

Bite by Bite

Health Central

February 2023

ORLANDO
HEALTH®



“Project SEARCH” Internship Program

The Project SEARCH Program is helping develop the next generation of foodservice associates and is geared towards teaching interns employment skills in the workforce. It is a partnership of Orange County Public Schools, Vocational Rehabilitation, and Magnify. Each student participates in 12-week rotations where they learn different aspects of a department. Thank you to our interns Rey, Cyrus, Zamyra, and Tyrazia, and thank you to all the team members who have trained the interns.



Robots Are Here to Help!

We are proud to announce the installation of “Just Baked,” a hot food kiosk that is located outside of the Garden Grille and available 24 hours a day. This robotic addition not only increases options but is a fast and convenient way to enjoy a snack or meal. Some options that are available include White Castle slider burgers, Detroit style pizza, giant cinnamon buns, breakfast sandwiches, and more. Curious? Stop by and try an item from Just Baked today!



38.7%

QUALITY



71.4%

COURTESY



↑ 29.3%

SALES

“

I was treated with the upmost medical care and courtesy during my stay in Orlando Health. The food was delicious as well.

”



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.



Chamber of Commerce Catering Event

During our local Chamber of Commerce event, our team served a delicious array of food. We served an assortment of items including antipasto, pistachio encrusted goat cheese, crudité, bacon-wrapped scallops, fried avocado, hazelnut beignets, and mini-peanut butter cup desserts. The food showcased the culinary talents of our Food and Nutrition team and chefs and was a hit with all the attendees.





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

Charita Severe - Patient Services Manager



Charita Severe has been the Patient Services Manager at Orlando Health Central for 18 months. Charita is an Army Veteran, a native Floridian and she shines brightest when serving the community. Charita has assisted with reconstructing the patient delivery model and developing new strategies, which has led to increased patient satisfaction scores in the Food & Nutrition Department.