



Temenos Cookbook

nourish



McGovern
Medical School

HOMES Program

Homeless Outpatient Mental Health
Expansion Services



made possible with funding by:



A note from the team

Thank you for participating in our nutrition and cooking activities. We have loved getting to know you all and sharing fun times and delicious foods. We hope this cookbook is helpful in your journey ahead.

Diana The Dietitian

Sara

Farrah

Clara

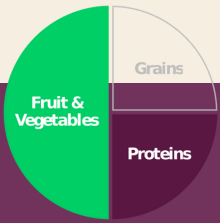
Raina

Dr. Hamilton

Dr. Sarah

Dr. Sharma

Microwave



Mug Omelet

Yield: 1 serving

Serving size: 1 omelet

Ingredients

- 2 eggs
- 2 Tbsp milk
- 2 tsp seasoning of choice
- 1 handful vegetables of choice, chopped
- 1 Tbsp sharp cheddar

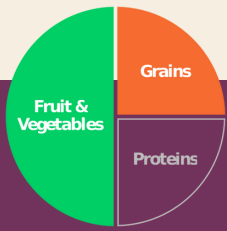
Method

- Add eggs, milk, and seasoning to a microwave-safe mug. Whisk to combine.
- Add chopped vegetables and cheese and mix to combine.
- Microwave on high for 30 seconds, remove from microwave and stir. Continue microwaving in 30-second intervals until fully cooked.

Equipment

- Cutting board
- Chef knife
- Mug
- Fork or whisk
- Microwave





Apple Zucchini Oatmeal

Yield: 1 serving

Serving size: ~1 cup

Ingredients

- 1 apple, diced
- 1/2 tsp ground cinnamon
- 1 tsp butter
- 1 zucchini, shredded
- 1 packet instant oatmeal

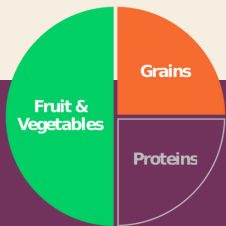
Method

- Place apple, ground cinnamon, and butter in a small microwave-safe bowl. Microwave for 3-4 minutes until desired texture. Mix well and set aside.
- In a separate microwave safe bowl, add shredded zucchini, instant oatmeal, and liquid of choice. Microwave according to package instructions.
- Mix oatmeal well and top with microwaved apples.

Equipment

- Cutting board
- Chef knife
- Microwave safe bowls





Microwave Apple Crumble

Yield: 1 serving

Serving size: ~1 cup

Ingredients

- 1 packet instant oatmeal
- 2 tsp water
- 2 tsp canola oil
- 1 apple, diced
- 1/2 tsp ground cinnamon
- 1 tsp butter

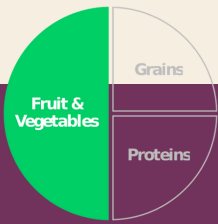
Method

- Add instant oatmeal, water, and canola oil to a microwave-safe mug or bowl. Mix well to combine.
- Microwave oat mixture for 1 minute, take mug out and stir, and continue microwaving at 20 second intervals until oats have browned slightly. Remove from microwave - for extra crunch, spread out onto a plate.
- Place apple, ground cinnamon, and butter in a small microwave-safe bowl. Microwave for 3-4 minutes until desired texture. Mix well and top with oatmeal crumble.

Equipment

- Cutting board
- Chef knife
- Microwave safe bowls
- Plate





Garlic and Herb Butter Broccoli

Yield: 4 servings

Serving size: 1/2 cup

Ingredients

2 Tablespoon	Butter
1 Tablespoon	Water
1 each	Broccoli head, cut into equal size florets
1 teaspoon	Garlic powder
1 teaspoon	Italian seasoning
1/2 teaspoon	Kosher salt
1/4 teaspoon	Black pepper, ground

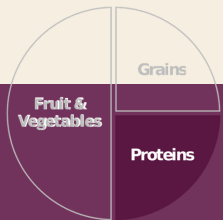
Method

- Place butter, water, and vegetables in a microwave-safe bowl.
- Add garlic, Italian seasoning, salt, and pepper.
- Cover loosely with a lid or a damp paper towel.
- Cook on high in the microwave for 3 minutes, check for desired doneness.
- Continue cooking in 1-minute intervals until vegetables reach desired texture.
- Stir well before serving to evenly coat vegetables with seasoning.

