



PATIENT & CAREGIVER EDUCATION

# Latinx-Inspired Vegetarian, Dairy-Free Menu and Recipes

Meal	Menu
Breakfast	<ul style="list-style-type: none"><li>• Tofu Scramble *</li><li>• Toast with vegan butter</li><li>• Grape juice</li><li>• Black tea or coffee</li></ul>
Snack	<ul style="list-style-type: none"><li>• Banana orange yogurt smoothie</li></ul>
Lunch	<ul style="list-style-type: none"><li>• Black Bean and Poblano Quesadillas *</li><li>• Tomato and spinach salad with olive oil and vinegar dressing</li></ul>
Snack	<ul style="list-style-type: none"><li>• Avocado toast</li></ul>
Dinner	<ul style="list-style-type: none"><li>• Vegan Sancocho (Caribbean Root Vegetable Soup) *</li><li>• Rice</li></ul>
Snack	<ul style="list-style-type: none"><li>• Mango, papaya chunks</li><li>• Cottage cheese</li></ul>

## 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 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 and use a hand masher, wooden spoon, or spatula to break it up. 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
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## 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 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 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 translucent (a little bit see-through), 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
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## Vegan Sancocho (Caribbean 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
- 1 medium sweet potato
- 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: 1.5 cups (12 ounces)

- Calories: 244
- Carbohydrates: 38 grams
- Protein: 16 grams
- Fat: 5 grams
- Sodium: 433 milligrams
- Potassium: 856 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](http://www.mskcc.org/pe) to search our virtual library.

Latinx-Inspired Vegetarian, Dairy-Free Menu and Recipes - Last updated on May 22, 2025  
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