn chips or tortilla chips

IF YOU LIKED THIS, TRY:



Black Bean Soup
Uses similar techniques



Black Beans and Rice
Uses similar ingredients



Black Bean Quesadilla
Also uses canned beans



Mac & Cheese Mug
Pairs well with chili



Extra Gooey Grilled Cheese
Pairs well with Chili

INSTANT RAMEN
GETS AN UPGRADE.



BACON & EGG

RAMEN

BACON & EGG RAMEN

Just because it's cheap instant ramen, doesn't mean it has to stay that way. Customize this one-pot wonder any way you like it.

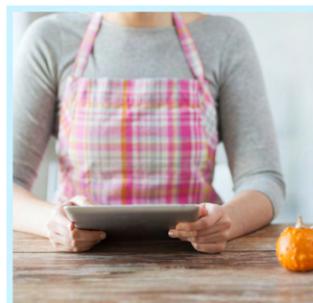
FEATURES				TOTAL COOK TIME	BRAIN POWER
				 10-15 MINUTES	
Dairy-Free	Easy Button	5 or fewer ingredients	Cheap		

INGREDIENTS:

						
<input type="checkbox"/> Water 2 Cups	<input type="checkbox"/> Butter 1 Tbsp.	<input type="checkbox"/> Instant Ramen 1 package	<input type="checkbox"/> Hard Boiled Egg 1 egg	<input type="checkbox"/> Cooked Bacon 3 slices	<input type="checkbox"/> Green Onions 1 Tbsp	<input type="checkbox"/> Salt & Pepper To Taste

SUPPLIES YOU'LL NEED:

		
<input type="checkbox"/> Small Sauce Pot	<input type="checkbox"/> Measuring Cup	<input type="checkbox"/> Spoon
		
<input type="checkbox"/> Cutting Board	<input type="checkbox"/> Sharp Knife	<input type="checkbox"/> Timer
		
<input type="checkbox"/> Small Bowl		



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?

START



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: BRING THE WATER TO BOIL.

Pour 2 cups of water into the sauce pot.

Turn on the heat to medium-low.

Bring the water to a boil.



The heat is on!

From this point on, make sure cooking takes your full attention.



STEP 4: PEEL & CUT THE EGG.

While the water is coming to a boil, peel the egg.

Cut the egg in half.

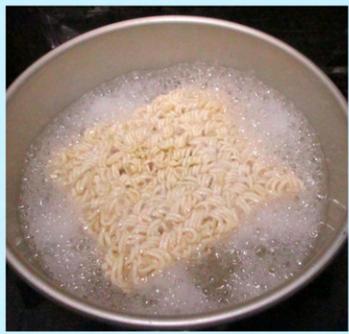
Set aside.



STEP 5: ADD THE BUTTER & SEASONING.

Once the water is boiling, add the butter and ramen seasoning packet to the boiling water.

Stir until the butter melts.



STEP 6: ADD THE NOODLES.

Add the noodles to the boiling pot.

Set a timer for 2 minutes.



STEP 7: CHOP BACON & GREEN ONIONS.

While the ramen is boiling, chop the bacon and scallions into small, 1/2" pieces.



STEP 8: TURN OFF THE BURNER.

When the timer goes off, turn off the heat.

STEP 8: FINISH AND SERVE.

Transfer the ramen and soup liquid to a bowl.

Top with bacon, egg, and chopped green onions.

Season with salt and pepper if desired.

Serve immediately.

Ramen is best served hot and fresh. If there are leftovers, place them in a sealed container in the refrigerator for 1-2 days. Reheat in the microwave.



VARIATIONS

- Ramen can be made with many different mix-ins. For variations, try these toppings and different protein options:
 - Fried eggs
 - bean sprouts (shown above)
 - Roasted pork
 - BBQ Chicken
 - Spinach
 - snow peas,
 - bean sprouts,
 - sweet corn
 - mushrooms
 - steamed broccoli
 - sliced jalapeno pepper
 - tofu
 - cilantro



IF YOU LIKED THIS, TRY:



Eggs Three Ways

For directions to make hard-boiled eggs



Cacio e Pepe

Another easy noodle dish



5 Ingredient Chili

Another one-pot wonder



Black Bean Soup

Another one-pot wonder



**POUR ON THE
CHEESE, PLEASE.**

SPINACH RAVIOLI **BAKE**

SPINACH RAVIOLI

BAKE

Dump everything into one casserole dish and bake your way to cheese heaven.

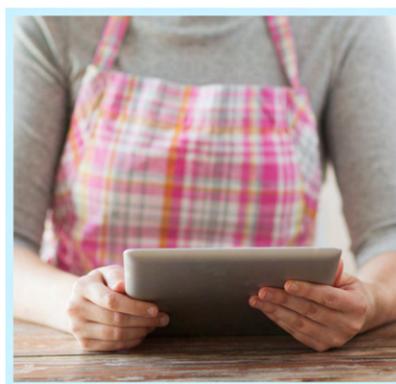
FEATURES			TOTAL COOK TIME	BRAIN POWER
			 45 MINUTES	
Vegetarian	Easy Button	Kid Friendly		

INGREDIENTS:

				
<input type="checkbox"/> Frozen Spinach 1- 10 oz package	<input type="checkbox"/> Spaghetti Sauce 1 jar	<input type="checkbox"/> Frozen Ravioli 1 package (15 oz)	<input type="checkbox"/> Shredded Mozzarella Cheese 2 cups	<input type="checkbox"/> Parmesan Cheese 1/4 Cup

SUPPLIES YOU'LL NEED:

 <input type="checkbox"/> Microwave Safe Bowl (Check the bottom)	 <input type="checkbox"/> Paper Towel
 <input type="checkbox"/> Measuring Cups	 <input type="checkbox"/> 2 quart shallow baking dish
 <input type="checkbox"/> Kitchen Timer	 <input type="checkbox"/> Oven mitts



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?

START



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: THAW THE SPINACH.

Place the frozen spinach in the microwave-safe bowl.

Microwave for 1-2 minutes or until spinach begins to soften. The spinach does not need to be hot, just enough to break apart.



STEP 4:

Press paper towels over the spinach in the bowl to squeeze out some of the liquid.

Set the spinach aside.



STEP 5: PRE-HEAT THE OVEN.

Open the oven. Check that the main baking rack is in the center of the oven.

Preheat the oven to 350 Degrees Fahrenheit.



The heat is on!
From this point on, make sure cooking takes your full attention.



STEP 6:

Measure out 1 cup of spaghetti sauce.

Spread it in an even layer in the bottom of the baking dish.



STEP 7:

Layer 1/2 of the ravioli in the baking dish over the sauce.



STEP 8:

Layer 1/2 of the spinach on top of the ravioli.



STEP 9:

Top with 1/2 of mozzarella cheese and then parmesan cheese.



STEP 10:

Repeat steps 6-9, creating a second layer of each.

End with a topping of cheese.



STEP 11: BAKE IT.

Carefully place the baking dish on the oven rack.

Set the timer for 40 minutes. Bake the dish until the ravioli are heated through, and the cheese is melted and golden brown.



Warning!

This is an easy point to get distracted. Stay near the kitchen and where you can hear the timer.



STEP 12: REMOVE FROM OVEN.

When the timer goes off, use the oven mitts to carefully remove the baking dish from the oven.

Turn off the oven.



STEP 11: FINISH AND SERVE.

Scoop the ravioli from the baking dish. Serve immediately.

Ravioli bake keeps very well in the refrigerator and makes great leftovers.

Allow the dish to completely cool. Spoon into a covered bowl and keep in the refrigerator for 5-7 days.

Re-heat in the microwave.

VARIATIONS

- Instead of spaghetti sauce, try a jar of canned alfredo sauce. This can be found in the grocery store near the spaghetti sauce.
- Mix in any other frozen vegetables like peas, broccoli, or asparagus.
- For a meat-lovers version, toss in sliced pepperoni, fully cooked ground beef, or sliced spicy Italian sausage.

IF YOU LIKED THIS, TRY:



5 Ingredient Chili
Another one-pot wonder



Slow Cooker Meatball Tortellini
Uses similar ingredients



Cacio e Pepe
Also uses pasta



Mac & Cheese Mug
Another Cheese Lovers Recipe



Easy Roasted Vegetables
Uses similar cooking techniques

**OUR ONE-PAN
GOES-WITH-EVERYTHING
SIDE DISH**



**EASY ROASTED
VEGETABLES**

EASY ROASTED VEGETABLES

We call these "magic vegetables" at our house. Toss everything in the oven and "abracadabra", out comes perfectly roasted veggies every time.

FEATURES				TOTAL COOK TIME	BRAIN POWER
					
Vegan/Vegetarian	Easy Button	Dairy Free	Gluten-Free	25-30 MINUTES	

INGREDIENTS:

						
<input type="checkbox"/> Broccoli & Cauliflower Mix 1 bag (about 4 cups)	<input type="checkbox"/> Red Pepper 1 pepper	<input type="checkbox"/> Thin Baby Carrots 1 cup	<input type="checkbox"/> Yellow Onion 1 medium	<input type="checkbox"/> Potatoes 2 large	<input type="checkbox"/> Zucchini 1 medium	<input type="checkbox"/> Mushrooms 1 cup

MORE INGREDIENTS:

		
<input type="checkbox"/> Olive Oil 2 Tbsp	<input type="checkbox"/> Italian Seasoning 1 Tbsp	<input type="checkbox"/> Garlic Salt 1 tsp

OPTIONAL INGREDIENTS:

		
<input type="checkbox"/> Salt & Pepper To taste	<input type="checkbox"/> Grated Parmesan 1/4 cup	<input type="checkbox"/> Fresh Parsley 2 Tbsp

SUPPLIES YOU'LL NEED:

							
<input type="checkbox"/> Cutting Board	<input type="checkbox"/> Sharp Knife	<input type="checkbox"/> Strainer	<input type="checkbox"/> Large Bowl	<input type="checkbox"/> Baking Sheet	<input type="checkbox"/> Timer	<input type="checkbox"/> Spatula	<input type="checkbox"/> Oven Mitt



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?

START



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: PRE-HEAT THE OVEN.

Pre-heat the oven to 425 degrees.

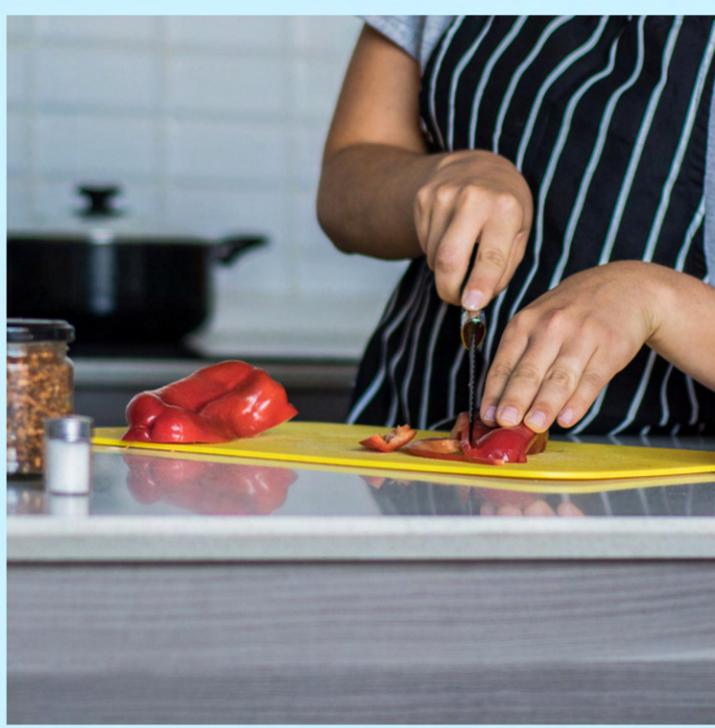
Check to make sure the oven rack is in the middle.



STEP 4: WASH THE VEGETABLES.

Unwrap and place all of the vegetables in the strainer.

Wash thoroughly.



STEP 4: CHOP THE VEGETABLES.

Carefully chop each of the vegetables on the list into 1" pieces. Try to chop the pieces into similar sizes so they roast evenly.

When chopped, place them in a large mixing bowl.



STEP 5: DRIZZLE WITH OLIVE OIL.

Pour the olive oil over the chopped vegetables in the bowl.



STEP 6: SEASON THEM.

Add Italian seasoning and garlic salt to the bowl.

If desired, add parmesan, parsley, and additional salt and pepper.



STEP 7: TOSS THEM TO COAT.

Use the spatula to toss the vegetables and evenly coat them with the olive oil and seasonings.



STEP 8: POUR ON THE BAKING SHEET.

Pour the seasoned vegetables into an even layer on the baking sheet.

Spread the vegetables out the edges using the spatula.



STEP 9: PUT THE VEGETABLES IN THE OVEN.

Use the oven mitts to place the vegetables on the middle rack of the oven.



STEP 10: SET THE TIMER.

Set the kitchen timer for 10 minutes.



Warning!

This is an easy point to get distracted. Stay near the kitchen and where you can hear the timer.



STEP 11: STIR THE VEGETABLES.

When the timer goes off, use the oven mitts to carefully remove the pan from the oven.

Stir the vegetables to flip them over, and mix up the seasonings.

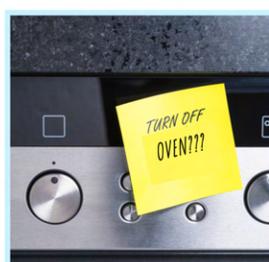
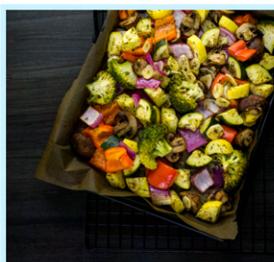
Spread the vegetables out to the ends of the pan.

Put the pan back in the oven.



STEP 12: SET THE TIMER.

Set the kitchen timer for another 10 minutes.



STEP 13: REMOVE.

When the timer goes off, remove the vegetables from the oven.

Remember to turn off the oven.

STEP 13: FINISH & SERVE.

Use the spatula to plate the vegetables.

Top with additional parmesan if desired.

Serve immediately.

Leftover vegetables can be stored in an air-tight container in the refrigerator for 3-5 days. Re-heat in a frying pan on the stove or in the microwave.



VARIATIONS

- Most vegetables work well to be roasted using this method. Try different combinations or substitute any of the vegetables in this recipe if you don't prefer them. For new ideas and variations, try:
 - Asparagus
 - Beets
 - Broccoli
 - Brussel Sprouts
 - Butternut squash
 - Cabbage
 - Cherry Tomatoes
 - Garlic
 - Green Beans
 - Parsnips
 - Sweet Potatoes
 - Yellow Summer Squash
- Seasonings can also be adjusted for this recipe. Try adding a tablespoon of one of these options for a variation in flavors:
 - Rosemary
 - Thyme
 - Chives
 - Tarragon
 - Cumin
 - Dill
 - Curry Powder

IF YOU LIKED THIS, TRY:



Spinach Ravioli Bake
Uses similar techniques



Tuna A La King
For veggie lovers



BBQ Chicken Tenders
Serves well with roasted vegetables

**MAKE A FULL WEEK OF
MEALS IN ONE PAN**



BLACK BEAN ENCHILADAS

BLACK BEAN ENCHILADAS

Some weeks it's hard to carve out time for cooking. That's why we love this easy-prep meal. 10 minutes of prep, 30 minutes of baking, and you have a full week of meals.