Equipment

- Cutting board
- Chef knife
- Microwave safe bowl
- Lid or paper towel
- Measuring spoons
- Wooden spoon or rubber spatula





Easy Microwave Beans

Yield: 4 servings

Serving size: 1/2 cup

Ingredients

- 1 (15 oz) can black beans, no salt added
- 1 (15 oz) can diced fire roasted tomatoes
- 1 Tbsp chili powder
- 1/4 tsp kosher salt
- 1 lime, quartered (optional)

Method

- Add all ingredients to a microwave-safe bowl.
- Mix well and microwave for 1-2 minutes until heated through.
- Taste and adjust seasoning as desired. Serve with a squeeze of lime if desired.

Equipment

- Microwave-safe bowl
- Mixing spoon

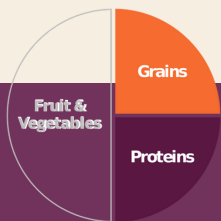


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Stovetop



Louisiana Style Chickpea Tacos

Yield: 4 servings

Serving size: 2 tacos

Ingredients

- 1 -14oz can of chickpeas
- 1 tbsp canola oil
- 1 tbsp salt free cajun seasoning blend
- 1/4 tsp salt
- 2 tbsp low sodium/fat free feta cheese
- 8 -4 inch corn tortillas

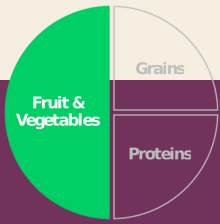
Equipment

- Can opener
- Wooden Spoon
- Large non-stick pan
- Strainer

Method

- Open can chickpeas and place into strainer. Rinse under water for 1 minute.
- Dry chickpeas on a paper or cloth towel. Mash half of the chickpeas with the back of a wooden spoon.
- Heat 1 tbsp oil in a large nonstick pan over medium high heat, until shimmering.
- Add chickpeas in a single layer, making sure to not overcrowd the pan.
- Cook for 3 minutes, undisturbed.
- Add cajun mix and salt. Mix and cook for another 4 minutes.
- Turn off heat and add feta cheese.
- Serve over corn tortillas and with any toppings you like. (Pickled onions, salsa, yogurt sauce)





Garlic-Lemon Sauteed Green Beans

Yield: 4 servings

Serving size: ~1 cup

Ingredients

1 Tbsp canola or olive oil
1 Tbsp minced garlic
1 lb green beans, trimmed
1/2 tsp pepper
1 tsp salt
juice and zest of 1 lemon
red pepper flakes, to taste

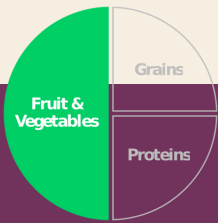
Method

- Heat oil in a large sauté pan on medium heat until shimmery. Add minced garlic and sauté, stirring frequently, until fragrant ~30 seconds.
- Add green beans and sauté for 5-6 minutes or until the green beans have reached your desired texture.
- Season with salt, pepper, lemon juice and zest, and serve. Top with red pepper flakes if desired.

Equipment

- Cutting board
- Chef knife
- Saute pan
- Wooden spoon





Basic Stir Fried Vegetables

Yield: 4 servings

Serving size: ~1 cup

Ingredients

- 1 Tbsp canola or olive oil
- 1 Tbsp minced garlic
- 1-2 lb vegetables of choice

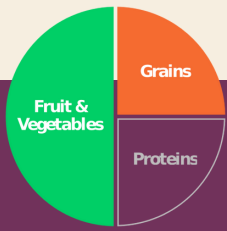
Equipment

- Cutting board
- Chef knife
- Saute pan
- Wooden spoon

Method

- Heat oil in a large saute pan on medium heat until shimmery. Add onion and saute, stirring frequently, until translucent ~2-3 minutes. Add minced garlic and saute, stirring frequently, until fragrant ~30 seconds.
- Add vegetables such as carrots, broccoli, potatoes, etc and saute for 5-6 minutes or until they have reached your desired texture.
- Serve over rice, noodles, and/or with a protein food!





