

**Recipe ID: 1001****Recipe Name:** Cucumber Tomato Salad**Ingredients:** Cucumber, Tomato, Olive Oil, Lemon, Salt, Pepper**Quantities (for 1 person):** Cucumber: 1 (sliced), Tomato: 1 (chopped), Olive Oil: 1 tbsp, Lemon: 1/2 (juiced), Salt: a pinch, Pepper: a pinch**Cooking Time:** 5 minutes**Steps:** Combine sliced cucumber and chopped tomato in a bowl. Drizzle olive oil and lemon juice, then season with salt and pepper. Toss and serve fresh.**Cuisine:** General**Diet Type:** Vegan

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**Recipe ID: 1002****Recipe Name:** Greek Salad**Ingredients:** Cucumber, Tomato, Red Onion, Olives, Feta Cheese, Olive Oil, Oregano, Lemon**Quantities (for 1 person):** Cucumber: 1/2 (sliced), Tomato: 1 (chopped), Red Onion: 1/4 (sliced), Olives: 5-6, Feta Cheese: 1/4 cup (crumbled), Olive Oil: 1 tbsp, Oregano: 1/2 tsp, Lemon: 1/2 (juiced)**Cooking Time:** 5 minutes**Steps:** Combine all ingredients in a bowl, drizzle with olive oil and lemon juice, and sprinkle with oregano. Toss gently and serve.**Cuisine:** Greek**Diet Type:** Vegetarian

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**Recipe ID: 1003****Recipe Name:** Avocado and Chickpea Salad**Ingredients:** Avocado, Chickpeas, Red Onion, Olive Oil, Lemon, Salt, Pepper**Quantities (for 1 person):** Avocado: 1/2 (sliced), Chickpeas: 1/4 cup (canned), Red Onion: 1/4 (sliced), Olive Oil: 1 tbsp, Lemon: 1/2 (juiced), Salt: a pinch, Pepper: a pinch**Cooking Time:** 5 minutes**Steps:** Combine sliced avocado, chickpeas, and red onion in a bowl. Drizzle with olive oil and lemon juice, and season with salt and pepper. Toss gently.**Cuisine:** General**Diet Type:** Vegan

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**Recipe ID: 1004**

**Recipe Name:** Spinach and Strawberry Salad

**Ingredients:** Spinach, Strawberries, Almonds, Balsamic Vinegar, Olive Oil

**Quantities (for 1 person):** Spinach: 1 cup, Strawberries: 5-6 (sliced), Almonds: 1 tbsp (slivered), Balsamic Vinegar: 1 tbsp, Olive Oil: 1 tbsp

**Cooking Time:** 5 minutes

**Steps:** Toss spinach and sliced strawberries in a bowl. Drizzle with balsamic vinegar and olive oil, and top with slivered almonds. Serve fresh.

**Cuisine:** General

**Diet Type:** Vegan

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#### **Recipe ID: 1005**

**Recipe Name:** Carrot and Raisin Salad

**Ingredients:** Carrots, Raisins, Olive Oil, Lemon, Salt

**Quantities (for 1 person):** Carrots: 2 (shredded), Raisins: 1 tbsp, Olive Oil: 1 tbsp, Lemon: 1/2 (juiced), Salt: a pinch

**Cooking Time:** 5 minutes

**Steps:** Shred the carrots and place them in a bowl. Add raisins, drizzle with olive oil, squeeze lemon juice, and season with salt. Toss to combine.

**Cuisine:** General

**Diet Type:** Vegan

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#### **Recipe ID: 1006**

**Recipe Name:** Quinoa Salad with Veggies

**Ingredients:** Quinoa, Cucumber, Tomato, Red Bell Pepper, Olive Oil, Lemon, Salt, Pepper

**Quantities (for 1 person):** Quinoa: 1/4 cup (cooked), Cucumber: 1/2 (sliced), Tomato: 1 (chopped), Red Bell Pepper: 1/2 (chopped), Olive Oil: 1 tbsp, Lemon: 1/2 (juiced), Salt: a pinch, Pepper: a pinch

**Cooking Time:** 15 minutes (for cooking quinoa)

**Steps:** Cook quinoa according to package instructions. Once cooled, mix with cucumber, tomato, and red bell pepper. Drizzle with olive oil and lemon juice, then season with salt and pepper.

