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## PATIENT & CAREGIVER EDUCATION

# Sample Menus and Recipes From Around the World

During your cancer treatment, you may need to follow a high calorie and protein diet to stay around the same weight. These high-calorie, high-protein sample menus will help you add variety to your diet during your cancer treatment. You can use them along with the information, sample menus, and recipes in *Eating Well During Your Cancer Treatment* ([www.mskcc.org/pe/eating-cancer-treatment](http://www.mskcc.org/pe/eating-cancer-treatment)).

These menus celebrate the cultural diversity of MSK's patients and employees. Each menu is inspired by a different country. We have included both regular menus (menus with animal products) and vegetarian menus.

## How to use this resource

This resource has lots of information. You can look at all the menus in one place on this page. Or, you can visit the link below each heading to see the individual menus.

We have included a few recipes from each menu. We hope they will guide you in making tasty meals and trying new flavors. Meals that have a recipe are marked with an asterisk (\*).

## Important food safety information

During cancer treatment, your body's immune system may be weakened and have a hard time fighting off infection. It's more important than ever to make sure you're choosing safe foods and preparing food safely. This will lower your risk for foodborne illnesses and other infections.

Read *Food Safety During Cancer Treatment* ([www.mskcc.org/pe/food-safety](http://www.mskcc.org/pe/food-safety)) for food safety tips and to learn more.

## African-inspired menu

Go to *African-Inspired Menu and Recipes* ([www.mskcc.org/pe/menu-african](http://www.mskcc.org/pe/menu-african)) to see just this menu and recipes.

Meal	Menu
Breakfast	<ul style="list-style-type: none"><li>Banana Millet Breakfast Porridge *</li><li>Boiled egg</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>Herb-Crusted Tilapia *</li><li>Avocado and Hearts of Palm Salad *</li></ul>
Snack	<ul style="list-style-type: none"><li>Harissa hummus tartine</li></ul>
Dinner	<ul style="list-style-type: none"><li>Chicken Yassa *</li><li>Yellow rice</li><li>Braised collard greens</li></ul>
Snack	<ul style="list-style-type: none"><li>Vanilla custard</li><li>Fresh mango</li></ul>

## Banana Millet Breakfast Porridge

Makes 2 servings.

- Prep time: 10 minutes
- Cooking time: 25 minutes
- Total time: 35 minutes
- Soaking time: 7 to 8 hours

# Ingredients

- ½ cup millet
- ½ teaspoon ground cinnamon
- 1 cup water
- 1 cup milk (or non-dairy milk of choice)
- 1 teaspoon sweetener of choice (such as agave, brown sugar, or honey)
- 1 large ripe banana

To serve:

- 1 tablespoon almond butter or nut butter of choice (optional)
- Extra milk or non-dairy milk (optional)

# Instructions

1. Place ½ cup millet in a bowl and add enough water to cover. Place the bowl in the refrigerator and let the millet soak overnight.
2. Drain the millet and place it in a 1-quart saucepan. Cook over medium heat, stirring often, until the millet is golden brown and has a nutty smell (about 5 minutes).
3. Add the cinnamon, water, milk, and sweetener. Mix well and raise the heat to medium-high.
4. Once the mixture is boiling, lower the heat to medium-low and cover the saucepan. Let the mixture simmer for about 20 minutes or until it looks creamy.
5. Mash the banana and add it to the cooked millet mix. Serve.

Optional: Serve with extra milk and nut butter.

## Nutrition information

Serving size: 1 cup

- Calories: 373 calories
  - Carbohydrates: 56 grams
  - Protein: 11 grams
  - Fat: 12 grams
  - Sodium: 78 milligrams
  - Potassium: 478 milligrams
  - Added sugar: 1.5 grams
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## Herb-Crusted Tilapia

Makes 4 servings.

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

## Ingredients

- ½ cup spinach
- ½ cup dry plain breadcrumbs
- 1½ teaspoons salt-free seasoning blend
- 4 tilapia fillets
- 1 tablespoon olive oil
- Salt and pepper to taste

## Instructions

1. Preheat the oven to 400 °F (204 °C).
2. Finely mince the spinach. You can also add it to a food processor and process it until it's finely minced.
3. Place the minced spinach in a mixing bowl. Add the breadcrumbs and salt-free seasoning blend. Mix well.
4. Lightly oil a baking pan or dish with the olive oil. Place the tilapia fillets on the pan or dish. Season them with salt and pepper on both sides.
5. Place the spinach and breadcrumb mixture over the seasoned tilapia fillets.
6. Bake in the oven for 10 to 15 minutes or until you can easily flake the fish with a fork.

## Nutrition information

Serving size: 1 fillet

- Calories: 180 calories
  - Carbohydrates: 10 grams
  - Protein: 22 grams
  - Fat: 6 grams
  - Sodium: 154 milligrams
  - Potassium: 349 milligrams
  - Added sugar: 0 grams
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## Avocado and Hearts of Palm Salad

Makes 4 servings.

