Memorial Sloan Kettering Cancer Center

PATIENT & CAREGIVER EDUCATION

Sample Menus and Recipes From Around the World

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

These sample menus will help you add variety to your diet. You can modify them if you need or want to. 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).

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 important to choose safe foods and prepare food safely. This will lower your risk for foodborne illnesses (food poisoning) and other infections.

Read *Food Safety During Cancer Treatment* (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) to see just this menu and recipes.

Meal	Menu
Breakfast	• Banana millet breakfast porridge * • Boiled egg • Black tea or coffee
Snack	• Banana orange yogurt smoothie *
Lunch	• Herb-crusted tilapia * • Avocado and hearts of palm salad *
Snack	• Harissa hummus tartine

Dinner	• Chicken yassa * • Yellow rice • Braised collard greens
Snack	• Vanilla custard • Fresh mango

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
- 1 teaspoon sweetener, such as agave, brown sugar, or honey (optional)
- 1 large ripe banana

To serve:

- Extra milk or non-dairy milk (optional)

- 1 tablespoon peanut butter, almond butter, or another nut or seed butter (optional)

Instructions

1. Place the millet in a bowl and add enough water to cover it. Place the bowl in the refrigerator and let the millet soak overnight.
2. Drain the water from the millet. Place the millet 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 until it looks creamy, about 20 minutes.
5. Mash the banana and add it to the cooked millet mix.

Optional: Serve with extra milk and nut or seed 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

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
- 1 tablespoon olive oil
- 4 tilapia fillets
- Salt and pepper to taste

Instructions

1. Preheat the oven to 400 °F.
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 for about 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

Avocado and hearts of palm salad

Makes 4 servings.

- Prep time: 15 minutes

Ingredients

- 1 (14 ounce) can of 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 the 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 the mixture is 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

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 the 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 at least 30 minutes or up to overnight.
4. Preheat the oven to 400 °F. 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) to see just this menu and recipes.

Meal	Menu
Breakfast	• Breakfast quinoa * • Black tea or coffee
Snack	• Teff and cocoa bites
Lunch	• Black beans stew • Brown rice • Sliced avocado
Snack	• Green piña colada smoothie *
Dinner	• African peanut soup with greens * • Pounded yam *
Snack	• Fresh mango and papaya pieces

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
- 1 tablespoon sweetener (such as agave, brown sugar, or honey), or more to taste (optional)

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

Green piña colada smoothie

Makes 2 servings.

- Prep time: 5 minutes
- Total time: 5 minutes

Ingredients

- 1 cup coconut milk
- 1 cup fresh 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 (24 ounces) vegetable broth
- 1 cup water
- ½ cup chopped cilantro

Instructions

1. Add the olive oil, onion, and bell pepper to a large pot over medium-high heat. Sauté until the onions look soft, about 4 minutes. Add the garlic, ginger, black pepper, chili powder, and peanut butter. Mix well.
2. Add the kale or collard 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

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) to see just this menu and recipes.

Meal	Menu
Breakfast	• Minced chicken congee (jook) *

Snack	• Fruit • Low-fat milk or soy milk
Lunch	• Chinese-style scrambled eggs with tomatoes * • Choy sum • White rice
Snack	• Roasted pork bun
Dinner	• Braised chicken, mushrooms, and chestnuts • Stir-fried napa cabbage with dried shrimps * • White rice
Snack	• Mixed nuts • Fruit

Minced chicken congee (jook)

Adapted from 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 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.
0. 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

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

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) to see just this menu and recipes.

Meal	Menu
Breakfast	• Pumpkin millet congee *
Snack	• Chinese tea eggs * • Soy milk
Lunch	• Braised eggplant and tofu • Stir-fry string beans with garlic sauce • White rice
Snack	• Red bean soup *
Dinner	• Luo han zhai (mixed vegetables delight) • White rice

Snack	• Mixed nuts • Fruit

Pumpkin millet congee

Adapted from www.chinasichuanfood.com

Makes 2 servings, with some left over.

