



Cool

MAIN
DISHES

Easy & Fun
Comfort Food

ALEX KUSKOWSKI



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Checkerboard
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SAFETY FIRST!

Some recipes call for activities or ingredients that require caution. If you see these symbols, ask an adult for help.



HOT STUFF!

This recipe requires the use of a stove or oven. Always use pot holders when handling hot objects.



SUPER SHARP!

This recipe includes the use of a sharp utensil such as a knife or grater.

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MAIN DISH MAGIC!

It's fun to serve **delicious** food to your friends and family. Make your meals at home! You can use your favorite foods! Main course meals are great for breakfast, lunch, or dinner.

Cooking food at home is healthy and tasty. It can be a lot of fun too. Many canned or frozen foods include unhealthy ingredients. When you make the food, you know exactly what's in it. It's easy to make a dish that's **unique** to you. Cook a recipe just the way you like it. Add fresh ingredients to make flavors pop. You can even share what you make with others.

Put the flavor back in your food. Start making home-cooked meals! Learn how to serve up some delicious main dishes. Check out the recipes in this book.



THE BASICS

Get your cooking started off right with these basic tips!

ASK PERMISSION

Before you cook, ask **permission** to use the kitchen, cooking tools, and ingredients. If you'd like to do something yourself, say so! Just remember to be safe. If you would like help, ask for it! Always get help when you are using a stove or oven.



BE PREPARED

Be organized. Knowing where everything is makes cooking easier and more fun!

Read the directions all the way through before you start. Remember to follow the directions in order.

The most important ingredient in great cooking is preparation! Make sure you have everything you'll need.

Put each ingredient in a separate bowl before starting.

BE SMART, BE SAFE

Always have an adult nearby for hot jobs, such as using the oven or stove.

Have an adult around when using a sharp tool, such as a knife or grater. Always be careful when using them!

Remember to turn pot handles toward the back of the stove. That way you avoid accidentally knocking them over.



BE NEAT, BE CLEAN

Start with clean hands, clean tools, and a clean work surface.

Tie back long hair so it stays out of the food.

Wear comfortable clothing and roll up long sleeves.

COOL COOKING TERMS

HERE ARE SOME HELPFUL
TERMS YOU NEED TO KNOW!

BOIL

Boil means to heat liquid until it begins to bubble.



CHOP

Chop means to cut into small pieces.



DICE

Dice means to cut something into very small squares.



DRAIN

Drain means to remove liquid using a strainer or colander.



GRATE

Grate means to shred something into small pieces using a grater.



GREASE

Grease means to coat something with butter, oil, or cooking spray.



SPREAD

Spread means to make a smooth layer with a spoon, knife, or spatula.



SIMMER

Simmer means to cook something so it bubbles gently.



STIR

Stir means to mix ingredients together, usually with a large spoon.



SLICE

Slice means to cut food into pieces of the same thickness.



WHISK

Whisk means to beat quickly by hand with a whisk or a fork.



COOL TOOLS

HERE ARE SOME OF THE
TOOLS YOU WILL NEED!



9 × 13-inch baking dish



baking sheet



basting brush



Bundt pan



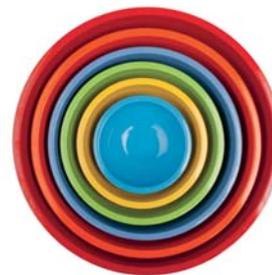
cutting board



measuring cups



measuring spoons



mixing bowls



mixing spoon



parchment paper



peeler



pie plate



rolling pin



saucepan



spatula



strainer



whisk

COOL INGREDIENTS

HERE ARE SOME OF THE INGREDIENTS YOU WILL NEED!



balsamic vinegar



basil



carrots



celery



cheddar cheese



chicken broth



cornmeal



cottage cheese



fettuccine pasta



garlic



green onions



green peas



green pepper



ground beef



ham



honey



mini flour tortillas



mozzarella cheese



onion



parmesan cheese



parsley



provolone cheese



red onion



red potatoes



spaghetti



tomatoes



vanilla extract



Worcestershire sauce



Yukon gold potatoes

CHEESY POTATO & EGG BAKE

*Have it for breakfast, dinner,
or anytime!*



MAKES 6 SERVINGS

INGREDIENTS

non-stick cooking spray
3½ cups grated potatoes
1 pound breakfast
sausage, chopped
½ cup chopped onion
12 ounces cheddar
cheese, grated
½ cup diced green
pepper
1 16-ounce container
small curd cottage
cheese
8 large eggs
1 teaspoon salt
½ teaspoon black
pepper
¼ cup butter

TOOLS

measuring cups
measuring spoons
sharp knife
cutting board
grater
9 × 13-inch baking dish
paper towels
saucepan
mixing spoon
strainer
mixing bowls
pot holders

- 1 Preheat the oven to 375 degrees. Grease the baking dish with cooking spray. Wrap the potatoes in paper towels. Squeeze out any water.
- 2 Put the sausage and onion in a saucepan. Cook over medium-high heat about 10 minutes until browned. Drain the grease. Let the mixture cool.
- 3 **Crumble** the sausage mixture into a medium mixing bowl.
- 4 Add the cheddar cheese, green pepper, cottage cheese, eggs, salt, and black pepper. Stir well.
- 5 In a large mixing bowl, stir together the potatoes and butter. Press the potato mixture into the bottom of the baking dish.
- 6 Pour the sausage mixture over the potato mixture.
- 7 Bake 1 hour. Remove it from the oven. Let it cool 10 minutes.



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