- Prep time: 15 minutes

# Ingredients

- 1 (14-ounce) can hearts of palm, drained
- ½ head of green lettuce
- 1 small red onion
- 1 Hass avocado
- Other vegetables, such as shredded carrots and fresh chopped tomatoes (optional)

For vinaigrette:

- 2 tablespoons apple cider vinegar
- 1 teaspoon brown sugar
- 1 teaspoon Dijon mustard
- Salt and pepper to taste
- 2 tablespoons olive oil

# Instructions

1. Slice the hearts of palm into 1-inch pieces. Place them in a large mixing bowl.
2. Thinly slice the lettuce, onion, and avocado. Add them to the bowl with the hearts of palm.
3. In a small bowl, mix the vinegar, brown sugar, Dijon mustard, and salt and pepper with a whisk or fork. While mixing, add the olive oil. Stir until creamy.
4. Pour the vinaigrette over the vegetables. Mix well.

Optional: Add other vegetables, such as shredded carrots and fresh chopped tomatoes.

## Nutrition information

Serving size: 1 cup

- Calories: 158 calories
  - Carbohydrates: 11 grams
  - Protein: 3 grams
  - Fat: 13 grams
  - Sodium: 331 milligrams
  - Potassium: 375 milligrams
  - Added sugar: 1 gram
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## Chicken Yassa

Makes 4 servings.

- Prep time: 15 minutes
- Cooking time: 20 minutes
- Total time: 45 minutes
- Marinating time: 30 minutes

## Ingredients

- 2 boneless skinless chicken breasts
- 1 small onion, thinly sliced

For marinade:

- 1 tablespoon olive oil
- 2 tablespoons apple cider vinegar
- 2 tablespoons lemon juice

- ½ cup chicken broth
- 2 garlic cloves, minced
- 2 teaspoons ginger powder
- ¼ teaspoon salt
- ¼ teaspoon red pepper flakes

## Instructions

1. Cut each chicken breast in half lengthwise so you have 4 even-sized fillets. Set them aside.
2. In a medium or large mixing bowl or other container with a lid, mix the olive oil, vinegar, lemon juice, chicken broth, garlic, ginger, salt, and red pepper flakes to make a marinade.
3. Add the chicken breasts to the marinade, cover the bowl or container, and place it in the refrigerator. Let the chicken breasts marinate for 30 minutes or overnight.
4. Preheat the oven to 400 °F (204 °C). Heat an oven-proof skillet on a stovetop over medium-high heat. Once the skillet is heated, take the chicken breasts out of the marinade and place them on the skillet. Sear for 1 minute on each side.
5. Pour the marinade over the chicken breasts. Place the sliced onions on top. Move the skillet to the oven and bake for 15 to 20 minutes.

## Nutrition information

Serving size: 1 fillet

- Calories: 186 calories
- Carbohydrates: 3 grams
- Protein: 27 grams
- Fat: 7 grams
- Sodium: 321 milligrams



- Potassium: 263 milligrams
- Added sugar: 0 grams

## African-inspired vegetarian, dairy-free menu

Go to *African-Inspired Vegetarian, Dairy-Free Menu and Recipes* ([www.mskcc.org/pe/menu-african-vegetarian](http://www.mskcc.org/pe/menu-african-vegetarian)) to see just this menu and recipes.

Meal	Menu
Breakfast	<ul style="list-style-type: none"> <li>• Breakfast Quinoa *</li> <li>• Black tea or coffee</li> </ul>
Snack	<ul style="list-style-type: none"> <li>• Teff and cocoa bites</li> </ul>
Lunch	<ul style="list-style-type: none"> <li>• Black beans stew</li> <li>• Brown rice</li> <li>• Sliced avocado</li> </ul>
Snack	<ul style="list-style-type: none"> <li>• Green Piña Colada Smoothie *</li> </ul>
Dinner	<ul style="list-style-type: none"> <li>• African Peanut Soup With Greens *</li> <li>• Pounded Yam *</li> </ul>
Snack	<ul style="list-style-type: none"> <li>• Fresh mango and papaya pieces</li> </ul>

## Breakfast Quinoa

Makes 2 servings.

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

## Ingredients

- ½ cup white quinoa
- 1 cup water

- ½ teaspoon ground cinnamon
- ¼ teaspoon ground clove
- ½ cup sliced dry figs or raisins
- ½ cup chopped almonds (optional)
- ½ cup milk (or non-dairy milk of choice)
- 1 tablespoon sweetener of choice (such as agave, brown sugar, or honey), or more to taste

## Instructions

1. Rinse and drain the quinoa.
2. Add the quinoa to a 1-quart saucepan over medium heat. Stir and let the quinoa toast for a few minutes.
3. Add the ground cinnamon and ground clove and mix. Add water, stir, and bring the mixture to a boil. Lower the heat and let the mixture simmer for 15 minutes.
4. Fluff the quinoa and add figs or raisins, almonds, and milk. Mix and let rest for about 5 minutes. Serve with your sweetener of choice.