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

Ingredients

- ⅔ cup millet
- 2 cups pumpkin, diced
- 9½ cups 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

rest of the water (8½ cups) 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 (gogi berry) 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

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 the mixture to a boil over medium heat.
2. Once the mixture comes to a boil, lower the heat to low and let it 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. Pour in the marinade and place the container or bag in the refrigerator.
2. Let the eggs 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

Red bean soup

Adapted from 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
- Dash of kosher salt
- 7 cups cold water
- ¼ cup brown sugar (optional)

Instructions

To make red bean soup, you need to use an electric pressure cooker (such as an Instant Pot®).

1. Gently wash and rinse the red beans, lotus seeds, and 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 it. Use 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 “Sauté High” function. Let the soup boil for about 15 to 20 minutes or until it thickens to your liking. Stir the soup occasionally while it’s boiling.

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

Italian-inspired menu

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

Meal	Menu
Breakfast	• Cappuccino • Cornetto or croissant • Ricotta with honey and nuts
Snack	• Arancini (stuffed rice balls)

Lunch	• Caprese salad * • Pasta with pesto sauce and chicken • Fruit salad
Snack	• Crostini with sun-dried tomato jam, sardines, and arugula
Dinner	• Garden salad with dressing • Chicken piccata * • Linguini with garlic and oil

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 an alternating pattern 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

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 the chicken and 2 tablespoons for the 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 the salt and pepper.
2. Place the flour in a shallow plate or container. Lightly coat the seasoned chicken breasts with the flour.
3. Add 2 tablespoons of butter and 2 tablespoons of olive oil to a large skillet over medium heat.

4. Add the chicken breasts to the skillet and cook them for 3 minutes on each side or until they're golden brown. Using tongs, move 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. Move 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) to see just this 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

Korean-inspired menu

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

Meal	Menu
Breakfast	• Korean street toast * • Asian pear
Snack	• Japchae (clear noodles with vegetables and beef) *

Lunch	• Duk mandoo gook (soup with rice cakes and pork dumplings)
Snack	• Steamed red bean bun
Dinner	• Kodungui gui (broiled mackerel) • Kimchi gook (soup with kimchi and tofu) • 1 cup of rice
Snack	• Persimmon

Korean street toast

Makes 1 serving.

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

Ingredients

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

- 1 slice cheddar cheese
- 2 slices milk bread or white bread
- 1 slice ham (optional)
- 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.
    1. 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 cheese 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 (optional), 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 (¼ of a 10.5-ounce pack) Korean vermicelli (sweet potato noodles)
- 3 tablespoons canola oil
- 1 large onion, thinly sliced
- ½ 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 only, 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.

2. Once the water is boiling, add the vermicelli and cook until the noodles are translucent (look almost see-through) and firm, about 3 minutes. Drain the noodles and rinse them under cold water. Set them aside.
3. 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.
4. Add the soy sauce, sugar, and sesame oil. Stir and toss the mixture. Add the vermicelli and mix well. Serve warm.

Nutrition information

Serving size: 1½ 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) to see just this menu and recipes.

Meal	Menu
Breakfast	• Beansprout soup with tofu • Rice • Fresh orange
Snack	• Pajeon (scallion pancake) *
Lunch	• Bibimguksu (spicy mixed noodles) *
Snack	• Steamed kimchi mandoo
Dinner	• Bibimbap (rice topped with a variety of cooked vegetables and seasoned red pepper paste) • Chamoe (Korean melon)
Snack	• Goguma (baked Korean sweet potato)

Pajeon (scallion pancake)

Makes 4 servings.

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

Ingredients

- ¾ cup all-purpose flour
- ¼ cup rice flour
- ¾ cup cold water
- 5 green onions (green part), cut diagonally into about 2-inch pieces
- ½ 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 the 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 green onions and 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 ½ 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 chopped kimchi
- ¼ cup kimchi brine
- 1 garlic clove, minced
- 2 tablespoons gochujang
- 2 teaspoons sesame oil
- 4 cups water
- 1 bundle somyeon (thin wheat noodles)
- 1 small cucumber, cut into thin strips
- 2 teaspoons toasted sesame seeds, crushed
- 1 hard-boiled egg, cut in half

Instructions

1. Add the 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

Latin-inspired menu

Go to *Latin-Inspired Menu and Recipes* (www.mskcc.org/pe/menu-latin) to see just this menu and recipes.

