



Horned Frog Harvest

Farmer's Market

Spring 2024


FARM TO FORK

COOKBOOK



Dining Services





In partnership with TCU's Student Government Association, the Horned Frog Harvest Farmer's Market aims to connect students to local organizations, products, and produce while providing culinary and nutrition education to help students increase their confidence in selecting and preparing nutritious meals for themselves!

This event is part of our Healthy Frog program, a holistic wellness program created by the students, for the students.



MEET OUR CULINARY TEAM



Michael Smith

Executive Culinary Director

Chef Mike believes that food should tell a story and connect people to something bigger - great food elevates everyday experiences into exceptional stories.

Rashelle Solano

Executive Chef - Catering

Chef Ro enjoys traveling and draws inspiration from various cultures to create elevated versions of traditional dishes.



Connor Green

Executive Chef - Resident Dining

Chef Connor enjoys wowing students and guests with unexpected and innovative culinary creations while utilizing traditional flavors and techniques.

Jesse Ayala

Executive Chef - Performance Athletics Dining

Chef Jesse believes in getting back to basics with his dishes, highlighting the natural flavor of fresh ingredients to create a well-rounded final product.



Asia Eubanks-Tompkins

Retail Manager - KFCB

Asia's culinary philosophy centers on meals that feed the body as well as the soul. Growing up learning from her dad in the kitchen, Asia recognizes that food is more than just fuel for our bodies, it connects us to our history, families, and communities.

MEET OUR NUTRITION TEAM

TCU Grad



Maddie Jacobs, MS, RD, LD

Campus Dietitian

Maddie's nutrition education philosophy centers on providing the education, skills, and resources students need to feel confident making choices that align with their health goals.

Amelia Heimerman

Health and Wellness Intern

Amelia likes to choose healthy recipes with ingredients that can be used in multiple dishes for greater variety with less spending!



Jade Nesbitt

Health and Wellness Intern

As a busy college student, Jade likes to choose delicious and nutritious recipes that are also quick and easy to make!



An Nguyen

Health and Wellness Intern

With a constant busy schedule, An seeks out recipes that are quick, easy, and budget-friendly!



Chef Mike's

SPICY KOREAN PICKLES

INGREDIENTS

- 1 English cucumber, thinly sliced
- 2 tsp salt
- 1 tsp garlic, minced
- 1 Tbsp gochugaru red chili flakes
- 1 Tbsp gochujang hot pepper paste
- 1/4 cup rice wine vinegar
- 2 Tbsp granulated sugar
- 1 tsp sesame oil
- 1 tsp sesame seeds, toasted

INSTRUCTIONS

- 1) Slice cucumbers and place in a small bowl.
- 2) Combine all other ingredients and stir until the sugar has dissolved.
- 3) Pour over the cucumbers and toss to coat.
- 4) Let stand 30 minutes before serving in refrigerator.
- 5) Refrigerate up to three days. Enjoy!

NOTES FROM DIETITIAN

Fermented and pickled foods contain probiotics which help to improve gut health and promote digestion!

Cucumbers are a good source of vitamin K which is essential for proper blood clotting after injury and bone health!

Chef Ro's

RED PEPPER JELLY

INGREDIENTS

INSTRUCTIONS

- 3 cups red bell pepper, finely chopped
- 1 cup green bell pepper, finely chopped
- ¼ cup jalapeno pepper, finely chopped
- 1 cup apple cider vinegar
- 1 ½ packages Sure Jell powder pectin (1.75 oz size)
- 5 cups granulated sugar

- 1) Sterilize jars via dishwasher or pot of simmering water.
- 2) Place all peppers into a large sauce pan over high heat. Mix in vinegar and pectin. Bring to rolling boil and stir constantly.
- 3) After the mixture has reached boiling, add sugar quickly and stir. Boil for 2-3 minutes. Remove from heat and skim off any foam on top.
- 4) Carefully ladle the mixture into the sterilized jars. Leave ¼ inch space at the top. Cover with lids and skew bands down tightly.
- 5) Place jars in the pot of hot water. Bring the water to a boil, cover and process for five minutes. Remove the jars and let them cool completely (Ideally 24 hours).
- 6) The jars make a popping sound when they become fully sealed. The jelly is now ready for use - enjoy!

NOTES FROM CHEF RO

I suggest pouring the jelly over a block of cream cheese or goat cheese and eating with crackers!

Or try adding it to a cheeseburger, pork chops or corn muffins!

NOTES FROM DIETITIAN

Red bell peppers are an excellent source of vitamin C to help boost your immune system and apple cider vinegar contains probiotics!