FEATURES			TOTAL COOK TIME	BRAIN POWER
			 35-40 MINUTES	
Kid Friendly	Easy Button	5 or fewer ingredients		

INGREDIENTS FOR THE FILLING:

			
<input type="checkbox"/> Black Beans 2- 15 oz cans	<input type="checkbox"/> Salsa 1 cup	<input type="checkbox"/> Shredded Cheese 1 cup	<input type="checkbox"/> Flour Tortillas 10, 8 inch tortillas

FOR THE TOPPING:

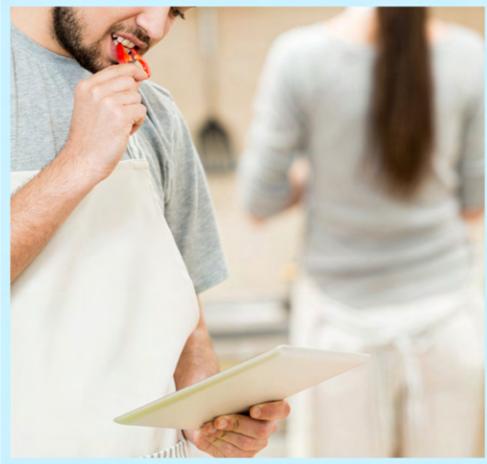
	
<input type="checkbox"/> Salsa 1 cup	<input type="checkbox"/> Shredded Cheese 1 cup

OPTIONAL INGREDIENTS:

		
<input type="checkbox"/> Sour Cream 1 Tbsp	<input type="checkbox"/> Avocado 1/4 cup sliced	<input type="checkbox"/> Green Onion 2 Tbsp. chopped

SUPPLIES YOU'LL NEED:

							
<input type="checkbox"/> Can Opener	<input type="checkbox"/> Mixing Bowl	<input type="checkbox"/> Large Spoon	<input type="checkbox"/> Measuring Cup	<input type="checkbox"/> Non-Stick Cooking Oil Spray	<input type="checkbox"/> 9 X 13" Baking Dish	<input type="checkbox"/> Timer	<input type="checkbox"/> Oven Mitt



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?

START



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:

Preheat the oven to 350 degrees Fahrenheit.



Warning - The Heat is On!

After this step, cooking requires your full attention.



STEP 4: DRAIN THE BEANS.

Open the can of beans.

Drain the liquid from the beans.

Rinse the beans (optional).



STEP 5: MIX THE FILLING.

Mix together the black beans, 1 cup of salsa and 1 cup of cheese in the mixing bowl.



STEP 6: SPRAY THE PAN.

Spray the bottom of the baking dish with an even layer of cooking spray.



STEP 7: MAKE 'EM.

Spoon 1/3 of a cup of the filling onto each tortilla and roll the tortilla up.



STEP 8: PUT THEM IN THE PAN.

Place each filled tortilla in a 9" x 13" pan with the seam face down.

Be sure to place them tightly together, so they don't unravel. This step takes practice.

Don't worry if the first few are tricky.

Keep filling and rolling each tortilla until you've completed all 10 tortillas.



STEP 9: COVER 'EM.

Cover the rolled tortillas with the remaining cheese and salsa.



STEP 10: BAKE 'EM.

Carefully place the baking dish in the oven.

Set the timer for 30 minutes.



Warning!

This is an easy point to get distracted. Stay near the kitchen and where you can hear the timer.



STEP 11: TAKE THEM OUT.

When the timer goes off, use the oven mitts to carefully take the enchilada pan out of the oven.

Remember to turn the oven off!



STEP 5: FINISH AND SERVE.

Top with sour cream, green onions, and avocado, if desired.

Serve immediately.

This recipe makes a full pan of enchiladas. Allow the pan to cool and then place each enchilada in an air-tight container. Store in the refrigerator for up to 7 days. Reheat in the microwave.

VARIATIONS

- Everyone's salsa and cheese ratio is slightly different for enchiladas. Start with making the recipe as is, and then add/take out salsa and cheese to find the consistency you like the best.
- For variety, test out different cheese combinations. Cheddar, Monterrey jack, and pepper jack cheeses all make excellent enchiladas.
- Additional mix-ins to try. Add these into the bowl in Step 5:
 - Fresh chopped herbs like cilantro.
 - Shredded chicken.
 - Diced ham.
 - Black olives.
 - Shredded rotisserie chicken.
 - Homemade chili.

IF YOU LIKED THIS, TRY:



Black Bean Quesadilla
Uses similar ingredients



Black Bean Soup
Also uses canned beans



Black Beans & Rice
Also uses canned beans



Spinach Ravioli Bake
Another easy baking recipe



5-Ingredient Chili
Pairs well with enchiladas



Extra Gooey Grilled Cheese
For cheese lovers

SLOW COOKER SUPERSTAR

Set It. Forget It. Feast On.





**MAKE BREAKFAST
BEFORE BED.**

APPLE CINNAMON OVERNIGHT OATS

APPLE CINNAMON OVERNIGHT OATS

Lots of overnight oats recipes get slimy or too gooey for our tastes. These slow-cooked steel-cut oats have all the creamy oatmeal flavors we love, without any of the goop.

FEATURES			TOTAL PREP TIME	TOTAL SLOW COOKER TIME	BRAIN POWER
					
Cheap	Easy Button	No Cooking Required	< 5 MINUTES	5-6 HOURS	

INGREDIENTS:

						
<input type="checkbox"/> Apples 4 medium apples	<input type="checkbox"/> Steel-cut Oats 2 cups	<input type="checkbox"/> Cinnamon 1 tsp	<input type="checkbox"/> Salt 1/2 tsp	<input type="checkbox"/> Maple Syrup 1/2 cup	<input type="checkbox"/> Water 3 cups	<input type="checkbox"/> Milk (Dairy or Non-Dairy) 3 cups

OPTIONAL INGREDIENTS:

			
<input type="checkbox"/> Honey 1/2 teaspoon	<input type="checkbox"/> Apple 1 medium	<input type="checkbox"/> Chopped Walnuts 2 Tbsp.	<input type="checkbox"/> Cinnamon Stick 1 stick

SUPPLIES YOU'LL NEED:

		
<input type="checkbox"/> Vegetable Peeler	<input type="checkbox"/> Knife	<input type="checkbox"/> Cutting Board

						
<input type="checkbox"/> Slow Cooker	<input type="checkbox"/> Non-Stick Cooking Spray	<input type="checkbox"/> Measuring Cups	<input type="checkbox"/> Measuring Spoons	<input type="checkbox"/> Measuring Cup	<input type="checkbox"/> Bowl	<input type="checkbox"/> Spoon



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?

START



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 apples gently under water.

If apples have stems, gently remove them.



STEP 4: PEEL THE APPLES.

Carefully use the vegetable peeler to peel the skins off the apples.



Warning!

Vegetable peelers are sharp. Be careful to avoid cutting your hands.



STEP 5: CHOP AND CORE THE APPLES.

Use the knife and cutting board to chop the apples into 1/2" pieces. Remove the core pieces and seeds out of the middle.

Throw the core pieces in the garbage.



STEP 6: PREP THE SLOW COOKER.

Find an outlet and plug in the slow cooker.

Set it to the lowest temperature setting for cooking the oats.

Spray the inside of the slow cooker with non-stick cooking spray to help with clean up.



STEP 7: ADD THE INGREDIENTS.

Measure and dump the steel-cut oats, cinnamon, salt, maple syrup, apples, water, and milk into the slow cooker.

Stir.

Place the slow cooker lid on.



STEP 8: COOK IT.

Set a timer for 5-6 hours and let the slow cooker do the work.



STEP 9: FINISH AND SERVE.

After cooking, stir in the slow cooker.

If desired, top with chopped apple, cinnamon sticks, honey, and nuts.

Serve immediately.

Overnight oats can be stored in the refrigerator for 5-7 days. Reheat in the microwave with a little extra milk to thin out the consistency.

VARIATIONS

- Many different seasonal fruits will work for overnight oats.
 - Bananas
 - Pumpkin
 - Pears
 - Peaches.
- Other toppings to mix in once the oats are cooked:
 - Peanut butter or almond butter.
 - Fresh berries (raspberry, blueberry, blackberry, strawberry)
 - Other chopped nuts like almonds or pecans.
 - Sunflower or pumpkin seeds
 - Chocolate chunks
 - Dried fruit like raisins, cherries, or apricots.



IF YOU LIKED THIS, TRY:



Peanut Butter Toast Topper
Another customizable breakfast option



PB & J Tacos
Uses similar ingredients



Oatmeal & Fruit Parfait
Uses similar ingredients



Rainbow Fruit Salad
For fruit lovers

A close-up photograph of a dark blue ceramic bowl filled with a slow cooker blueberry French toast. The dish is topped with several golden-brown, fried bread cubes and fresh blueberries. The bowl sits on a light brown, textured cloth. In the background, another similar bowl is visible, slightly out of focus, along with more blueberries and bread cubes on a wooden surface.

**START THE
MORNING RIGHT.**

SLOW COOKER

BLUEBERRY FRENCH TOAST

SLOW COOKER

BLUEBERRY FRENCH TOAST

Half French toast and half bread pudding.
100% tasty way to start the morning.

FEATURES			TOTAL PREP TIME	TOTAL SLOW COOKER TIME	BRAIN POWER
					
Cheap	Easy Button	No Cooking Required	< 5 MINUTES	5-6 HOURS	

INGREDIENTS:

						
<input type="checkbox"/> Sliced Bread 1/2 loaf	<input type="checkbox"/> Frozen Blueberries 1 Cup	<input type="checkbox"/> Eggs 6 medium	<input type="checkbox"/> Maple Syrup 1 Tbsp	<input type="checkbox"/> Coconut Oil 2 Tbsp	<input type="checkbox"/> Vanilla Extract 1 Tbsp	<input type="checkbox"/> Cinnamon 1 tsp

	
<input type="checkbox"/> Milk (Regular or Non-Dairy) 2 cups	<input type="checkbox"/> Lemon Juice 2 Tbsp.

OPTIONAL INGREDIENTS:

	
<input type="checkbox"/> Powdered Sugar 2 Tbsp	<input type="checkbox"/> Maple Syrup 1 Tbsp

SUPPLIES YOU'LL NEED:

			
<input type="checkbox"/> Slow Cooker	<input type="checkbox"/> Non-Stick Cooking Spray	<input type="checkbox"/> Measuring Cups	<input type="checkbox"/> Measuring Spoons
			
<input type="checkbox"/> Whisk	<input type="checkbox"/> Measuring Cup	<input type="checkbox"/> Bowl	<input type="checkbox"/> Spoon



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: PREP THE SLOW COOKER.

Find an outlet and plug in the slow cooker.

Set it to the lowest temperature setting.

Spray the inside of the slow cooker with non-stick cooking spray to help with clean up.



STEP 4: LAYER THE BREAD.

Tear each slice of bread into four pieces.

Layer the pieces on the bottom of the slow cooker.



STEP 5: ADD THE BLUEBERRIES.

Top the bread with the frozen blueberries.



STEP 7: MAKE THE EGG MIXTURE.

Crack each egg into the bowl.

Add the maple syrup, coconut oil, vanilla, cinnamon, and lemon juice to the eggs.

Whisk in the milk until the egg mixture is smooth.



STEP 7: POUR EGG MIXTURE OVER IT.

Pour the egg mixture into the slow cooker.

Stir.

Place the slow cooker lid on.



STEP 8: COOK IT.

Set a timer for 5-6 hours and let the slow cooker do the work.



STEP 8: FINISH AND SERVE.

Carefully remove the lid from the slow cooker.

Spoon out blueberry French toast onto the plate.

If desired, top with additional maple syrup and powdered sugar.

VARIATIONS

- Any soft, sliced sandwich bread can be made into slow cooker French toast. For gluten-free diets, choose a gluten-free sandwich bread.
- Customize with your favorite fruit. Try strawberries, blackberries, apples, pears, or a combination of fruits.
- Not a fan of fruit? Mix in chocolate chips, nut butter, raisins, or chopped nuts.

IF YOU LIKED THIS, TRY:



PB & J Tacos
Uses similar ingredients



Frozen Yogurt Fruit Bark
For berry lovers



Oatmeal & Fruit Parfait
Another easy breakfast option



Apple Cinnamon Overnight Oats
Another slow-cooker breakfast



Rainbow Fruit Salad
Another easy breakfast option



Eggs Three Ways
Pairs well with blueberry French toast



**ALL IN ONE
POT PIE SOLUTION.**

**SLOW COOKER
CHICKEN & BISCUITS**

SLOW COOKER CHICKEN & BISCUITS

All the fun and flavor of a chicken pot pie without the fuss of pie crust.

FEATURES			TOTAL PREP TIME	TOTAL SLOW COOKER TIME	BRAIN POWER
					
Cheap	Easy Button	No Cooking Required	15 MINUTES	4 HOURS	

INGREDIENTS:

						
<input type="checkbox"/> Boneless, Skinless Chicken Thighs 4 thighs	<input type="checkbox"/> Frozen Peas 2 Cups	<input type="checkbox"/> Frozen Broccoli 2 cups	<input type="checkbox"/> Baby Carrots 2 cups	<input type="checkbox"/> Cream of Chicken Soup 1 - 21 oz. can	<input type="checkbox"/> Refrigerated Biscuit Dough 1 can	<input type="checkbox"/> Italian Seasoning 2 Tbsp

SUPPLIES YOU'LL NEED:

		
<input type="checkbox"/> Slow Cooker	<input type="checkbox"/> Non-Stick Cooking Spray	<input type="checkbox"/> Cutting Board
		
<input type="checkbox"/> Sharp Knife	<input type="checkbox"/> Can Opener	<input type="checkbox"/> Measuring Spoons
		
<input type="checkbox"/> Timer	<input type="checkbox"/> Bowl	<input type="checkbox"/> Spoon



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?

START



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: PREP THE SLOW COOKER.

Find an outlet and plug in the slow cooker.

Set it to the highest temperature setting for cooking the chicken.

Spray the inside of the slow cooker with non-stick cooking spray to help with clean up.



STEP 4: CUT THE CHICKEN.

Using the sharp knife, slice the chicken into 1" pieces.



STEP 5: CUT THE BABY CARROTS.

Cut each baby carrot into 3-4 coins.



STEP 7: ADD THE INGREDIENTS.

Add the chicken to the slow cooker.

Add the peas, carrots, and broccoli to the slow cooker.

Add the can of cream of chicken soup.



STEP 9: STIR.

Stir the ingredients so everything is evenly coated.



STEP 10:

Place the lid on the slow cooker.

Cook for 3 hours.

Set the timer.

Warning!

This is an easy point to get distracted. Stay near the kitchen and where you can hear the timer.



STEP 11: WASH THE DISHES.

While the slow cooker is cooking the chicken and vegetables, wash any utensils and dishes that touch the raw meat.



STEP 12: ADD THE BISCUITS.

When the timer goes off, carefully remove the lid from the slow cooker.

