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*Gardens of Gratitude*  
*Preceptor Appreciation Luncheon*



*Recipe Booklet*

*TCU Combined BS/MS in Dietetics*

*April 29th, 2025*

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# *Gardens of Gratitude Menu*

## **Spring Charcuterie Board**

Featuring an assortment of meats, cheeses, & crackers

## **Italian Pesto Chicken & Caprese Sandwich**

Baked pesto chicken with mozzarella, tomato, arugula, & drizzle of balsamic glaze on a ciabatta roll

## **Strawberry & Spinach Salad**

Spinach salad topped with strawberries, candied pecans, goat cheese, & a raspberry vinaigrette

## **Lemon Arugula Pasta Salad**

Bowtie pasta mixed with arugula and a homemade lemon balsamic dressing

## **Blueberry Crumble**

Warm blueberry compote topped with an oat crumble

**Iced Water**



# Table of Contents



01 *Spring Charcuterie Board*

02 *Italian Pesto Chicken & Caprese Sandwich*

03 *Strawberry & Spinach Salad*

04 *Lemon Arugula Pasta*

05 *Blueberry Crumble*



## Spring Charcuterie Board

Servings: 6

Prep time: 10 min

Cook time: 0 min

### INGREDIENTS

- 4 oz parmesan cheese
- 4 oz cheddar cheese
- 6 oz salami
- 20 wheat crackers
- 20 red grapes
- 2 tbsp strawberry preserves

### DIRECTIONS

1. Slice cheese into desired form and place on a large platter
2. Fold and place salami on the platter
3. Wash & dry grapes then use to fill in blank space on the platter
4. Place a scoop of strawberry preserves on the platter



## Italian Pesto Chicken & Caprese Sandwich

Servings: 4

Prep time: 10 min

Cook time: 15 min

### INGREDIENTS

- 1 cup balsamic vinegar
- 1 tsp honey
- 2 chicken breasts
- 1/4 cup + 1 tbsp olive oil
- 1 tsp onion powder
- 1 tsp salt
- 1 tsp black pepper
- 1 tbsp Italian seasoning
- 1 tsp paprika
- 5 tsp pesto
- 2 cloves garlic, one whole,  
one minced
- 4 ciabatta rolls
- 8 oz mozzarella, sliced
- 1 heirloom tomato, sliced
- 1 cup arugula

### DIRECTIONS

1. Preheat oven to 375 degrees Fahrenheit
2. Make balsamic glaze by whisking together balsamic vinegar and honey in saucepan over medium heat. Give glaze time to cool to allow it to thicken
3. Season chicken breast with 1 tbsp olive oil, onion powder, salt, black pepper, Italian seasoning, paprika, 1 tbsp pesto, and minced garlic
4. Bake the chicken in the oven for 15 minutes or until the internal temperature of the thickest part reads 165
5. Slice bread in half and brush each side with olive oil, then toast
6. Rub each side of toasted bread with half a garlic clove
7. Using the remaining pesto, spread on one half of the bread
8. Layer the chicken, mozzarella, tomatoes, & arugula
9. Drizzle with balsamic glaze and top with the other bun



## Strawberry Spinach Salad

Servings: 4

Prep time: 10 min

Cook time: 10 min

### INGREDIENTS

Dressing:

3 tbsp raspberry glaze

6 tbsp olive oil

3 tbsp honey

1 tsp dijon mustard

2 tbsp shallots, finely  
minced

1/4 tsp salt

1/4 tsp pepper

Salad:

6-7 cups spinach (1 bag)

2 cups strawberries,  
stemmed & sliced

1 cup pecans, candied

4 oz goat cheese

### DIRECTIONS

1. Combine raspberry glaze, olive oil, honey, Dijon mustard, shallots, salt and pepper in a small sealable container and shake vigorously to blend. Alternatively, combine vinegar, honey, mustard, shallots, salt and pepper in a medium bowl. Whisking constantly, slowly drizzle in oil until emulsified.
2. In a large bowl, combine baby spinach, strawberries, and candied pecans. Add the dressing little by little and toss until greens are well-coated. Taste and adjust seasoning with salt and pepper. Sprinkle with crumbled goat cheese and serve.



## Lemon Arugula Pasta Salad

Servings: 4

Prep time: 15 min

Cook time: 10 min

### INGREDIENTS

- 3.5 oz arugula
- 8 oz pasta, such as farafelle/orzo
- 1/2 cup walnuts, finely chopped
- 1/3 cup finely grated parmesan
- 1 lemon, juice & zest
- 8 tbsp olive oil
- 1 tsp salt
- 1/2 tsp black pepper
- 1 tbsp capers & 1 tsp of their brine
- 1 tbsp white balsamic vinegar
- 6 basil leaves, cut chiffonade-style
- 2 tsp dijon mustard
- Basil

### DIRECTIONS

1. Cook pasta per package instructions, slightly softer than al dente. When the pasta is finished, drain and rinse it well.
2. Make the dressing in a large mixing bowl by whisking together lemon juice and zest, white balsamic vinegar, dijon mustard, walnuts, capers, salt, pepper, and olive oil. Then stir in the parmesan cheese.
3. Add the rinsed pasta and toss to combine.
4. Add the arugula and basil, if using, and toss to combine.



## Blueberry Crumble

Servings: 2      Prep time: 15 min      Cook time: 1 hr 45 min

### INGREDIENTS

Filling:

- 3/4 cup granulated sugar
- 1/4 cup cornstarch
- 1/2 tsp kosher salt
- 6 cups blueberries
- 1 tbsp fresh lemon juice

Topping:

- 6 tbsp unsalted butter
- 1/4 cup light-brown sugar
- 1 cup unbleached all-purpose flour
- 1/2 tsp kosher salt
- 1 tsp cinnamon powder
- 1/2 cup rolled oats
- Vanilla ice cream

### DIRECTIONS

1. Preheat the oven to 375 degrees. In a large bowl, mix berries with granulated sugar. Add cornstarch and salt and mix until berries are well coated.
2. Fold in lemon juice and transfer to an 8-inch square baking dish.
3. In the bowl of a stand mixer fitted with the paddle attachment, beat together butter and brown sugar on medium speed until light and fluffy.
4. Add flour, salt, cinnamon, and oats; using your hands, mix until large pieces form.
5. Scatter evenly over filling.
6. Bake until center is bubbling, 55 minutes to 1 hour, tenting loosely with foil after 30 minutes. Let cool at least 30 minutes before serving, with vanilla ice cream if desired.

