

Recipe Book



PRECEPTOR LUNCHEON 2026

*Grateful
for You*

We are incredibly grateful for the time, wisdom, and encouragement you've shared with us. In honor of that gratitude, we're serving up a Mediterranean-inspired menu full of fresh, vibrant flavors. From chicken and vegetable kabobs to hummus, chickpea salad, and olive oil cake. Thank you for helping shape the next generation of dietitians!

-TCU CDP STUDENTS



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ROASTED BEET HUMMUS

Servings: 6

Time: 10 minutes

INGREDIENTS

- 1 small beet
- 1 15-oz. can cooked chickpeas, mostly drained
- 1 large lemon, zested
- ½ large lemon, juiced
- 1 healthy pinch salt and black pepper
- 2 large cloves garlic, minced
- 2-3 Tbsp. tahini
- ¼ cup extra virgin olive oil



INSTRUCTIONS

1. Preheat oven to 350° F and roast beet for 60 minutes.
2. Once the beet is cooled and peeled, quarter it and place it in your food processor. Blend until only small bits remain.
3. Add remaining ingredients except for olive oil and blend until smooth.
4. Drizzle in olive oil as the hummus is mixing.
5. Taste and adjust seasonings as needed, adding more salt, lemon juice, or olive oil if needed. If it's too thick, add a bit of water.
6. Will keep in the fridge for up to a week.

CRAZY FETA DIP

Servings: 8

Time: 25 minutes

INGREDIENTS

- 16 oz. feta cheese
- 4 Tbsp. olive oil
- 6 Tbsp. lemon juice
- 1 tsp. lemon zest
- 2 large jalapeños, diced
- 1 medium yellow onion, diced
- 1 bulb garlic
- Salt and pepper to taste



INSTRUCTIONS

1. Preheat oven to 400 ° F and line baking sheet with parchment paper.
2. Place the jalapeños, onion, and garlic cloves on the pan and drizzle with olive oil, salt, and pepper.
3. Roast for 15 minutes.
4. Add the feta, olive oil, lemon juice, and zest in a food processor and pulse.
5. Add the roasted vegetables and pulse again.
6. Enjoy the dip with crackers or veggies.

MEDITERRANEAN SALAD

Servings: 8

Prep time: 30-40 minutes

Total time: 2 hours 50 minutes

INGREDIENTS

- 1 seedless cucumber, quartered
- 2 cups Romaine lettuce
- 6 cups grape tomatoes, quartered
- 1 red onion, sliced
- 1½ oz kalamata olives
- 1½ oz feta cheese
- ¼ cup olive oil
- 3 Tbsp. lemon juice
- 2 tsp. Dijon mustard
- 1 garlic clove, minced
- ½ tsp. dried oregano
- Salt and pepper to taste
- 1 Tbsp. fresh parsley



MEDITERRANEAN SALAD

INSTRUCTIONS

- 1. Prep the vegetables:** Wash and dry the Romaine lettuce, cucumber, and grape tomatoes. Chop lettuce. Dice the seedless cucumber and finely slice the red onion.
- 2. Make the dressing:** In a jar or small bowl, whisk together olive oil, lemon juice, Dijon mustard, garlic, and oregano until fully emulsified. Season with salt and pepper to taste.
- 3. Assemble the salad:** Place Romaine lettuce in a large serving bowl as the base. Arrange rows of cucumber, tomatoes, red onion, olives, and feta cheese on top.
- 4. Serve:** When ready to serve, pour the dressing over the salad. Garnish with fresh parsley and toss gently to combine. Serve immediately.

Optional:

Roast crispy chickpeas per recipe below and add to salad during assembly.

CRISPY CHICKPEAS

Servings: 8

Prep time: 15 minutes Total time: 60 minutes

INGREDIENTS

- 15 oz. chickpeas
- ½ Tbsp. olive oil
- ¾ tsp. chili powder
- ½ tsp. dried thyme leaves
- ½ tsp. salt



INSTRUCTIONS

1. Preheat oven to 375°F.
2. Mis en place ingredients.
3. Rinse and drain chickpeas.
4. Spread chickpeas in a single layer on a baking sheet.
5. Bake for 30 minutes, shake pan occasionally .
6. Remove the chickpeas and carefully add to a bowl with the olive oil, chili powder, thyme, and salt.
7. Toss well to coat the chickpeas evenly .
8. Spread seasoned chickpeas back onto the baking sheet, and return to the oven for another 10-15 minutes, or until golden and crispy.
9. Remove when done and serve.

