



PROVIDENCE HOSPITALS

Media contact:

Steph Bilovsky

Stephanie.Bilovsky@providencehospitals.com

Phone: 803-256-5875

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**PROVIDENCE COOKS! PARTICIPATING IN THE SOUTHERN LIVING
TASTE OF CHARLESTON COOKING WELL INVITATIONAL 2015**

CHARLESTON, SC - The Providence Hospitals PROVIDENCE COOKS! Team will compete in the 2015 Cooking Well International event, part of the "Southern Living" Taste of Charleston this weekend.

In its third year, this interactive competition challenges South Carolina's Golden Apple hospitals to create high quality, flavorful food that is healthy for their employees, patients and visitors in just 90 minutes. The event runs from 9AM to 3:30PM, Saturday, September 26, and is open to the public with the purchase of a \$40 ticket.

Cooking healthy gourmet meals is nothing new for the Providence Cooks! Team, which presents monthly dine and learn cooking classes for the public that is delightfully entertaining and deliciously filling from appetizer to dessert.

"We like to show people that food can be good for your heart AND your taste buds, with just a few tricks and trades," says Registered Dietitian Kay MacInnis, creator of the Providence Cooks! classes and team captain for the competition.

Chefs Brandon Carn (20 years of experience), Aarron Bottley (28 years), and Chris Diehl (15 years) will join Ms. MacInnis for the competition. This team, along with others, collectively worked to achieve SCHA's prized Golden Apple status for Providence Hospitals, which requires providing healthy food options for all employees during all shifts.

"We have too much fun, these guys and me," she says of her team. "We laugh a ton when we're working out a menu, and they never fail to impress me with their ideas and skill."

Some of her favorite recipes concocted by the group include [greek yogurt cheesecake](#), oven baked "[fried](#)" pickles, and parmesan [roasted cauliflower](#). See these and other recipes on the Providence Healthy Living blog: <https://www.providencehospitals.com/contact/media-inquiries/providence-healthy-living/>.

Other teams competing this year are: GHS Oconee Memorial Hospital, Palmetto Health, Baptist Easley Hospital, Tideland Health, Medical University of South Carolina, Regional Medical Center, Beaufort Memorial Center, GHS Laurens County Memorial Hospital.

The list is long but it doesn't intimidate the Providence Cooks! Team, nor do the nutritional or pricing guidelines set for the contest. "Wowing crowds with healthy goodness is nothing new to us," says Ms. MacInnis. "I can't wait to show them what we can do!"

You can come see what they do live and in-person, if you buy tickets:

<https://www.ticketfly.com/purchase/event/896923?skinId=5787&mode>

Or you can enjoy some of their fun for free at this link: https://youtu.be/Gnx_n3aiqhY

About Providence Hospitals, a ministry of the Sisters of Charity Health System:

Providence Hospitals is the leading provider of cardiovascular and orthopedic services in the Midlands. Providence is composed of two hospitals, thirteen physician practices, a network of rehabilitation centers, two sleep centers, a school of cardiac diagnostics and is an accredited chest pain center. In total, Providence employs more than 2,000 dedicated staff.

Founded in 1938 by the Sisters of Charity of St. Augustine, Providence is known statewide for outstanding clinical quality and compassionate care. The Providence open heart surgery program has ranked consistently in the top 15% of open heart programs for the past six and one-half years. Both the orthopedics and cardiac services have received the South Carolina BlueCross BlueShield Blue Distinction Center designation. For more information, visit www.providencehospitals.com.

About The Cooking Well Invitational – *Southern Living's* A Taste of Charleston:

In the Cooking Well Invitational, chefs from South Carolina hospitals compete against each other to be named the 2015 Cooking Well Invitational Winner. In its third year, this interactive competition celebrates the success of South Carolina's hospitals and their dietary staff in creating good food that's good for their employees, patients and visitors. The day will include food and cooking demos, a food truck rodeo and more. The event takes place Saturday, September 26, from 9:00 am to 3:30 pm at the Culinary Institute of Charleston's Main Campus (7000 Rivers Ave, North Charleston, SC).

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