Open the tube of refrigerated biscuit dough.

Rip the dough into small pieces and put on top of the chicken mixture in the slow cooker.



STEP 13: COOK MORE.

Replace the lid.

Cook for an additional hour or until the biscuit dough is fluffy and browned.

Set the timer.



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

STEP 5: FINISH AND SERVE.

Serve immediately.

This recipe makes 4-5 servings. Allow the remaining chicken and biscuit mixture to cool completely before storing it in an airtight container in the refrigerator. Leftovers will stay fresh for 4-5 days.

Reheat in the microwave for 1-2 minutes or until hot.

VARIATIONS

- Not a fan of broccoli, carrots, or peas? Substitute any frozen vegetable, including corn, cubed potatoes, cauliflower, mixed vegetable blend, or green beans.
- Can't find refrigerated biscuit dough? Substitute with a dry biscuit mix (like Bisquick) or use an online search engine to find a recipe to make biscuit dough from scratch. Biscuits are easy to make and take only a few basic ingredients (flour, baking powder, sugar, salt, butter, and milk)

IF YOU LIKED THIS, TRY:



Chicken Crunch Wrap
Also uses baked chicken



Easy Roasted Vegetables
Another easy vegetable recipe



BBQ Chicken Tenders
Another simple chicken recipe



Rapido Chicken Fajitas
Another simple chicken recipe



Tuna A La King
Uses similar ingredients



Slow Cooker Stuffed Peppers
Also uses the slow cooker



**A FOUR INGREDIENT
FLAVOR FIESTA.**

**SLOW COOKER
SALSA CHICKEN**

SLOW COOKER

SALSA CHICKEN

With just four ingredients, this recipe is easy on the schedule and even easier on the pocketbook.

FEATURES			TOTAL PREP TIME	TOTAL SLOW COOKER TIME	BRAIN POWER
 5 or fewer ingredients	 Easy Button	 Kid Friendly	 15 MINUTES	 4 HOURS	

INGREDIENTS:

 <input type="checkbox"/> Boneless Skinless Chicken Thighs 2 pounds (about 8)	 <input type="checkbox"/> Salt & Pepper 1/2 tsp	 <input type="checkbox"/> Salsa 1/2 cup	 <input type="checkbox"/> Shredded Mozzarella Cheese 2 cups	 <input type="checkbox"/> Baking Potato 4 medium
---	---	---	--	--

TOPPING INGREDIENTS:

 <input type="checkbox"/> Salsa 1/2 cup	 <input type="checkbox"/> Shredded Mozzarella Cheese 2 Tbsp.	 <input type="checkbox"/> Guacamole 2 Tbsp.
--	---	--

SUPPLIES YOU'LL NEED:

 <input type="checkbox"/> Slow Cooker	 <input type="checkbox"/> Non-Stick Cooking Spray	 <input type="checkbox"/> Tongs
 <input type="checkbox"/> Kitchen Timer	 <input type="checkbox"/> Plate	 <input type="checkbox"/> Two Forks
 <input type="checkbox"/> Sharp Knife		



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?

START



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 SLOW COOKER.

Find an outlet and **plug in the slow cooker**.

Set it to the highest temperature setting for cooking the chicken.

Spray the inside of the slow cooker with non-stick cooking spray to help with clean up.



STEP 4: PUT THE SALSA IN.

Add 1/2 cup of salsa to the bottom of the slow cooker.

Use the tongs to coat the bottom of the slow cooker evenly.



STEP 5: ADD THE CHICKEN.

Add the chicken to the slow cooker.

Use the tongs to flip each piece of chicken until it is evenly coated in salsa.



STEP 7: ADD THE POTATOES

Stack the potatoes on top of the chicken.



STEP 8: COOK IT.

Cover the slow cooker with the lid.

Cook on high for 4 hours.

Set the kitchen timer.



Warning!

This is an easy point to get distracted. Stay near the kitchen and where you can hear the timer.



STEP 9: WASH THE DISHES.

While the slow cooker is cooking the chicken, wash the tongs and any other dishes that touched the raw chicken.



STEP 10: REMOVE THE POTATOES.

When the timer goes off, use the tongs to carefully remove the potatoes and put them on the plate.

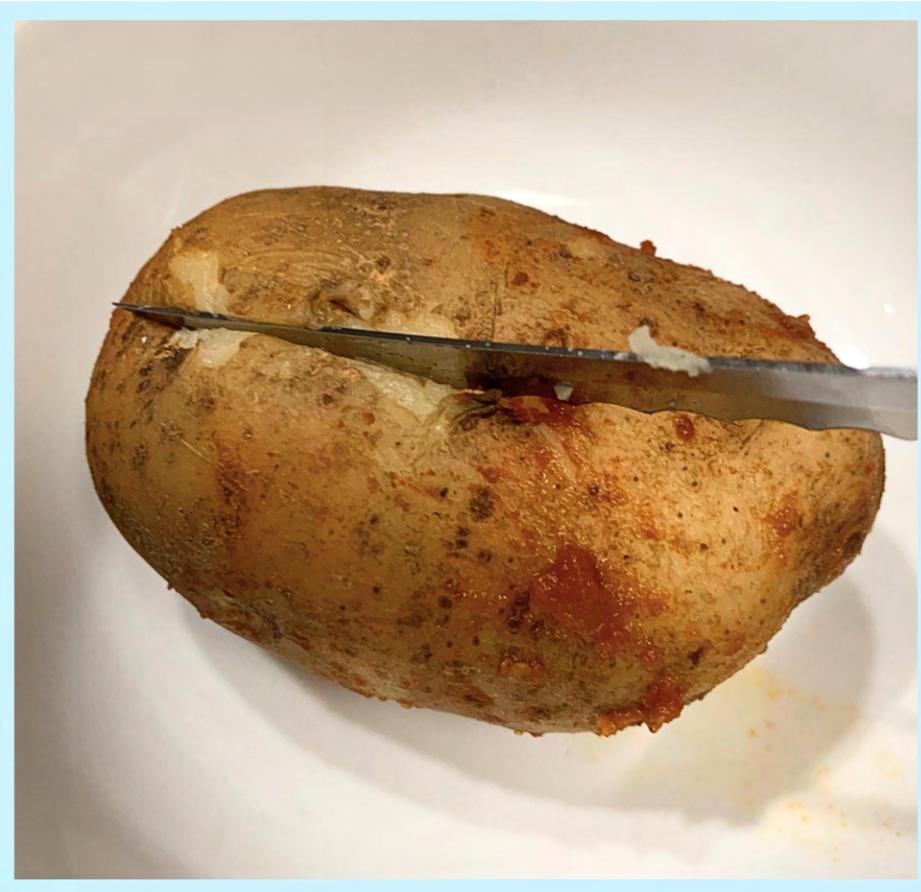
Turn off the slow cooker.



STEP 11: SHRED THE CHICKEN.

Using the two forks or your hands, carefully shred the chicken by pulling it apart.

Use the tongs to mix the shredded chicken into the remaining cooking liquid.



STEP 12: SLICE THE POTATOES.

On each plate, slice the potato in half.

Top with the shredded chicken.



STEP 11: FINISH AND SERVE.

Add topping ingredients to the potatoes and chicken.

Chicken and potatoes keep very well in the refrigerator and make great leftovers.

Allow the dish to completely cool, Spoon into a covered bowl and keep in the refrigerator for 5-7 days.

Re-heat in the microwave.

VARIATIONS

- Check out toppings for slow-cooker salsa chicken that go well with tacos.

Try:

- black beans
- chopped cilantro
- chopped green onions
- sour cream
- pickled red onions
- pickled jalapeno peppers

- Look for a thick, jarred salsa without any added sugar or preservatives.
- Not a fan of salsa? Substitute cream of chicken soup for the salsa and add butter for toppings.
- Small potatoes work best for this recipe. Larger-sized potatoes won't cook all the way through. For larger potatoes, slice them in half lengthwise prior to adding them to the slow cooker.

IF YOU LIKED THIS, TRY:



BBQ Chicken Tenders
Great for Chicken-Lovers



Black Beans and Rice
Pairs well with Slow Cooker Salsa Chicken



Slow Cooker Stuffed Peppers
Another easy slow cooker recipe



Mac & Cheese Mug
Pairs well with slow cooker salsa chicken



BBQ Pulled Pork Sandwiches
Uses similar cooking techniques



**YOUR NEW FAVORITE
WAY TO MAKE MEATBALLS.**

**SLOW COOKER
MEATBALL TORTELLINI**

SLOW COOKER

MEATBALL TORTELLINI

Meatball tortellini in the slow cooker is our Italian love language.

FEATURES			TOTAL PREP TIME	TOTAL SLOW COOKER TIME	BRAIN POWER
					
Cheap	Easy Button	Kid Friendly	10 MINUTES	3 1/2 HOURS	

INGREDIENTS:

					
<input type="checkbox"/> Frozen Fully-Cooked Italian Meatballs 1 - 12 oz bag.	<input type="checkbox"/> Uncooked Dried Cheese Tortellini 2 cups	<input type="checkbox"/> Cream of Chicken Soup 2 - 10 3/4 oz. can	<input type="checkbox"/> Water 2 1/4 cups	<input type="checkbox"/> Italian Seasoning 2 Tbsp	<input type="checkbox"/> Frozen Mixed Vegetables 2 Cups

SUPPLIES YOU'LL NEED:

		
<input type="checkbox"/> Slow Cooker	<input type="checkbox"/> Non-Stick Cooking Spray	<input type="checkbox"/> Bowl
		
<input type="checkbox"/> Spoon	<input type="checkbox"/> Can Opener	<input type="checkbox"/> Measuring Spoons
		
<input type="checkbox"/> Timer		



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?

START



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: PREP THE SLOW COOKER.

Find an outlet and plug in the slow cooker.

Set it to the highest temperature setting.

Spray the inside of the slow cooker with non-stick cooking spray to help with clean up.



STEP 4: ADD THE MEATBALLS AND PASTA.

Dump the meatballs and the tortellini into the slow cooker.



STEP 5: OPEN THE SOUP CANS.

Open each soup can. Pour into a bowl medium mixing bowl.



STEP 7: MIX THE SAUCE.

Add the Creole seasoning to the soup.

Add the water.

Stir until well combined. There may be some lumps in the soup but the water should be fully blended.



STEP 9: POUR OVER THE MEATBALLS & PASTA.

Pour the soup mixture over the meatballs and tortellini.

Stir the ingredients so everything is evenly coated.



STEP 10:

Place the lid on the slow cooker.

Cook for 3 hours on high.

Set the timer.



Warning!

This is an easy point to get distracted. Stay near the kitchen and where you can hear the timer.



STEP 11: WASH THE DISHES.

While the slow cooker is cooking the meatballs and pasta, wash any utensils and dishes that touch the raw meat.



STEP 12: ADD THE VEGETABLES.

When the timer goes off, carefully remove the lid from the slow cooker.

Open the vegetables and pour over the meatballs and pasta.



STEP 13: COOK MORE.

Replace the lid.

Set the timer for 30 minutes.

Cook until the vegetables are tender when poked with a fork.

Stir and serve.



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

STEP 5: FINISH AND SERVE.

Serve immediately.

This recipe makes 4-5 servings. Allow the remaining meatball and pasta mixture to cool completely before storing it in an airtight container in the refrigerator. Leftovers will keep for 4-5 days.

Reheat in the microwave for 1-2 minutes or until hot.

VARIATIONS

- Not a fan of broccoli, carrots, or cauliflower? Substitute any frozen vegetable, including corn, cubed potatoes, cauliflower, mixed vegetable blend, or green beans.
- Any frozen meatball choice will work in this recipe. Try plant-based protein, chicken or turkey meatballs, or regular beef/pork meatballs seasoned with different flavorings.
- If purchasing raw (non-frozen) meatballs, pre-cook them in a pan on the stovetop according to the package directions before beginning Step 4.

IF YOU LIKED THIS, TRY:



Chicken Crunch Wrap
 Also uses baked chicken



Easy Roasted Vegetables
 Another easy vegetable recipe



BBQ Chicken Tenders
 Another simple chicken recipe



Rapido Chicken Fajitas
 Another simple chicken recipe



Tuna A La King
 Uses similar ingredients



Slow Cooker Stuffed Peppers
 Also uses the slow cooker



GET YOUR HANDS
MESSY

**BBQ PULLED PORK
SANDWICHES**

BBQ CHICKEN TENDERS

A BBQ pulled pork sandwich so good, you'll be licking your fingers clean. Uses a secret ingredient you might not expect!

FEATURES			TOTAL PREP TIME	TOTAL SLOW COOKER TIME	BRAIN POWER
					
Dairy Free	Easy Button	5 or fewer ingredients	10 MINUTES	6 HOURS	

INGREDIENTS FOR THE MEAT:

		
<input type="checkbox"/> Pork Shoulder Roast 1.5 - 2 pounds	<input type="checkbox"/> Root Beer 12 oz can or bottle	<input type="checkbox"/> BBQ Sauce 1 - 18 oz. Bottle

INGREDIENTS FOR THE SANDWICH:

	
<input type="checkbox"/> Sandwich Buns 1 dozen	<input type="checkbox"/> Pickle Slices (optional)

SUPPLIES YOU'LL NEED:

						
<input type="checkbox"/> Slow Cooker	<input type="checkbox"/> Non-Stick Cooking Spray	<input type="checkbox"/> Tongs	<input type="checkbox"/> Kitchen Timer	<input type="checkbox"/> Meat Thermometer	<input type="checkbox"/> Plate	<input type="checkbox"/> Two Forks



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: PREP THE SLOW COOKER.

Find an outlet and plug in the slow cooker.

Set it to the highest temperature setting for cooking the pork.

Spray the inside of the slow cooker with non-stick cooking spray to help with clean up.



STEP 4:

Place the pork in the slow cooker.

Immediately place any dishes that were touching the pork in the dishwasher or sink.

Use soap and warm water to thoroughly wash your hands after the handling raw meat.



STEP 5: ADD THE ROOT BEER.

Pour the can of root beer over the meat.



STEP 6: LET IT COOK.

Cover and cook on low temperature for 6 hours.

Set the kitchen timer as a reminder to check the pork.



STEP 7: CHECK THE PORK.

After 6 hours, check the doneness of the pork by removing the lid and attempting to shred the pork with a fork.

If the meat quickly falls apart it's ready for the next step. If you have to use force to shred, return to Step 6 and cook for an additional 30 minutes before checking again.



STEP 8: REMOVE THE PORK.

Unplug the slow cooker.

Using tongs, carefully remove all the pork from the slow cooker and place it on a plate.

Leave as much of the root beer liquid in the bottom of the slow cooker as possible



STEP 9: DRAIN OFF THE LIQUID.

Using oven mitts, carefully remove the ceramic insert from the slow cooker and drain the root beer and cooking liquid.



STEP 10: SHRED THE PORK.

Return the ceramic insert back into the slow cooker.

Using the tongs, return the pork back into the empty ceramic insert. There's no need to wash or rinse the insert yet.

Using two forks, gently pull apart the pork, shredding it into 1-2" stringy pieces.

Remove extra pieces of fat or any bones if using bone-in pork roast.



STEP 11: ADD THE BBQ SAUCE.

Pour the bottle of BBQ sauce over the meat.