Chef Jesse's *BLACK BEAN & CORN DIP*

INGREDIENTS

- 1 15-oz can black beans, drained
- 1 can corn, drained
- 1/4 cup red onion, diced
- 2 avocados, diced
- 3/4 cup Roma tomatoes, diced
- Juice from 1 lime
- 1/2 cup mayonnaise
- 1 cup salsa
- 1/2 cup shredded colby-jack cheese
- 1/2 cup cilantro, chopped
- 1/2 cup crumbled feta

INSTRUCTIONS

- 1) Combine beans, corn, onion, avocado, tomato, feta, and lime juice in a bowl. Mix and set aside.
- 2) In a separate bowl, combine mayonnaise and salsa and stir until well mixed.
- 3) Pour salsa mixture over veggies and toss with shredded cheese and cilantro. Enjoy!

NOTES FROM DIETITIAN

Beans are an excellent source of plant-based protein and corn is a good source of magnesium, which may help you sleep better!

Chef Connor's *SIGNATURE BBQ RUB*

INGREDIENTS

- 2 oz ground mustard
- 2 1/2 oz smoked paprika
- 2 oz granulated garlic
- 1/4 oz cayenne pepper
- 3/4 oz hatch green chilis
- 2 oz granulated onion
- 8 oz light chili powder
- 24 oz light brown sugar
- 7 1/2 oz salt

INSTRUCTIONS

- 1) Sift brown sugar to remove any clumps.
- 2) Combine dry ingredients and mix in a large bowl.
- 3) Add wet ingredients to dry ingredients and mix well.
- 4) Add BBQ rub to your favorite steaks, ribs, or anything you think could use a little kick!

NOTES FROM DIETITIAN

Spice rubs are a great way to add flavor and nutritional value to any dish. You only need a little bit to pack a lot of punch!

Asia's

ALLERGY-FRIENDLY PEACH CRISP

INGREDIENTS

Crumble Topping:

- 1 ½ cups gluten-free flour
- ¾ tsp xanthan gum
- ½ cup gluten-free oats
- ⅓ cup granulated sugar
- 1 Tbsp ground cinnamon
- ½ tsp grated nutmeg
- ¼ tsp kosher salt
- ½ cup light brown sugar
- 12 Tbsp Earth Balance butter, melted and cooled

Peach Filling:

- 2 15-oz cans diced peaches in syrup, drained
- ½ cup granulated sugar
- 2 Tbsp cornstarch
- ⅛ tsp kosher salt
- ½ tsp ground cinnamon
- ⅛ tsp grated nutmeg
- 1 tsp pure vanilla extract

INSTRUCTIONS

- 1) Preheat your oven to 350°F and grease a 13 x 9-inch baking dish.
- 2) In a medium-sized bowl, place the flour, xanthan gum, oats, granulated sugar, cinnamon, nutmeg, and salt, and mix to combine.
- 3) Add the brown sugar, and mix. Add the melted butter, and mix to combine well. Set aside completed crumble topping.
- 4) In a large bowl, place the peaches, sugar, cornstarch, salt, cinnamon, nutmeg, and vanilla extract, and mix to coat the peaches completely in the dry ingredients. Transfer filling to baking dish and spread into an even layer.
- 5) Bake for 10 minutes. Remove the baking dish from the oven and scatter crumble topping evenly on top. Break up any larger clumps of topping.
- 6) Return the dish to the oven and bake until the topping is golden brown, about 25 minutes.
- 7) Remove from oven and allow to cool for 15 minutes before serving warm.

NOTES FROM DIETITIAN

Peaches contain powerful antioxidants which help to protect our bodies during times of stress. Ripe peaches have the most benefit!

Maddie's

CHICKPEA PASTA PRIMAVERA

INGREDIENTS

- 1 lb chickpea pasta
- 1 Tbsp olive oil
- 8 oz asparagus, chopped
- 1 yellow bell pepper, chopped
- 2 cups small broccoli florets
- 1 small zucchini, chopped
- 2 Tbsp unsalted butter
- 1 shallot, minced
- 4 garlic cloves, minced
- Salt and black pepper to taste
- Zest of 1 lemon
- 1 cup vegetable broth
- ½ cup heavy cream
- 3 Tbsp lemon juice
- 1 cup frozen peas
- ½ cup shredded Parmesan cheese
- 1 ½ cups halved grape tomatoes
- ¼ cup chopped basil
- 2 Tbsp Italian parsley, for garnish
- Red pepper flakes, for garnish

INSTRUCTIONS

- 1) Bring large pot of water to a boil. Add salt and pasta to boiling water.
- 2) Cook for 11 minutes, stirring occasionally. Drain well. Pour pasta back into pot.
- 3) Meanwhile, in a large skillet, heat olive oil over medium high heat. Add asparagus, peppers, and broccoli. Sauté for 2 to 3 minutes, stirring occasionally.
- 4) Add in zucchini and cook for 1 to 2 minutes or until vegetables are tender, but still crisp. Season vegetables with salt and pepper, to taste. Transfer vegetables to a large plate or bowl.
- 5) Melt butter over medium heat in the skillet. Add shallot and garlic. Cook for 2 minutes. Stir in lemon zest and vegetable broth. Simmer until broth reduces by half, about 4 to 5 minutes. Stir in heavy cream and 2 Tbsp lemon juice.
- 6) Stir peas and cooked vegetables into the pot with pasta. Pour lemon cream sauce over pasta and vegetables and stir until well combined. Stir in Parmesan cheese and remaining Tbsp of fresh lemon juice. Gently stir in tomatoes and basil.
- 7) Season with salt and black pepper, to taste. Garnish with parsley, extra Parmesan cheese, and crushed red pepper flakes.