**Cuisine:** General

**Diet Type:** Vegan

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#### **Recipe ID: 1007**

**Recipe Name:** Kale Caesar Salad

**Ingredients:** Kale, Caesar Dressing, Parmesan Cheese, Croutons

**Quantities (for 1 person):** Kale: 2 cups, Caesar Dressing: 2 tbsp, Parmesan Cheese: 1 tbsp (grated), Croutons: 1/4 cup

**Cooking Time:** 5 minutes

**Steps:** Toss kale with Caesar dressing until coated. Top with grated Parmesan cheese and croutons. Serve fresh.

**Cuisine:** American

**Diet Type:** Vegetarian

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**Recipe ID: 1008**

**Recipe Name:** Mixed Bean Salad

**Ingredients:** Canned Beans (Kidney, Chickpeas, etc.), Olive Oil, Lemon, Garlic, Salt, Pepper

**Quantities (for 1 person):** Canned Beans: 1/2 cup (drained and rinsed), Olive Oil: 1 tbsp, Lemon: 1/2 (juiced), Garlic: 1 clove (minced), Salt: a pinch, Pepper: a pinch

**Cooking Time:** 5 minutes

**Steps:** Combine beans in a bowl. Drizzle with olive oil and lemon juice, add minced garlic, and season with salt and pepper. Toss well and serve.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID: 1009**

**Recipe Name:** Roasted Beetroot Salad

**Ingredients:** Beetroot, Feta Cheese, Walnuts, Olive Oil, Balsamic Vinegar

**Quantities (for 1 person):** Beetroot: 1 (roasted and sliced), Feta Cheese: 1/4 cup (crumbled), Walnuts: 1 tbsp (chopped), Olive Oil: 1 tbsp, Balsamic Vinegar: 1 tbsp

**Cooking Time:** 20 minutes (for roasting beetroot)

**Steps:** Roast beetroot and slice it. Toss with crumbled feta, chopped walnuts, olive oil, and balsamic vinegar. Serve fresh.

**Cuisine:** General

**Diet Type:** Vegetarian

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**Recipe ID: 1010**

**Recipe Name:** Avocado Chickpea Salad

**Ingredients:** Avocado, Chickpeas, Red Onion, Olive Oil, Lemon, Salt, Pepper

**Quantities (for 1 person):** Avocado: 1/2 (sliced), Chickpeas: 1/4 cup (canned), Red

Onion: 1/4 (sliced), Olive Oil: 1 tbsp, Lemon: 1/2 (juiced), Salt: a pinch, Pepper: a pinch

**Cooking Time:** 5 minutes

**Steps:** Combine sliced avocado, chickpeas, and red onion in a bowl. Drizzle with olive oil and lemon juice, then season with salt and pepper. Toss gently.

**Cuisine:** General

**Diet Type:** Vegan

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#### **Recipe ID: 1011**

**Recipe Name:** Apple and Walnut Salad

**Ingredients:** Apple, Walnuts, Arugula, Olive Oil, Honey, Lemon

**Quantities (for 1 person):** Apple: 1 (sliced), Walnuts: 1 tbsp (chopped), Arugula: 1 cup, Olive Oil: 1 tbsp, Honey: 1 tsp, Lemon: 1/2 (juiced)

**Cooking Time:** 5 minutes

**Steps:** Toss sliced apple, chopped walnuts, and arugula together. Drizzle with olive oil, honey, and lemon juice. Toss gently and serve.

**Cuisine:** General

**Diet Type:** Vegan

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#### **Recipe ID: 1012**

**Recipe Name:** Sweet Potato and Spinach Salad

**Ingredients:** Sweet Potato, Spinach, Red Onion, Olive Oil, Lemon, Salt

**Quantities (for 1 person):** Sweet Potato: 1 small (cubed and roasted), Spinach: 1 cup, Red Onion: 1/4 (sliced), Olive Oil: 1 tbsp, Lemon: 1/2 (juiced), Salt: a pinch

**Cooking Time:** 15 minutes (for roasting sweet potato)

**Steps:** Roast the sweet potato cubes. Toss roasted sweet potatoes with spinach and red onion. Drizzle with olive oil, lemon juice, and season with salt.

