

Bite by Bite

Horizon West

February 2023

ORLANDO
HEALTH®



Wellness Wednesday

As a part of Orlando Health's, "Best Place to Work," Horizon West is committed to supporting and celebrating team member wellness. One of the numerous ways to participate is by taking advantage of the "Wellness Wednesday" meal in the café. Each Wellness Wednesday, the Food and Nutrition team will feature a healthy meal option. Team members can scan the barcode during purchase, and they will receive "wellness" credits for participating. Pictured is our Honest Bowl!



Happy Anniversary, Horizon West!

On January 30th, we celebrated our two-year anniversary of providing trusted and nationally recognized healthcare to the Winter Garden and surrounding areas. The event was kicked off with a welcome breakfast, an anniversary cake, photo booth, and pet therapy, where team members visited with and enjoyed the animals. Morrison Healthcare is a proud partner and we appreciate the opportunity to serve the local community.



25%

QUALITY



COURTESY

↑ 100%



SALES

↑ 22.3%

“

I was very pleased with my experience-everyone who treated me was kind and courteous. The facility is very modern and clean, and the food was excellent. All in all, my experience with Orlando Health was very positive.

”



Black History Month

February is Black History Month

Black History Month is an annual celebration of achievements by African Americans and a time for recognizing their central role in U.S. history. Also known as African American History Month, the event grew out of “Negro History Week,” the brainchild of noted historian Carter G. Woodson and other prominent African Americans. Since 1976, every U.S. president has officially designated the month of February as Black History Month. Other countries around the world, including Canada and the United Kingdom, also devote a month to celebrating Black history.



Sweet Treats for the Sweet Tooth

We hope you had the opportunity to stop by our “Sweet Corner” for Valentine’s Day to treat yourself or a loved one to a variety of Valentine’s themed goodies. Selections included silk roses, chocolate truffles, decorated brownies and chocolate dipped strawberries. As a former Chocolatier, Eric Van Aken, Director of Food and Nutrition, tapped into his creative culinary side whipping up these sweet treats.



Quiche Lorraine

Ingredients

- Large, fresh, cage-free eggs 20 oz
- Half & Half- 1 cup
- Onions, Fresh, Diced 8 oz
- Mushrooms, Button, Fresh, Sliced 8 oz
- Oil, Cooking Spray 12 spray (1 sec/spray)
- Spice, Nutmeg, Ground 1/2 tsp
- Spice, Pepper, White, Ground 1 tsp
- Sauce, Sriracha Hot Chili 1 tsp
- Basil, Fresh, Chopped 1 tbsp
- Bacon, Sliced, Raw 8 oz
- Cheese, Swiss, Shredded 10 oz
- Oil, Canola

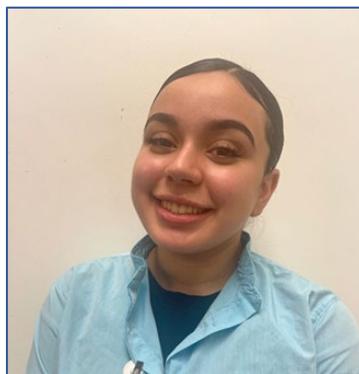
Instructions

Heat the canola oil in large sauté pan over medium heat. Cut bacon strips into small pieces and place into the frying pan. Lightly sauté bacon until slightly golden in color (about 5 min). Add mushrooms and onions and sauté them on medium heat until softened and lightly caramelized. Add shredded Swiss cheese and fresh basil to the vegetable mixture and set aside. Whisk together the liquid eggs and half and half. Add the nutmeg, pepper and sriracha to the egg mixture and whisk until incorporated. Using an 8 oz. standard muffin pan, spray each muffin holder with non-stick spray. Scoop 4 oz. of the cheese and vegetable mixture into each muffin pan. Ladle 4 oz. egg custard mixture over the vegetable mixture. Mix the egg mixture lightly into the vegetables in each tin. Bake for 14-18 minutes in a preheated oven set at 325 degrees. Let the quiche set for at least 30 minutes.



Meet the Team

Amaya Estremera - Patient Dining Associate



Amaya is our newest Patient Dining Associate. After nearly five months of service, the patients have come to know and love her. She has received high praise, with patients commenting on her great personality and her bright smile.

Amaya is currently pursuing her nursing degree. Originally from Connecticut, Amaya moved to Florida two years ago. Amaya loves the warm weather, the beach, the palm trees, and considers herself a Floridian at heart.