NOTES FROM DIETITIAN

Using chickpea pasta makes this dish great for individuals who avoid gluten, plus it increases the protein and fiber content of the dish!

Maddie's

SMASHED CUCUMBER FETA SALAD

INGREDIENTS

- 2 English cucumbers
- 1/2 tsp flaked sea salt
- 4 oz feta cheese
- 3 Tbsp extra-virgin olive oil
- 2 Tbsp fresh lemon juice
- 1/2 tsp black pepper
- 1/4 cup finely chopped dill

INSTRUCTIONS

- 1) Cut each cucumber in half widthwise and lengthwise.
- 2) Place each piece of cucumber cut side down.
- 3) Lay the blade of a chef's knife flat on top of the cucumber and lightly smash down using your fist or the palm of your hand.
- 4) Break or slice diagonally into bite-size pieces, and transfer to a bowl.
- 5) Season cucumbers with salt.
- 6) Place feta in a separate bowl and use a fork to thoroughly mash.
- 7) Mix in extra-virgin olive oil, lemon juice, and cracked black pepper.
- 8) Add feta dressing to the bowl with cucumbers and fresh dill.
- 9) Toss to combine, and garnish with extra dill, cracked black pepper, and/or a drizzle of olive oil, if desired.

NOTES FROM DIETITIAN

By weight, herbs and spices are some of the most nutrient-packed foods available, so adding any herbs or spices to a dish will increase its nutritional value!

Amelia's FRESH SUMMER SALAD

INGREDIENTS

Salad:

- 3 cups romaine lettuce, chopped
- 1 Honeycrisp apple, cubed
- ½ cup grapes, halved
- ½ cup carrots, julienned
- ½ cup red onion, chopped
- ½ cup walnuts, chopped
- ¼ cup pumpkin seeds

Honey Dijon Vinaigrette:

- ½ cup olive oil
- ¼ cup balsamic vinegar
- 2 Tbsp honey
- 1 ½ Tbsp Dijon mustard

INSTRUCTIONS

- 1) Add romaine lettuce into a large bowl.
- 2) Toss in cubed apple, halved grapes, and carrots.
- 3) Add red onion, walnuts, and pumpkin seeds and toss with other ingredients.
- 4) Add olive oil, balsamic vinegar, honey, and Dijon mustard to a small bowl. Combine.
- 5) When ready to serve, add dressing and toss one final time. Enjoy!

NOTES FROM AMELIA

Adding fruits to your salad can create a more balanced, satiating meal. Making tasty, unique salad dressings at home is easy with a vinaigrette base (olive oil and balsamic vinegar). Just add in your favorite seasonings and spices to make it your own!

Amelia's

EASY BLACK BEAN FAJITAS

INGREDIENTS

Guacamole:

- 1 ripe avocado, mashed
- 1 clove garlic, minced
- ½ lime, juiced
- ¼ cup Roma tomatoes, chopped
- 1 Tbsp salsa of choice
- 3 Tbsp cilantro, minced
- 1 pinch salt
- 1 pinch black pepper

Fajitas:

- 1 Tbsp olive oil
- ¼ cup red onions, chopped
- 1 tsp black pepper, divided
- ½ cup black beans, fluid drained
- ½ tsp garlic powder
- ½ tsp onion powder
- ½ tsp smoked paprika
- 2 fajita-sized tortillas, warmed

INSTRUCTIONS

- 1) Peel avocado and smash in medium bowl.
- 2) Add minced garlic and lime juice and mix.
- 3) Mix in tomato, salsa, cilantro, salt, and pepper.
- 4) Set guacamole aside or let chill in refrigerator until serving.
- 5) Heat small nonstick pan over medium heat and add olive oil. Once oil is hot, add onions and ½ tsp black pepper. Cook until onions emit an aroma and are becoming translucent.
- 6) Add black beans to pan. Add garlic powder, onion powder, smoked paprika, and remaining black pepper. Sautee for 5 minutes.
- 7) Add warmed beans to tortillas. Top with your favorite fajita toppings such as salsa of choice, cheese, lettuce, onions, cilantro, guacamole, and Greek yogurt or sour cream.

