

DIETARY COMMUNICATION

GETTING TO KNOW YOUR KITCHEN



Patient Meals

The best foods for meal prepping

Frozen vegetables: peas, broccoli, cauliflower, Brussels sprouts, green beans, veggie pastas, cauliflower pizza crust, riced veggies, veggie-based tater tots

Starchy vegetables: parsnip, cassava, potato, yuca, taro, parsnip, sweet potato, canned pumpkin

Stiff fresh vegetables: celery, carrots, bell peppers, cabbage, radish

Sturdy greens: romaine, green leaf (dress just before serving)

Whole grains: oats, quinoa, barley, buckwheat, sorghum

Pulses: chickpeas, lentils, beans, peas

Lean protein: frozen or canned seafood, eggs, unsweetened Greek yogurt, reduced-sodium cottage cheese, shredded cheese, tofu, lean cuts of chicken, turkey, beef, pork

Whole fruits: apples, bananas, oranges, clementines, plums, peaches, pears

Nuts and seeds: almonds, walnuts, peanuts, pumpkin seeds, chia, flax



Featured RECIPE: Minestrone Soup

Meet Chef Benjamin

Benjamin Flores is a Texas Notary Public, Ordained Minister, a Certified ServSafe® Instructor & Registered Examination Proctor, and is one of eleven members of the Food Handler Exam Construction Committee through DSB WorldWide.

Chef Ben Flores' culinary career began while working as a fry cook at a fast-food establishment. Quickly moving up to short order cook, line cook, Kitchen Manager, and eventually into the Restaurant Management level. He opened his own business in 2002, catering to parties and pastry making.

Chef Ben has a vast variety of kitchen experience working establishments like Geo Detention Center, Maverick County Sheriff's Office, Chili's, Fuddruckers, Mesquite Restaurant, Laredo Taco Co., KFC, Church's, Sage Steakhouse, Uvalde Memorial Hospital, and Val Verde Nursing & Rehabilitation Center.

After an Externship at the Kickapoo Lucky Eagle Casino and Hotel in Eagle Pass, TX, he graduated from Escoffier School of Culinary Arts and subsequently got his certification in Culinary and Baking Arts at the school's Boulder, Colorado campus. While there he worked at Sage Steakhouse and the Team Member Dining Room (TDR) under Sous Chef Richard Castle. After graduating, Chef Ben was offered an Externship at Disney World, but he declined the opportunity. Staying at home with his wife, children, and grandchildren became priority.

Chef Ben feels very welcomed at STAT Specialty Hospital by all the STAT family and is looking forward to grow with the team. He believes the most flavorful cuisine comes from the heart... using simply the best, highest quality products. He considers it part of his job to inspire and educate co-workers about different cuisines.

MINESTRONE SOUP

AUTHOR: BENJAMIN FLORES
PREP TIME: 25 MINUTES COOK TIME: 10
YIELDS: 15 CUPS

INGREDIENTS

- 2 tablespoons extra-virgin olive oil
- 3 cups diced onion
- 1 tablespoon chopped garlic
- 1 cup diced carrots
- 1 cup diced celery
- 1 tablespoon dry Italian seasoning
- ¾ teaspoon salt
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- ½ cup dry white wine
- 6 cups vegetable broth
- 1 small zucchini, diced
- 1 28-ounce can diced tomatoes
- 1 14-ounce can red kidney beans, drained and rinsed
- 1 cup uncooked Ditalini Pasta
- ¼ cup chopped fresh basil
- Grated Parmesan cheese

INSTRUCTIONS

Heat 2 tablespoons oil in a large heavy-bottomed soup pot over medium-high heat. Add onion and garlic and cook, stirring often until the onion is starting to brown slightly. Add in the carrots and celery. Stir to combine. Continue cooking, stirring often, until the vegetables are softened, about 5 minutes.

