

Chef Spotlight



Chef Justin Searle
Executive Chef, Sharp Healthcare

Executive chef Justin Searle is trying to change people's minds about what hospital food is like, convincing patients, visitors and staff that it can be both healthy and delicious. The Nourish food program at Sharp HealthCare, a regional health care group in San Diego, has some of the most researched and well-thought-out menus in any setting. In collaboration with registered dietitians and other foodservice professionals, Searle has helped develop dishes such as flank steak with chimichurri sauce, wild salmon escabeche salad and citrus and avocado fennel salad. For dessert, who can resist a refreshing coconut mango chia parfait?



Vegan Mushroom Bolognese with Gnocchi, Sauteed Kale and Garlic

The chef, who honed his craft in prestigious kitchens such as Loews Coronado, the Hard Rock Hotel and Four Seasons in New York, is applying his fine dining experience to the field of nutritional genomics, on which Nourish's menus are based. The program is backed by scientific research, which shows that nutrient-rich foods, especially fruits and vegetables, when prepared a certain way, can trigger specific genetic action that promotes overall health.

"We're trying to move to an even more plant-forward approach. That's always been the drive behind Nourish, to make the produce more of the highlight and not so much the protein. We're not stressing for people to remove animal protein from their diet overall, just eat less of it and try to get more of their protein from plant sources."

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