NOTES FROM AMELIA

Black beans are known for promoting heart and digestive health. Avocado is a great source of healthy monounsaturated fat!

An's GRAPEFRUIT GREEN SMOOTHIE

INGREDIENTS

- 1 medium grapefruit, peeled, seeds removed, reserve juice
- 1 Honeycrisp apple, cored and skin removed
- 2 cups spinach
- 1 large ripe banana, previously sliced and frozen
- 2-3 ice cubes
- ½ cup unsweetened almond milk
- ½ tsp fresh ginger (optional), peeled and chopped

INSTRUCTIONS

- 1) Add all ingredients to a blender (including reserved grapefruit juice) and blend until creamy and smooth.
- 2) Add more liquid if too thick, add ice to thicken, and add banana or apple to sweeten.
- 3) Serve immediately. Enjoy!

NOTES FROM AN

In addition to vitamin C, grapefruits contain many antioxidants, including beta-carotene and lycopene! Spinach is also a good source of vitamins and minerals, with significant amounts of vitamins A, C, and B vitamins, as well as magnesium and potassium.

An's CITRUS AVOCADO SALAD

INGREDIENTS

Salad:

- 12 cups torn salad greens
- 2 medium grapefruits, peeled and sectioned
- 2 medium navel oranges, peeled and sectioned
- 2 medium ripe avocados, peeled, pitted and diced
- 1 small red onion, thinly sliced and separated into rings

Citrus Vinaigrette:

- ½ cup canola oil
- ¼ cup sugar
- 3 Tbsp lemon juice
- 1½ tsp poppy seeds
- ½ tsp salt
- ¼ tsp ground mustard
- ¼ tsp grated onion

INSTRUCTIONS

- 1) Arrange the lettuce on a large platter or bowl.
- 2) Carefully peel the grapefruits and oranges. Cut into slices and carefully pop out any seeds. Arrange the grapefruit, oranges, and avocados in and around the lettuce and season with salt and pepper.
- 3) Whisk together the ingredients for the vinaigrette, taste and adjust salt and pepper as needed.
- 4) Serve the vinaigrette drizzled on top of the salad. Enjoy!

NOTES FROM AN

Avocados are rich in monounsaturated fats, which are heart-healthy fats that can help lower cholesterol levels.
Citrus fruits are great sources of the antioxidant Vitamin C!

Jade's FRESH PLUM SALSA

INGREDIENTS

- 2 ripe plums, diced
- 2 ripe Roma tomatoes, diced
- 1/4 cup red onion, finely chopped
- 1 jalapeño pepper, seeded and finely chopped (optional, for heat)
- 2 Tbsp fresh cilantro, chopped
- Juice of 1 lime
- Salt and pepper to taste

INSTRUCTIONS

- 1) In a mixing bowl, combine the diced plums, diced tomatoes, chopped red onion, chopped jalapeño (if using), and chopped cilantro.
- 2) Squeeze the lime juice over the mixture and toss gently to combine.
- 3) Season with salt and pepper to taste. Adjust lime juice or seasoning as needed.
- 4) Cover the salsa and let it sit in the refrigerator for at least 30 minutes to allow the flavors to meld together.
- 5) Serve with grilled chicken, fish, or as a dip with tortilla chips!

NOTES FROM JADE

Plums and tomatoes are both rich in antioxidants like vitamin C which help to reduce inflammation in the body and promote a healthy heart!

Jade's

SMASHED POTATOES WITH PESTO

INGREDIENTS

Potatoes:

- 2 lb fingerling potatoes
- 2 Tbsp olive oil

Basil Pesto Sauce:

- 1 bunch Italian parsley leaves
- 1 cup fresh basil leaves
- 1/3 cup extra virgin olive oil
- 1/2 lemon, squeezed
- 6 cloves garlic, grated
- 1/3 cup toasted pine nuts or walnuts
- Sea salt + red chili flakes to taste

INSTRUCTIONS

- 1) Wash potatoes, cover them with cold water, and bring to a boil in a medium pot. Boil for about 12 minutes.
- 2) Drain potatoes and preheat the oven to 450°F.
- 3) Oil the bottom of a baking dish and spread potatoes evenly on the baking dish.
- 4) Use a potato masher or a flat bottom glass and gently smash each potato until flattened. Brush with olive oil and sprinkle with a pinch of sea salt and chili flakes.
- 5) Bake the potatoes for 25 minutes, flipping them halfway.
- 6) For the pesto, add the parsley, basil, olive oil, lemon juice, grated garlic, and nuts to a food processor and combine until smooth.
- 7) Drizzle the pesto on the crispy roasted fingerling potatoes and enjoy!

NOTES FROM JADE

Basil is a great source of vitamin K which helps support your bone health and olive oil is rich in healthy fat which helps support your heart health!



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