Next, pour in wine and cook, stirring until most of the wine is evaporated, 1 to 3 minutes. Add in broth, zucchini, Italian seasoning, salt, onion powder, & garlic powder. Stir to combine. Increase heat to high, and bring to a boil. Reduce heat to maintain a simmer, and cook 4 to 6 minutes. Add tomatoes into the soup and add any tomato sauce from the can. Stir in beans and the pasta. Cook, stirring often until heated through, about 4 minutes.

Remove from heat. Stir in basil. Serve in bowls topped with Parmesan.

Employee Meals \$5

Daily \$5 meals will be offered to staff members beginning in August of 2021.

Mondays:

Apple, Cranberry, Pecan Chicken Salad
Croissant Sandwich & Kettle Chips

Tuesdays:

Taco Salad

Refried beans, ground beef, lettuce, tomatoes, cheese, sour cream, pico de gallo, & guacamole

Wednesdays:

Bacon Cheddar Burger, Fries, & Relish Plate

¼ lb burger patty topped with cheddar cheese, lettuce, tomato, onion, and pickles seasoned steak fries on the side

Thursdays:

Sweet & Sour Chicken, Steamed Rice & Egg Roll

Crispy popcorn chicken, pineapple and bell peppers topped with a sweet & sour sauce.

Fridays:

3 Cheese Enchiladas, Mexican Rice, & Beans

3 corn tortillas rolled around a combination of Mexican blend cheese and American cheese and covered in a homemade savory sauce.

Meals will be prepared daily and will be ready for pick up from 11:00 AM – 12:00 Noon



A Quick Coffee Pot Tip

The glass jug that comes with a coffeemaker can quickly develop a brown, blotchy haze – especially when you leave it on for long periods of time.

For the quickest cure, you will need some ice, salt and a lemon.

Fill the empty jug a quarter full of ice. Cut the lemon into quarters and squeeze two of the quarters into the jug. Add 2 tablespoons of salt. Swirl the mixture in the jug for 2 minutes and the inside surface will quickly come clean. Rinse under the tap.



MORE to NEXT ISSUE



Pictures from Hospital Week
Mexican Theme Buffet





Chile Rellenos

By Maribel Gomez, Dietary Associate

INGREDIENTS

- 6 large poblano peppers
- 8 ounces Monterey Jack cheese
- 4 cups oil, *for frying*
- 3 large eggs
- 1/2 cup all-purpose flour
- 1/2 teaspoon table salt

- 🥑 Line a large baking sheet with aluminum foil and place poblano peppers on top. Set your oven rack directly underneath the broiler and turn the broiler on.
- 🥑 Broil poblanos for 5 minutes, or until the skin is blackened and blistered. Carefully flip them over and broil for another 5 minutes, or until the skin is blackened and blistered.
- 🥑 Remove them from the oven and loosely cover the baking sheet with aluminum foil or plastic wrap to keep in some of the heat and help them steam. Let them sit for 5 minutes.
- 🥑 Peel and rub off as much of the loose skin on the peppers as possible. It doesn't have to be perfect, just as much as you can.
- 🥑 Cut a small slit down the middle of the peppers with a knife.
- 🥑 Carefully stuff the peppers with the cheese.
- 🥑 Gently close the opening of the peppers and secure it shut with 1-3 toothpicks. Set aside.
- 🥑 Heat the frying oil in a large saucepan or deep skillet over medium-high heat. Line a baking sheet with paper towels and set aside. While oil is heating up, prepare the batter.
- 🥑 Separate the egg whites from the yolks into two separate bowls – the whites into a large mixing bowl and the yolks into a small bowl. Using an electric hand mixer, beat the egg whites until stiff peaks form.
- 🥑 While continuing to beat the egg whites on low, add in the egg yolks one at a time until all of them are fully mixed in. The batter should be light, fluffy and smooth.
- 🥑 Place the flour and salt into a separate shallow bowl or plate. Mix together to combine. Gently roll the stuffed peppers in the flour mixture, then give them a gentle tap to remove any excess. Then dip them in the egg batter and gently place them in the hot frying oil.
- 🥑 Fry the peppers for 3-5 minutes per side, until the batter is golden brown and crispy.