Memorial Sloan Kettering Cancer Center

PATIENT & CAREGIVER EDUCATION

Italian-Inspired Menu and Recipes

Meal	Menu
Breakfast	• Cappuccino • Cornetto or croissant • Ricotta with honey and nuts
Snack	• Arancini (stuffed rice balls)
Lunch	• Caprese salad * • Pasta with pesto sauce and chicken • Fruit salad
Snack	• Crostini with sun-dried tomato jam, sardines, and arugula
Dinner	• Garden salad with dressing • Chicken piccata * • Linguini with garlic and oil

Caprese salad

Makes 3 servings.

- Prep time: 20 minutes
- Cooking time: 0 minutes
- Total time: 20 minutes

Ingredients

- 1½ pounds (about 2 cups) vine-ripened tomatoes, sliced
- ½ pound (about 1 cup) fresh mozzarella cheese, sliced
- 3 tablespoons sliced fresh basil

For the dressing:

- ¼ cup lemon juice
- ½ teaspoon salt
- ¼ teaspoon ground black pepper
- ¼ cup extra virgin olive oil

Instructions

1. Mix the lemon juice, salt, and pepper together in a medium bowl. Slowly whisk in the olive oil.
2. Arrange the slices of tomatoes and mozzarella cheese in an alternating pattern on a plate. Drizzle with the lemon-olive oil dressing. Add salt and pepper to taste. Garnish with basil.

Nutrition information

Serving size: 1 cup

- Calories: 393 calories
- Carbohydrates: 18 grams
- Protein: 16 grams
- Fat: 32 grams
- Sodium: 437 milligrams
- Potassium: 83 milligrams
- Added sugar: 0 grams

Chicken piccata

Makes 4 servings.

- Prep time: 15 minutes
- Cooking time: 25 minutes
- Total time: 40 minutes

Ingredients

- 4 skinless, boneless chicken breasts, pounded thin
- ½ teaspoon salt
- ½ teaspoon ground black pepper
- ½ cup flour
- 4 tablespoons unsalted butter, divided (2 tablespoons for cooking the chicken and 2 tablespoons for the sauce)
- 2 tablespoons extra virgin olive oil
- ½ cup chicken broth
- Juice from 2 lemons
- 3 tablespoons capers, rinsed
- 2 tablespoons chopped parsley

Instructions

1. Season the chicken breasts with the salt and pepper.
2. Place the flour in a shallow plate or container. Lightly coat the seasoned chicken breasts with the flour.
3. Add 2 tablespoons of butter and 2 tablespoons of olive oil to a large skillet over medium heat.
4. Add the chicken breasts to the skillet and cook them for 3 minutes on each side or until they're golden brown. Using tongs, move the chicken breasts to a plate.
5. Add the broth, lemon juice, and capers to the skillet and bring to a boil over medium heat. Move the chicken breasts back into the skillet and simmer for about 5 to 10 minutes or until they're cooked through. Move the chicken breasts to a plate.
6. Stir 2 tablespoons of butter into the sauce until it's melted. Pour the sauce over the chicken breasts. Garnish with chopped parsley.

Nutrition information

Serving size: 1 chicken breast with 2 tablespoons sauce

- Calories: 474 calories
- Carbohydrates: 6 grams
- Protein: 55 grams
- Fat: 25 grams
- Sodium: 290 milligrams
- Potassium: 486 milligrams
- Added sugar: 0 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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