Meal	Menu
Breakfast	• Oatmeal made with milk and cinnamon • Boiled egg • Toast with butter • Apple wedges • Black tea or coffee
Snack	• Amaranth cheese grits *

Lunch	• Tuna salsa wraps * • Black bean soup *
Snack	• Orange banana yogurt smoothie
Dinner	• Arroz con pollo (rice with chicken) * • Steamed carrots, broccoli, and cauliflower • Butter
Snack	• 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: ¾ 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
- Total time: 15 minutes

Ingredients

- 2 (6 ounce) cans light tuna canned in oil
- 1 tomato, chopped
- ¼ cup chopped cilantro
- ½ cup chopped red onion
- 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
- 4 cups (32 ounces) 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 chopped cilantro

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
- 1½ 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

Latin-inspired vegetarian, dairy-free menu

Go to *Latin-Inspired Vegetarian, Dairy-Free Menu and Recipes* (www.mskcc.org/pe/menu-latin-vegetarian) to see just this 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

Russian-inspired menu

Go to *Russian-Inspired Menu and Recipes* (www.mskcc.org/pe/menu-russian) to see just this menu and recipes.

Meal	Menu

Breakfast	• Berry ricotta blini (buckwheat pancakes) with berry compote * • Berry compote • Hardboiled egg • Tea
Snack	• Tvorog • Banana • Mixed nuts
Lunch	• Okroshka (cold soup)
Snack	• Pierogi
Dinner	• Beef stroganoff * • Rye bread or noodles
Snack	• Pastila • Tea

Berry ricotta blini (buckwheat pancakes) with berry compote

Adapted from www.christinebailey.co.uk

Makes 4 servings.

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

Ingredients

For the berry compote:

- 1 cup frozen mixed berries
- 2 tablespoons sugar
- 1 teaspoon lemon zest
- 2 teaspoons lemon juice

For the blinis:

- 1 cup all-purpose flour
- ⅔ cup buckwheat flour
- 2 teaspoons baking powder
- 2 large eggs, egg yolk separated from the egg white
- ⅔ cup milk or non-dairy milk
- ¾ cup ricotta cheese
- Butter or oil for cooking (about 1 tablespoon, or more as needed)

To serve:

- 1 cup plain yogurt
- ¼ cup pistachios, chopped (optional)

Instructions

To make the berry compote:

1. Add the frozen berries, sugar, lemon zest, and lemon juice to a small saucepan over medium heat. Let it simmer for 10 to 15 minutes while you make the blinis.

To make the blinis:

2. Add the all-purpose flour, buckwheat flour, and baking powder to a large bowl. Mix them together well with a whisk or fork.
3. Make a well (an indent) in the center of the flour mixture. Add the egg yolks to the well. Start mixing and slowly add the milk. Add the ricotta cheese and mix well.
4. Add the egg whites to a separate bowl. Whisk them until they make a foam that forms a stiff peak as you pull the whisk away from it.
5. Add a spoonful of the egg whites to the ricotta cheese mixture. Gently mix to loosen the batter. Add the rest of the egg whites and mix gently until the batter is smooth and has no lumps.
6. Heat the oil or butter in a large skillet or griddle over medium-high heat. Drop rounded tablespoons of the batter into the pan. Cook until the top is bubbly, about 1 to 2 minutes. Using a small spatula, flip and cook for

another minute.

7. Move the blinis from the pan to a plate. Let them cool before serving. Repeat until the batter is finished.
8. Serve with berry compote, yogurt, and chopped pistachios on top.

Nutrition information

1 serving: 3 blinis and 2 tablespoons of berry compote

- Calories: 390
- Carbohydrates: 51 grams
- Protein: 14 grams
- Fat: 14 grams
- Sodium: 385 milligrams
- Potassium: 405 milligrams
- Added sugar: 0 grams

Beef stroganoff

Adapted from www.vikalinka.com

Makes 4 servings.