**Cuisine:** General

**Diet Type:** Vegan

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#### **Recipe ID: 1013**

**Recipe Name:** Broccoli and Chickpea Salad

**Ingredients:** Broccoli, Chickpeas, Red Onion, Olive Oil, Lemon, Salt, Pepper

**Quantities (for 1 person):** Broccoli: 1 cup (steamed), Chickpeas: 1/4 cup (canned), Red Onion: 1/4 (sliced), Olive Oil: 1 tbsp, Lemon: 1/2 (juiced), Salt: a pinch, Pepper: a pinch

**Cooking Time:** 10 minutes

**Steps:** Steam broccoli and combine with chickpeas and sliced red onion in a bowl. Drizzle with olive oil and lemon juice, then season with salt and pepper. Toss gently and

serve.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID: 1014**

**Recipe Name:** Tomato and Mozzarella Salad

**Ingredients:** Tomato, Mozzarella, Basil, Olive Oil, Balsamic Vinegar, Salt, Pepper

**Quantities (for 1 person):** Tomato: 1 (sliced), Mozzarella: 1/4 cup (sliced), Basil: 1 tbsp (chopped), Olive Oil: 1 tbsp, Balsamic Vinegar: 1 tbsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 5 minutes

**Steps:** Arrange sliced tomatoes and mozzarella on a plate. Sprinkle with chopped basil, drizzle with olive oil and balsamic vinegar, and season with salt and pepper.

**Cuisine:** Italian

**Diet Type:** Vegetarian

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**Recipe ID: 1015**

**Recipe Name:** Cauliflower and Pomegranate Salad

**Ingredients:** Cauliflower, Pomegranate Seeds, Red Onion, Olive Oil, Lemon, Salt

**Quantities (for 1 person):** Cauliflower: 1/2 cup (steamed), Pomegranate Seeds: 2 tbsp, Red Onion: 1/4 (sliced), Olive Oil: 1 tbsp, Lemon: 1/2 (juiced), Salt: a pinch

**Cooking Time:** 10 minutes (for steaming cauliflower)

**Steps:** Steam cauliflower and combine with pomegranate seeds and sliced red onion in a bowl. Drizzle with olive oil and lemon juice, and season with salt. Toss and serve fresh.

**Cuisine:** Middle Eastern

**Diet Type:** Vegan

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**Recipe ID: 1016**

**Recipe Name:** Cabbage and Carrot Salad

**Ingredients:** Cabbage, Carrots, Apple Cider Vinegar, Olive Oil, Salt, Pepper

**Quantities (for 1 person):** Cabbage: 1/2 cup (shredded), Carrots: 1 (shredded), Apple Cider Vinegar: 1 tbsp, Olive Oil: 1 tbsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 5 minutes

**Steps:** Shred cabbage and carrots, then combine them in a bowl. Drizzle with apple cider vinegar, olive oil, and season with salt and pepper. Toss well and serve fresh.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID: 1017**

**Recipe Name:** Corn and Avocado Salad

**Ingredients:** Corn, Avocado, Red Onion, Olive Oil, Lime, Salt, Pepper

**Quantities (for 1 person):** Corn: 1/2 cup (cooked), Avocado: 1/2 (sliced), Red Onion: 1/4 (sliced), Olive Oil: 1 tbsp, Lime: 1/2 (juiced), Salt: a pinch, Pepper: a pinch

**Cooking Time:** 10 minutes

**Steps:** Combine cooked corn, sliced avocado, and red onion in a bowl. Drizzle with olive oil and lime juice, then season with salt and pepper. Toss gently and serve fresh.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID: 1018**

**Recipe Name:** Zucchini and Tomato Salad

**Ingredients:** Zucchini, Tomato, Red Onion, Olive Oil, Vinegar, Salt, Pepper

**Quantities (for 1 person):** Zucchini: 1 (sliced), Tomato: 1 (chopped), Red Onion: 1/4 (sliced), Olive Oil: 1 tbsp, Vinegar: 1 tbsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 5 minutes

**Steps:** Combine zucchini, chopped tomato, and sliced red onion in a bowl. Drizzle with olive oil and vinegar, and season with salt and pepper. Toss and serve fresh.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID: 1019**

**Recipe Name:** Chopped Kale Salad

**Ingredients:** Kale, Apple, Almonds, Olive Oil, Lemon, Salt, Pepper

**Quantities (for 1 person):** Kale: 2 cups (chopped), Apple: 1/2 (chopped), Almonds: 1 tbsp (chopped), Olive Oil: 1 tbsp, Lemon: 1/2 (juiced), Salt: a pinch, Pepper: a pinch

**Cooking Time:** 5 minutes

**Steps:** Chop the kale and apple, then combine them in a bowl with chopped almonds. Drizzle with olive oil and lemon juice, then season with salt and pepper. Toss well and serve fresh.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID: 1020**

**Recipe Name:** Grilled Vegetable Salad

**Ingredients:** Bell Peppers, Zucchini, Eggplant, Olive Oil, Lemon, Salt, Pepper

**Quantities (for 1 person):** Bell Peppers: 1/2 (sliced), Zucchini: 1/2 (sliced), Eggplant: 1/4 (sliced), Olive Oil: 1 tbsp, Lemon: 1/2 (juiced), Salt: a pinch, Pepper: a pinch

**Cooking Time:** 10 minutes (for grilling vegetables)

**Steps:** Grill bell peppers, zucchini, and eggplant slices until tender. Toss with olive oil, lemon juice, and season with salt and pepper. Serve warm.

