

ITALIAN INSPIRED

A top-down view of various fresh ingredients including spaghetti, cherry tomatoes, an egg, and pasta.

COOKBOOK

CHEF CRAFTED WITH CARE

INSPIRED CULINARY CREATIONS
HOLISTIC WELLNESS EDUCATION



At TCU Dining, we pair exceptional culinary talent with evidence-based and practical nutrition education to provide students with an unparalleled experience and skills to last a lifetime.

This class was part of our Healthy Frog program, a holistic wellness program created by the students, for the students. These recipes are inspired by our new student-choice al moreo concept which features tasty Italian-inspired cuisine with a contemporary twist.

al moreo



INTRODUCTION

MESSAGES FROM OUR TEAM



Michael Smith

Executive Culinary Director

“If you develop a passion for cooking early it will sustain you all through life - mentally and physically”

Maddie Jacobs, MS, RD, LD

Campus Dietitian

“My goal is always to teach students skills they can pass along to their peers, creating a ripple effect of wellness education”



Services



Connor Green

Executive Chef - Resident Dining

“I am honored and excited to be the new Executive Chef of Resident Dining and look forward to continuing to bring our Horned Frogs joy through delicious food”

Basil

Balsamic

Bruschetta

INGREDIENTS

- 1 loaf French bread, sliced
- 2 Tbsp olive oil
- 8 Roma tomatoes, diced
- 1/3 cup fresh basil, chiffonade
- 1 oz Parmesan cheese
- 2 cloves garlic
- 1 Tbsp balsamic vinegar
- Salt and pepper to taste

INSTRUCTIONS

1. Preheat oven to 400°F.
2. Brush sliced bread with olive oil on both sides and place on baking sheet.
3. Toast bread until golden brown, about 5-10 minutes, flipping halfway.
4. Rub garlic on each individual piece of toasted bread.
5. Mix together tomatoes, basil, Parmesan cheese, and garlic in a bowl.
6. Mix in 2 tsp olive oil, balsamic vinegar, salt, and pepper.
7. Spoon mixture onto toasted bread.
8. Drizzle with additional olive oil if desired and enjoy!

Basil

Balsamic

Bruschetta

Notes from the Chefs

- Rubbing the garlic on the bread after toasting allows the bread to act as a grater, extracting the most flavor from the garlic.
- Chiffonade means “little ribbons” in French and is a technique in which you roll the basil leaves into a tube and cut across the grain.
- Balsamic vinegar is made almost exclusively in Modena, Italy and is aged up to 12 years in wooden barrels.

Notes from the Dietitian

- Tomatoes are an excellent source of vitamin C and vitamin A which help our bodies to fend off illness.
- Tomatoes also contain lycopene, which may help to fight off cancer-causing compounds and protect your heart.
- While raw tomatoes are higher in vitamin C, cooked tomatoes are higher in lycopene, so try to eat a variety of raw and cooked varieties.
- Garlic has also been shown to help reduce cold and flu symptoms!
- Olive oil is high in monounsaturated fats and antioxidants, which help to protect our bodies during times of stress and reduce inflammation.

Homemade Cauliflower Gnocchi

INSTRUCTIONS INGREDIENTS

8 cups cauliflower florets, cooked
1 tsp salt
6 Tbsp olive oil
1 cup cassava flour
1/2 cup potato starch

1. Place cooked cauliflower in a cheesecloth or thin towel and squeeze out as much water as possible.
2. Add cauliflower, salt, and 4 Tbsp olive oil to food processor. Process on high speed until smooth, approximately 30 seconds.
3. Whisk together potato starch and cassava flour in a bowl. Add cauliflower puree and mix until just combined.
4. Lightly knead the dough until it forms a composed dough ball. Knead 3-4 times (don't overwork) and section the dough into 8 equal parts.
5. Gently roll each piece into a log that is 2 1/2 inches long and 3/4 inch wide. Using a knife or bench scraper, cut each log into 3/4 inch pieces.
6. To create a ribbed pattern, roll gnocchi under the back of a fork.
7. Cook gnocchi in medium pot of boiling water until pieces float to the top, approximately 3 minutes.
8. Heat 1 Tbsp of olive oil in frying pan over medium heat.
9. Add gnocchi in a single layer and sautee until golden brown, approximately 5-7 minutes, flipping halfway.
10. Top with desired sauce and toppings and enjoy!

