PATIENT & CAREGIVER EDUCATION

Italian-Inspired Vegetarian Menu and Recipes

Meal	Menu
Breakfast	• Cappuccino • Almond biscotti • Plain yogurt flavored with vanilla extract • Blueberries
Snack	• Pasta e fagioli (pasta and bean soup)
Lunch	• Italian-inspired chickpea salad * • Pasta primavera with vegetables * • Fresh figs
Snack	• Fried zucchini fritters
Dinner	• Arugula and grape tomato salad • Creamy risotto with asparagus and peas • Grilled portobello mushrooms • Mixed fruits
Snack	• Bruschetta (grilled thick slices of rustic bread) with tomato and basil

Italian-inspired chickpea salad

Makes 4 servings.

- Prep time: 20 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 lengthwise
- ¼ cup chopped Kalamata olives
- 2 tablespoons chopped Italian parsley

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 lengthwise
- ½ teaspoon salt
- ¼ teaspoon ground black pepper
- 1 teaspoon Italian seasoning
- ½ cup grated Parmesan cheese
- 2 tablespoons thinly sliced basil

Instructions

1. Cook the pasta until it's al dente, following the instructions on the package. Set aside about ¼ cup of pasta water. Drain the pasta and set it aside.
2. Add the olive oil and garlic to a large skillet over medium

heat. 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 the consistency you like.
4. Add the cooked pasta to the vegetables. 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.

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

Italian-Inspired Vegetarian Menu and Recipes - Last updated on April 27, 2026

All rights owned and reserved by Memorial Sloan Kettering Cancer Center