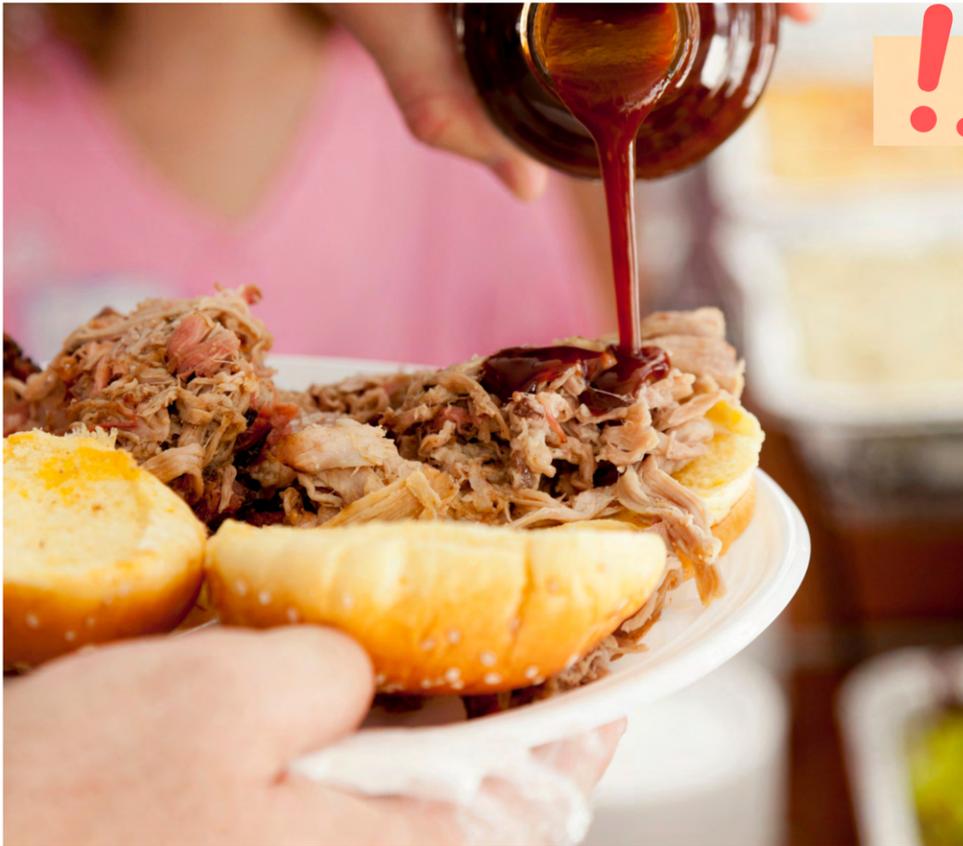
Use the forks to mix the BBQ sauce evenly across the meat.



STEP 12: KEEP WARM OR SERVE.

At this time, you can continue to keep the BBQ pork in the slow cooker on the "Keep Warm" setting (or lowest heat option) for up to 2 hours until ready to serve.

Or, the pork can be immediately served using the instructions in the next step.



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

STEP 5: FINISH AND SERVE.

Serve pork hot on a sandwich bun. Pour on extra BBQ sauce if desired. Add pickle slices if desired.

This recipe makes 6-8 servings. Extras can be refrigerated in a tightly sealed container for up to 5 days.

Reheat pork in a covered dish in the microwave for 2 minutes before assembling a sandwich.

VARIATIONS

- Not a fan of BBQ sauce? Teriyaki sauce, Hoisin sauce, or Chimichurri sauce are also good choices in place of BBQ sauce for shredded pork sandwiches.
- Not all BBQ sauces have the same flavors -- some are sweeter, others more smokey. We recommend trying a spoonful of bottled BBQ sauce before dumping it on the meat. Changing the flavors is difficult once the pork has been shredded and sauced.
- This recipe will work with a pork shoulder or butt but can also be made with a leaner pork or beef tenderloin. Tenderloins don't have as much fat, so you don't need to trim them or worry about separating the meat and fat during shredding.

IF YOU LIKED THIS, TRY:



Chicken Crunch Wrap
Another sandwich option



Easy Roasted Vegetables
Serves well with BBQ Pork



BBQ Chicken Tenders
For BBQ sauce lovers



Slow Cooker Meatball Tortellini
Another slow cooker dish



Slow Cooker Salsa Chicken
Uses similar cooking techniques

TWO-AT-A

TIME

Expand your skills with two or more cooking techniques.



A close-up photograph of a round, terracotta-style bowl filled with a creamy tuna dish. The bowl has a white interior and a brown exterior with a green decorative band. The dish consists of chunks of light-colored protein (likely chicken or tuna) in a thick, off-white sauce, garnished with sliced red, yellow, and green bell peppers and green beans. The bowl sits on a light-colored wooden surface.

**A TUNA DISH
FIT FOR A KING.**

TUNA
A LA KING

TUNA A LA KING

A smart way to use extra vegetables.

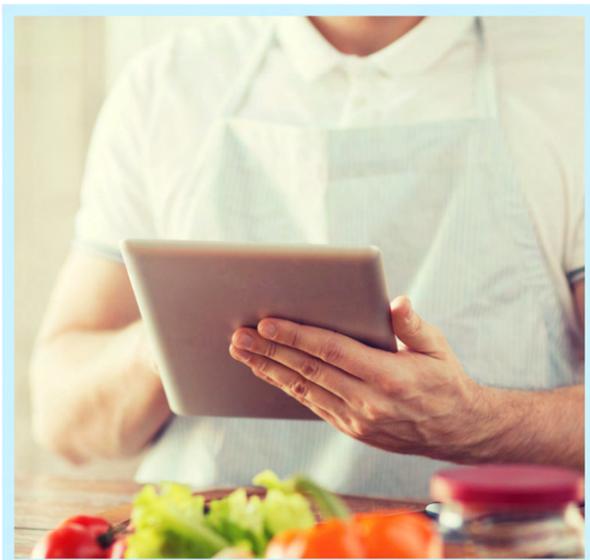
 Special Occasion Worthy	FEATURES  Easy Button	 Vegetarian	 TOTAL COOK TIME 25-30 MINUTES	BRAIN POWER 
---	--	--	---	---

INGREDIENTS:

 <input type="checkbox"/> Green Pepper 1 medium sized	 <input type="checkbox"/> Red Onion 1 small	 <input type="checkbox"/> Celery 1 stalk	 <input type="checkbox"/> Zucchini 1 medium	 <input type="checkbox"/> Butter 1/4 Cup	 <input type="checkbox"/> All Purpose Flour 1/4 Cup
 <input type="checkbox"/> Sugar 1 Teaspoon	 <input type="checkbox"/> Canned Tuna 2 cans	 <input type="checkbox"/> Chicken Broth 1 1/2 Cups	 <input type="checkbox"/> Half & Half 1/4 Cup	 <input type="checkbox"/> Mushrooms 1 - 4 oz can	 <input type="checkbox"/> Toast 6 slices

SUPPLIES YOU'LL NEED:

 <input type="checkbox"/> Cutting Board	 <input type="checkbox"/> Sharp Knife	 <input type="checkbox"/> Mixing Bowl	 <input type="checkbox"/> Large Pot	 <input type="checkbox"/> Spoon	 <input type="checkbox"/> Can Opener	 <input type="checkbox"/> Measuring Cups
--	--	--	--	---	---	---



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?

START



STEP 2: PREP YOUR SPACE.

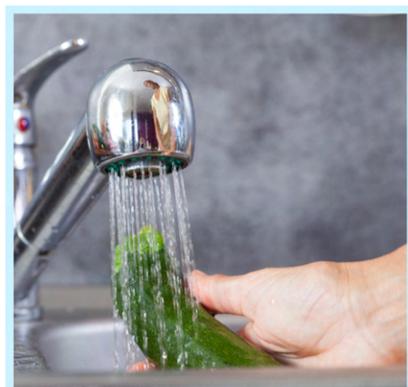
Prepare your cooking space.

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 VEGETABLES.

Place all the vegetables under water and gently scrub any dirt or debris from the surface.



STEP 4: CHOP THE VEGETABLES.

Using the knife and cutting board, carefully dice the green pepper into small pieces.

Discard the stem and seeds.

Add the chopped pepper to the bowl.



Watch out!

Vegetables cut the best with a sharp knife. Be careful!



STEP 5:

Chop the onion into small pieces.

Add to the bowl with the green pepper.



STEP 6:

Chop the celery stalk into small pieces.

Add to the bowl with the green pepper and onion.



STEP 7:

Cut the zucchini into coins and then cube into bite-sized pieces.

Add it to the bowl with the rest of the vegetables.



STEP 8: MELT THE BUTTER.

Place the butter in the pot and turn on the heat to medium.

Melt the butter in the pot.



The heat is on!

The recipe demands your full attention from here on out.



STEP 9: ADD THE VEGETABLES.

Add the vegetables and saute until the vegetables are tender, but not mushy.



STEP 10: STIR IN FLOUR & SUGAR.

Add the flour and the sugar to the pot, stirring so that it is evenly spread around the vegetables.



STEP 11: ADD THE CHICKEN BROTH.

Gradually pour in the chicken broth with one hand while slowly stirring the vegetable mixture in the other.

Stirring will prevent any lumps from forming.



STEP 12: BRING THE MIXTURE TO A BOIL.

Reduce the heat to low and bring the broth to a boil.

Boil for 1 minute as the mixture thickens.



STEP 13: STIR IN HALF & HALF.

Add the half and half to the pot.

Continue to monitor the heat so that the sauce barely bubbles.



STEP 14: ADD THE TUNA.

Open both cans of tuna and drain the liquid. Add it to the pot.

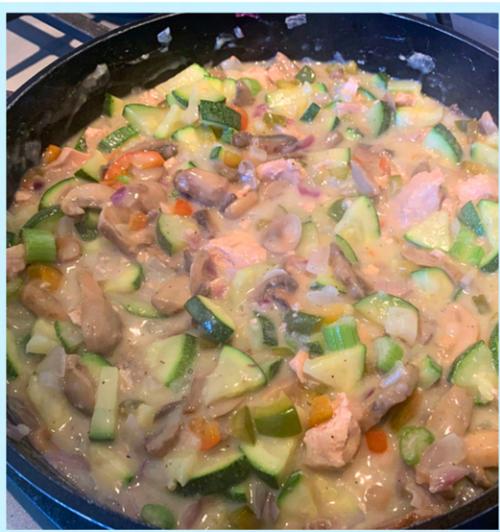


STEP 15: ADD THE MUSHROOMS.

Open the can of mushrooms, and drain the liquid. Add it to the pot.

Reduce the heat to low and bring the sauce to a boil.

Boil for 1 minute as the mixture thickens.



STEP 16: HEAT THROUGH.

Leave the heat on low, cooking for 2-3 more minutes until the tuna and mushrooms are warmed through.

While the tuna mixture is heating, make the toast.



STEP 17:

Taste the tuna mixture.

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



STEP 9: FINISH AND SERVE.

**Top each toast with a small
spoonful of tuna mixture.**

Serve immediately.

Only make as many toasts you
plan to eat.

Allow the remaining tuna to cool
completely before storing
covered in the refrigerator for 3-
4 days.

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

Answer: **Yes!**

Tuna packed in oil is too greasy for this recipe. Choose tuna packed in water and be sure to drain off all of the liquid in the can.

Tuna packed in a pouch will also work well.



VARIATIONS

- Not a fan of tuna? Leftover chopped chicken or turkey will work well in this recipe. A pre-packaged rotisserie chicken from the deli will also shred nicely in place of the tuna.
- If you prefer gluten-free options, select a gluten-free toast or skip the toast and serve it directly on a plate.
- Add extra vegetables to the mix. Try green peas, corn, or chopped carrots for variety.



IF YOU LIKED THIS, TRY:



Tuna Salad with Crackers
Also uses tuna



Slow Cooker Stuffed Peppers
Uses similar ingredients



Slow Cooker Chicken & Biscuits
For hearty meal lovers



Garlic Parmesan Carrot Fries
Pairs well with this meal

FAST AND FANCY.



CHICKEN
CORDON BLEU

CHICKEN

CORDON BLEU

There's nothing that will have you feeling 'blue' about prepping this classic dinner favorite.

FEATURES			TOTAL COOK TIME	BRAIN POWER
				
Cheap	Easy Button	Special Occasion Worthy	45 MINUTES	

INGREDIENTS:

						
<input type="checkbox"/> Brown Mustard 2 Tbsp	<input type="checkbox"/> Mayonnaise 3 Tbsp	<input type="checkbox"/> Salt & Pepper 1/4 tsp.	<input type="checkbox"/> Chicken Breast 4 boneless	<input type="checkbox"/> Panko Bread Crumbs 1 cup	<input type="checkbox"/> Sliced Ham 4 Slices	<input type="checkbox"/> Swiss Cheese 4 Slices

SUPPLIES YOU'LL NEED:

					
<input type="checkbox"/> Measuring Spoons	<input type="checkbox"/> Bowl	<input type="checkbox"/> Spoon	<input type="checkbox"/> Plate	<input type="checkbox"/> Knife	<input type="checkbox"/> Cutting Board
					
<input type="checkbox"/> Baking Dish	<input type="checkbox"/> Non-Stick Cooking Spray	<input type="checkbox"/> Kitchen Timer	<input type="checkbox"/> Meat Thermometer		



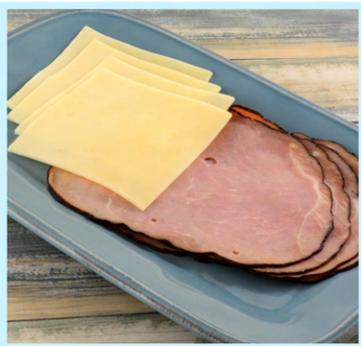
STEP 1: READ IT THROUGH.

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

Do you have all the ingredients?

Do you have all the supplies?

START



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: PRE-HEAT THE OVEN.

Turn the oven on to 375°F.



The Heat is On!

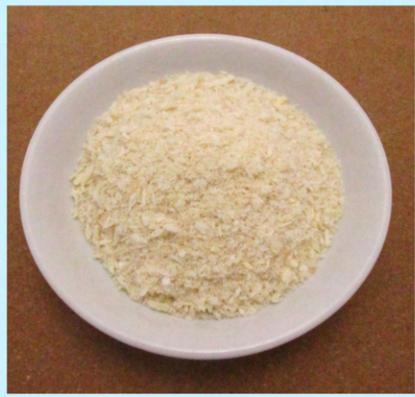
Cooking requires your full attention from this point!



STEP 4: MAKE THE SAUCE.

Place the mustard and mayonnaise in the small bowl and stir to combine.

Set this aside for Step 7.



STEP 5: PREP THE BREADING.

Spread the breadcrumbs in an even layer on the plate.

Sprinkle the salt and pepper over the top.

Set this aside for step 9.



STEP 6: STUFF THE CHICKEN.

Carefully use the knife to cut a 3-inch slice into each chicken breast.

Carefully wrap the cheese slice in the ham slice.

Stuff the slice into the pocket in the chicken.



STEP 7: COVER WITH MUSTARD MIXTURE.

Spread the mayo and mustard mixture on the top and sides of each chicken breast.



