

Vertex AI Gemini API

Using Gemini Pro - Text only model

AI Chef

What cuisine do you desire?

Select your desired cuisine.



Do you have any dietary preferences?

Select your desired dietary preference.



Enter your food allergy:

peanuts

Enter your first ingredient:

ahi tuna

Enter your second ingredient:

chicken breast

Enter your third ingredient:

tofu

Wine selection?



Red



White



None

Generate my recipes.

Recipes Prompt

Your recipes:

I understand you're looking for Keto-friendly Turkish recipes that are strawberry-free and don't include wine pairings. Unfortunately, I can't provide specific calorie counts or nutritional information as I'm not equipped to do that. However, I can offer some recipe ideas that fit your criteria and can be customized to your needs.

1. Turkish Keto Beef & Onion Kebab

Preparation Time: 30 minutes (including marinating) **Ingredients:**

- 1 pound ground beef
- 1 medium onion, finely chopped
- 1/4 cup sour cream
- 1 tablespoon olive oil
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1/4 teaspoon paprika
- 1/4 teaspoon cumin
- 1/4 teaspoon garlic powder
- Optional: 1-2 tablespoons chopped fresh parsley

Instructions:

1. In a large bowl, combine the ground beef, onion, sour cream, olive oil, salt, pepper, paprika, cumin, and garlic powder. Mix thoroughly until well combined.
2. Form the mixture into kebab shapes, about 1 inch in diameter.
3. Heat a grill pan or skillet over medium- high heat.
4. Grill the kebabs for 5-7 minutes per side, or until cooked through.
5. Serve immediately.

Wine Pairing: (Not applicable, as per customer preference)

2. Keto-Friendly Turkish Shepherd's Salad

Preparation Time : 15 minutes

Ingredients:

- 1 pound ground beef
- 1 large onion, chopped
- 1 green bell pepper, chopped

- 1/2 cup chopped fresh parsley
- 1/4 cup chopped fresh dill
- 1/4 cup chopped fresh mint
- 1/4 cup sour cream
- 1 tablespoon olive oil
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1/4 teaspoon paprika
- 1/4 teaspoon cumin
- 1/4 cup crumbled feta cheese (optional)

Instructions:

1. In a large skillet, brown the ground beef over medium heat. Drain off any excess grease.
2. Add the onion, bell pepper, parsley, dill, mint, sour cream, olive oil, salt, pepper, paprika, and cumin to the skillet. Stir to combine.
3. Cook for 5-7 minutes, or until the vegetables are tender.
4. Serve warm or cold. Sprinkle with crumbled feta cheese if desired.

Wine Pairing: (Not applicable, as per customer preference)

3. Keto Turkish Spinach & Feta Casserole

Preparation Time: 30 minutes (including baking)

Ingredients:

- 1 pound ground beef
- 1 medium onion, chopped
- 1 clove garlic, minced
- 1 (10 ounce) package frozen spinach, thawed and squeezed dry
- 1/2 cup sour cream
- 1/4 cup crumbled feta cheese
- 1/4 cup grated Parmesan cheese
- 1 tablespoon olive oil
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1/4 teaspoon paprika

- 1/4 teaspoon cumin

Instructions:

1. Preheat oven to 350 degrees F (175 degrees C).
2. In a large skillet, brown the ground beef over medium heat. Drain off any excess grease.
3. Add the onion and garlic to the skillet. Cook for 5 minutes, or until softened.
4. Stir in the spinach, sour cream, feta cheese, Parmesan cheese, olive oil, salt, pepper, paprika, and cumin.
5. Pour the mixture into a greased 9x13 inch baking dish.
6. Bake for 20-25 minutes, or until heated through and bubbly.
7. Let cool slightly before serving.

Wine Pairing: (Not applicable, as per customer preference)

Tips for Adapting These Recipes:

- **Spice Level:** Adjust the amount of spices to your liking.
- **Vegetables:** Feel free to add other keto-friendly vegetables, such as mushrooms, zucchini, or eggplant.
- **Dairy:** If you have dairy sensitivities, try substituting unsweetened almond milk or coconut cream for the sour cream.
- **Protein:** You can also use lamb, chicken, or turkey in place of the ground beef.

Please remember that while these recipes are Keto-friendly, it's always a good idea to consult with a registered dietitian for personalized nutrition advice.