Recipe

How to Make Meatballs

10 minutes Prep Time
20 minutes Cook Time
30 minutes Total Time

*Ingredients*
1 Pound of Ground Beef
1-2 eggs
Salt & Pepper
Garlic Powder
Cooking Spray
Bread Crumbs

*Materials*
Baking Tray
Tongs
Mixing Spoon
Mixing Bowl
Oven Mitts
Measuring Cup
# How to Make Salad

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<thead>
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<th>Prep Time</th>
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## Ingredients
- Lettuce
- Tomatos
- Feta Cheese
- Cranberries
- Cucumbers
- Croutons
- Walnuts (optional)
- Dressing of your choice

## Materials
- Cutting Board
- Knife
- Colander (Drainer)
- Mixing Bowl
- Mixing Spoon
- Measuring Cups
## How to Make Cupcakes

**Prep Time:** 10 minutes  
**Cook Time:** 20 minutes  
**Total Time:** 30 minutes

### Ingredients
- Cake Mix
- Vegetable Oil
- 3 eggs
- Frosting
- Frosting

### Materials
- Cupcake or Cake Tray
- Spatula
- Mixing Spoon
- Mixing Bowl
- Oven Mitts
- Ladle
- Measuring Cup
# How to Make Egg Muffins

<table>
<thead>
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## Ingredients

- 4-6 eggs
- Cooking Spray
- Broccoli
- Shredded Cheese
- Salt & Pepper

## Materials

- Muffin/Cupcake Tray
- Whisk
- Cutting Board
- Mixing Bowl
- Oven Mitts
- Ladle
- Measuring Cup
- Knife
How to Make Oven Roasted Broccoli

10 minutes
Prep Time

15 minutes
Cook Time

25 minutes
Total Time

*Ingredients*
- 2 Broccoli Heads
- Cooking Spray
- Salt & Pepper
- Garlic Powder

*Materials*
- Muffin/Cupcake Tray
- Whisk
- Cutting Board
- Mixing Bowl
- Oven Mitts
- Ladle
- Measuring Cup
# How to Make Sauce

**Prep Time** 10 minutes  
**Cook Time** 15 minutes  
**Total Time** 25 minutes

**Ingredients**
- 1 jar of tomato sauce  
- Sugar  
- Salt & Pepper  
- 1 clove of garlic  
- 1/4 of an onion  
- Basil and Parsley Flakes (optional)

**Materials**
- Cutting Board  
- Oven Mitts  
- Pot  
- Wooden Spoon or something to stir with!  
- Knife  
- Measuring Spoons