



PATIENT & CAREGIVER EDUCATION

Latinx-Inspired Menu and Recipes

Meal	Menu
Breakfast	<ul style="list-style-type: none">• Oatmeal made with milk and cinnamon• Boiled egg• Toast with butter• Apple wedges• Black tea or coffee
Snack	<ul style="list-style-type: none">• Amaranth Cheese Grits *
Lunch	<ul style="list-style-type: none">• Tuna Salsa Wraps *• Black Bean Soup *
Snack	<ul style="list-style-type: none">• Orange banana yogurt smoothie
Dinner	<ul style="list-style-type: none">• Arroz con Pollo (Rice With Chicken) *• Steamed carrots, broccoli, and cauliflower• Butter
Snack	<ul style="list-style-type: none">• Chocolate Double Milk• Vanilla wafers

Amaranth Cheese Grits

Adapted from organicgrains.com

Makes 4 servings.

- Prep time: 5 minutes
- Cooking time: 20 minutes
- Total time: 25 minutes

Ingredients

- 3 cups water
- Salt to taste
- 1 cup whole grain amaranth
- 1 cup shredded sharp cheddar cheese
- 3 tablespoons cream cheese

Instructions

1. Add the water and salt to a large pot over high heat. Bring the water to a boil.
2. Add the amaranth to the pot and reduce the heat to low. Cover the pot and let the mixture simmer until the water is absorbed, about 20 minutes.
3. Turn off the heat. Add the cheddar cheese and cream cheese. Mix until the cheese is completely melted.
4. Serve.

Nutrition information

Serving size: $\frac{3}{4}$ cup

- Calories: 274 calories
 - Carbohydrates: 28 grams
 - Protein: 11 grams
 - Fat: 13 grams
 - Sodium: 175 milligrams
 - Potassium: 29 milligrams
 - Added sugar: 0 grams
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Tuna Salsa Wraps

Makes 2 servings.

- Prep time: 15 minutes
- Cooking time: 0 minutes
- Total time: 15 minutes

Ingredients

- 2 (6-ounce) cans light tuna canned in oil
- 1 tomato, chopped
- ¼ cup cilantro, chopped
- ½ cup red onion, chopped
- 2 tablespoons olive oil
- Zest and juice of 1 lime
- 2 teaspoons sweetener, such as agave, brown sugar, or honey
- Salt and pepper to taste
- 4 (6-inch) tortillas or 2 (12-inch) tortillas
- 1 cup shredded lettuce
- ¼ cup shredded cheese

Instructions

1. Open and drain the tuna cans. Place the tuna in a medium sized bowl and shred it with a fork.
2. Add the tomatoes, cilantro, red onion, olive oil, lime, honey, salt, and pepper to the bowl. Mix well.
3. Build the wraps by placing some of the tuna mixture on each tortilla and topping with shredded lettuce and cheese. Fold the tortilla on one side and roll to close the wrap.

4. Serve.

Nutrition information

Serving size: 1 (12-inch) wrap or 2 (6-inch) wraps

- Calories: 734 calories
 - Carbohydrates: 31 grams
 - Protein: 59 grams
 - Fat: 41 grams
 - Sodium: 1,174 milligrams
 - Potassium: 838 milligrams
 - Added sugar: 0 grams
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Black Bean Soup

Makes 6 servings.

- Prep time: 10 minutes
- Cooking time: 25 minutes
- Total time: 35 minutes

Ingredients

- 1 tablespoon olive oil
- 1 large yellow onion, chopped
- 1 large carrot, peeled and chopped
- 1 celery rib, chopped
- 1 red bell pepper, chopped
- 4 garlic cloves, peeled and minced
- 2 teaspoons ground cumin

- 1 teaspoon dry oregano
- 1 bay leaf
- 2 (29-ounce) cans black beans, drained and rinsed
- 32 ounces (4 cups) vegetable broth
- 1 tablespoon lime juice
- ¼ cup chopped cilantro to serve

Optional toppings:

- 1 Hass avocado, chopped
- ½ cup sour cream
- ½ cup shredded cheese
- ½ cup tortilla chips
- ¼ cup cilantro, chopped

Instructions

1. Add the olive oil, chopped vegetables, garlic, cumin, oregano, and bay leaf to a large pot over medium heat. Stir and sauté for about 5 minutes.
2. Add the beans to the pot and mix well.
3. Add the broth to the pot and bring the mixture to a boil. Once it's boiling, cover and lower the heat. Let the soup simmer for about 25 minutes.
4. For a creamy consistency, mash some of the beans and stir to mix. You can also blend 2 to 3 cups of the soup, add it back to the pot, stir, and serve.
5. Add the lime juice and cilantro. Mix and serve with your favorite toppings.

Nutrition information

Serving size: 1½ cups with toppings

- Calories: 318 calories
- Carbohydrates: 44 grams

- Protein: 14 grams
 - Fat: 11 grams
 - Sodium: 1,100 milligrams
 - Potassium: 924 milligrams
 - Added sugar: 0 grams
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Arroz con Pollo (Rice With Chicken)

Makes 4 servings

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

Ingredients

For the chicken:

- 1-pound boneless skinless chicken thighs
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 2 tablespoons apple cider vinegar
- Salt and ground black pepper to taste
- ¼ cup chicken broth

For the rice:

- 2 tablespoons olive oil
- 1 small yellow onion, chopped
- ½ green bell pepper, chopped
- 4 garlic cloves, minced

- 5 to 6 sprigs of cilantro, chopped
- 1 teaspoon dry oregano
- 1 teaspoon ground cumin
- ¼ teaspoon salt
- 1 teaspoon turmeric powder
- 1 (8-ounce) can no salt added tomato sauce
- 1 cup long grain rice
- 1 ½ cups water
- ½ cup pitted olives (optional)

Instructions

1. Cut the chicken thighs into 1-inch chunks. Place them in a bowl.
2. Season the thighs with the garlic powder, onion powder, vinegar, and salt and ground black pepper.
3. Mix well and cover the bowl. Let it rest for at least 15 minutes or refrigerate and marinate it overnight.
4. Add the chicken cubes to a large pot over medium-high heat. Sear for 1 to 2 minutes.
5. Stir and add the chicken broth. Mix and cover. Reduce the heat and simmer over low heat for 15 minutes.
6. Take the cooked chicken out of the pot. Set it aside.
7. Add the olive oil, onion, bell pepper, garlic, cilantro, oregano, cumin, salt, and turmeric to the same pot. Sauté for 5 minutes over medium heat.
8. Add the tomato sauce and rice and mix well. Add water, stir, and add cooked chicken and olives. Cover and cook on low heat until the water is absorbed, about 20 to 25 minutes.
9. Stir and serve with chopped cilantro on top.

Nutrition information

Serving size: 1½ cups

- Calories: 525 calories
 - Carbohydrates: 49 grams
 - Protein: 33 grams
 - Fat: 23 grams
 - Sodium: 686 milligrams
 - Potassium: 414 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.

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

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