STEP 8: SPRAY THE PAN.

Cover the bottom and sides of the baking dish in nonstick cooking spray.



Warning: Raw meat!

Raw meat contains bacteria. When finished with the breading mixture, throw it away and wash any dishes that touched the raw meat.

STEP 9: BREAD IT.

Gently lay each chicken breast in the breadcrumb dish.

Use your hand to cover the top, sides, and bottom of the chicken in bread crumbs.

Lay the chicken top side up in the baking dish.

Wash your hands before proceeding.



STEP 10: BAKE IT.

Place the baking dish in the oven.

Set the kitchen timer for 25 minutes.

Bake for 25 to 30 minutes, or until the meat thermometer shows 165°F.



Warning: Keep the timer with you! This is an easy place to get distracted. Keep the timer close to you if you leave the kitchen.



STEP 11: FINISH AND SERVE.

Carefully remove the chicken from the oven.

Turn the oven off.

Place each chicken breast on a plate and serve immediately.

Leftover chicken cordon bleu can be kept in a sealed container in the refrigerator for 3-5 days. Reheat in the microwave.

VARIATIONS

- Customize with your favorite cheese - try sharp cheddar, Parmesan, or Gruyere.
- If you need a gluten-free option, substitute the panko bread crumbs for a pre-packaged gluten-free bread crumb.

IF YOU LIKED THIS, TRY:



Easy Roasted Vegetables
Pairs well with chicken



Slow Cooker Chicken & Biscuits
Another easy chicken recipe



7 Minute Baked Potato
Pairs well with chicken



Chicken Crunch Wraps
Another easy chicken recipe



Rainbow Fruit Salad
Pairs well for a special occasion

**FASTER THAN
TAKE OUT.**



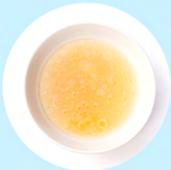
**EASY BEEF &
BROCCOLI**

EASY BEEF & BROCCOLI

Faster, healthier, and cheaper than the take-out favorite.

FEATURES			TOTAL PREP TIME	TOTAL COOK TIME	BRAIN POWER
			 5 MINUTES	 15 MINUTES	
Dairy Free	Easy Button	Kid-Friendly			

INGREDIENTS FOR THE SAUCE:

						
<input type="checkbox"/> Low Sodium Soy Sauce 2/3 Cup	<input type="checkbox"/> Chicken Broth 1/2 Cup	<input type="checkbox"/> Honey 1/4 Cup	<input type="checkbox"/> Rice Wine Vinegar 2 Tbsp.	<input type="checkbox"/> Brown Sugar 2 Tbsp.	<input type="checkbox"/> Corn Starch 1 Tbsp.	<input type="checkbox"/> Water 1/4 Cup

INGREDIENTS FOR THE STIR FRY:

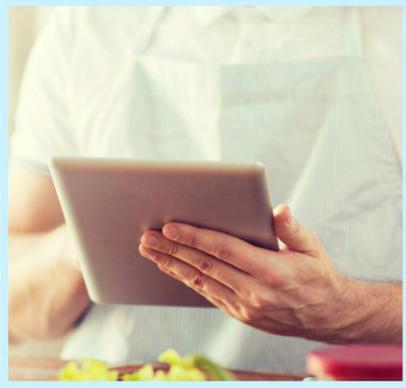
			
<input type="checkbox"/> Olive Oil 2 Tbsp.	<input type="checkbox"/> Beef Flank Steak 1-1.5 pounds	<input type="checkbox"/> Broccoli Florets 1 bag	<input type="checkbox"/> Minced Garlic 3 Tbsp.

ADD ONS:

	
<input type="checkbox"/> Red Pepper Flakes 1/4 tsp.	<input type="checkbox"/> Microwave Rice 1 packet

SUPPLIES YOU'LL NEED:

						
<input type="checkbox"/> Bowl	<input type="checkbox"/> Whisk	<input type="checkbox"/> Measuring Cups	<input type="checkbox"/> Cutting Board	<input type="checkbox"/> Knife	<input type="checkbox"/> Large Frying Pan or Wok	<input type="checkbox"/> Tongs
<input type="checkbox"/> Meat Thermometer						



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?

START



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: MAKE THE SAUCE.

In a medium bowl, add the soy sauce and chicken stock.

Whisk in the honey.

Add the rice wine vinegar.

Add the brown sugar.

Whisk cornstarch until dissolved.

Add 1/4 cup water.

Set the marinade aside while you prepare the beef.



STEP 4: SLICE THE BEEF.

Using the sharp knife, carefully slice the beef into thin pieces.



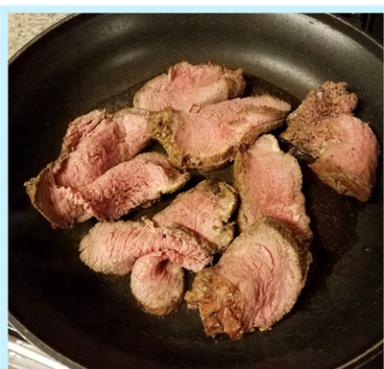
After handling raw beef, wash your hands and any dishes that touched the meat.



STEP 5: HEAT THE OIL.

Add the olive oil to the pan.

Turn on medium high heat.



STEP 6: STIR FRY THE BEEF & GARLIC.

Add the beef and garlic to the pan.

Stir fry until browned about 2 minutes.

Use the tongs to flip the beef pieces and cook for 3-4 minutes longer.



STEP 7: ADD THE BROCCOLI.

Add the broccoli to the frying pan.



Warning! If there is any water in the broccoli, it may splatter in the hot oil when added.



STEP 8: ADD THE SAUCE.

Add the soy sauce mixture into the pan with the broccoli and beef.

Use the tongs to toss the broccoli and beef so it's evenly coated in the sauce.

Cook for 3-4 minutes more.

Optional: While the beef and broccoli continues to cook, microwave the rice packet.



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

STEP 5: FINISH AND SERVE.

Serve beef and broccoli immediately (over rice if desired).

Top with crushed red pepper flakes if desired.

This recipe makes 4 servings. Extras can be refrigerated in a tightly sealed container for up to 5 days.

Reheat stir fry in a covered dish in the microwave for 1-2 minutes.

VARIATIONS

- If the sauce feels like too many steps, simplify by purchasing a premade teriyaki or stir-fry sauce packet. These can be found near the soy sauce in most supermarkets.
- Like spicy foods? Add 1 teaspoon of Sriracha and ground ginger to the sauce in Step 3.
- This recipe will work with up to 3 cups of any vegetables for an endless variety of stir-fry meals. Try mixing in these choices in Step 7 when adding the broccoli:
 - Red or Yellow Bell Pepper
 - Thinly Sliced Carrots
 - Chopped Green Beans
 - Snow Pea Pods
 - Diced Onions
 - Diced Mushrooms

IF YOU LIKED THIS, TRY:



Bacon & Egg Ramen
Another Asian-inspired meal



Easy Roasted Vegetables
For vegetable lovers



BBQ Chicken Tenders
For soy sauce lovers



Meatball Tortellini
Uses similar Ingredients



Slow Cooker Salsa Chicken
Uses similar cooking skills



SHORT ON PREP TIME
NOT ON FLAVOR.

RÁPIDO

CHICKEN FAJITAS

222

RÁPIDO

CHICKEN FAJITAS

One of our all time favorite dinners - topped with lots of flavor without a lot of cooking fuss.

FEATURES				TOTAL COOK TIME	BRAIN POWER
				 30-45 MINUTES	
Cheap	Easy Button	Dairy Free	Special Occasion Worthy		

INGREDIENTS:

						
<input type="checkbox"/> Red Onion 1 medium	<input type="checkbox"/> Bell Peppers 3 (red green or orange)	<input type="checkbox"/> Chicken Breast 3 boneless	<input type="checkbox"/> Lime Juice 3 Tbsp.	<input type="checkbox"/> Taco Seasoning 1 packet	<input type="checkbox"/> Flour Tortilla Shells 8 shells	<input type="checkbox"/> Olive Oil 2 Tbsp.

SUPPLIES YOU'LL NEED:

		
<input type="checkbox"/> Cutting Board	<input type="checkbox"/> Knife	<input type="checkbox"/> Bowl
		
<input type="checkbox"/> Measuring Spoons	<input type="checkbox"/> Plate	<input type="checkbox"/> Wooden Spoon
		
<input type="checkbox"/> Frying Pan	<input type="checkbox"/> Meat Thermometer	<input type="checkbox"/> Kitchen Timer



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?

START



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 ONION.

Use the knife and cutting board to cut the onion in half, and then cut each half into thin slices.

Place the onion slices in a bowl.



STEP 4: CUT THE PEPPERS.

Use the knife and cutting board to cut bell peppers into thin slices.

Place the pepper slices in the bowl with the sliced onion.



STEP 5: PREP THE CHICKEN.

Use the knife and cutting board to cut the chicken into thin slices, approximately 1" thick.



Warning: Raw meat!

Raw meat contains bacteria. When finished with the breading mixture, throw it away and wash any dishes that touched the raw meat.



STEP 6: SEASON THE CHICKEN.

Sprinkle the chicken with lime juice.

Spoon taco seasoning onto the chicken strips.



STEP 7: HEAT THE OIL.

Place the olive oil in the frying pan.

Turn on the stove to medium-high heat.

Heat for 1 minute.



The Heat is On!

Cooking requires your full attention from this point on.



STEP 8: COOK THE CHICKEN.

Add the chicken to the frying pan.

Cook for 5-7 minutes or until evenly cooked through.

When cooked, remove the chicken and place it on a clean plate.



STEP 9: COOK THE VEGGIES.

Add the peppers and onions to the frying pan.

Cook for 4-5 minutes or until vegetables are soft, but not mushy or burned.



STEP 10: ADD THE CHICKEN.

Add the chicken back into the frying pan.

Stir with the peppers and onions to evenly mix.

Heat 1-2 minutes more or until chicken is warmed to 165°F.



STEP 8: FINISH AND SERVE.

Turn off the stove.

Carefully remove the chicken and vegetables from the pan.

Place chicken and vegetable mixture in a tortilla shell.

Serve immediately.

Leftover chicken fajitas can be kept in a sealed container in the refrigerator for 3-5 days. Reheat the chicken separately from the tortilla shells in the microwave.

VARIATIONS

- Chicken fajitas can be customized with any of your favorite taco toppings. After the finish and serve step, add:
 - Chopped cilantro
 - Shredded cheese
 - Sour Cream
 - Guacamole
 - Chopped avocado
 - Lettuce, spinach, or greens
- If you need a gluten-free option, substitute corn tortilla shells for the flour shells.

IF YOU LIKED THIS, TRY:



Easy Roasted Vegetables
Another veggie lovers recipe



Slow Cooker Chicken & Biscuits
Another easy chicken recipe



Chicken Cordon Bleu
Another easy chicken recipe



Chicken Crunch Wraps
Another easy chicken recipe



Black Bean Enchiladas
Pairs well with chicken fajitas

OUR FAVORITE
LUNCH DATE



CHICKEN CRUNCH WRAPS

CHICKEN CRUNCH WRAPS

In 15 minutes, this kid-friendly recipe will quickly become a go-to favorite for your entire family.

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

INGREDIENTS:

					
<input type="checkbox"/> Breaded Chicken Tenders 8 tenders	<input type="checkbox"/> Coleslaw Mix 2 cups	<input type="checkbox"/> Sweet Chili Sauce 1/2 cup	<input type="checkbox"/> Green Onions 2 onions	<input type="checkbox"/> Soy Sauce 1 tsp	<input type="checkbox"/> Flour Tortillas 4 tortillas

OPTIONAL INGREDIENTS:

	
<input type="checkbox"/> Dry Roasted Peanuts 1/2 cup	<input type="checkbox"/> Chopped Cilantro 2 Tbsp.

SUPPLIES YOU'LL NEED:

							
<input type="checkbox"/> Baking Sheet	<input type="checkbox"/> Mixing Bowl	<input type="checkbox"/> Large Spoon	<input type="checkbox"/> Knife	<input type="checkbox"/> Cutting Board	<input type="checkbox"/> Measuring Spoons	<input type="checkbox"/> Timer	<input type="checkbox"/> Oven Mitt



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?

START



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:

Preheat the oven to 425°F.



Warning - The Heat is On!

After this step, cooking requires your full attention.



STEP 4: COOK THE CHICKEN.

Place the chicken on the baking sheet.

Set the timer for 18 minutes.

Bake until the tenders are golden brown and hot.

While the chicken is baking, make the slaw below.



STEP 5: MIX THE SLAW.

Place the coleslaw mix in a bowl.

Add the sweet chili sauce and soy sauce to the bowl.

Toss with the spoon to combine and evenly coat the coleslaw mix.



STEP 6: ADD THE ONIONS.

Use the cutting board and knife to chop the green onions into small pieces.

Add them to the bowl and combine with the coleslaw mix.



STEP 7: TAKE OUT THE CHICKEN.

When the timer goes off, use the oven mitts to carefully take the enchilada pan out of the oven.

Remember to turn the oven off!



STEP 8: MAKE THE WRAPS.

Place a tortilla shell on the plate.

Add two chicken tenders to the shell. (Be careful; they will be hot!)

Top with the coleslaw mix.

Add chopped cilantro and dry roasted peanuts (optional).

Wrap up the shell.



STEP 9: FINISH AND SERVE.

Repeat Step 8 for the remainder of the wraps.

Serve immediately.

Wraps will become soggy in the refrigerator. This recipe is not recommended for leftovers.

Store extra coleslaw in the refrigerator for up to 7 days and bake new chicken tenders each time.

VARIATIONS

- Wraps can be made in many different ways. Try these substitutes and combinations to mix up the flavors of your wrap.
 - Fresh chopped herbs like parsley or rosemary instead of cilantro.
 - Shredded rotisserie chicken instead of breaded chicken tenders.
 - Diced ham or turkey lunch meat.
 - Shredded BBQ pulled pork.
 - Mayonnaise and mustard instead of sweet chili sauce.

IF YOU LIKED THIS, TRY:



Black Bean Quesadilla
Uses similar ingredients



Rapido Chicken Fajitas
Another easy chicken recipe



BBQ Chicken Tenders
Make your own chicken tenders for the wraps



5-Ingredient Chili
Pairs well with chicken wraps



Garlic Parmesan Carrot Fries
Pairs well with chicken wraps

WOW FACTOR.

Show-stopper recipes that can impress
even your toughest food critic.