- Prep time: 10 minutes
- Cook time: 20 minutes

- Total time: 30 minutes

Ingredients

- 1 pound sirloin steak, cut into thin strips
- Salt and pepper
- 1 tablespoon olive oil
- 1 tablespoon butter
- 1 onion, thinly sliced
- ½ pound cremini mushrooms or chestnut mushrooms, sliced
- ¼ cup brandy or apple juice
- ½ cup beef broth
- 1 bay leaf
- 1 teaspoon whole grain mustard
- 1 cup sour cream
- 3 to 4 sprigs of flat-leaf parsley, chopped

Instructions

1. Season the beef with salt and pepper.
2. Add the olive oil to a large heavy skillet over medium-high heat. Sear the steak strips in the skillet for 1 to 2 minutes on each side. Move the seared steak from the pan to a plate. Let it rest while you make the sauce.

3. Add the butter to the same skillet over medium-high heat and let it melt for a few seconds. Add the onions and mushrooms, mix, and let them cook, stirring occasionally, until they're golden brown (about 5 to 8 minutes).
4. Add the brandy or apple juice to the skillet. Mix, and let it cook, stirring occasionally, until liquid starts evaporating (about 3 to 4 minutes).
5. Add the beef broth, bay leaf, mustard, and sour cream. Mix well. Add the cooked steak and mix well. Lower the heat to medium-low and cook for another 5 minutes.
6. Serve with chopped parsley on top.

Nutrition information

Serving size: 1 cup

- Calories: 453 calories
- Carbohydrates: 7 grams
- Protein: 26 grams
- Fat: 32 grams
- Sodium: 113 milligrams
- Potassium: 684 milligrams
- Added sugar: 0 grams

Russian-inspired vegetarian menu

Go to *Russian-Inspired Vegetarian Menu and Recipes* (www.mskcc.org/pe/menu-russian-vegetarian) to see just this menu and recipes.

Meal	Menu
Breakfast	• Apple cinnamon kasha (cooked buckwheat) • Coffee
Snack	• Walnut raisin sukhariki (biscotti)
Lunch	• Borscht * • Bread roll
Snack	• Cabbage roll
Dinner	• Mushroom kotleti * • Mashed potatoes • Pickled vegetables
Snack	• Oven baked apples • Sweetened sour cream

Borscht

Adapted from www.seriouseats.com.

Makes 9 servings.

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

- Total time: 55 minutes

Ingredients

- 2 tablespoons olive oil
- 1 medium onion, chopped
- 2 medium carrots, grated
- 2 medium red beets, grated
- Salt and pepper to taste
- 2 potatoes, cut into ½ inch pieces
- 2 garlic cloves, minced
- 2 bay leaves
- 2 tablespoons tomato paste
- 2 tablespoons lemon juice
- 2 cups chopped cabbage
- 8 cups (64 ounces) low-sodium vegetable broth
- ¼ cup chopped fresh dill

To serve:

- Vegan or regular sour cream or plain yogurt
- Rye bread

Instructions

1. Add the olive oil, onion, carrots, beets, and a pinch of salt and pepper to a large pot over medium heat. Sauté for about 5 minutes, stirring often, until the onions look soft.
2. Add the potatoes, garlic, bay leaves, and tomato paste to the pot. Mix well. Sauté for another 1 minute.
3. Add the lemon juice and cabbage to the pot. Mix well. Add the vegetable broth and dill and bring the soup to a rolling boil (large steady bubbles across the surface), then immediately lower the heat to maintain a gentle simmer.
4. Cover the pot and let the soup simmer for 5 to 10 minutes.
5. Turn off the heat. Let the soup rest for 15 minutes with the lid on before serving. Serve hot topped with a dollop of sour cream or yogurt, with rye bread on the side.

Nutrition information

Serving size: 1½ cups

- Calories: 287 calories
- Carbohydrates: 49 grams
- Protein: 7 grams

- Fat: 8 grams
- Sodium: 750 milligrams
- Potassium: 915 milligrams
- Added sugar: 0 grams

Mushroom kotleti

Adapted from www.theiranianvegan.com

Makes 6 servings.

- Prep time: 20 minutes
- Cook time: 30 minutes
- Total time: 50 minutes

You will need cheesecloth and a food processor or blender for this recipe.

