

Bite by Bite

Bayfront Health

February 2023

ORLANDO
HEALTH®



Creole Queen

We offered a new limited time menu called, “Creole Queen” with a focus on Creole and Soul-food style cooking. Scallion Hush Puppies, Roasted Vegetables, Collard Greens, Chicken and Andouille Jambalaya, Shrimp Creole, Chickpea salad, Andouille Potato Hash and Dirty Rice were a few of the offerings. Patrons enjoyed the bold and delicious flavors.



Winning with Well-Being

Executive Chef David Jenkins, alongside administrators cooked and served a delicious breakfast for the three winning departments who had a completion rate of 80% and above on the Well-Being Acknowledge form. Our Food and Nutrition team members and leaders were proud to serve fresh pastries and fruit, turkey sausage, bacon, pancakes, bananas foster, French toast and a full omelet station with administrators throughout the interactive stations on February 14th.



34.5%

QUALITY



83.3%

COURTESY



↑ 48%

SALES

“

The young lady named Tae in your cafeteria, who takes the patients their food is very nice, sweet, and respectful. She even made small talk with me which I really enjoyed! She is definitely an asset to your team!

”



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.



Lily Tucciarone - Dietetic Intern

We are proud to introduce Lily, a Dietetic Intern from the University of Florida Master of Science in Nutrition and Dietetics program. Lily completed her Food Service Management rotation and has begun her rotations with our clinical dietitians through April. As part of her curriculum, Lily worked closely with the leadership team and culinary staff to develop a flavorful themed meal, which featured Paella Valenciano, Braised Beef, and a variety of Spanish side dishes.



FEATURED
RECIPE

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

Pat Ploof - Patient Ambassador



Pat Ploof joined Morrison Healthcare in May of 2022 and quickly became a Patient Ambassador. Pat fills many roles in the department, but she primarily rounds on patients, gathering information to improve their stay.

Pat started her career in healthcare nearly 20 years ago and has a passion for customer service and helping others. Pat grew up in Cresskill, NJ, and has resided in Florida for 40 years.

Thank you for being so enthusiastic, Pat. You make a difference!