**EGG-XACTLY
THE OMELET
RECIPE YOU NEED.**



SLOW COOKER VEGGIE OMELET

SLOW COOKER

VEGGIE OMELET

No cooking is required in this "set-it-and-forget-it" savory breakfast perfect for your next brunch

FEATURES			TOTAL PREP TIME	TOTAL SLOW COOKER TIME	BRAIN POWER
			 < 10 MINUTES	 2 HOURS	
Cheap	Easy Button	No Cooking Required			

INGREDIENTS FOR THE OMELET:

						
<input type="checkbox"/> Red Pepper 1 small	<input type="checkbox"/> Onion 1 small	<input type="checkbox"/> Broccoli Florets 1 cup	<input type="checkbox"/> Eggs 8 large eggs	<input type="checkbox"/> Milk (Regular or Non-Dairy) 1/2 cup	<input type="checkbox"/> Parmesan Cheese 1/4 cup grated	<input type="checkbox"/> Italian Seasoning 1 Tbsp

		
<input type="checkbox"/> Garlic Powder 1/2 tsp	<input type="checkbox"/> Chili Powder 1/2 tsp	<input type="checkbox"/> Salt & Pepper 1 tsp

FOR THE TOP:

		
<input type="checkbox"/> Cheddar Cheese 1 Cup	<input type="checkbox"/> Green Onion 1 cup	<input type="checkbox"/> Fresh Parsley 1 Tbsp

SUPPLIES YOU'LL NEED:

			
<input type="checkbox"/> Cutting Board	<input type="checkbox"/> Sharp Knife	<input type="checkbox"/> Slow Cooker	
			
<input type="checkbox"/> Non-Stick Cooking Spray	<input type="checkbox"/> Bowl	<input type="checkbox"/> Whisk	<input type="checkbox"/> Measuring Spoons



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?

START



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.**

Reread the recipe, **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 SLOW COOKER.

Find an outlet and **plug in the slow cooker.**

Set it to the lowest temperature setting.

Spray the inside of the slow cooker with non-stick cooking spray to help with clean up.



STEP 4: CHOP THE VEGETABLES.

Chop the onion, red pepper, and broccoli into 1" pieces.

Place the chopped vegetables in the bottom of the slow cooker.



STEP 5:

Crack the eggs into the mixing bowl.



STEP 6: MAKE THE EGG MIXTURE.

Whisk the eggs into the milk until the yolks blend evenly.

Add the parmesan.

Add the salt, black pepper, Italian Seasoning, garlic powder, and chili powder.

Whisk until evenly blended.



STEP 7: POUR EGG MIXTURE OVER VEGGIES

Pour the egg mixture into the slow cooker.

Place the slow cooker lid on.



STEP 8: COOK IT.

Set a timer for 2 hours and let the slow cooker do the work.



STEP 8: FINISH AND SERVE.

Carefully remove the lid from the slow cooker.

Spoon out the omelet onto a plate.

If desired, add cheese, green onions, and fresh parsley.

This recipe is best served fresh. Left-over eggs don't reheat the best in the microwave, but if needed, store the leftovers in a covered dish in the refrigerator for up to 3 days.

VARIATIONS

- Customize with your favorite vegetables. Try adding any of the following to the slow cooker:
 - Mushrooms
 - Asparagus
 - Cherry tomatoes
 - Cubed butternut squash
- If you enjoy meat, add fully cooked bacon, crumbled breakfast sausage, or sliced pepperoni.
- Mix up cheeses for a variation:
 - Sharp Cheddar
 - Swiss Cheese
 - Smoked Gouda

IF YOU LIKED THIS, TRY:



PB & J Tacos
Uses similar ingredients



Blueberry French Toast
Another slow cooker breakfast



Oatmeal & Fruit Parfait
Another easy breakfast option



Apple Cinnamon Overnight Oats
Another slow cooker breakfast



Rainbow Fruit Salad
Another easy breakfast option



Eggs Three Ways
For egg lovers



**DELICIOUS AND
SATISFYING**

SLOW COOKER STUFFED PEPPERS

SLOW COOKER

STUFFED PEPPERS

Full color and full flavor, this recipe takes out the extra work of traditional stuffed peppers.

FEATURES			TOTAL PREP TIME	TOTAL SLOW COOKER TIME	BRAIN POWER
			 15 MINUTES	 4 HOURS	
Vegetarian	Easy Button	Gluten-Free			

INGREDIENTS:

						
<input type="checkbox"/> Bell Pepper 2 pounds (about 8)	<input type="checkbox"/> Microwaveable Rice 1 packet	<input type="checkbox"/> Corn 1 can	<input type="checkbox"/> Onion 1/2 cup	<input type="checkbox"/> Black Beans 1 can	<input type="checkbox"/> Tomato 1/2 cup	<input type="checkbox"/> Salsa 1/2 cup

	
<input type="checkbox"/> Shredded Cheddar Cheese 2 cups	<input type="checkbox"/> Vegetable Stock 1/2 cup

SUPPLIES YOU'LL NEED:

			
<input type="checkbox"/> Cutting board	<input type="checkbox"/> Sharp Knife	<input type="checkbox"/> Slow Cooker	<input type="checkbox"/> Non-Stick Cooking Spray
			
<input type="checkbox"/> Mixing Bowl	<input type="checkbox"/> Wooden Spoon	<input type="checkbox"/> Plate	
			
<input type="checkbox"/> Tongs	<input type="checkbox"/> Kitchen Timer		



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?

START



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 SLOW COOKER.

Find an outlet and plug in the slow cooker.

Set it to the highest temperature setting for cooking the peppers.

Spray the inside of the slow cooker with non-stick cooking spray to help with clean up.



STEP 4:
**HOLLOW OUT
THE PEPPERS.**

Turn a bell pepper on its side.

Using a sharp knife, cut the top off the pepper. Throw the top away.

Using a spoon, scoop out the seeds and pulp from the pepper.

Repeat with each pepper.



STEP 5: PUT PEPPERS IN SLOW COOKER.

Line up the bell peppers upright in the bottom of the slow cooker.



STEP 7: MICROWAVE THE RICE.

Follow the instructions on the rice packet and prepare the rice.

Place it in the mixing bowl.



STEP 8: CHOP THE ONION & TOMATO.

Use the cutting board and knife again to chop the onion and the tomato into 1/2" pieces.

Add the onion and tomato to the mixing bowl with the rice.



STEP 9: MAKE THE STUFFING MIXTURE.

Add the corn and beans to the mixing bowl with the rice, tomatoes, and onions.

Use the wooden spoon to blend it together.

Pour in the salsa.



STEP 10: STUFF THE PEPPERS.

Using a spoon, stuff each bell pepper with the rice, bean, and corn mixture.



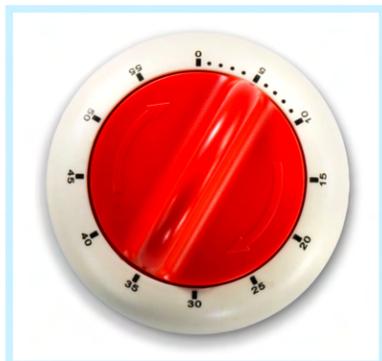
STEP 11: TOP WITH CHEESE.

Cover each pepper with the shredded cheddar cheese.



STEP 12: POUR BROTH IN.

Carefully pour the vegetable broth into the bottom of the slow cooker



STEP 13: COOK IT.

Place the cover on the slow cooker.

Set the timer for 4 hours.



Warning!

This is an easy point to get distracted. Stay near the kitchen and where you can hear the timer.



STEP 11: FINISH AND SERVE.

When the timer goes off, remove the stuffed peppers from the slow cooker and serve immediately.

Stuffed peppers keep very well in the refrigerator and make great leftovers.

Allow the dish to completely cool. Spoon into a covered bowl and keep in the refrigerator for 5-7 days. Reheat in the microwave.

VARIATIONS

- Check out toppings for slow-cooker stuffed peppers that go well with tacos. Try:
 - black beans
 - chopped cilantro
 - chopped green onions
 - sour cream
 - pickled red onions
 - pickled jalapeno peppers
- Look for a thick, jarred salsa without any added sugar or preservatives.
- Mix up different types of peppers for variation - try these varieties:
 - Poblano
 - Ancho
 - Sweet Banana

IF YOU LIKED THIS, TRY:



BBQ Chicken Tenders

Pairs well with Stuffed peppers



Black Beans and Rice

Uses similar ingredients



Slow Cooker Salsa Chicken

Another easy slow cooker recipe



Meatball Tortellini

Another easy slow cooker recipe



BBQ Pulled Pork Sandwiches

Uses similar cooking techniques



**STEP-BY-STEP
POT ROAST**

PORTOBELLO POT ROAST

248

PORTOBELLO POT ROAST

A quick and simple to prep pot roast with a savory comfort-food gravy

FEATURES			TOTAL PREP TIME	TOTAL SLOW COOKER TIME	BRAIN POWER
			 10 MINUTES	 2-3 HOURS	
Cheap	Easy Button	Kid Friendly			

INGREDIENTS FOR THE ROAST:

					
<input type="checkbox"/> Potatoes 1 1/2 pounds	<input type="checkbox"/> Baby Bella Mushrooms 1 pound	<input type="checkbox"/> Onions 2 cups	<input type="checkbox"/> Carrots 2 large	<input type="checkbox"/> Garlic 4 cloves	<input type="checkbox"/> Vegetable Broth 2 1/2 cups

INGREDIENTS FOR GRAVY:

					
<input type="checkbox"/> Worcestershire Sauce 2 Tbsp	<input type="checkbox"/> Dry Red Wine 1/2 cup	<input type="checkbox"/> Salt & Pepper 1/2 cup	<input type="checkbox"/> Dried Thyme 2 Tbsp	<input type="checkbox"/> Vegetable Broth 1/2 cup	<input type="checkbox"/> Corn Starch 2 Tbsp

SUPPLIES YOU'LL NEED:

					
<input type="checkbox"/> Collander	<input type="checkbox"/> Vegetable Peeler	<input type="checkbox"/> Slow Cooker	<input type="checkbox"/> Non-Stick Cooking Spray	<input type="checkbox"/> Cutting Board	<input type="checkbox"/> Sharp Knife
					
<input type="checkbox"/> Bowl	<input type="checkbox"/> Whisk	<input type="checkbox"/> Measuring Spoons	<input type="checkbox"/> Measuring Cups	<input type="checkbox"/> Timer	



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?

START



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: PREP THE SLOW COOKER.

Find an outlet and **plug in the slow cooker**.

Set it to the highest temperature setting for cooking the pot roast.

Spray the inside of the slow cooker with non-stick cooking spray to help with clean up.



STEP 4: WASH THE PRODUCE.

Wash the **potatoes, mushrooms, and carrots**.



STEP 5: PEEL AND CUT THE POTATOES.

Use the vegetable peeler to peel the potatoes.

Cut the potatoes into 1 1/2" pieces.

Add them to the bowl of the slow cooker.



STEP 6: CUT THE MUSHROOMS.

Cut the mushrooms in half.

Add them to the bowl of the slow cooker.



STEP 7: CUT THE ONIONS.

Cut the onions into 1 1/2" pieces.

Add them to the bowl of the slow cooker with the mushrooms and potatoes.



STEP 8: PEEL & CUT THE CARROTS.

Use the vegetable peeler to peel the carrots.

Cut the carrots into 1 1/2" pieces.

Add them to the bowl of the slow cooker.



STEP 9: ADD THE GARLIC.

Chop the garlic.

Add it to the bowl of the slow cooker with the rest of the vegetables.



STEP 10: ADD THE SEASONINGS.

Add the thyme, vegetable stock, wine, tomato paste, and Worcestershire to the bowl of the slow cooker.



STEP 11:

Place the lid on the slow cooker.

Cook for 3 hours on high.

Set the timer.



Warning!

This is an easy point to get distracted. Stay near the kitchen and where you can hear the timer.



STEP 11: WASH THE DISHES.

While the slow cooker is cooking the mushrooms and vegetables, wash the dishes and tidy up the kitchen.

This will save time later on clean up.



STEP 12: MAKE THE GRAVY.

Pour the vegetable broth into a bowl.

Whisk in the cornstarch.

Add the liquid to the slow cooker.

Gently stir it in.



STEP 13: COOK MORE.

Replace the lid.

Set the timer for 3 minutes.

Cook until the sauce thickens.

Stir and serve.



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

STEP 5: FINISH AND SERVE.

Serve immediately.

This recipe makes 4-5 servings.

Allow the remaining pot roast to cool completely before storing it in an airtight container in the refrigerator. Leftovers will keep for 4-5 days.

Reheat in the microwave for 1-2 minutes or until hot.

VARIATIONS

- Not a fan of carrots or potatoes? Substitute any raw vegetable, including corn, broccoli, cauliflower, mixed vegetable blend, or green beans.
- If you'd enjoy meat, add fully cooked frozen beef, chicken or turkey meatballs, or regular beef/pork meatballs seasoned with different flavorings.
- If purchasing raw (non-frozen) meatballs, pre-cook them in a pan on the stovetop according to the package directions before beginning Step 4.

IF YOU LIKED THIS, TRY:



Meatball Tortellini
Uses similar cooking process



Easy Roasted Vegetables
Another easy vegetable recipe



BBQ Chicken Tenders
Pairs well with pot roast



Rapido Chicken Fajitas
Another simple chicken recipe



Slow Cooker Stuffed Peppers
Also uses the slow cooker

**MAKE SOME
MARINARA MAGIC.**



**MOZZARELLA
TORTELLINI BAKE**

MOZZARELLA TORTELLINI BAKE

Indulge in Cheesy Bliss. This Irresistible Tortellini Bake is Mozzarella & Marinara Magic.

FEATURES				TOTAL COOK TIME	BRAIN POWER
					
Easy Button	5 Ingredients or Less	Kid Friendly	Vegetarian	30-40 MINUTES	

INGREDIENTS:

				
<input type="checkbox"/> Marinara Sauce 24 oz jar	<input type="checkbox"/> Uncooked Fresh Cheese Tortellini 1 pound	<input type="checkbox"/> Shredded Mozzarella Cheese 1 cup	<input type="checkbox"/> Fresh Basil 1/4 cup	<input type="checkbox"/> Fresh Mozzarella 4 oz.

SUPPLIES YOU'LL NEED:

		
<input type="checkbox"/> 9 X 9 Square Baking Dish	<input type="checkbox"/> Non-Stick Cooking Spray	<input type="checkbox"/> Stock Pot
		
<input type="checkbox"/> Spoon	<input type="checkbox"/> Collander	<input type="checkbox"/> Mixing Bowl
		
<input type="checkbox"/> Timer	<input type="checkbox"/> Oven Mitts	



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?

START



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: PRE-HEAT THE OVEN.

Open the oven. Check that the main baking rack is in the center of the oven.

Preheat the oven to 350 Degrees Fahrenheit.



The heat is on!

From this point on, make sure cooking takes your full attention.



STEP 4: BOIL WATER.

Fill the stock pot with water to 2" from the top.

Bring the water to a boil on the stove.

While the water is coming to a boil, continue to the next steps.



STEP 5: PREP THE BAKING DISH.

Evenly coat the baking dish with cooking spray.



STEP 6: MIX THE SAUCE.

Pour the sauce into the mixing bowl.

Add the shredded mozzarella cheese.



STEP 7: BOIL THE TORTELLINI.

When the water comes to a boil, add the tortellini.

Set the timer for 3 minutes.

Cook and stir the tortellini. Be careful as the water and steam are hot!

When the timer goes off, turn off the stove.

Drain the water.



Warning!

This is an easy point to get distracted. Stay near the kitchen and where you can hear the timer.



STEP 8: ADD THE PASTA.

Add the cooked tortellini to the bowl with the sauce and cheese.

Mix to evenly coat the pasta.



STEP 9: POUR IN BAKING DISH.

Pour the tortellini mix into the baking dish and evenly spread it around.