Ingredients

- 1 cup dry buckwheat
- 1 whole large onion
- 2 whole medium-sized potatoes
- 1½ cups cremini or other mushrooms
- 1 cup whole walnuts
- 1 tablespoon turmeric

- 1 teaspoon paprika
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 5 tablespoons chickpea flour
- 2 tablespoons coconut oil

To serve:

- ½ cup chopped fresh herbs (such as parsley)
- 1 cup pickled cucumbers
- 1 tomato, sliced
- 6 slices of your favorite bread, warmed

Instructions

1. Add the buckwheat, 2 cups of water, and a pinch of salt to a 1-quart saucepan. Mix well. Bring the mixture to a boil, then lower the heat to medium-low. Cover the saucepan and let the mixture cook until it's soft, about 15 to 20 minutes.
2. While the buckwheat is cooking:
    - Grate the onion. Place the grated onion over a piece of cheesecloth, close it, and squeeze out all the liquid. Set the grated onion aside.
    - Do the same with the potatoes. Grate them, squeeze

out extra liquid, and set them aside.

3. Add the mushrooms, walnuts, half of the grated onion, half of the grated potato, and half of the cooked buckwheat to the bowl of a food processor. Blend until smooth.
4. Add the blended mixture to a large bowl along with the rest of the cooked buckwheat, the rest of the grated onion and potato, and the turmeric, paprika, salt, and pepper.
5. Knead the mixture with your hands. Add the chickpea flour and keep kneading. If the mixture is too soft, add another tablespoon of chickpea flour.
6. Make flat, oval patties by rolling a ball between both hands and flattening in the middle.
7. Add 1 to 2 teaspoons of coconut oil to a large skillet over medium-high heat. Working in batches, pan fry the patties until they're golden brown, about 2 to 3 minutes on each side.
8. Serve with fresh herbs, pickled cucumber, sliced tomatoes, and warm bread.

Nutrition information

Serving size: 3 koletis with toppings and 1 slice of bread

- Calories: 445 calories

- Carbohydrates: 59 grams
- Protein: 12 grams
- Fat: 20 grams
- Sodium: 136 milligrams
- Potassium: 755 milligrams
- Added sugar: 0 grams

Southeast Asian-inspired menu

Go to *Southeast Asian-Inspired Menu and Recipes* (www.mskcc.org/pe/menu-southeast-asian) to see just this menu and recipes.

Meal	Menu
Breakfast	• Aloo paratha (potato pancakes) with Greek yogurt * • Masala chai
Snack	• Mango lassi made with Greek yogurt
Lunch	• Bombay sandwich with cheese and sprouts • Seasoned roasted chickpeas • Fruit
Snack	• Paneer tikka kebabs

Dinner	• Butter chicken (chicken makhani) * • Rice • Roti or naan
Snack	• Kheer (rice pudding)

Aloo paratha (potato pancakes) with Greek yogurt

Adapted from www.hebbarskitchen.com

Makes 8 servings.

- Prep time: 10 minutes
- Total time: 40 minutes

Ingredients

For the dough:

- 2 cups all-purpose flour, plus extra for dusting
- ½ teaspoon salt
- 2 tablespoons oil, plus extra for roasting
- Water for kneading

For the filling:

- 3 potatoes, peeled, boiled, and mashed
- 1 teaspoon ginger paste
- 2 chilis, finely chopped
- ½ teaspoon coriander seeds

- ¼ teaspoon ajwain (carom) seeds
- 1 teaspoon chili powder
- 1 teaspoon cumin powder
- ½ teaspoon garam masala
- ¾ teaspoon aamchur (or 1 teaspoon lemon zest)
- ½ teaspoon salt

For serving:

- 1 cup plain yogurt
- ½ cup chutney

Instructions

To make the dough:

1. Add the flour and salt to a large mixing bowl. Mix well with a fork or whisk.
2. Add about ¼ cup water to the bowl and start mixing it with your clean hands. Keep adding water little by little until you can start kneading the dough.
3. Add 2 tablespoons of vegetable oil and keep kneading until the dough is soft and smooth.
4. Form the dough into a ball and brush a bit of oil all over the top. Let the dough rest for 20 minutes.