## Nutrition information

Serving size: 1 cup

- Calories: 367 calories
  - Carbohydrates: 63 grams
  - Protein: 10 grams
  - Fat: 10 grams
  - Sodium: 34 milligrams
  - Potassium: 641 milligrams
  - Added sugar: 9 grams
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# Green Piña Colada Smoothie

Makes 2 servings.

- Prep time: 5 minutes
- Cooking time: 0 minutes
- Total time: 5 minutes

## Ingredients

- 1 cup coconut milk
- 1 cup spinach
- 1 cup frozen pineapple chunks or canned pineapple
- 1 ripe banana
- ½ cup ice

## Instructions

1. Add all the ingredients to a blender. Blend well.

## Nutrition information

Serving size: 1½ cups

- Calories: 364 calories
- Carbohydrates: 28 grams
- Protein: 4 grams
- Fat: 20 grams
- Sodium: 30 milligrams
- Potassium: 474 milligrams
- Added sugar: 0 grams

# African Peanut Soup With Greens

Makes 5 servings.

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

## Ingredients

- 1 tablespoon olive oil
- 1 medium onion, chopped
- 1 small green bell pepper, chopped
- 6 garlic cloves, minced
- 1 tablespoon grated fresh ginger root
- ½ teaspoon black pepper
- ½ teaspoon chili powder
- ⅔ cup crunchy peanut butter
- 3 cups kale or collard greens, chopped
- 1 (28-ounce) can no sodium added crushed tomatoes
- 3 cups vegetable broth
- 1 cup water
- ½ cup chopped cilantro

## Instructions

1. In a large pot over medium-high heat, add the olive oil, onions, and bell pepper. Sauté for about 4 minutes, until the onions are translucent. Add the garlic, grated ginger, black pepper, chili powder, and peanut butter and mix well.
2. Add the greens, crushed tomatoes, vegetable broth, and water. Stir, cover,

and let the mixture simmer for about 20 minutes.

3. Serve with cilantro on top.

## Nutrition information

Serving size: 2 cups

- Calories: 318 calories
  - Carbohydrates: 28 grams
  - Protein: 12 grams
  - Fat: 21 grams
  - Sodium: 508 milligrams
  - Potassium: 700 milligrams
  - Added sugar: 0 grams
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## Pounded Yam

Makes 6 servings.

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

## Ingredients

- 3 pounds African yams (about 3 to 4 large yams)
- Water

## Instructions

1. Peel the yams and cut them into chunks.
2. Place the yams in a large pot with water over high heat. Bring to a boil and

cook for about 30 minutes until fork tender. Check every 10 minutes.

3. Place the boiled yams in a food processor. Blend by pulsing until you have a smooth dough consistency. Add some of the cooking water if needed for a smoother texture. The mixture should be stretchy and soft.
4. If you don't have a food processor, you can mash the yams using a large mortar and pestle or a hand masher. Mash them until they are a smooth and uniform texture.
5. Scoop about 1 to 2 cups of the mixture into a bowl. Take the bowl with both hands and move it in circles. This motion will move the yam mixture around the bowl, creating a perfect round portion of pounded yam.
6. Serve with your favorite soup or stew.

## Nutrition information

Serving size: 1 (2-cup) yam ball

- Calories: 316 calories
- Carbohydrates: 75 grams
- Protein: 4 grams
- Fat: less than 1 gram
- Sodium: 22 milligrams
- Potassium: 1,823 milligrams
- Added sugar: 0 grams

## Chinese-inspired menu

Go to *Chinese-Inspired Menu and Recipes* ([www.mskcc.org/pe/chinese-menu](http://www.mskcc.org/pe/chinese-menu)) to see just this menu and recipes.

Meal	Menu
Breakfast	<ul style="list-style-type: none"><li>• Minced Chicken Congee (Jook) *</li></ul>

Snack	<ul style="list-style-type: none"> <li>• Fruit</li> <li>• Low-fat milk or soy milk</li> </ul>
Lunch	<ul style="list-style-type: none"> <li>• Chinese-Style Scrambled Eggs With Tomatoes *</li> <li>• Choy sum</li> <li>• White rice</li> </ul>
Snack	<ul style="list-style-type: none"> <li>• Roasted pork bun</li> </ul>
Dinner	<ul style="list-style-type: none"> <li>• Braised chicken, mushrooms, and chestnuts</li> <li>• Stir-Fried Napa Cabbage With Dried Shrimps *</li> <li>• White rice</li> </ul>
Snack	<ul style="list-style-type: none"> <li>• Mixed nuts</li> <li>• Fruit</li> </ul>

## Minced Chicken Congee (Jook)

Adapted from [www.madewithlau.com](http://www.madewithlau.com)

Makes 4 servings.