STEP 10: TOP WITH CHEESE & BASIL.

Top the tortellini and sauce mix with the fresh mozzarella and basil leaves.



STEP 11: BAKE IT.

Carefully place the baking dish on rack of the oven.

Set the timer for 40 minutes. Bake the dish until the ravioli are heated through and the cheese is melted and golden brown.

Warning!
This is an easy point to get distracted. Stay near the kitchen and where you can hear the timer.



STEP 12: WASH THE DISHES.

While the tortellini is baking, wash the dishes and tidy up the kitchen.

This will save time later on clean up.



STEP 13: REMOVE FROM OVEN.

When the timer goes off, use the oven mitts to carefully remove the baking dish from the oven.

Turn off the oven.



STEP 14: FINISH AND SERVE.

Serve immediately.

This recipe makes 4-5 servings. Allow the remaining pasta mixture to cool completely before storing it in an airtight container in the refrigerator. Leftovers will keep for 4-5 days.

Reheat in the microwave for 1-2 minutes or until hot.

VARIATIONS

- Are you a fan of broccoli, carrots, or cauliflower? Add 1-2 cups of vegetables prior to baking.
- Add frozen meatballs to the baking dish before baking for a meat-based entree. Try plant-based protein, chicken or turkey meatballs, or regular beef/pork meatballs seasoned with different flavorings.

IF YOU LIKED THIS, TRY:



Spinach Ravioli Bake
Uses similar ingredients



Cucumber Feta Salad
Pairs well with pasta



Easy Roasted Vegetables
Another easy baking recipe



Meatball Tortellini
For Tortellini Lovers



ELEVATE YOUR
SNACKING GAME

GARLIC PARMESAN CARROT FRIES

GARLIC PARMESAN CARROT FRIES

Crispy perfection meets bold flavors. This is smart snacking at its finest.

FEATURES				TOTAL COOK TIME	BRAIN POWER
				 30 MINUTES	
Cheap	Gluten Free	Easy Button	Vegetarian		

INGREDIENTS:

					
<input type="checkbox"/> Carrots 4 large	<input type="checkbox"/> Vegetable Oil 2 Tbsp.	<input type="checkbox"/> Grated Parmesan 1/2 Cup	<input type="checkbox"/> Garlic Powder 2 Tbsp.	<input type="checkbox"/> Parsley 1/2 Cup	<input type="checkbox"/> Salt and Pepper 1 tsp.

SUPPLIES YOU'LL NEED:

					
<input type="checkbox"/> Baking Dish	<input type="checkbox"/> Non-Stick Cooking Spray	<input type="checkbox"/> Cutting Board	<input type="checkbox"/> Sharp Knife	<input type="checkbox"/> Mixing Bowl	<input type="checkbox"/> Measuring Spoons
					
<input type="checkbox"/> Spoon	<input type="checkbox"/> Kitchen Timer	<input type="checkbox"/> Oven Mitts			



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?

START



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: PRE-HEAT THE OVEN.

Open the oven. Check that the main baking rack is in the center of the oven.

Preheat the oven to 400 Degrees Fahrenheit.

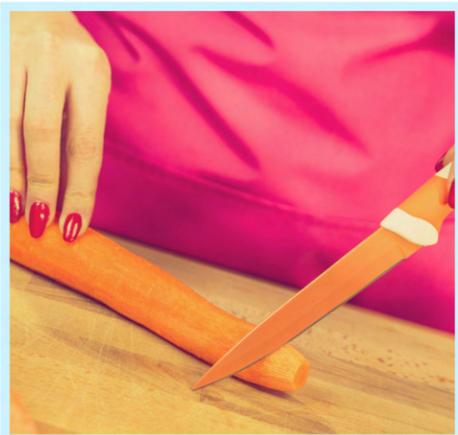


The heat is on!
From this point on, make sure cooking takes your full attention.



STEP 4: PREP THE BAKING SHEET.

Spray the baking sheet with an even layer of non-stick cooking spray.



STEP 5:

Using the cutting board and knife, cut the top and bottom off of the carrots.



STEP 6: SLICE THE CARROTS.

Slice the carrots in half, and then cut each half into halves lengthwise to form fries.

Place the carrots in the mixing bowl.



STEP 7: ADD THE SEASONINGS.

Pour in oil.

Add parmesan cheese, garlic powder, salt, and pepper to the bowl.



STEP 8: SPREAD ON THE BAKING SHEET.

Spread the carrots in an even layer on the baking sheet.



STEP 9: BAKE IT.

Carefully place the baking sheet on rack of the oven.

Set the timer for 15 minutes. Bake the dish until the fries are browned and start to become crispy.



Warning!

This is an easy point to get distracted. Stay near the kitchen and where you can hear the timer.



STEP 10: CHOP THE PARSLEY.

While the fries are cooking, chop the parsley.



STEP 13: REMOVE FROM OVEN.

When the timer goes off, use the oven mitts to carefully remove the baking sheet from the oven.

Turn off the oven.



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

STEP 5: FINISH AND SERVE.

Sprinkle the fries with additional salt and fresh parsley.

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

Reheat fries in a covered dish in the microwave for 30-45 seconds.

VARIATIONS

- Like a good dipping sauce? Try ranch dressing, Caesar salad dressing, BBQ, and ketchup for the carrot fries.
- This recipe can also be made with raw potatoes, sweet potatoes, zucchini, or beets. Cooking times may vary.

IF YOU LIKED THIS, TRY:



Chicken Crunch Wrap
Pairs well with carrot fries



Easy Roasted Vegetables
Another easy vegetable recipe



BBQ Chicken Tenders
Pairs well with carrot fries



Slow Cooker Meatball Tortellini
Also uses carrots



BBQ Pulled Pork Sandwiches
Pairs well with carrot fries

SPECIAL OCCASIONS & SWEET TOOTH

Celebrate in style with these healthy desserts



**SAVOR EVERY
HUE.**



**FANCY
FRUIT KABOBS**

FANCY

FRUIT KABOBS

Experience a taste of the rainbow with these skewers of joy

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 Tbsp	<input type="checkbox"/> Cantaloupe 2 Cups	<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

OPTIONAL:	SUPPLIES YOU'LL NEED:
	
<input type="checkbox"/> Strawberries 1/4 Cup	<input type="checkbox"/> Sharp Knife
	
<input type="checkbox"/> Fruit Dip 1 cup	<input type="checkbox"/> Serving Tray



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?

START



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 6: SKEWER THE FRUIT.

Take one piece of fruit at a time, and push the wooden skewer into the center of the piece of fruit.

Choose another type of fruit, and push it tightly on the skewer against the first piece.

Repeat until the skewer is filled with fruit.



STEP 7: FINISH AND SERVE.

Spoon the fruit dip into a small cup aside the fruit (optional) and serve immediately.

Fruit kabobs can be made ahead 4-6 hours (make in the morning for lunch, etc.) 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 kabobs. Mix in these options:
 - Red: raspberries, cherries
 - Orange/Yellow: mango, orange slices, papaya, peaches
 - Green: green grapes, Granny Smith apple slices, honeydew melon, sliced pears
 - Blue/Purple: red or black grapes, blackberries
- For an extra sweet option, add a mini marshmallow or a bite of chocolate brownie to the skewer. Or try a drizzle of chocolate sauce
- There are lots of different ways to display the fruit skewers for a special occasion dessert or dish to pass at a potluck party. Check out these for inspiration:



IF YOU LIKED THIS, TRY:



Cucumber Feta Salad
Pairs well with fruit



Rainbow Fruit Salad
Uses similar ingredients



Charcuterie
Another easy no-cook lunch



Peanut Butter Toast Toppers
Another way to use any extra fruit



**WHISK.
MIX.
BAKE.**

**3 INGREDIENT
PEANUT BUTTER COOKIES**

3 INGREDIENT PEANUT BUTTER COOKIES

Irresistible peanut butter cookies are as easy as 1-2-3!

 <p>Dairy Free</p>	FEATURES	 <p>Easy Button</p>	 <p>3 ingredients or less</p>	 <p>Kid Friendly</p>	TOTAL COOK TIME  <p>35-40 MINUTES</p>	BRAIN POWER 
---	-----------------	--	--	---	---	---

INGREDIENTS:

 <input type="checkbox"/> Large Egg 1 egg	 <input type="checkbox"/> Peanut Butter 1 Cup	 <input type="checkbox"/> Granulated Sugar 1 Cup
--	--	---

SUPPLIES YOU'LL NEED:

 <input type="checkbox"/> Baking Sheet	 <input type="checkbox"/> Parchment Paper	 <input type="checkbox"/> Whisk	 <input type="checkbox"/> Large Mixing Bowl	 <input type="checkbox"/> Measuring Cups	 <input type="checkbox"/> Ice cream scoop (or spoon)	 <input type="checkbox"/> Fork
 <input type="checkbox"/> Kitchen Timer	 <input type="checkbox"/> Spatula	 <input type="checkbox"/> Oven Mitt	 <input type="checkbox"/> Plate			



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?

START



STEP 2:

Preheat the oven to 350 degrees Fahrenheit.

Move the baking racks to the top and middle positions in the oven.



Warning - The Heat is On!

After this step, cooking requires your full attention.



STEP 3: PREP.

While the oven pre-heats, read the recipe steps in order again.

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 4:

Line the baking sheet with parchment paper.



STEP 5: CRACK THE EGG.

Crack the egg into the bowl.

Using the whisk, beat the egg so the yolk and egg white are mixed together and no clumps remain.



STEP 6: ADD THE PEANUT BUTTER.

Add in the peanut butter.



STEP 7: ADD THE SUGAR.

Add in the sugar. Continue stirring until the mixture is blended and smooth.



STEP 8: SCOOP ON PAN.

Use the ice cream scoop or a spoon to drop mounds of cookie dough onto the baking sheet

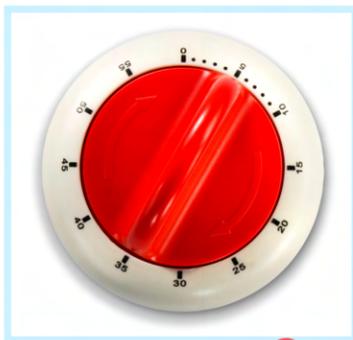
Repeat until the cookie sheet is full. Each cookie dough ball should be about 1" apart.

There may be extra dough left in the bowl. When this sheet is done baking, you'll repeat Step 8, 9, 10 & 11 for the next batch.



STEP 9: SMASH 'EM.

Using the tines of a fork, gently press the tops of each cookie in a cross-cross pattern.



STEP 10: BAKE 'EM.

Put the cookies in the oven.

Set the timer for 10 minutes.



Warning!

This is an easy point to get distracted. Stay near the kitchen and where you can hear the timer.



STEP 11: REMOVE FROM OVEN.

When the timer goes off, use the oven mitts to take the cookies out of the oven.

Use the spatula to transfer them from the baking sheet to a plate.

If more cookie dough remains, go back to step 8 and repeat the process.

When all the cookies are done, turn off the oven.



STEP 5: FINISH AND SERVE.

Serve immediately.

For any extra cookies, place them in an airtight container and store at room temperature.

Cookies will keep for up to 3 days.

VARIATIONS

- Peanut butter cookies can be customized in many different ways. Try these extra mix-ins for different varieties:
 - Chocolate chips, white chocolate chips, or peanut butter chips.
 - Add 1/2 cup of finely chopped peanuts, pecans, or macadamia nuts.
 - Stir in pumpkin seeds, pepitos, or chopped almonds.
 - Add flaxseeds, chia seeds, or sesame seeds.
- For a sweet-salty treat, before baking, sprinkle each cookie with flaked sea salt.



IF YOU LIKED THIS, TRY:



Peanut Butter Toast Toppers
For Peanut Butter Lovers



Peanut Butter Energy Bites
For peanut butter lovers



Strawberry Cheesecake Crackers
Another easy cookie recipe

**CREAM
CHEESE THE DAY**



**STRAWBERRY
CHEESECAKE CRACKERS**

STRAWBERRY CHEESECAKE CRACKERS

Once Upon a Time, Cream Cheese Got Together with Strawberry Crackers for some Berry Tale Bliss.

FEATURES

-  Easy Button
-  5 ingredients or less
-  Kid Friendly
-  No Cooking Needed

TOTAL COOK TIME

 **10-15**
MINUTES

BRAIN POWER

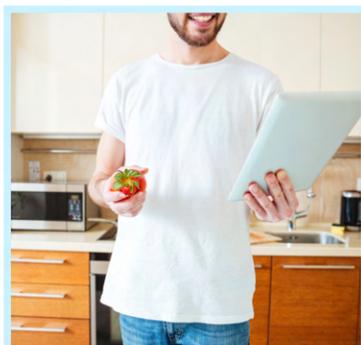


INGREDIENTS:

-  **Graham Crackers**
12 squares
-  **Cream Cheese**
1/2 Cup
-  **Strawberries**
1/2 Cup
-  **Chocolate Sauce**
1/4 Cup

SUPPLIES YOU'LL NEED:

-  Plate
-  Butter Knife
-  Cutting Board
-  Sharp Knife
-  Spoon



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?

START



STEP 2: PREP.

Read the recipe steps in order again.

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:

Lay the graham cracker squares flat on the plate.



STEP 4:

Use the butter knife to spread a thick layer of cream cheese on each graham cracker.



STEP 5: CUT THE STRAWBERRIES.

Use the cutting board to cut the tops off each strawberry.

Cut the strawberries in half.

As you cut the halves, put them on top of the cream cheese and crackers.



STEP 6: STACK THE CRACKERS.

Stack 2 cracker sandwiches together.



STEP 7: DRIZZLE WITH CHOCOLATE.

Use the spoon to drizzle the cracker stack with chocolate sauce.



STEP 5: FINISH AND SERVE.

Serve immediately.

For any extra cookies, place them in an airtight container and store at room temperature.

Cookies will keep for up to 3 days.

VARIATIONS

- Cream cheese makes a lovely foundation for lots of fruit/cracker combos. Try these combinations:
 - Strawberry cream cheese with blueberries
 - Vanilla cream cheese with kiwi fruit
 - Plain cream cheese with raspberries
 - Maple walnut cream cheese and banana
- For an easy appetizer, mix up the graham crackers with a soda cracker or round butter cracker.



IF YOU LIKED THIS, TRY:



Peanut Butter Toast Toppers
Another topper recipe



Fruit Kabobs
For fruit lovers



3 Ingredient Peanut Butter Cookies
Another easy cookie recipe



**CHOCOHOLICS
UNITE.**

**CHOCOLATE CHIP
DUMP CAKE**

CHOCOLATE CHIP DUMP CAKE

This is "Dump"ster Diving, Dessert-Style: Unleash the Chocolate Avalanche in this 4-ingredient cake recipe.

