



PATIENT & CAREGIVER EDUCATION

# Italian-Inspired Menu and Recipes

Meal	Menu
Breakfast	<ul style="list-style-type: none"><li>• Cappuccino</li><li>• Cornetto or croissant</li></ul>
Snack	<ul style="list-style-type: none"><li>• Arancini (stuffed rice balls)</li></ul>
Lunch	<ul style="list-style-type: none"><li>• Caprese Salad *</li><li>• Pasta with pesto sauce and chicken</li><li>• Fruit salad</li></ul>
Snack	<ul style="list-style-type: none"><li>• Crostini with fruit preserves, prosciutto, and arugula</li></ul>
Dinner	<ul style="list-style-type: none"><li>• Garden salad with dressing</li><li>• Chicken Piccata *</li><li>• Linguini with garlic and oil</li></ul>

## 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 alternating fashion 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

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## 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 chicken and 2 tablespoons for 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 salt and pepper.
2. Place flour in a shallow plate or container. Lightly coat the seasoned chicken breasts with the flour.
3. In a large skillet over medium heat, add 2 tablespoons butter and 2 tablespoons olive oil.
4. Add the chicken breasts to the skillet and cook for 3 minutes on each side or until they're golden brown. Using tongs, transfer 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. Transfer 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
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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.

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