Cauliflower Mac and Cheese

Yield: 4 servings

Serving size: ~1 cup

Ingredients

8 oz macaroni
1/2 head cauliflower, rough chopped
3 cups milk
1 tsp dried thyme
1/2 tsp salt
1/2 tsp pepper
1 cup pecorino romano
3 cups sharp cheddar

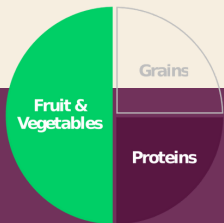
Method

- Add cauliflower and milk into a medium sauce pot and cook over medium heat until cauliflower is soft (~15 minutes).
- While cauliflower is cooking, bring water to a boil in a large pot and cook pasta according to package instructions. Drain and set aside once cooked.
- Transfer cauliflower and milk mixture into a blender and add spices. Blend until smooth.
- Return mixture to pot and combine with cheeses. Stir until melted.
- Add the cooked pasta and stir to combine.

Equipment

- Cutting board
- Chef knife
- Medium sauce pot
- Large pot
- Blender
- Wooden spoon
- Colander or slotted spoon





10-Minute Chili

Yield: 6 servings

Serving size: ~1 cup

Ingredients

- 1 15.5 oz can black beans
- 1 15.5 oz can navy or white beans
- 2 15.5 oz cans fire roasted diced tomatoes
- 10 oz frozen corn
- 2 tsp garlic powder, or to taste
- 2 tsp onion powder, or to taste
- 2 Tbsp chili powder, or to taste

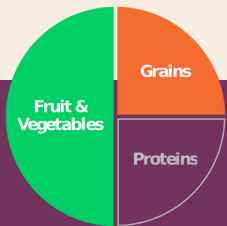
Method

- Add all ingredients to a large soup pot. Bring to a boil, and let simmer as long as desired.
- Taste and adjust for seasonings.
- Serve with favorite tortilla chips and a dollop of greek yogurt or sour cream.

Equipment

- Cutting board
- Chef knife
- Saute pan
- Wooden spoon





Creamy Vegetable Pasta

Yield: 4 servings

Serving size: ~1 cup

Ingredients

1 Tbsp canola or olive oil
1 yellow onion, diced
1 Tbsp minced garlic
1 28 oz can crushed tomatoes
2 Tbsp Italian seasoning
1 tsp black pepper
2 zucchini, half moon
8 oz pasta
1 cup whole greek yogurt
crushed red pepper to taste

Method

- Heat oil in a large saute pan on medium heat. Add onion and saute, stirring frequently, until translucent ~2-3 minutes.
- Add in minced garlic and saute another minute until fragrant. Add in crushed tomatoes, zucchini, italian seasoning, and pepper, lower heat to low and simmer.
- In a separate pot, boil salted water. Once boiling, add in the pasta and cook according to package instructions.
- Once pasta is cooked, add the pasta to the saucepan and mix well. Mix in greek yogurt and season with crushed red pepper to taste.

Equipment

- Cutting board
- Chef knife
- Saute pan
- Pot
- Wooden spoon
- Tongs

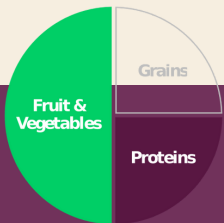


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Cutting Board



Texas Caviar

Yield: 4 servings

Serving size: ~ 1/2 cup

Ingredients

Dressing

- 2 Tbsp Canola oil
- 2 Tbsp Apple cider vinegar
- 1 tsp Dijon mustard
- 1 tsp Honey
- 1/2 tsp Worcestershire sauce
- 1/2 tsp Cayenne pepper
- 1/4 tsp Salt

Caviar

- 1 can Purple-eyed peas (15 oz), rinsed & drained
- 2 cup Collard greens, stems fine chop, leaves rough chop (~ 1/2 bunch)
- 1/4 each Red onion, small dice
- 2 each Celery stalks, small dice
- 1/4 each Red bell pepper, small dice
- 2 each Garlic cloves, minced

Method

Dressing

- In a mason jar, combine all dressing ingredients.
- Secure lid and shake until ingredients are fully incorporated, set aside.

