



PATIENT & CAREGIVER EDUCATION

Sample Menus and Recipes From Around the World

These 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).

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.

We have also 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 (*).

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	<ul style="list-style-type: none">• Banana Millet Breakfast Porridge *• Boiled egg• Black tea or coffee
Snack	<ul style="list-style-type: none">• Banana Orange Yogurt Smoothie *
Lunch	<ul style="list-style-type: none">• Herb-Crusted Tilapia *• Avocado and Hearts of Palm Salad *
Snack	<ul style="list-style-type: none">• Harissa hummus tartine

Dinner	<ul style="list-style-type: none">• Chicken Yassa *• Yellow rice• Braised collard greens
Snack	<ul style="list-style-type: none">• 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 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

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
-

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
-

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) to see just this menu and recipes.

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

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

Minced Chicken Congee (Jook)

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

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
- $\frac{1}{4}$ teaspoon salt
- 1 teaspoon sugar
- $\frac{1}{2}$ 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) to see just this menu and recipes.

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

- $\frac{2}{3}$ 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: $1\frac{1}{2}$ 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
-

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
- 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

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	<ul style="list-style-type: none"> • Cappuccino • Cornetto or croissant
Snack	<ul style="list-style-type: none"> • Arancini (stuffed rice balls)

Lunch	<ul style="list-style-type: none"> • Caprese Salad * • Pasta with pesto sauce and chicken • Fruit salad
Snack	<ul style="list-style-type: none"> • Crostini with fruit preserves, prosciutto, and arugula
Dinner	<ul style="list-style-type: none"> • 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 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

Visit *Italian-Inspired Vegetarian Menu and Recipes*

(www.mskcc.org/pe/menu-italian-vegetarian) to see just this menu and recipes.

Meal	Menu
Breakfast	<ul style="list-style-type: none"> • Cappuccino • Almond biscotti
Snack	<ul style="list-style-type: none"> • Pasta e Fagioli (pasta and bean soup)
Lunch	<ul style="list-style-type: none"> • Italian-Inspired Chickpea Salad * • Pasta Primavera With Vegetables * • Fresh figs
Snack	<ul style="list-style-type: none"> • Fried zucchini fritters
Dinner	<ul style="list-style-type: none"> • Arugula and grape tomato salad • Creamy risotto with asparagus and peas • Grilled portobello mushrooms • Mixed fruits
Snack	<ul style="list-style-type: none"> • Bruschetta (grilled thick slices of rustic bread) with tomato and basil

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 $\frac{1}{4}$ 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: $1\frac{1}{2}$ cups

- Calories: 265 calories
- Carbohydrates: 24 grams
- Protein: 10 grams
- Fat: 16 grams
- Sodium: 207 milligrams
- Potassium: 329 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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