- Prep time: 10 minutes
- Marinating time: 30 minutes
- Cooking time: 40 minutes
- Total time: 1 hour 20 minutes

### Ingredients

- 1 cup jasmine rice or long-grain rice
- 9 cups water
- 12 ounces raw chicken breasts or thighs, minced
- 2 teaspoons fresh ginger, cut into thin strips
- Salt

For the marinade:

- 2 teaspoons cornstarch

- 1 tablespoon oyster sauce
- 2 tablespoons water
- 2 tablespoons canola oil

For the garnish:

- 2 to 3 spring onions, chopped

## Instructions

1. Wash the rice with water in a bowl and drain. Repeat 3 times or until the water is clear.
2. Fill a large stockpot with the 9 cups of water and bring to a boil over high heat.
3. Mix the cornstarch, oyster sauce, water, and olive oil in a bowl to make a marinade. Add the minced chicken and mix well. Cover the bowl with plastic wrap and place it in the refrigerator. Let it marinate for at least 30 minutes in the refrigerator.
4. Once the water comes to a boil, add the rice. Cover the pot with a lid.
5. Once the water comes to a boil again, take off the lid and stir the rice with a whisk for about 30 seconds.
6. Cover the pot with the lid, leaving some open space to keep the congee from overflowing. Reduce heat to medium low and simmer for about 30 minutes.
7. After 30 minutes, stir the congee with a whisk for 2 to 3 minutes to break up the rice into small and fluffy pieces.
8. Raise heat to high. Add the minced chicken into the pot slowly, loosen with the whisk, and make sure the congee covers the chicken.
9. Once the congee starts to boil again, lower heat to medium and cook for another 5 minutes or until the chicken is cooked through.
10. Add the strips of ginger and salt to taste. Take the pot off the heat.
11. Garnish with chopped spring onions.



## Nutrition information

Serving size: 1 cup

- Calories: 427 calories
  - Carbohydrates: 38 grams
  - Protein: 23 grams
  - Fat: 19 grams
  - Sodium: 210 milligrams
  - Potassium: 232 milligrams
  - Added sugar: 0 grams
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## Chinese-Style Scrambled Eggs With Tomatoes

Makes 2 servings.

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

## Ingredients

- 3 medium tomatoes, cut into small wedges
- 3 large eggs
- 1 stalk green onion, finely chopped
- 1 teaspoon (about 2 slices) fresh ginger, smashed
- ¼ teaspoon salt
- 1 teaspoon sugar
- ½ teaspoon soy sauce (optional)
- 3 tablespoons water

- 2 tablespoons canola oil, divided

## Instructions

1. Crack the eggs into a bowl and season with the salt. Beat the eggs for 1 minute.
2. Heat a wok or large skillet over medium heat until it just starts to smoke. Add 1 tablespoon of oil into the wok.
3. Add the eggs into the wok and scramble until slightly set. Move the scrambled eggs to a plate right away and set it aside.
4. Add the other tablespoon of oil into the wok and raise the heat to high.
5. Add the ginger and brown it. Add the tomatoes. Stir-fry for 1 minute.
6. Add the sugar, salt, and water. Add the soy sauce, if you choose. Stir-fry for 1 minute.
7. Cover the wok and cook until the tomatoes are fully softened, about 2 minutes.
8. Uncover the wok and move the scrambled eggs back into the wok. Add the green onion.
9. Mix the scrambled eggs, green onion, and tomatoes together. Cook until the sauce thickens to your liking, about 1 to 2 minutes.

## Nutrition information

Serving size: 1½ cups

- Calories: 272 calories
- Carbohydrates: 10 grams
- Protein: 11 grams
- Fat: 22 grams
- Sodium: 342 milligrams
- Potassium: 554 milligrams
- Added sugar: 0 grams

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# Stir-Fried Napa Cabbage With Dried Shrimps

Makes 2 servings.

- Prep time: 15 minutes
- Cooking time: 5 to 10 minutes
- Total time: 20 to 25 minutes

## Ingredients

- 2 tablespoons dried shrimp
- ¼ cup water
- ½ head Napa cabbage
- 2 tablespoons cooking oil of choice
- 2 cloves garlic, peeled and smashed (optional)
- Sea salt to taste

## Instructions

1. Rinse the dried shrimp in running water. Soak it in ¼ cup of water for 30 to 60 minutes to rehydrate. Drain the water after soaking.
2. Wash the cabbage and slice it into 1-inch pieces. Make sure to separate the green leafy pieces from the thicker white pieces at the core.
3. Heat a wok or large skillet over medium heat until it just starts to smoke. Add the cooking oil and shrimp. Add the garlic, if you choose. Stir-fry for about 1 minute.
4. Add the thicker white pieces of the cabbage into the wok. Stir-fry for about 2 minutes.
5. Add 2 to 3 tablespoons of water to the wok to create more steam. Add the remaining cabbage. Stir-fry until the cabbage is softened, about 2 to 3 minutes.

6. Add salt to taste.

## Nutrition information

Serving size: 1 cup

- Calories: 171 calories
- Carbohydrates: 6 grams
- Protein: 7 grams
- Fat: 14 grams
- Sodium: 255 milligrams
- Potassium: 283 milligrams
- Added sugar: 0 grams

## Chinese-inspired vegetarian menu

Go to *Chinese-Inspired Vegetarian Menu and Recipes* ([www.mskcc.org/pe/menu-chinese-vegetarian](http://www.mskcc.org/pe/menu-chinese-vegetarian)) to see just this menu and recipes.

