Memorial Sloan Kettering Cancer Center

PATIENT & CAREGIVER EDUCATION

Chinese-Inspired Vegetarian Menu and Recipes

Meal	Menu
Breakfast	• Pumpkin millet congee *
Snack	• Chinese tea eggs * • Soy milk
Lunch	• Braised eggplant and tofu • Stir-fry string beans with garlic sauce • White rice
Snack	• Red bean soup *
Dinner	• Luo han zhai (mixed vegetables delight) • White rice
Snack	• Mixed nuts • Fruit

Pumpkin millet congee

Adapted from www.chinasichuanfood.com

Makes 2 servings, with some left over.

- Prep time: 15 minutes

- Cooking time: 30 minutes
- Total time: 45 minutes

Ingredients

- ⅔ cup millet
- 2 cups pumpkin, diced
- 9½ cups water
- 2 tablespoons wolfberry (dried goji berry)
- 2 teaspoons extra virgin olive oil

Instructions

1. Gently wash and rinse the millet in water. Repeat 2 to 3 times.
2. Soak the millet in 1 cup of water for 15 minutes. Do not drain the water after soaking.
3. While the millet is soaking, fill a large stockpot with the rest of the water (8½ cups) and bring to a boil over high heat.
4. Once the water comes to a boil, add the millet (along with the water it soaked in), diced pumpkin, and olive oil. Keep boiling for 10 minutes on high heat.
5. After 10 minutes cover the pot with a lid, leaving some open space to keep the congee from overflowing. Boil for 25 to 30 minutes.

6. After 25 to 30 minutes, take off the lid. Add the wolfberry (gogi berry) and stir for 1 minute.

Nutrition information

Serving size: 1½ cups

- Calories: 283 calories
- Carbohydrates: 50 grams
- Protein: 8 grams
- Fat: 6.5 grams
- Sodium: 49 milligrams
- Potassium: 567 milligrams
- Added sugar: 0 grams

Chinese tea eggs

Makes 4 servings.

- Prep time: 10 minutes
- Cooking time: 15 minutes
- Total time: 25 minutes
- Marinating time: 24 hours (1 day)

Ingredients

- 8 large eggs

For the marinade:

- 2 black tea bags
- 1 cinnamon stick
- 3 star anise
- 1 teaspoon black peppercorns or Sichuan peppercorns
- 1 tablespoon light soy sauce
- 2 to 3 cups water
- ½ tablespoon sugar
- 1 teaspoon salt
- 2 to 3 cups water

Instructions

To cook the eggs:

1. Place the eggs in a single layer on the bottom of a 3-quart or medium-sized pot. Fill the pot with cold water, 1 inch above the eggs. Bring to a boil on high heat.
2. Once the water comes to a boil, cover the pot with a lid and take it off the heat. Let it sit for 8 to 10 minutes.
3. Move the cooked eggs into a large bowl of cold water. When the eggs are cool enough to touch, gently crack

them with a spoon. Do not take off the shell.

To make the marinade:

1. Mix all the marinade ingredients in a saucepan or small pot. Bring the mixture to a boil over medium heat.
2. Once the mixture comes to a boil, lower the heat to low and let it simmer for 5 minutes.
3. Take the pot off the heat and let it fully cool down. Once it's cooled down, throw out the tea bags.

To marinate the eggs:

1. Place the eggs in a container or quart-sized Ziploc bag. Pour in the marinade and place the container or bag in the refrigerator.
2. Let the eggs marinate for 24 hours before serving.

Nutrition information

Serving size: 2 eggs

- Calories: 145 calories
- Carbohydrates: 1 gram
- Protein: 12 grams
- Fat: 10 grams
- Sodium: 435 milligrams

- Potassium: 120 milligrams
- Added sugar: 1 gram

Red bean soup

Adapted from www.pressurecookrecipes.com

Makes 4 servings.

- Prep time: 25 minutes
- Cooking time: 45 minutes
- Total time: 70 minutes

Ingredients

- 1 cup adzuki red beans
- ¼ cup dried lotus seeds
- ¼ cup dried lily bulbs (optional)
- 1 piece dried Chinese mandarin peel
- Dash of kosher salt
- 7 cups cold water
- ¼ cup brown sugar (optional)

Instructions

To make red bean soup, you need to use an electric pressure cooker (such as an Instant Pot®).

1. Gently wash and rinse the red beans, lotus seeds, and lily bulbs. Soak them in cold water for 20 minutes. Drain the water after soaking.
2. Soak the dried mandarin peel in cold water for 20 minutes to rehydrate it. Use just enough water to cover the peel. Drain the water after soaking.
3. Use a spoon to scrape off the white part of the peel.
4. Place all the dried ingredients and 7 cups of cold water in the pressure cooker.
5. Pressure cook the red bean soup. Set at “High Pressure” for 30 minutes and “Natural Release” for 20 minutes.
6. Bring the red bean soup to a boil using the “Sauté High” function. Let the soup boil for about 15 to 20 minutes or until it thickens to your liking. Stir the soup occasionally while it’s boiling.
7. Add brown sugar to taste, if you choose.

Nutrition information

Serving size: 1½ cups

- Calories: 223 calories
- Carbohydrates: 46 grams
- Protein: 10 grams
- Fat: less than 1 gram

- Sodium: 51 milligrams
- Potassium: 871 milligrams
- Added sugar: 13 grams

If you have questions or concerns, contact your healthcare provider. A member of your care team will answer Monday through Friday from 9 a.m. to 5 p.m. Outside those hours, you can leave a message or talk with another MSK provider. There is always a doctor or nurse on call. If you're not sure how to reach your healthcare provider, call 212-639-2000.

For more resources, visit www.mskcc.org/pe to search our virtual library.

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