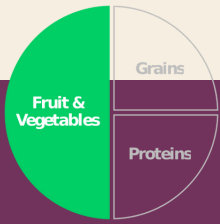
Caviar

- In a large bowl, add peas, collard greens, red onion, celery stalks, bell pepper, and garlic to the bowl
- Add dressing to caviar mixture and stir to combine.
- Store in an airtight container in the refrigerator for up to 5 days

Equipment

- Chef knife
- Cutting board
- Large mixing bowl
- Wooden spoons or rubber spatula
- Measuring spoons
- Strainer
- Nonslip padding
- Measuring cups (liquid)
- Mason jar
- Can opener





Pickled Red Onion

Yield: 5 servings

Serving size: ~1/4 cup

Ingredients

1/2 large red onions
1 cup apple cider vinegar
1 tbsp sweetener (maple syrup, honey, sugar, etc.)
1 tsp salt

Method

- In a medium bowl, whisk apple cider vinegar, sweetener, and salt until combined.
- Slice red onion into thin slices and place into jar.
- Add vinegar mixture onto the red onions.
- Marinate onions for at least 1 hour. Serve with tacos, sandwiches, salads, etc.
- Pickled red onions will last in the refrigerator for up to 2 weeks.

Equipment

- 1 glass jar or tall plastic container
- Medium bowl
- Whisk
- Chef knife
- Cutting Board



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The word "nourish" is written in a bold, black, sans-serif font. Above the letter 'r', there are two stylized green leaves pointing upwards and outwards.


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Dressings & Sauces



Red Wine Vinaigrette for Mellow Salad Greens

Yield: 1/4

Serving size: 2 Tbsp

Ingredients

- 3 Tbsp Extra-virgin olive oil
- 2 tsp Red wine vinegar
- 1/8 tsp Kosher salt
- 1/8 tsp Ground black pepper

Method

- In a mason jar, combine all dressing ingredients.
- Secure lid and shake until ingredients are fully incorporated, set aside.
- Use immediately, or refrigerate in a sealed container for up to 3 days.

Helpful Tips

- Use as a dressing for mellow salad greens like lettuce or spinach.
- To store greens for up to a week, wash and dry them. Loosely roll the greens in paper towels inside a large zip-lock bag.

Equipment

- Mason jar
- Measuring spoons





Balsamic Vinaigrette for Spicy Salad Greens

Yield: 1/4 cup

Serving size: 2 Tbsp

Ingredients

- 3 Tbsp Extra-virgin olive oil
- 2 tsp Balsamic vinegar
- 1 ½ tsp Dijon mustard
- 1/8 tsp Kosher salt
- 1/8 tsp Ground black pepper

Method

- In a mason jar, combine all dressing ingredients.
- Secure lid and shake until ingredients are fully incorporated, set aside.
- Use immediately, or refrigerate in a sealed container for up to 3 days.

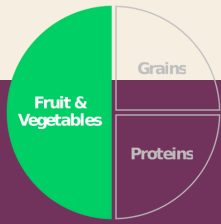
Helpful Tips

- Use as a dressing for spicy salad greens like arugula, watercress, or baby mustard greens.
- To store greens for up to a week, wash and dry them. Loosely roll the greens in paper towels inside a large zip-lock bag.

Equipment

- Mason jar
- Measuring spoons





Tangy Spinach Yogurt Sauce

Yield: 6 servings

Serving size: ~1/4 cup

Ingredients

2 Tbsp canola oil or olive oil
2 bunches spinach
2 garlic cloves, minced
½ cup cilantro, chopped
1 ½ cup yogurt, plain unsweetened
½ tsp kosher salt
zest and juice of 1/2 lemon

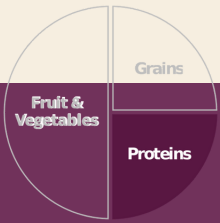
Equipment

- Cutting board
- Chef knife
- Sauté pan
- Wooden spoon
- Medium sized bowl

Method

- Heat oil in a large sauté pan on medium heat until shimmering. Add spinach and sauté, stirring frequently, until wilted ~2-3 minutes. Add minced garlic and sauté, stirring frequently, until fragrant ~30 seconds.
- Cool spinach until room temperature. Squeeze all the water out with your hands or paper towel. Chop finely.
- In a medium sized bowl, combine the cilantro, yogurt, kosher salt, and lemon juice. Stir until well combined.
- Add spinach into the yogurt and mix. Adjust seasoning to your liking.

Inspired by the Persian Spinach Yogurt sauce, Borani Esfenaj.