Meal	Menu
Breakfast	<ul style="list-style-type: none"><li>• Pumpkin Millet Congee *</li></ul>
Snack	<ul style="list-style-type: none"><li>• Chinese Tea Eggs *</li><li>• Soy milk</li></ul>
Lunch	<ul style="list-style-type: none"><li>• Braised eggplant and tofu</li><li>• Stir-fry string beans with garlic sauce</li><li>• White rice</li></ul>
Snack	<ul style="list-style-type: none"><li>• Red Bean Soup *</li></ul>
Dinner	<ul style="list-style-type: none"><li>• Luo Han Zhai (mixed vegetables delight)</li><li>• White rice</li></ul>
Snack	<ul style="list-style-type: none"><li>• Mixed nuts</li><li>• Fruit</li></ul>

# Pumpkin Millet Congee

Adapted from [www.chinasichuanfood.com](http://www.chinasichuanfood.com)

Makes 2 servings, with some left over.

- Prep time: 15 minutes
- Cooking time: 30 minutes
- Total time: 45 minutes

## Ingredients

- $\frac{2}{3}$  cup millet
- 2 cups pumpkin, diced
- 1 cup (about  $\frac{1}{4}$  liter) water
- $8\frac{1}{2}$  cups (about 2 liters) water
- 2 tablespoons wolfberry (dried goji berry)
- 2 teaspoons extra virgin olive oil

## Instructions

1. Gently wash and rinse the millet in water. Repeat 2 to 3 times.
2. Soak the millet in 1 cup of water for 15 minutes. Do not drain the water after soaking.
3. While the millet is soaking, fill a large stockpot with the 2 liters of water and bring to a boil over high heat.
4. Once the water comes to a boil, add the millet (along with the water it soaked in), diced pumpkin, and olive oil. Keep boiling for 10 minutes on high heat.
5. After 10 minutes cover the pot with a lid, leaving some open space to keep the congee from overflowing. Boil for 25 to 30 minutes.
6. After 25 to 30 minutes, take off the lid. Add the wolfberry and stir for 1

minute.

## Nutrition information

Serving size: 1½ cups

- Calories: 283 calories
  - Carbohydrates: 50 grams
  - Protein: 8 grams
  - Fat: 6.5 grams
  - Sodium: 49 milligrams
  - Potassium: 567 milligrams
  - Added sugar: 0 grams
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## Chinese Tea Eggs

Makes 4 servings.

- Prep time: 10 minutes
- Cooking time: 15 minutes
- Total time: 25 minutes
- Marinating time: 24 hours (1 day)

## Ingredients

- 8 large eggs

For the marinade:

- 2 black tea bags
- 1 cinnamon stick
- 3 star anise

- 1 teaspoon black peppercorns or Sichuan peppercorns
- 1 tablespoon light soy sauce
- 2 to 3 cups water
- ½ tablespoon sugar
- 1 teaspoon salt
- 2 to 3 cups water

## Instructions

To cook the eggs:

1. Place the eggs in a single layer on the bottom of a 3-quart or medium-sized pot. Fill the pot with cold water, 1 inch above the eggs. Bring to a boil on high heat.
2. Once the water comes to a boil, cover the pot with a lid and take it off the heat. Let it sit for 8 to 10 minutes.
3. Move the cooked eggs into a large bowl of cold water. When the eggs are cool enough to touch, gently crack them with a spoon. Do not take off the shell.

To make the marinade:

1. Mix all the marinade ingredients in a saucepan or small pot. Bring to a boil over medium heat.
2. Once the water comes to a boil, lower the heat to low and simmer for 5 minutes.
3. Take the pot off the heat and let it fully cool down. Once it's cooled down, throw out the tea bags.

To marinate the eggs:

1. Place the eggs in a container or quart-sized Ziploc bag and pour in the marinade.
2. Refrigerate the eggs and marinate for 24 hours before serving.

## Nutrition information

Serving size: 2 eggs

- Calories: 145 calories
  - Carbohydrates: 1 gram
  - Protein: 12 grams
  - Fat: 10 grams
  - Sodium: 435 milligrams
  - Potassium: 120 milligrams
  - Added sugar: 1 gram
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## Red Bean Soup

Adapted from [www.pressurecookrecipes.com](http://www.pressurecookrecipes.com)

Makes 4 servings.

- Prep time: 25 minutes
- Cooking time: 45 minutes
- Total time: 70 minutes

## Ingredients

- 1 cup adzuki red beans
- ¼ cup dried lotus seeds
- ¼ cup dried lily bulbs (optional)
- 1 piece dried Chinese mandarin peel
- ¼ cup brown sugar
- Dash of kosher salt
- 7 cups cold water



## Instructions

1. Gently wash and rinse the red beans, dried lotus seeds, and dried lily bulbs. Soak them in cold water for 20 minutes. Drain the water after soaking.
2. Soak the dried mandarin peel in cold water for 20 minutes to rehydrate. Soak it in just enough water to cover the peel. Drain the water after soaking.
3. Use a spoon to scrape off the white part of the peel.
4. Place all the dried ingredients and 7 cups of cold water in the pressure cooker.
5. Pressure cook the red bean soup. Set at “High Pressure” for 30 minutes and “Natural Release” for 20 minutes.
6. Bring the red bean soup to a boil using the “Saute High” function. Boil until the soup thickens to your liking, about 15 to 20 minutes. Stir the soup occasionally.
7. Add brown sugar to taste, if you choose.

