



PATIENT & CAREGIVER EDUCATION

# African-Inspired Menu and Recipes

Meal	Menu
Breakfast	<ul style="list-style-type: none"><li>• Banana millet breakfast porridge *</li><li>• Boiled egg</li><li>• Black tea or coffee</li></ul>
Snack	<ul style="list-style-type: none"><li>• Banana orange yogurt smoothie *</li></ul>
Lunch	<ul style="list-style-type: none"><li>• Herb-crusted tilapia *</li><li>• Avocado and hearts of palm salad *</li></ul>
Snack	<ul style="list-style-type: none"><li>• Harissa hummus tartine</li></ul>
Dinner	<ul style="list-style-type: none"><li>• Chicken yassa *</li><li>• Yellow rice</li><li>• Braised collard greens</li></ul>
Snack	<ul style="list-style-type: none"><li>• Vanilla custard</li><li>• Fresh mango</li></ul>

## Banana millet breakfast porridge

Makes 2 servings.

- Prep time: 10 minutes
- Cooking time: 25 minutes
- Total time: 35 minutes

- Soaking time: 7 to 8 hours

## Ingredients

- ½ cup millet
- ½ teaspoon ground cinnamon
- 1 cup water
- 1 cup milk or non-dairy milk
- 1 teaspoon sweetener, such as agave, brown sugar, or honey (optional)
- 1 large ripe banana

## To serve:

- Extra milk or non-dairy milk (optional)
- 1 tablespoon peanut butter, almond butter, or another nut or seed butter (optional)

## Instructions

1. Place the millet in a bowl and add enough water to cover it. Place the bowl in the refrigerator and let the millet soak overnight.
2. Drain the water from the millet. Place the millet in a 1-quart saucepan. Cook over medium heat, stirring often, until the millet is golden brown and has a nutty smell (about 5 minutes).

3. Add the cinnamon, water, milk, and sweetener. Mix well and raise the heat to medium-high.
4. Once the mixture is boiling, lower the heat to medium-low and cover the saucepan. Let the mixture simmer until it looks creamy, about 20 minutes.
5. Mash the banana and add it to the cooked millet mix.

Optional: Serve with extra milk and nut or seed butter.

## **Nutrition information**

Serving size: 1 cup

- Calories: 373 calories
  - Carbohydrates: 56 grams
  - Protein: 11 grams
  - Fat: 12 grams
  - Sodium: 78 milligrams
  - Potassium: 478 milligrams
  - Added sugar: 1.5 grams
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## **Herb-crusted tilapia**

Makes 4 servings.

- Prep time: 10 minutes
- Cooking time: 15 minutes

- Total time: 25 minutes

## Ingredients

- ½ cup spinach
- ½ cup dry plain breadcrumbs
- 1½ teaspoons salt-free seasoning blend
- 1 tablespoon olive oil
- 4 tilapia fillets
- Salt and pepper to taste

## Instructions

1. Preheat the oven to 400 °F.
2. Finely mince the spinach. You can also add it to a food processor and process it until it's finely minced.
3. Place the minced spinach in a mixing bowl. Add the breadcrumbs and salt-free seasoning blend. Mix well.
4. Lightly oil a baking pan or dish with the olive oil. Place the tilapia fillets on the pan or dish. Season them with salt and pepper on both sides.
5. Place the spinach and breadcrumb mixture over the seasoned tilapia fillets.
6. Bake for about 10 to 15 minutes, or until you can easily flake the fish with a fork.

## **Nutrition information**

Serving size: 1 fillet

- Calories: 180 calories
  - Carbohydrates: 10 grams
  - Protein: 22 grams
  - Fat: 6 grams
  - Sodium: 154 milligrams
  - Potassium: 349 milligrams
  - Added sugar: 0 grams
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## **Avocado and hearts of palm salad**

Makes 4 servings.

- Prep time: 15 minutes

### **Ingredients**

- 1 (14 ounce) can of hearts of palm, drained
- ½ head of green lettuce
- 1 small red onion
- 1 Hass avocado
- Other vegetables, such as shredded carrots and fresh chopped tomatoes (optional)

For the vinaigrette:

- 2 tablespoons apple cider vinegar
- 1 teaspoon brown sugar
- 1 teaspoon Dijon mustard
- Salt and pepper to taste
- 2 tablespoons olive oil

## Instructions

1. Slice the hearts of palm into 1-inch pieces. Place them in a large mixing bowl.
2. Thinly slice the lettuce, onion, and avocado. Add them to the bowl with the hearts of palm.
3. In a small bowl, mix the vinegar, brown sugar, Dijon mustard, and salt and pepper with a whisk or fork. While mixing, add the olive oil. Stir until the mixture is creamy.
4. Pour the vinaigrette over the vegetables. Mix well.

Optional: Add other vegetables, such as shredded carrots and fresh chopped tomatoes.

## Nutrition information

Serving size: 1 cup

- Calories: 158 calories
- Carbohydrates: 11 grams

- Protein: 3 grams
  - Fat: 13 grams
  - Sodium: 331 milligrams
  - Potassium: 375 milligrams
  - Added sugar: 1 gram
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## **Chicken yassa**

Makes 4 servings.

- Prep time: 15 minutes
- Cooking time: 20 minutes
- Total time: 45 minutes
- Marinating time: 30 minutes

## **Ingredients**

- 2 boneless skinless chicken breasts
- 1 small onion, thinly sliced

For the marinade:

- 1 tablespoon olive oil
- 2 tablespoons apple cider vinegar
- 2 tablespoons lemon juice
- ½ cup chicken broth

- 2 garlic cloves, minced
- 2 teaspoons ginger powder
- ¼ teaspoon salt
- ¼ teaspoon red pepper flakes

## Instructions

1. Cut each chicken breast in half lengthwise so you have 4 even-sized fillets. Set them aside.
2. In a medium or large mixing bowl or other container with a lid, mix the olive oil, vinegar, lemon juice, chicken broth, garlic, ginger, salt, and red pepper flakes to make a marinade.
3. Add the chicken breasts to the marinade, cover the bowl or container, and place it in the refrigerator. Let the chicken breasts marinate for at least 30 minutes or up to overnight.
4. Preheat the oven to 400 °F. Heat an oven-proof skillet on a stovetop over medium-high heat. Once the skillet is heated, take the chicken breasts out of the marinade and place them on the skillet. Sear for 1 minute on each side.
5. Pour the marinade over the chicken breasts. Place the sliced onions on top. Move the skillet to the oven and bake for 15 to 20 minutes.

## Nutrition information

Serving size: 1 fillet

- Calories: 186 calories
- Carbohydrates: 3 grams
- Protein: 27 grams
- Fat: 7 grams
- Sodium: 321 milligrams
- Potassium: 263 milligrams
- Added sugar: 0 grams

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For more resources, visit [www.mskcc.org/pe](http://www.mskcc.org/pe) to search our virtual library.

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