

Healthy BITES

Nutritious Recipes
For Healthcare
Food Service
& More



PACIFIC COAST PRODUCERS



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Our Philosophy

At the heart of our culinary approach is the belief that food should be delicious, nutritious, and a crucial part of the healing journey. This cookbook reflects our commitment to blending taste with nutritional science, ensuring every meal contributes to health and recovery. By selecting ingredients for their health benefits, such as vitamin-rich mangoes and fiber-filled apples, and using them creatively, our recipes are both beneficial and easy to prepare, aligning with the goal of enhancing hospital meal service.

Health Benefits

We recognize the essential role of diet in healing and overall well-being, crafting our menu to bolster the body's recovery efforts. From nutrient-dense breakfasts that provide energy without spiking blood sugar, to balanced snacks and protein-rich dishes, every recipe is designed to nourish and support recovery. We incorporate anti-inflammatory and heart-healthy ingredients, demonstrating our focus on meals that positively impact health.

Black Bean & Sweet Potato Tacos

WITH PINEAPPLE SALSA



Recipe Serves 4

INGREDIENTS

For the Taco Filling

- 2 medium potatoes, diced
- 1 tbsp olive oil
- ½ cup diced onion
- 1 clove garlic, minced
- 1 can (15 oz) black beans, drained and rinsed
- 1 teaspoon cumin
- 1 teaspoon smoked paprika
- Salt & pepper to taste

For the Pineapple Salsa

- 3 cups canned pineapple, diced
- ¼ cup finely chopped red onion
- 1 small jalapeño, minced (optional)
- Juice of 1 lime
- 2 tbsp chopped fresh cilantro
- Pinch of salt

For Assembly

- 8 small corn tortillas
- Optional toppings: avocado slices, shredded lettuce, or Greek yogurt

INSTRUCTIONS

1. Cook the Potatoes

- Boil diced sweet potatoes until fork-tender (about 7–10 minutes).
- Sauté in a skillet with olive oil until golden and crispy.

2. Prepare the Filling

- Add onion and garlic to the skillet with potatoes. Cook until softened.
- Stir in black beans, cumin, paprika, salt, and pepper. Cook for 5-6 minutes.

3. Make the Pineapple Salsa:

- Combine chopped pineapple, red onion, jalapeño, lime juice, cilantro, and salt in a bowl.
- Mix well and chill until ready to serve.

4. Warm the Tortillas:

- Heat tortillas in a dry skillet or microwave until soft and pliable.
- Spoon the potato-black bean mixture into tortillas and top with salsa.

NUTRITION FACTS PER SERVING

Calories	357kcal	Total Carbohydrates	70g	Potassium	1112mg
Total Fat	4.4g	Fiber	15.5g	Phosphorus	236mg
Saturated Fat	0.6g	Total Sugar	22.5	Calcium	119mg
Cholesterol	0g	Protein	12.1g	Iron	4mg
Sodium	460mg				

The Endless Opportunities

OF CANNED FOODS

Incorporating canned foods into our recipes is a strategic choice that enhances both the nutritional value and the diversity of our meals. Canned fruits and vegetables, for example, are picked and packed at their peak freshness, ensuring that they retain their vitamins, minerals, and antioxidants.

This process allows us to offer a wide variety of nutritious options year-

round, overcoming the limitations of seasonal availability. Furthermore, canned foods can significantly reduce preparation time, making it easier to provide high-quality, nutritious meals even in the fast-paced environment of a hospital.

By including canned ingredients like tomatoes, which add umami and richness to dishes, or canned fruits that bring

natural sweetness without added sugars, we can craft meals that are both healthful and flavorful. This approach not only supports our goal of delivering nutritionally balanced meals but also ensures that our dishes are consistently delightful, regardless of the season.

Open the door to endless possibilities for culinary exploration that canned foods provide.