To make the filling:

1. Add the potatoes, ginger paste, chilis, coriander seeds, ajwain (carom) seeds, chili powder, cumin powder, garam masala, aamchur, and salt to a large mixing bowl. Mix well.

To make the aloo paratha:

1. Sprinkle some flour on a clean, dry surface safe for kneading. Place the dough on the surface and knead it slightly.
2. Take a handful of dough and make a ball. Divide the dough until you have 8 equal balls.
3. Take the filling and make 8 equal balls. Have them ready to assemble the paratha.
4. Take a dough ball and roll it flat to about 4 inches across. Add flour as needed to keep it from sticking.
5. Place a ball of filling in the center of the flattened dough. Wrap the dough around the filling, stretching the dough until it completely covers the filling. Press the leftover dough with your hand and take off the excess.
6. Roll the filled dough flat until it's about 5 to 6 inches across. Add flour as needed to keep it from sticking. Repeat until you have 8 aloo parathas.
7. Add 1 to 2 teaspoons of ghee or oil to a griddle or large skillet over high heat. Place an aloo paratha on the hot

pan and let it cook until the dough makes a bubble, about 2 to 3 minutes. Place a spatula over it to flatten it.

8. Add another 1 to 2 teaspoons of ghee or oil over the aloo paratha, then flip it over. Cook until you see golden to light brown spots on the aloo paratha, another 2 to 3 minutes. Take it off the griddle or skillet and place it on a plate.
9. Repeat these steps, stacking the aloo parathas on the same plate so they stay soft before serving. Serve with yogurt, chutney, or both.

Nutrition information

Serving size: 1 parantha

- Calories: 285 calories
- Carbohydrates: 54 grams
- Protein: 7 grams
- Fat: 4 grams
- Sodium: 243 milligrams
- Potassium: 474 milligrams
- Added sugar: 7 grams

Butter chicken (chicken makhani)

Adapted from www.indianhealthyrecipes.com

Makes 4 servings.

- Prep time: 15 minutes
- Cooking time: 30 minutes
- Total time: 45 minutes
- Marinating time: 12 hours

Ingredients

- 1 pound boneless skinless chicken breast, cut into 1 inch cubes
- ½ to ¾ teaspoon Kashmiri chili powder or paprika
- ¼ teaspoon salt
- 1 tablespoon lemon juice

For the marinade:

- ⅓ cup Greek yogurt
- ¾ tablespoon ginger garlic paste
- ⅛ teaspoon turmeric
- ¾ teaspoon garam masala
- ½ teaspoon cumin powder
- 1 teaspoon coriander powder

- 1 teaspoon kasuri methi (dried fenugreek leaves)
- 1 tablespoon canola oil

For the sauce:

- 20 cashews
- ½ cup water
- 1 (28 ounce) can crushed tomatoes
- 2 to 3 tablespoons of butter or ghee, divided
- 2 inches cinnamon stick
- 2 to 3 green cardamon pods
- 2 to 4 cloves
- ¾ tablespoon ginger garlic paste
- 1 to 2 green chiles
- 1 teaspoon Kashmiri chili powder
- 1 teaspoon garam masala
- 1 teaspoon coriander powder
- ½ teaspoon cumin powder

For cooking the chicken:

- ½ teaspoon salt
- 1 teaspoon sugar
- ½ teaspoon kasuri methi (dried fenugreek leaves)

- ¼ cup water
- ⅓ cup heavy cream
- 2 tablespoons chopped cilantro leaves

Instructions

To marinate the chicken:

1. Add the chicken pieces to a large mixing bowl. Season with Kashmiri chili powder or paprika, salt, and lemon juice. Mix well with clean hands or tongs. Cover the bowl and place it in the refrigerator to rest for 20 minutes. After 20 minutes, take the bowl out of the refrigerator and uncover it.
2. Add all the ingredients for the marinade to a separate mixing bowl and mix well.
3. Pour the marinade over the chicken. Cover the bowl again and place it in the refrigerator to marinate for 12 hours or overnight.