Homemade

Cauliflower Gnocchi

Notes from the Chefs

- The trademark ridges in gnocchi were traditionally added to help the sauce stick to the gnocchi.
- When cooking pasta, salt is added to the water to help prevent the pasta from becoming too starchy.
- Pan-frying the gnocchi is an optional step that creates a crunchy texture. **When pan frying, I recommend letting the gnocchi sit in the hot oil for several minutes without moving it to get that crunchy exterior** - Luke, Senior TCU Student

Notes from the Dietitian

- This pasta recipe is a great option for individuals who avoid gluten!
- The addition of cauliflower into the pasta dough adds extra fiber, antioxidants, vitamin C, and vitamin K.
- Cassava is a good source of vitamin C as well as copper. Copper is a mineral we need in small amounts for energy production and metabolism.
- To keep this recipe plant-based, try topping with a tomato-based sauce and using dairy-free cheese!
- Potatoes are a good source of fiber and potassium which may help to regulate blood pressure, control blood sugar, and improve digestive health.

Brown Butter and Sage Sauce

INGREDIENTS

4 oz unsalted butter
1 clove garlic, chopped
1/4 cup fresh sage leaves, chopped
1/2 tsp ground black pepper
Parmesan cheese to taste
Salt to taste

INSTRUCTIONS

1. Melt butter in medium saucepan over low heat.
2. When butter begins to bubble, add garlic and stir for 1 minute.
3. Add chopped sage and continue stirring for 2-4 minutes, until butter has turned a light brown color.
4. Season with salt and pepper to taste.
5. Pour sauce on top of cauliflower gnocchi, top with parmesan cheese, and enjoy!

Brown Butter and Sage Sauce

Notes from the Chefs

- In French cooking, this sauce is called *Buerre Noisette* which literally translates to “hazelnut butter”. Despite not containing hazelnuts, the sauce was named this due to its dark color and nutty flavor.
- Brown butter is made by separating the milk protein from the fats. The protein in the milk is then slowly browned with continued heating. The leftover fat can be solidified to make ghee, also called clarified butter, which is often used in Indian cuisine.
- I recommend adding tomatoes to the sauce to add an extra layer of flavor and color! - Kyla, First-year TCU Student

Notes from the Dietitian

- Sage is a good source of vitamin K, which is essential for proper blood clotting following an injury.
- Sage also has antimicrobial properties which may help to decrease oral bacteria that cause cavities!
- The antioxidants found in sage may also help to protect your brain and improve memory over time.
- Black pepper has anti-inflammatory properties which can aid in exercise recovery, counteracting asthma and allergies, and decreasing cholesterol levels.

Sunny's Coconut Surprise Gelato

INGREDIENTS

- 2 scoops vanilla gelato
- 1 Tbsp chopped peanuts
- 1 Tbsp toasted coconut
- 1/2 Tbsp caramel syrup
- 2 vanilla wafer cookies

Created by TCU Students

This recipe was created by Sunny and Team Chefonade as part of their *Chef Crafted with Care* cooking class. The students were given a variety of gelato flavors, toppings, and fresh ingredients to create their own culinary masterpiece and this recipe was selected as the winner by our TCU Dining culinary team!

INSTRUCTIONS

1. Scoop gelato into a glass or bowl.
2. Add peanuts and coconut on top.
3. Drizzle with caramel syrup.
4. Place one cookie on each side of the bowl and enjoy!

Sunny's Coconut Surprise Gelato

Notes from Sunny

- The recipe was named “Coconut Surprise” because I originally thought the shredded coconut was almonds - surprise! However, the dessert tasted great so I kept the coconut!
- The secret to the sweet and salty flavor is the combination of the caramel and the roasted peanuts - a match made in heaven!
- I recommend using the cookies to scoop out the gelato, kind of like gelato chips and dip, to get the best combination of creamy and crunchy!

Notes from the Dietitian

- Since gelato contains less milk fat than ice cream, it can be a good alternative for those looking to reduce their saturated fat intake.
- With milk as a primary ingredient, gelato is a good source of calcium, which is essential for maintaining optimal bone density.
- Peanuts are a great source of plant-based protein and add an extra crunch to the final product.
- Toppings can be a great way to add some extra nutritional value to your dessert. Try adding some fruit and nuts for added vitamins, minerals, and protein!



Dining Services



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