FEATURES					TOTAL COOK TIME	BRAIN POWER
 Cheap	 Easy Button	 Special Occasion Worthy	 Kid-Friendly	 5 or fewer ingredients	 40 MINUTES	

INGREDIENTS:

 <input type="checkbox"/> Chocolate Cake Mix 1 box	 <input type="checkbox"/> Instant Chocolate Pudding Mix 1 box	 <input type="checkbox"/> Milk (Regular or Non-Dairy) 1 1/2 Cups	 <input type="checkbox"/> Chocolate Chips 1/2 Cup
--	---	--	---

SUPPLIES YOU'LL NEED:

 <input type="checkbox"/> 9X13" baking dish	 <input type="checkbox"/> Non-Stick Cooking Spray	 <input type="checkbox"/> Mixing Bowl
 <input type="checkbox"/> Liquid Measuring Cup	 <input type="checkbox"/> Whisk	 <input type="checkbox"/> Kitchen Timer
 <input type="checkbox"/> Oven Mitts		



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?

START



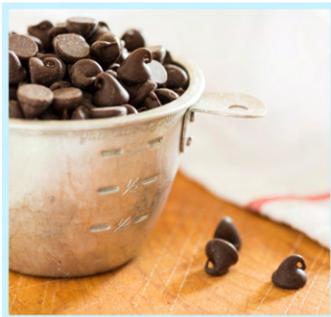
STEP 2: PRE-HEAT THE OVEN.

Open the oven. Check that the main baking rack is in the center of the oven.

Preheat the oven to 350 Degrees Fahrenheit.



The heat is on!
From this point on, make sure cooking takes your full attention.



STEP 3: 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 4: PREP THE BAKING DISH.

Spray the baking dish with an even layer of non-stick cooking spray.



STEP 5: DUMP THE MILK.

Measure and pour the milk into the bottom of the baking dish.



STEP 6: DUMP THE MIXES.

Pour the chocolate cake mix and pudding mix into the baking dish with the milk.



STEP 7: STIR IT IN.

Use a fork to stir in the mix until the powder is blended in.



STEP 7: TOP IT.

Add the chocolate chips.



STEP 8: BAKE IT.

Put the cake in the preheated oven.

Set the timer for 20 minutes.

Check with a toothpick to ensure it comes out clean.



Warning!

This is an easy point to get distracted. Stay near the kitchen and where you can hear the timer.



STEP 8: FINISH AND SERVE.

Carefully remove the cake from the oven.

Turn the oven off.

Allow the cake to cool for 15-20 minutes before cutting and serving.

This recipe is best served fresh. Store the leftovers in a covered dish in the refrigerator for up to 3 days.

VARIATIONS

- Customize with your favorite candies or chips. Try:
 - White chocolate chips
 - Butterscotch chips
 - Peanut butter chips
 - Milk Chocolate Covered Candies
 - Sprinkles
- This works well as a celebration cake - top with candles or frosting for an extra special holiday treat.

IF YOU LIKED THIS, TRY:



Strawberry Cheesecake Crackers
For the chocolate lover



Blueberry French Toast
Another sweet-tooth option



Fruit Kabobs
Pairs well with chocolate



Apple Cinnamon Overnight Oats
Another special occasion option



Rainbow Fruit Salad
Another easy potluck option

THE EXPANSION PACK

Learn to customize any recipe into your own step-by-step cooking plan



Not long after we produced the first version of our step-by-step visual recipes, we started getting requests for how to adapt favorite recipes into the same format.

“What do I do with Nonna’s spaghetti sauce?”

“But what if my kids really love pizza?”

The truth is, creating clear and concise recipes doesn’t have to take a lot of brain power. Making a recipe accessible and easy to follow is more about taking time, breaking down complex ideas into smaller parts, and trying to match the recipe to the executive functioning capacity you have for the day.

That’s right. On the day when your boss has sent 17 emails or the night before your biggest exam of the semester is probably not the time to make Beef Wellington for the first time.

It’s also not the day to customize your family’s recipe box into visual, step-by-step recipe plans.



Instead, take some time outside of the “need to eat” moments, and focus on customizing recipes when you have the time and the EF space to do so. When you’re ready, then follow these easy steps to customize any recipe into an EF-friendly recipe.

HOW TO ADAPT RECIPES THE EF-FRIENDLY WAY

- Start with the category. Is the recipe for breakfast? A recipe for cookies? A main course? Appetizers? Knowing what type of food the recipe makes will assist you in determining when and why you might want to make it.
- Read the recipe steps. Just like every recipe in this cookbook starts with reading the entire recipe, so does the process of customization. Give the recipe a careful read-through from start to finish before you do anything to adapt.

- **Search any terms.** If there are ingredients or cooking terms you're not sure about, spend time searching online for videos or pictures of what those terms mean. Sometimes recipes can hide behind fancy vocabulary (example: Did you know julienne just means "cut it in strips?")
- **Use a template.** Once you've read the recipe and are ready to start adapting the steps, decide on a template for how you'll write the recipe and add visuals. A blank document on your computer or web platform works well. We've also used old-school notebooks or a blank sheet of paper. There are also .pdf templates you can download and edit in the back of this cookbook or online at www.lifeskillsadvocate.com.
- **List the ingredients.** Start by listing out all the ingredients required for the recipe. Look at the ingredients list, but also re-read each recipe step. A well-written recipe will list the ingredients in the order that they are used in the recipe--but sometimes recipe authors make mistakes. Once you make a list of the ingredients, go back through the recipe steps to ensure each item on your ingredients list is used in the right order in the recipe.
- **Check for exact measurements.** For each ingredient, specify the exact measurement for each ingredient. If the recipe says "to taste" or "as much as you prefer," complete an online search for similar recipes to determine a starting place for the exact amount in your recipe. You can always adjust later.
- **List the equipment.** Repeat the same process for any cooking equipment you'll need. Visualize when you're completing each step of the recipe and what you may need for that step. This is the most difficult step as recipes often don't include detailed instructions but are written more in generalities. For example, "add the chopped carrot" requires both a knife and a cutting surface as well as something to stir with. "Stir in the spices" requires both a measuring spoon and something to stir with (and to be more specific on what gets added in!)
- **Write the instructions.** Once you have your ingredients list and your equipment list, it's time for step-by-step instructions. For your first few

recipe adaptations, it's helpful to be in the kitchen, visualizing or rehearsing each step. Write down each tiny step in the cooking process into the sequential steps you took.

Tips to remember when writing instructions:

- No step is too small. Break it down as far as you need to for each step to make sense.
- Use clear and concise language. Eliminate extra words whenever possible.
- Use action verbs to indicate what needs to be done (mix, simmer, boil, etc.)
- When time is involved, include a reminder step to set the timer.

FOR YOUR FIRST FEW RECIPE ADAPTATIONS, IT'S HELPFUL TO BE IN THE KITCHEN. WORK STEP-BY-STEP THROUGH THE RECIPE. WRITE DOWN AND PHOTOGRAPH AS YOU GO.



- **Add in hidden steps.** Many recipes include “implied cooking knowledge” that can really create havoc on a tough EF day. Steps like taking the ingredients out of the refrigerator, using a potholder to remove the pan, turning off the oven, etc. are rarely included in family recipes or in popular cookbooks. When you've written your step-by-step list, go back and add in steps that may have been implied in the recipe.
- **Add visuals.** When you've got the recipe steps together, the final step is to add visuals. Using images for key preparation steps or photographs of the actual cooking process step-by-step is the most powerful EF tool to succeed in the kitchen.

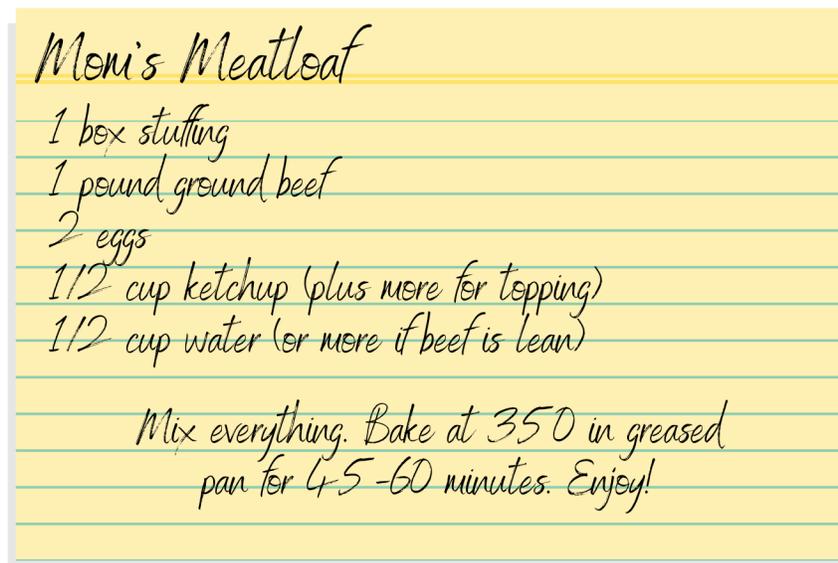
Tips when creating visuals for recipes:

- Check online. It's easy to use image search engines to find corresponding photos.
- Ask a partner to take pictures of you making the recipe.
- Use a tripod and the self-timer feature on your camera if taking photos alone.
- Cook during the day. Natural light is always better when photographing food.
- Use clip art. Not every recipe needs award-winning photos. Clip art or drawings can be just as effective as actual photographs.

- **Test the recipe and revise.** What's the best way to know how well you've written your recipe steps? Test them! Either ask a friend or family member to try preparing the dish based on your steps or give it a try on your own. Keep a pencil handy during cooking to make notes about what was tricky or needs to be revised.

HOW TO TURN A MESSY RECIPE INTO A MASTERPIECE: A SAMPLE

Check out this recipe card for a family meatloaf recipe:



Not particularly helpful, right?

Notice how in the ingredients list the measurements aren't precise. In the cooking instructions, it doesn't include steps for each ingredient. No equipment is listed. What pan is used? How much extra ketchup and when is it added? Lastly, there are too many implied instructions in this recipe. Preheating the oven. Carefully handling raw meat. Testing with a meat thermometer, etc.

This is a great example of how moving carefully through the recipe (and perhaps doing some online research for other meatloaf recipes with more detail) can make all the difference for a tricky executive functioning day.

Ingredients:

1 box Instant Stuffing Mix (any flavor)
1 pound ground beef
2 eggs
1/2 cup ketchup
1/2 cup water
1/4 cup ketchup

Equipment:

Oven
Breadloaf Pan
Non-stick cooking spray
Large Mixing Bowl
Wooden Mixing Spoon
Measuring Cups
Measuring Spoons
Oven Mitts or Heat-Resistant Gloves
Meat Thermometer

Instructions:

Preheat the Oven: Preheat your oven to 350 degrees Fahrenheit (175 degrees Celsius)

Grease the Pan: Spray the bread loaf pan with non-stick cooking spray to prevent sticking.

Prepare the Meatloaf Mixture:

- In a large mixing bowl, combine the contents of the stuffing box and ground beef.
- Carefully crack the eggs into the bowl.
- Add the ketchup and stir until all ingredients are blended.
- Add the water and stir again, making sure the mixture is well combined.

Form the Meatloaf:

- Transfer the meatloaf mixture into the loaf pan with a spoon.
- Use your hands to evenly distribute and press down the mixture, ensuring it fills the pan evenly and has a compact shape.

Add The Topping: Spread the remaining ketchup over the top of the meatloaf.

Bake the Meatloaf: Using the oven mitts, place the loaf pan in the preheated oven and bake for approximately 45 to 60 minutes. The exact baking time can vary based on your oven and the thickness of the meatloaf.

Check the Temperature: The meatloaf is ready when the internal temperature reaches 160 degrees Fahrenheit when the meat thermometer is placed in the center of the meatloaf.

Rest and Slice:

Once the meatloaf is done baking, carefully remove it from the oven using oven mitts. Allow it to rest in the pan for 5 minutes before attempting to slice it.

Finish & Serve: After the resting period, slice the meatloaf into desired portions. Enjoy!

This recipe is now ready to be formatted into one of our step-by-step templates. Add some visuals and it's clear to see the difference. Much easier than Mom's recipe card! For samples and templates, check out the final chapter in our EF cookbook.

THE PRINTABLES

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			

SNACKS:

RECIPE:

FEATURES	TOTAL COOK TIME	SPEED	BRAIN POWER
	MINUTES		

INGREDIENTS:

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

SUPPLIES YOU'LL NEED

-
-
-
-
-
-
-
-
-
-
-

STEP 1: READ IT THROUGH.

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

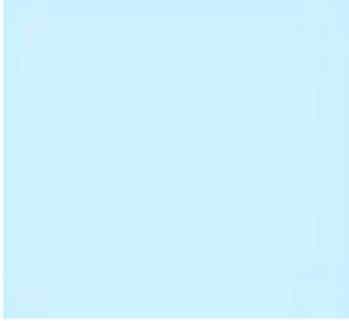
Do you have all the ingredients?

Do you have all the supplies?

STEP 2: PREP YOUR SPACE.

Prepare your cooking space.

Read the recipe steps. For each step, set out all of the ingredients and supplies in order you'll need them.



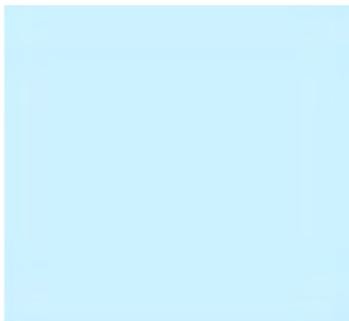
STEP :



STEP :



STEP :



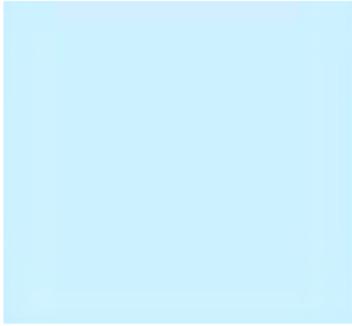
STEP :



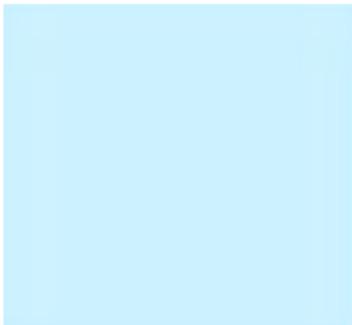
STEP :



STEP :



STEP :



STEP :

ABOUT THE AUTHORS



Chris Hanson was born and raised in Cleveland, Ohio. He moved to the Seattle area in September of 2008 and soon after, met his awesome wife, Lisa! He earned his special education teaching degree while working as paraeducator in the Kent School District. Chris has years of classroom experience and 20 years and counting of personal experience with ADHD and anxiety.

Chris started Life Skills Advocate in 2019 to create the type of support service he wished he'd had as a teenager struggling to find a path in life. He feels very grateful to be on the other side of it, supporting some amazing young adults.

His mission is to provide neurodivergent individuals and families with the life skills training, executive functioning support, mentorship & coaching they need to build and sustain autonomy & independence.



Amy Sippl is a Minnesota-based Board Certified Behavior Analyst (BCBA) and freelance content developer specializing in helping individuals with diverse learning needs and their families reach their best possible outcomes.

Amy earned a Master's Degree in Applied Behavior Analysis from St. Cloud State University and also holds undergraduate degrees in Psychology and Family Social Science from the University of Minnesota - Twin Cities.

Amy has worked with children with autism and related developmental disabilities for over 15 years in both in-home and clinical settings. Her content focuses on helping parents, educators, and professionals collaborate effectively—emphasizing simple strategies and tips to maximize the success of every learner.



www.lifeskillsadvocate.com