To make the sauce:

1. Puree the cashews and water in a blender or food processor until smooth. Add the crushed tomatoes and blend until well combined, then set the puree aside.
2. Add 1 to 1½ tablespoons of butter or ghee, cinnamon, cardamon, and cloves to a large sauté pan or saucepan

over medium heat. Let them sizzle for 1 minute, then lower the heat.

3. Add the ginger garlic paste and green chiles to the pan. Cook on low heat until soft, about 2 minutes. Turn off the heat.
4. Add the Kashimiri chili powder, garam masala, coriander, and cumin to the pan and stir. Place a strainer over the pan and pour in the cashew and tomato puree. Use a sturdy spoon to help the puree pass through the strainer.
5. Once the puree is strained over the pan, mix it well and partially cover the pan. Bring the sauce to a boil on medium high heat, about 5 minutes. Lower the heat and let the sauce simmer until it thickens, about another 5 to 10 minutes.
6. While the sauce simmers, cook the chicken.

To cook the chicken:

1. Add the rest of the butter or ghee to a large skillet over medium heat. Place the marinated chicken in the skillet, making sure the butter or ghee covers it evenly. Let the chicken cook for 3 to 4 minutes on each side.
2. Move the chicken into the sauce. If you want the sauce to be thinner, add about ¼ cup of water. You can

gradually add more water to adjust the sauce to the thickness you like. Cover the pan and let it simmer for 5 to 7 minutes.

3. Add the salt, sugar, and kasuri methi (fenugreek). Taste and adjust the seasoning as needed.
4. Stir in the heavy cream and garnish with fresh cilantro. Serve with rice or naan.

Nutrition information

Serving size: ¾ cup

- Calories: 484
- Carbohydrates: 18 grams
- Protein: 42 grams
- Fat: 28 grams
- Sodium: 562 milligrams
- Potassium: 891 milligrams
- Added sugar: 0 grams

Southeast Asian-inspired vegetarian menu

Go to *Southeast Asian-Inspired Vegetarian Menu and Recipes* (www.mskcc.org/pe/menu-southeast-asian-

vegetarian) to see just this menu and recipes.

Meal	Menu
Breakfast	• Masala seasoned hardboiled eggs with avocado and toast • Masala chai
Snack	• Mango Lassi made with Greek yogurt
Lunch	• Bombay sandwich with cheese and sprouts • Seasoned roasted chickpeas • Fruit
Snack	• Paneer tikka kebabs *
Dinner	• Rotis or naan • Mong dal * • Vegetable subzi
Snack	• Kheer (rice pudding)

Paneer tikka kebabs

Adapted from www.cookwithmanali.com

Makes: 5 kebabs

- Prep time: 15 minutes
- Cook time: 20 minutes
- Total time: 35 minutes
- Marinating time: 1 hour

Ingredients

- ¾ cup plain Greek yogurt
- 1 tablespoon ginger garlic paste
- 2 tablespoons oil of choice
- 2 teaspoons coriander powder
- 1 teaspoon chaat masala
- 1 teaspoon Kashmiri chili powder
- ¾ teaspoon garam masala
- ¼ teaspoon chili powder
- 1 teaspoon crushed kasuri methi (dried fenugreek leaves)
- ¼ teaspoon salt
- Juice of 1 lemon
- 2 tablespoons chopped cilantro
- 2 tablespoons chopped mint
- 2 heaping cups paneer, cut into cubes
- 1 large onion, cut into 1 inch cubes
- 1 large bell pepper, cut in to 1 inch pieces
- 5 oven-safe kebab skewers (can use metal or bamboo skewers)
- Canola oil spray

To serve:

- Lemon wedges
- Chaat masala
- Cilantro mint chutney
- Onion slices

Instructions

1. Add the Greek yogurt to a large mixing bowl. Mix it with a whisk or fork until it's smooth.
2. Add the ginger garlic paste, oil, coriander, chaat masala, Kashmiri chili powder, garam masala, chili powder, kasuri methi (fenugreek), salt, lemon juice, cilantro, and mint to the mixing bowl. Mix well to make a marinade.
3. Add the paneer, onion, and bell pepper cubes to the bowl. Mix to make sure they're well-coated with the marinade. Cover and place in the refrigerator. Let the cubes marinate for at least 1 hour or overnight.

