



PATIENT & CAREGIVER EDUCATION

# Italian-Inspired Vegetarian Menu

Meal	Menu
<b>Breakfast</b>	<ul style="list-style-type: none"><li>• Cappuccino</li><li>• Almond biscotti</li></ul>
<b>Snack</b>	<ul style="list-style-type: none"><li>• Pasta e Fagioli (pasta and bean soup)</li></ul>
<b>Lunch</b>	<ul style="list-style-type: none"><li>• Italian-Inspired Chickpea Salad *</li><li>• Pasta Primavera With Vegetables *</li><li>• Fresh figs</li></ul>
<b>Snack</b>	<ul style="list-style-type: none"><li>• Fried zucchini fritters</li></ul>
<b>Dinner</b>	<ul style="list-style-type: none"><li>• Arugula and grape tomato salad</li><li>• Creamy risotto with asparagus and peas</li><li>• Grilled portobello mushrooms</li><li>• Mixed fruits</li></ul>
<b>Snack</b>	<ul style="list-style-type: none"><li>• Bruschetta (grilled thick slices of rustic bread) with tomato and basil</li></ul>

## Italian-Inspired Chickpea Salad

Makes 4 servings.

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

# Ingredients

- 2 (14-ounce) cans of chickpeas, rinsed and drained
- ¼ cup diced red onion
- ½ pound (1 cup) grape tomatoes, cut in half length-wise
- ¼ cup Kalamata olives, chopped
- 2 tablespoons Italian parsley, chopped

For the dressing:

- 3 tablespoons apple cider vinegar
- ½ teaspoon salt
- ¼ teaspoon ground black pepper
- 5 tablespoons extra virgin olive oil

# Instructions

1. Mix the apple cider vinegar, salt, and pepper together in a large bowl. Slowly add the olive oil while mixing with a whisk or fork until well combined to make a dressing.
2. Add the chickpeas, red onion, tomatoes, and olives to the bowl with the dressing. Mix well with tongs or a mixing spoon. Stir in the chopped parsley.
3. Refrigerate to chill before serving.

# Nutrition information

Serving size: 1½ cups

- Calories: 196 calories
- Carbohydrates: 26 grams
- Protein: 7 grams
- Fat: 8 grams

- Sodium: 457 milligrams
- Potassium: 264 milligrams
- Added sugar: 0 grams

## **Pasta Primavera With Vegetables**

Makes 4 servings.

- Prep time: 15 minutes
- Cooking time: 10 minutes
- Total time: 25 minutes

### **Ingredients**

- ½ pound (about ½ box) ziti or other pasta
- 3 tablespoons olive oil
- 2 garlic cloves, minced
- 1 small onion, sliced
- 2 carrots, cut into thin strips
- 1 medium-sized zucchini, sliced
- ½ medium-sized red bell pepper, cut into strips
- ½ medium-sized green bell pepper, cut into strips
- 1 cup broccoli florets
- 1 cup cherry tomatoes, cut in halves length-wise
- ½ teaspoon salt
- ¼ teaspoon ground black pepper
- 1 teaspoon Italian seasoning
- ½ cup grated Parmesan cheese
- 2 tablespoons basil, thinly sliced

## Instructions

1. Cook the pasta until it's al dente, following the instructions on the package. Set aside about  $\frac{1}{4}$  cup of pasta water. Drain the pasta and set it aside.
2. In a large skillet over medium heat, add the olive oil and garlic. Sauté until the garlic is lightly golden.
3. Add the vegetables, salt, pepper, and Italian seasoning. Mix and keep cooking, while stirring, until the vegetables are soft or cooked to your desired consistency.
4. Add the cooked pasta to the vegetables and mix in the pasta water as needed to add moisture. Toss in the Parmesan cheese and basil.

## Nutrition information

Serving size: 1½ cups

- Calories: 265 calories
- Carbohydrates: 24 grams
- Protein: 10 grams
- Fat: 16 grams
- Sodium: 207 milligrams
- Potassium: 329 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.

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