CHICKEN KABOBS

Servings: 12-14 Skewers

Prep time: 2 hours 30 minutes

Total time: 2 hours 50 minutes

INGREDIENTS

- 2 lb. boneless skinless chicken breast, cubed
- 1 red onion, cubed
- 1 of each: red, green, and yellow bell peppers, cubed
- 1 yellow squash, sliced in rounds

Chicken Marinade:

- 1 shallot, minced
- 3 garlic cloves, minced
- 4 Tbsp. olive oil, divided
- 2 Tbsp. lemon juice
- 1 Tbsp. lemon zest
- 1 tsp. paprika
- 2 tsp. dried oregano
- 2 tsp. dried basil
- 1 tsp. dried thyme
- 1¼ tsp. salt
- 1¼ tsp. pepper



CHICKEN KABOBS

INSTRUCTIONS

1. In a medium bowl, combine the shallot, garlic, lemon juice, zest, and spices with 2 Tbsp. of olive oil.
2. Stir in the chicken until well combined, and marinate for at least 2 hours (up to overnight). Drain the marinade.
3. If using wooden skewers, soak in water for 2 hours to prevent burning.
4. Preheat oven to 400° F.
5. Add the chicken and vegetables to the skewer, alternating as you like. Brush with remaining 2 Tbsp. of olive oil and season with salt and pepper to taste.
6. Place the prepared skewers onto a sheet pan and bake for 15-20 minutes, or until internal temperature of the chicken reaches 165° F.
7. If desired, broil for 2-3 minutes for char.

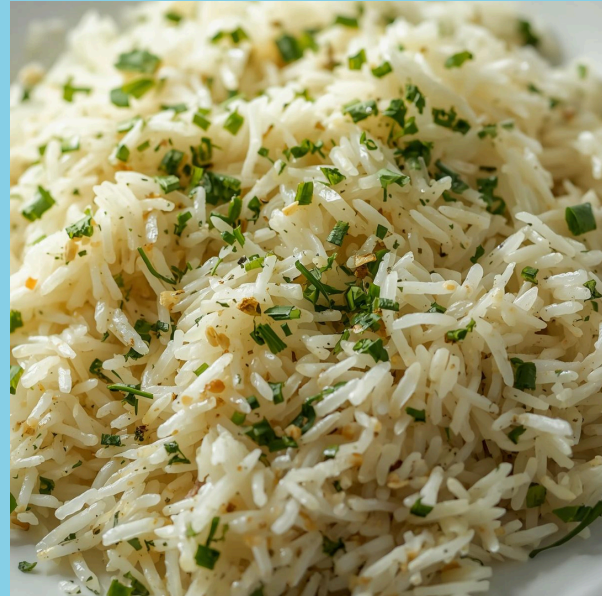
HERBED RICE

Servings: 4

Time: 20 min

INGREDIENTS

- 1 cup basmati rice
- 1 Tbsp. olive oil
- 3 garlic cloves, minced
- 2 cups chicken broth
- ½ tsp. salt
- 1 Tbsp. parsley, minced
- 1 Tbsp. chives, tiny rounds



INSTRUCTIONS

1. Rinse rice under running water until water is clear, set aside to drain.
2. Set medium pot over medium high heat and add olive oil.
3. Add minced garlic and cook until fragrant.
4. Add rinsed rice, cook for a minute to toast rice.
5. Cover rice with the chicken broth, add salt.
6. Stir and bring to a boil, covered.
7. Lower heat and simmer rice covered for 15-20 minutes or until all the water is absorbed and rice is soft.
8. Take rice off heat, add finely chopped herbs, fluff rice.
9. Cover rice and allow to rest for 5 minutes.
10. Serve immediately or store in fridge.

LEMON OLIVE OIL CAKE

Servings: 5

Time: 1 hour 25 minutes

INGREDIENTS

- 2 cups flour
- $\frac{3}{4}$ tsp. baking soda
- $\frac{3}{4}$ tsp. baking powder
- $\frac{3}{4}$ tsp. salt
- 3 large eggs
- 1 cup extra virgin olive oil
- 1 cup whole milk
- $1\frac{1}{2}$ cups granulated sugar
- Zest from 2 lemons
- $\frac{1}{4}$ cup nonfat Greek yogurt
- $\frac{1}{2}$ cup lemon juice
- 1 Tbsp. limoncello



For the glaze:

- 1 heaping cup powdered sugar
- 2 Tbsp. lemon juice
- 2-3 Tbsp. whole milk
- Pinch of salt

LEMON OLIVE OIL CAKE

INSTRUCTIONS

1. Preheat oven to 350° F.
2. Spray or grease a 9-inch round or square cake pan.
3. Place sugar in a small bowl. Add the zest and with your fingers rub the sugar with the zest to extract the oils.
4. In a large bowl, whisk together the flour, baking powder, baking soda, and salt. Set aside.
5. In another large bowl, whisk eggs and oil until blended. Whisk in milk, yogurt, and limoncello. Whisk in sugar and zest mixture and continue to whisk until well blended.
6. Add the wet ingredients into the dry and whisk until just combined, then whisk for 50 strokes.
7. Pour into prepared pan and bake for 40-45 minutes, or until a toothpick comes out clean.
8. Let cake cool for at least 15 minutes before removing from the pan.
9. In a bowl, mix together the powdered sugar, lemon juice, milk, and salt. Pour over cooled cake and let set.

THANK YOU

On behalf of the TCU CDP students and the Department of Nutritional Sciences, we wanted to say thank you for your hard work and willingness to pass along your knowledge to the next generation of dietitians! We love being able to learn from you and grow as individuals and aspiring professionals in this career path. We hope you enjoyed this luncheon and time to celebrate you as we say Happy National Preceptor Month!