## Nutrition information

Serving size: 1½ cups

- Calories: 223 calories
  - Carbohydrates: 46 grams
  - Protein: 10 grams
  - Fat: less than 1 gram
  - Sodium: 51 milligrams
  - Potassium: 871 milligrams
  - Added sugar: 13 grams
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# Italian-inspired menu

Go to *Italian-Inspired Menu and Recipes* ([www.mskcc.org/pe/menu-italian](http://www.mskcc.org/pe/menu-italian)) to see just this menu and recipes.

Meal	Menu
Breakfast	<ul style="list-style-type: none"><li>• Cappuccino</li><li>• Cornetto or croissant</li></ul>
Snack	<ul style="list-style-type: none"><li>• Arancini (stuffed rice balls)</li></ul>
Lunch	<ul style="list-style-type: none"><li>• Caprese Salad *</li><li>• Pasta with pesto sauce and chicken</li><li>• Fruit salad</li></ul>
Snack	<ul style="list-style-type: none"><li>• Crostini with fruit preserves, prosciutto, and arugula</li></ul>
Dinner	<ul style="list-style-type: none"><li>• Garden salad with dressing</li><li>• Chicken Piccata *</li><li>• Linguini with garlic and oil</li></ul>

## Caprese Salad

Makes 3 servings.

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

## Ingredients

- 1½ pounds (about 2 cups) vine-ripened tomatoes, sliced
- ½ pound (about 1 cup) fresh mozzarella cheese, sliced
- 3 tablespoons sliced fresh basil

For the dressing:

- ¼ cup lemon juice

- ½ teaspoon salt
- ¼ teaspoon ground black pepper
- ¼ cup extra virgin olive oil

## Instructions

1. Mix the lemon juice, salt, and pepper together in a medium bowl. Slowly whisk in the olive oil.
2. Arrange the slices of tomatoes and mozzarella cheese in alternating fashion on a plate. Drizzle with the lemon-olive oil dressing. Add salt and pepper to taste. Garnish with basil.

## Nutrition information

Serving size: 1 cup

- Calories: 393 calories
  - Carbohydrates: 18 grams
  - Protein: 16 grams
  - Fat: 32 grams
  - Sodium: 437 milligrams
  - Potassium: 83 milligrams
  - Added sugar: 0 grams
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## Chicken Piccata

Makes 4 servings.

- Prep time: 15 minutes
- Cooking time: 25 minutes
- Total time: 40 minutes

# Ingredients

- 4 skinless, boneless chicken breasts, pounded thin
- ½ teaspoon salt
- ½ teaspoon ground black pepper
- ½ cup flour
- 4 tablespoons unsalted butter, divided (2 tablespoons for cooking chicken and 2 tablespoons for sauce)
- 2 tablespoons extra virgin olive oil
- ½ cup chicken broth
- Juice from 2 lemons
- 3 tablespoons capers, rinsed
- 2 tablespoons chopped parsley

# Instructions

1. Season the chicken breasts with salt and pepper.
2. Place flour in a shallow plate or container. Lightly coat the seasoned chicken breasts with the flour.
3. In a large skillet over medium heat, add 2 tablespoons butter and 2 tablespoons olive oil.
4. Add the chicken breasts to the skillet and cook for 3 minutes on each side or until they're golden brown. Using tongs, transfer the chicken breasts to a plate.
5. Add the broth, lemon juice, and capers to the skillet and bring to a boil over medium heat. Move the chicken breasts back into the skillet and simmer for about 5 to 10 minutes or until they're cooked through. Transfer the chicken breasts to a plate.
6. Stir 2 tablespoons of butter into the sauce until it's melted. Pour the sauce over the chicken breasts. Garnish with chopped parsley.

## Nutrition information

Serving size: 1 chicken breast with 2 tablespoons sauce

- Calories: 474 calories
  - Carbohydrates: 6 grams
  - Protein: 55 grams
  - Fat: 25 grams
  - Sodium: 290 milligrams
  - Potassium: 486 milligrams
  - Added sugar: 0 grams
- 

## Italian-inspired vegetarian menu

Go to *Italian-Inspired Vegetarian Menu and Recipes* ([www.mskcc.org/pe/menu-italian-vegetarian](http://www.mskcc.org/pe/menu-italian-vegetarian)) to see just this menu and recipes.

