

**HEALTHY KITCHENS,
HEALTHY LIVES®**
CARING FOR OUR PATIENTS AND OURSELVES

*Wednesday, February 7, 2024
10:45 AM - 12:15 PM*

*Plenary Session II
Critical Topics in Nutritional Epidemiology,
Health Disparities, and Food Insecurity:
What Healthcare Professionals
Should Know and Can Do*

Presenters:

Walter Willett, MD, DrPH | Professor of Epidemiology and Nutrition,
Harvard T.H. Chan School of Public Health

Nicole Farmer, MD | Staff Scientist, National Institutes of Health, Clinical
Center

Ed McDonald, MD | Assistant Professor of Medicine; Associate Director,
Adult Clinical Nutrition, UChicago Medicine

#CIAHKHL

ROASTED BROCCOLINI WITH PEPPERONCINI, ALMONDS, AND PARMESAN

Yield: 6 Portions

Ingredients	Amounts
Broccoli, ends trimmed	1 ½ lb.
Garlic cloves	5 ea.
Extra-virgin olive oil	4 Tbsp.
Salt	as needed
Black pepper, ground	as needed
Pepperoncini, sliced and rough chopped	3 Tbsp.
Parmesan, grated	½ cup
Basil, julienned	2 Tbsp.
Almond slices, lightly toasted	2 Tbsp.

Method

1. Heat the oven to 450°F.
2. Prep the broccoli by discarding the bottom ¼ inch of stalks and cutting any stems thicker than ½ inch in half lengthwise.
3. Toss the broccoli, garlic cloves, and olive oil on a rimmed baking sheet lined with foil. Season with salt and pepper to taste.
4. Ensure that the broccoli is evenly coated.
5. Roast for 10 to 15 minutes until the broccoli begins to char slightly. Remove from the oven, toss with the pepperoncini, garnish with parmesan, basil, and the sliced almonds.

Nutrition Information (per serving/portion prepared with 1 tsp salt)

Calories: 162 / Protein: 6.3 g / Carbohydrate: 9 g / Fiber: 3 g / Carbohydrate to fiber ratio: 3:1
Saturated fat: 3 g / Sodium: 539 mg / Added sugar: 0 g

This recipe meets 5 of 7 HKHL Recipe Nutrition Goals for a side.

Source: Ed McDonald, MD as presented at the at the 2024 Healthy Kitchens, Healthy Lives® conference.
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