Memorial Sloan Kettering Cancer Center

PATIENT & CAREGIVER EDUCATION

Latin-Inspired Vegetarian, Dairy-Free Menu and Recipes

Meal	Menu
Breakfast	• Tofu scramble * • Toast with vegan butter • Grape juice • Black tea or coffee
Snack	• Banana orange yogurt smoothie
Lunch	• Black bean and poblano quesadillas * • Tomato and spinach salad with olive oil and vinegar dressing
Snack	• Avocado toast
Dinner	• Vegan sancocho (root vegetable soup) * • Rice
Snack	• Mango and papaya chunks • Cottage cheese

Tofu scramble

Makes 2 servings.

- Prep time: 5 minutes
- Cooking time: 15 minutes
- Total time: 20 minutes

Ingredients

- 2 tablespoons olive oil
- 2 green onions, chopped
- 2 garlic cloves, minced or pressed
- 1 Roma tomato, chopped
- 1 (16 ounce) block of firm tofu, drained
- 2 tablespoons nutritional yeast
- ¼ teaspoon turmeric powder
- ½ teaspoon salt
- 2 tablespoons unsweetened almond milk

Instructions

1. Add the olive oil, green onion, garlic, and tomato to a large skillet over medium heat. Stir.
2. Place the tofu block in the center of the skillet. Beak up the tofu using a hand masher, wooden spoon, or spatula. Cook for 5 minutes, stirring often.
3. Add the nutritional yeast, turmeric powder, salt, and almond milk to the skillet. Mix and cook for another 5 minutes.
4. Serve right away.

Nutrition information

Serving size: 1 cup

- Calories: 367
- Carbohydrates: 13 grams
- Protein: 29 grams
- Fat: 24 grams
- Sodium: 360 milligrams
- Potassium: 434 milligrams

- Added sugar: 0 grams

Black bean and poblano quesadillas

Makes 4 servings.

- Prep time: 15 minutes
- Cooking time: 20 minutes
- Total time: 35 minutes

Ingredients

- 1 tablespoon olive oil
- 1 small onion, diced
- 1 poblano pepper, diced
- ¼ teaspoon cumin
- 1 (15 ounce) can of black beans, rinsed and drained
- 1 cup shredded Monterrey jack or your cheese of choice, such as vegan cheese, cheddar, or mozzarella
- 4 taco-size flour or corn tortillas

Optional toppings:

- Sour cream
- Avocado
- Guacamole

Instructions

1. Add the olive oil, onion, poblano pepper, and cumin to a large skillet over medium heat. Sauté until the onions look soft, about 3 minutes.
2. Add the black beans and cook for another 3 minutes, mixing often. Move the

mixture from the skillet to a dish or container.

3. To build the quesadillas, lie a tortilla flat. Add some of the bean mixture and cheese to one half of the tortilla. Then, fold over the other half of the tortilla. Repeat with the other tortillas.
4. Using the same skillet, place the quesadillas into the skillet over medium heat. Cook them until the cheese is melted, about 1 minute on each side.
5. Serve as is or with sour cream, avocado, or guacamole on top.

Nutrition information

Serving size: 1 quesadilla

- Calories: 325 calories
- Carbohydrates: 43 grams
- Protein: 11 grams
- Fat: 13 grams
- Sodium: 413 milligrams
- Potassium: 472 milligrams
- Added sugar: 0 grams

Vegan sancocho (root vegetable soup)

Makes 4 servings.

- Prep time: 20 minutes
- Cooking time: 40 minutes
- Total time: 60 minutes

Ingredients

- 2 tablespoons olive oil
- 1 medium onion, chopped

- 1 medium bell pepper, chopped
- 4 peeled garlic cloves, minced
- 1 teaspoon ground cumin
- 1 teaspoon dry oregano
- Salt and pepper to taste
- ¼ cup tomato paste
- 1 (8 ounce) package seitan, cut into ½-inch pieces
- 2 medium yellow potatoes, cut into about 2 inch pieces
- 1 medium sweet potato, cut into about 2 inch pieces
- 1 plantain, ripe or green, grated
- 4 cups (32 ounces) vegetable broth
- 1 cup water
- ½ cup chopped cilantro
- Juice of 1 lime

Instructions

1. Add the olive oil, onion, bell pepper, garlic, cumin, oregano, salt, and pepper to a large pot over medium heat. Mix and sauté for about 5 minutes. Add the tomato paste and mix.
2. Add the seitan pieces, yellow potatoes, sweet potatoes, and plantain to the pot. Mix well.
3. Add the vegetable broth and water to the pot and stir. Bring the mixture to a boil, then lower the heat and add cilantro.
4. Cover the pot and simmer until the vegetables are tender, about 20 minutes. Add lime juice before serving.

Nutrition information

Serving size: 1½ cups (12 ounces)

- Calories: 244
- Carbohydrates: 38 grams
- Protein: 16 grams
- Fat: 5 grams
- Sodium: 433 milligrams
- Potassium: 856 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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