Meal	Menu
Breakfast	<ul style="list-style-type: none"><li>• Cappuccino</li><li>• Almond biscotti</li></ul>
Snack	<ul style="list-style-type: none"><li>• Pasta e Fagioli (pasta and bean soup)</li></ul>
Lunch	<ul style="list-style-type: none"><li>• Italian-Inspired Chickpea Salad *</li><li>• Pasta Primavera With Vegetables *</li><li>• Fresh figs</li></ul>
Snack	<ul style="list-style-type: none"><li>• Fried zucchini fritters</li></ul>
Dinner	<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>
Snack	<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 ¼ 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



# Korean-inspired menu

Go to *Korean-Inspired Menu and Recipes* ([www.mskcc.org/pe/menu-korean](http://www.mskcc.org/pe/menu-korean)) to see just this menu and recipes.

Meal	Menu
Breakfast	<ul style="list-style-type: none"><li>• Korean Street Toast *</li><li>• Asian pear</li></ul>
Snack	<ul style="list-style-type: none"><li>• Japchae (Clear Noodles With Vegetables and Beef) *</li></ul>
Lunch	<ul style="list-style-type: none"><li>• Duk Mandoo Gook (Soup with rice cakes and pork dumplings)</li></ul>
Snack	<ul style="list-style-type: none"><li>• Steamed red bean bun</li></ul>
Dinner	<ul style="list-style-type: none"><li>• Kodungui Gui (Broiled mackerel)</li><li>• Kimchi gook (Soup with kimchi and tofu)</li><li>• 1 cup of rice</li></ul>
Snack	<ul style="list-style-type: none"><li>• Persimmon</li></ul>

## Korean Street Toast

Makes 1 serving.

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

## Ingredients

- 2 eggs
- 1 cups cabbage, shredded
- ¼ cup carrot, shredded or julienned (cut into long, small pieces about the size of matchsticks)
- ¼ small onion, sliced
- 1 tablespoon scallion, chopped
- 3 to 4 teaspoons butter (1 teaspoon for cooking the egg and 2 to 3

teaspoons for spreading on the bread)

- 1 slice ham (optional)
- 1 slice cheddar cheese
- 2 slices milk bread or white bread
- Ketchup
- Honey mustard

## Instructions

1. Crack the eggs into a medium-sized bowl. Use a fork or whisk to mix them. Add the cabbage, carrots, onion, and scallions to the bowl and mix well. Set the bowl aside.
2. Melt 1 teaspoon of butter in a large skillet over medium heat. Using a spatula, spread the butter so it evenly coats the bottom of the skillet. Use more butter as needed to coat the skillet.
  - If you're limiting fat, use a nonstick skillet and oil spray instead.
3. Pour the egg mixture into the skillet, spreading it out to cook evenly. Cook until the bottom side is lightly golden and not runny. With a spatula, fold the sides of the egg mixture into a square about the size of the bread.
4. Flip the egg mixture and cook the other side until it's cooked through. Add a slice of ham, cheese, or both to the top. Turn off the heat.
5. Lightly toast 2 slices of bread. Spread some butter on one side of each toast.
6. Place the cooked egg mixture, ham, and cheese on top of one of the buttered toasts. Top with ketchup and honey mustard and place the second buttered toast on top, butter side down.

## Nutrition information

Serving size: 1 sandwich

- Calories: 642 calories
- Carbohydrates: 54 grams

- Protein: 26 grams
  - Fat: 36 grams
  - Sodium: 767 milligrams
  - Potassium: 274 milligrams
  - Added sugar: 0 grams
- 

## **Japchae (Clear Noodles With Vegetables and Beef)**

Makes 4 servings.

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

### **Ingredients**

- 3 ounces ( $\frac{1}{4}$  of a 10.5-ounce pack) Korean vermicelli (sweet potato noodles)
- 3 tablespoons canola oil
- 1 large onion, thinly sliced
- $\frac{1}{2}$  pound flank steak, thinly sliced into 3-inch strips
- 1 carrot (about 1 cup after cutting), julienned (cut into even strips, about the size of matchsticks) in 3-inch pieces
- 1 green bell pepper (about 1 cup after cutting), seeded and julienned in 3-inch pieces
- 3 scallions, green part, cut diagonally into 3-inch pieces
- 1 cup spinach
- Salt and pepper to taste
- 1 teaspoon sugar
- 1 tablespoon soy sauce

- 1 teaspoon sesame oil

## Instructions

1. Add 4 cups of water to a saucepan or pot. Bring the water to a boil over medium-high heat. Once boiling, add the vermicelli and cook until the noodles are translucent and firm, about 3 minutes. Drain the noodles and rinse them under cold water. Set them aside.
2. Heat the oil in a large skillet. Cook the sliced onions over medium-high heat for 2 minutes. Add the beef, salt, and pepper and stir fry for 1 to 2 minutes. Add the carrots, pepper, scallions, and spinach and stir fry until it's cooked through.
3. Add soy sauce, sugar, and sesame oil. Stir and toss the mixture. Add the vermicelli and mix well. Serve warm.