To make the kebabs:

1. Preheat the oven to 450 °F. Line a baking sheet with parchment paper.
2. Put the paneer, onion, and pepper cubes on a skewer until the skewer is filled. Alternate the ingredients to make a kebab. Leave at least 2 to 3 inches of space at the

end of the skewer. Keep doing this until you have 5 kebabs.

3. Arrange the kebabs on the prepared baking sheet and spray them with oil spray. Place the baking sheet in the middle rack of the oven and bake the kebabs at 450 °F for 10 minutes.
4. Switch the oven to broil. Keep cooking the kebabs on the middle rack until the paneer pieces are golden brown, about 2 to 3 minutes.

To serve:

1. Squeeze lemon juice over the kebabs. Sprinkle the kebabs with chaat masala and serve with cilantro mint chutney.

Nutrition information

Serving size: 1 kebab

- Calories: 261 calories
- Carbohydrates: 10 grams
- Protein: 14 grams
- Fat: 20 grams
- Sodium: 66 milligrams
- Potassium: 139 milligrams
- Added sugar: 0 grams

Moong dal

Adapted from www.indianhealthyrecipes.com

Makes about 2½ servings.

- Prep time: 2 minutes
- Cook time: 28 minutes
- Total time: 30 minutes

Ingredients

- 1 cup moong dal (yellow mung lentils)
- 2 tablespoons oil or ghee
- 1 medium onion, chopped
- 1 medium tomato, chopped
- 1 teaspoon cumin seeds
- 4 to 5 curry leaves or 1 bay leaf
- ¼ teaspoon turmeric
- ½ teaspoon Kashmiri chili powder
- 1 teaspoon gram masala
- 2 teaspoons kasuri methi (dried fenugreek leaves)
- 3 cups water

To temper:

- 1 tablespoon oil or ghee
- 4 to 6 garlic cloves, crushed
- 2 dried red chilis
- ½ teaspoon mustard seeds
- 1 teaspoon cumin seeds
- 6 to 8 curry leaves (optional)
- ¼ teaspoon hing (asafoetida, optional)
- ½ teaspoon red chili powder

For serving:

- Lemon wedges

Tempering is a traditional Indian cooking technique to make spices more flavorful and infuse their flavor into the oil or ghee they're tempered in.

Instructions

To make moong dal, you need to use a whistling pressure cooker or electric pressure cooker (such as an Instant Pot®).

1. Add the dal to a bowl. Rinse and drain the water. Repeat a few times until the water runs clear. Leave the dal in the bowl with water to soak while you prepare the rest of

the ingredients.

2. Add oil or ghee to a pressure cooker on sauté mode over medium high heat. Then, add the onion, tomatoes, and cumin seeds and sauté for about 1 minute.
3. Add the curry leaves or bay leaf, turmeric, Kashmiri chili powder, garam masala, and kasuri methi (fenugreek). Sauté for another 2 to 3 minutes.
4. Add the washed dal to the pot. Mix well and cover.
5. If you're using a whistling pressure cooker, cook for 4 to 5 whistles on medium heat.
6. If you're using an electric pressure cooker, position the steam release vent to seal and pressure cook for 10 minutes. When the pressure drops, open the lid and mix well. If you want a thinner consistency, add ¼ cup of boiling water and mix well. Add more water as needed to adjust the thickness as you like.

To temper the spices:

1. Add the oil or ghee to a skillet over medium heat. Add the garlic and sauté for about 1 minute.
2. Add the chilies, mustard seeds, and cumin seeds. When the seeds splutter, add the curry leaves, hing, and red chili powder. Turn off the heat and mix well.

To serve:

1. Remove the tempered spices from the heat and pour them over the cooked dal. Gently stir and serve with lemon wedges.

Nutrition information

Serving size: 1½ cups

- Calories: 423
- Carbohydrates: 10 grams
- Protein: 21 grams
- Fat: 9 grams
- Sodium: 20 milligrams
- Potassium: 155 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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