



**St. Charles Hospital Receives Achievement of Excellence Award at 2012 American Culinary Federation National Convention in Orlando, Florida**

The American Culinary Federation (ACF), the nation's premier organization of professional chefs, honored St. Charles Hospital with an Achievement of Excellence Award at the 2012 ACF National Convention held at the Orlando World Center Marriott, Orlando, Florida.

St. Charles Hospital is one of 11 operations nationwide to receive the award, which recognizes foodservice establishments that exemplify a commitment to excellence. Criteria for the award are: being in operation for at least five consecutive years; nomination by an ACF chapter, member or individual in the foodservice profession; and being a recognized industry leader.

“It is a great honor for St. Charles to be one of the first hospitals in the nation to receive the prestigious ACF Achievement of Excellence Award,” said William Dougherty, CEC, executive chef. “I am especially proud of our chefs and the entire nutritional services team. They consistently provide our patients, employees and visitors with healthy and delicious food made with the freshest and best of ingredients. There is nothing more rewarding than to create a “wow” moment through a culinary experience, particularly when it comes to our patients. To be recognized by ACF—The Authority on Cooking in America—with an award that exemplifies commitment to excellence in foodservice is the thrill of a lifetime.”



# ThinkHEALTHY!™

St. Charles Hospital's *ThinkHEALTHY!* Program is a community initiative aimed at preventing obesity, including co-morbidities of heart disease and diabetes through nutrition and exercise.

As part of *ThinkHEALTHY!*, St. Charles Hospital's free cooking classes for children are designed to educate participants on the importance of making healthier choices, including increased consumption of fruits and vegetables and decreased consumption of sugary beverages. The classes aim to improve behaviors concerning food choices, including by encouraging parents and caretakers to involve children in meal planning, shopping, and food preparation.

To learn more about *ThinkHEALTHY!* and read St. Charles Hospital's entire community service plan, please visit our website, [www.stcharles.org/community-health-3](http://www.stcharles.org/community-health-3).

To share your cooking class experiences and photos and to ask questions, please visit us: [www.facebook.com/stcharleshospital](http://www.facebook.com/stcharleshospital)



**St. Charles Hospital**  
Catholic Health Services  
At the heart of health

# ThinkHEALTHY!™

## *Kids Cooking Class*



Wednesday, March 18

### Recipes

*Pizza Dough*



*Spinach and Feta Pizza*



*Margarita Pizza*



*Apple Crisp*

St. Charles Hospital  
200 Belle Terre Road  
Port Jefferson, NY 11777  
(631) - 474 - 6797

## Pizza Dough

### Ingredients

*Yields 1/12" pie or 2/9" pie*

1 tsp	Dry yeast
2/3 cup	Warm water
2 cups	Whole wheat flour
1 tsp	Salt
1 tsp	Sugar
2 tbl	Olive oil

### Method

- Sprinkle yeast over water and let stand for one minute or until yeast is creamy, stir the yeast in until it dissolves, let stand for 5 minutes, add 1 tbl olive oil
- In another bowl combine flour, sugar and salt, add the yeast mixture and stir until a soft dough forms. Place the dough on a lightly floured work surface and knead until smooth and elastic adding more flour if necessary
- Coat bowl with olive oil, place the dough in the bowl and turn to coat dough with olive oil. Cover with plastic, place in a warm area and let rise to double its' volume, about 1 1/2 hours
- Lightly flour dough and transfer to pizza peel or large baking sheet. Pat down evenly with your fingers and stretch into 12" round, re-flouring if necessary
- Top with desired topping and bake either in pizza pan, screen or on top of hot stone



## Spinach and Feta Pizza

### Ingredients

1 each	Pizza dough, prepared
1 tsp	Extra virgin olive oil
1/2 tsp	Crushed red pepper
2 oz	Spinach, baby
2 oz	Feta cheese, crumbled

### Method

- Heat sauté pan and add olive oil, pinch of crushed red pepper and cracked clove of garlic. When garlic becomes lightly browned and fragrant add spinach, stir constantly until all spinach has wilted. Let cool, and drain off excess water, set aside
- Brush entire dough with olive oil and spread spinach evenly across dough, sprinkle with feta cheese
- Bake at 375° until dough is done and crispy

## Margarita Pizza

### Ingredients

1 each	Pizza dough, prepared
2 oz	Oven roasted tomato**
3 oz	Fresh mozzarella
1 tbl	Olive oil
1 tbl	Grated parmesan cheese
1 tbl	Basil pesto**

### Method

- Brush dough with olive oil and spread oven roasted tomatoes, mozzarella across top
- Sprinkle outer crust with parmesan cheese
- Drizzle pesto across top
- Bake at 375° until dough is done and crispy

## Apple Crisp

### Ingredients

*Serves 10-12*

3 lb	Apples (cooking) peeled, cut into 1/2" chunks
2 tbl	Lemon juice
1/4 cup	Sugar, granulated

### Topping

3/4 cup	Flour
3/4 cup	Oats
1/2 cup	Light brown sugar
1/4 cup	Pecans, chopped
4 oz	Butter, cut into small pieces
1/2 tsp	Salt
1 tsp	Cinnamon

### Method

- Combine flour, oats, pecans, brown sugar, salt and cinnamon, cut butter into mixture using pastry knife until thoroughly mixed, refrigerate so mixture is easier to handle
- In separate bowl combine apples, lemon and sugar, gently toss
- Place apples into glass baking dish, 9"x 12"
- Sprinkle topping evenly on top and place into 375° oven
- Bake until apples are bubbling and topping is lightly browned, approximately 20 minute

