



A RED SOX FOUNDATION AND  
MASSACHUSETTS GENERAL HOSPITAL PROGRAM



## *Pineapple Roasted Vegetables*

Makes 6 servings

### **Ingredients:**

2 cups fresh-cut pineapple (bite-sized chunks, ~1 pineapple)  
2 red bell peppers (seeded and sliced)  
1 orange bell pepper (seeded and sliced)  
1 green bell pepper (seeded and sliced)  
1 large red onion (thinly sliced)  
2 TBSP olive oil  
½ tsp salt  
¼ tsp pepper  
Optional: 20 okra pods (sliced 1/2 inch thick)



### **Directions:**

1. Preheat oven to 400°F and line a baking sheet with aluminum foil or parchment paper.
2. In a medium bowl, toss all ingredients together.
3. Pour mixture evenly across baking sheet and bake for 20-30 minutes.

### **Nutrition Tips:**

1. This recipe contains almost the full rainbow of vegetables, each providing unique antioxidants and phytonutrients to support your immune system and overall health.
2. Fact: a single bell pepper has more vitamin C than an orange.

### **Source:**

Nicolette Maggiolo is the Registered Dietitian for Home Base, a Red Sox Foundation and Massachusetts General Hospital Program, where she provides individual and group nutrition counseling to veterans and their families. Originally from New York, Nicolette brings her love of cooking, fitness and an integrative approach as she supports patients with individualized nutrition plans.