Creamy Chipotle Sauce

Yield: 1 cup sauce

Ingredients

1 cup plain Greek yogurt
1-2 small chipotles in adobo
1 clove garlic
Zest and juice of 1 lime
1/4 tsp kosher salt

Method

- Add all ingredients to a small blender or food processor.
- Blend until sauce is creamy. Taste and add more spice as desired.

Equipment

- Blender or food processor



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Spice Blends



Southwest Spice Blend

Yield: 1/2 cup

Ingredients

- 2 Tbsp ancho chili powder
- 2 Tbsp smoked paprika
- 1 Tbsp dried oregano
- 2 tsp cumin
- 2 tsp garlic powder
- 2 tsp onion powder
- 1 tsp ground coriander
- 1 tsp cayenne pepper
- ½ tsp freshly ground black pepper
- ½ tsp citric acid

Method

1. Combine all ingredients in an airtight container. Shake well.
2. Store at room temperature, out of direct sunlight.

Equipment

- Measuring spoons
- Airtight container





Zesty Ranch Seasoning Blend

Yield: 4 Tbsp

Ingredients

- 2 Tbsp Dry buttermilk powder
(If using regular dry milk, add 1/4 tsp citric acid)
- 2 tsp Dried parsley
- 1 tsp Onion powder
- 1 tsp Garlic powder
- 1 tsp Dried chives
- 1/2 tsp Dried dill
- 1/2 tsp Freshly ground black pepper

Method

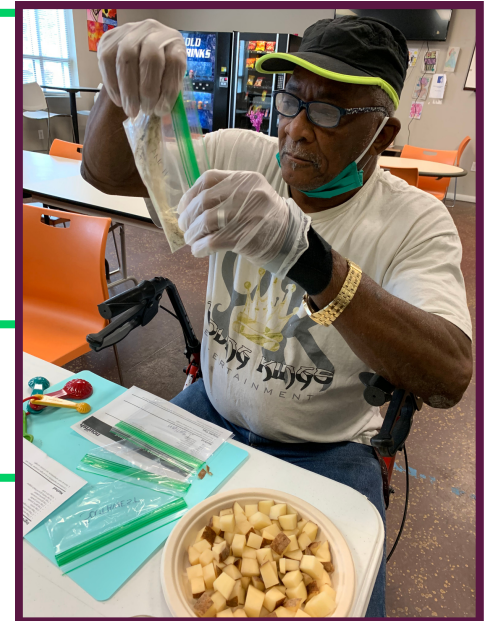
1. Combine all ingredients in an airtight container. Shake well.
2. Store at room temperature, out of direct sunlight.

Helpful Tips

Add this spice blend to a cup of Greek yogurt to make your own homemade ranch dressing.

Equipment

- Measuring spoons
- Airtight container





Cajun Seasoning Blend

Yield: ~ $\frac{1}{2}$ Cup

Ingredients

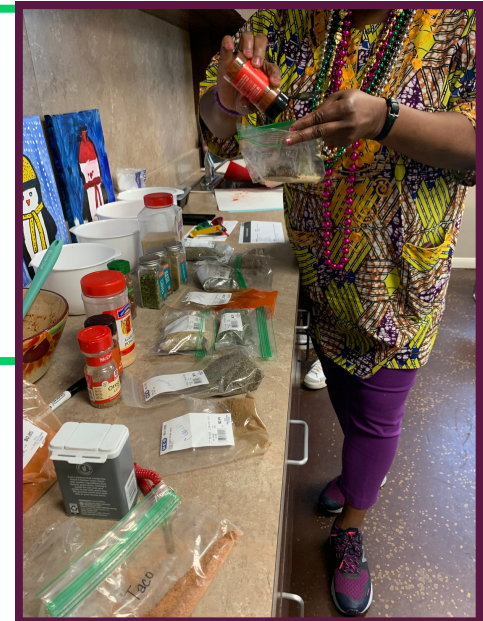
- 2 Tbsp Paprika
- 2 Tbsp Garlic powder
- 2 Tbsp Dried oregano
- 1 Tbsp Onion powder
- 2 tsp Freshly ground black pepper
- 2 tsp Cayenne pepper

Method

1. Combine all ingredients in an airtight container. Shake well.
2. Store at room temperature, out of direct sunlight.

Equipment

- Measuring spoons
- Airtight container





Additional Resources:

Bread of Life Community Care Program

1st and 3rd Saturday Food Distribution

2019 Crawford St.

Houston, TX

77002





Thank you!