## Nutrition information

Serving size: 1 ½ cups

- Calories: 435 calories
  - Carbohydrates: 28 grams
  - Protein: 33 grams
  - Fat: 21 grams
  - Sodium: 342 milligrams
  - Potassium: 834 milligrams
  - Added sugar: 0 grams
- 

## Korean-inspired vegetarian menu

Go to *Korean-Inspired Vegetarian Menu and Recipes*

([www.mskcc.org/pe/menu-korean-vegetarian](http://www.mskcc.org/pe/menu-korean-vegetarian)) to see just this menu and recipes.

Meal	Menu
Breakfast	<ul style="list-style-type: none"> <li>• Beansprout soup with tofu</li> <li>• Rice</li> <li>• Fresh orange</li> </ul>
Snack	<ul style="list-style-type: none"> <li>• Pajeon (Scallion Pancake) *</li> </ul>
Lunch	<ul style="list-style-type: none"> <li>• Bibimguksu (Spicy Mixed Noodles) *</li> </ul>
Snack	<ul style="list-style-type: none"> <li>• Steamed kimchi mandoo</li> </ul>
Dinner	<ul style="list-style-type: none"> <li>• Bibimbap (rice topped with a variety of cooked vegetables and seasoned red pepper paste)</li> <li>• Chamoe (Korean melon)</li> </ul>
Snack	<ul style="list-style-type: none"> <li>• Goguma (baked Korean sweet potato)</li> </ul>

## Pajeon (Scallion Pancake)

Makes 4 servings.

- Prep time: 10 minutes
- Cooking time: about 10 minutes
- Total time: 20 minutes

## Ingredients

- $\frac{3}{4}$  cup all-purpose flour
- $\frac{1}{4}$  cup rice flour
- $\frac{3}{4}$  cup cold water
- 5 green onions (green part), cut diagonally into about 2-inch pieces
- $\frac{1}{2}$  onion, thinly sliced
- Vegetable oil for frying

## Instructions

1. Add the all-purpose flour and rice flour to a large bowl. Use a fork to mix them together. While you're mixing, slowly add  $\frac{3}{4}$  cup of cold water to the bowl. The batter should have a thin, pancake-batter-consistency. If you prefer a thinner batter, you can add more water little by little to adjust the consistency.
2. Add the cut green onions and sliced onions to the batter. Mix well.
3. Add about 2 to 3 teaspoons of oil (enough to coat the bottom) to a large skillet. Heat the skillet over medium-high heat.
4. Add  $\frac{1}{2}$  cup of the batter to the pan and evenly spread it into a flat circle. Cook the batter until it's until golden brown on one side (about 3 minutes). Flip the pancake and cook the other side until it's golden brown. Move the pancake to a plate to serve.
5. Repeat the process with the rest of the batter. Add more vegetable oil to the pan as needed to keep the batter from sticking to the bottom. Adjust the heat as needed to keep the batter from burning.

## Nutrition information

Serving size: 1 pancake

- Calories: 446 calories
  - Carbohydrates: 56 grams
  - Protein: 6 grams
  - Fat: 22 grams
  - Sodium: 10 milligrams
  - Potassium: 168 milligrams
  - Added sugar: 0 grams
-

# Bibimguksu (Spicy Mixed Noodles)

Makes 1 serving.

- Prep time: 10 minutes
- Cooking time: 10 minutes
- Total time: 20 minutes

## Ingredients

- ½ cup kimchi, chopped
- ¼ cup kimchi brine
- 2 tablespoons gochujang
- 1 garlic clove, minced
- 2 teaspoons sesame oil
- 2 teaspoons toasted sesame seeds, crushed
- 1 small cucumber, cut into thin stripes
- 1 hard-boiled egg, cut in half
- 1 bundle somyeon (thin wheat noodles)

## Instructions

1. Add the chopped kimchi, kimchi brine, garlic, gochujang, and sesame oil to a bowl. Mix well.
2. Add 4 cups of water to a 1-quart saucepan or pot. Bring the water to a boil. Add the noodles and cook for 3 minutes. Drain the noodles and rinse them well in cold water.
3. Add the noodles to the kimchi mixture and mix well. Garnish with cucumbers, crushed sesame seeds, and a hard-boiled egg cut in half.

## Nutrition information

Serving size: 1 cup

- Calories: 661 calories
  - Carbohydrates: 106 grams
  - Protein: 21 grams
  - Fat: 20 grams
  - Sodium: 3,295 milligrams
  - Potassium: 765 milligrams
  - Added sugar: 0 grams
- 

## Latinx-inspired menu

Go to *Latinx-Inspired Menu and Recipes* ([www.mskcc.org/pe/menu-latinx](http://www.mskcc.org/pe/menu-latinx)) to see just this menu and recipes.

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



# Amaranth Cheese Grits

Adapted from [organicgrains.com](http://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
- 

## 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
- 

## 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
- 

## 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. Sautee 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

## Latinx-inspired vegetarian, dairy-free menu

Go to *Latinx-Inspired Vegetarian, Dairy-Free Menu and Recipes*

([www.mskcc.org/pe/menu-latinx-vegetarian](http://www.mskcc.org/pe/menu-latinx-vegetarian)) to see just this 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
- 

## 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
- 

## 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
-

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.

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