**Cuisine:** General

**Diet Type:** Vegan

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## **Recipe ID: 1021**

**Recipe Name:** Roasted Beetroot Salad

**Ingredients:** Beetroot, Feta Cheese, Walnuts, Arugula, Olive Oil, Balsamic Vinegar, Salt, Pepper

**Quantities (for 1 person):** Beetroot: 1 (roasted and sliced), Feta Cheese: 1/4 cup (crumbled), Walnuts: 1 tbsp (chopped), Arugula: 1 cup, Olive Oil: 1 tbsp, Balsamic Vinegar: 1 tbsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 20 minutes (for roasting beetroot)

**Steps:** Roast beetroot slices. Combine with arugula, crumbled feta, and chopped walnuts in a bowl. Drizzle with olive oil and balsamic vinegar, then season with salt and pepper. Toss and serve.

**Cuisine:** General

**Diet Type:** Vegetarian

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## **Recipe ID: 1022**

**Recipe Name:** Cucumber and Tomato Salad

**Ingredients:** Cucumber, Tomato, Red Onion, Parsley, Olive Oil, Lemon, Salt, Pepper

**Quantities (for 1 person):** Cucumber: 1/2 (sliced), Tomato: 1 (chopped), Red Onion: 1/4 (sliced), Parsley: 1 tbsp (chopped), Olive Oil: 1 tbsp, Lemon: 1/2 (juiced), Salt: a pinch, Pepper: a pinch

**Cooking Time:** 5 minutes

**Steps:** Combine sliced cucumber, chopped tomato, and red onion in a bowl. Drizzle with olive oil and lemon juice, sprinkle with chopped parsley, and season with salt and pepper. Toss well and serve fresh.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID: 1023****Recipe Name:** Avocado and Black Bean Salad**Ingredients:** Avocado, Black Beans, Corn, Red Onion, Cilantro, Olive Oil, Lime, Salt, Pepper**Quantities (for 1 person):** Avocado: 1/2 (cubed), Black Beans: 1/4 cup (canned), Corn: 2 tbsp (cooked), Red Onion: 1/4 (sliced), Cilantro: 1 tbsp (chopped), Olive Oil: 1 tbsp, Lime: 1/2 (juiced), Salt: a pinch, Pepper: a pinch**Cooking Time:** 5 minutes**Steps:** Combine avocado cubes, black beans, corn, red onion, and cilantro in a bowl. Drizzle with olive oil and lime juice, then season with salt and pepper. Toss gently and serve fresh.**Cuisine:** Mexican**Diet Type:** Vegan

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**Recipe ID: 1024****Recipe Name:** Kale and Quinoa Salad**Ingredients:** Kale, Quinoa, Cherry Tomatoes, Almonds, Olive Oil, Lemon, Salt, Pepper**Quantities (for 1 person):** Kale: 2 cups (chopped), Quinoa: 1/4 cup (cooked), Cherry Tomatoes: 5 (halved), Almonds: 1 tbsp (chopped), Olive Oil: 1 tbsp, Lemon: 1/2 (juiced), Salt: a pinch, Pepper: a pinch**Cooking Time:** 15 minutes (for cooking quinoa)**Steps:** Cook quinoa and set aside to cool. Combine quinoa, chopped kale, halved cherry tomatoes, and chopped almonds in a bowl. Drizzle with olive oil and lemon juice, then season with salt and pepper. Toss and serve.**Cuisine:** General**Diet Type:** Vegan

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**Recipe ID: 1025****Recipe Name:** Roasted Brussels Sprouts Salad**Ingredients:** Brussels Sprouts, Bacon (optional), Olive Oil, Lemon, Garlic, Salt, Pepper**Quantities (for 1 person):** Brussels Sprouts: 1 cup (halved), Bacon: 1 strip (optional), Olive Oil: 1 tbsp, Lemon: 1/2 (juiced), Garlic: 1 clove (minced), Salt: a pinch, Pepper: a pinch**Cooking Time:** 15 minutes (for roasting Brussels sprouts)**Steps:** Roast halved Brussels sprouts in olive oil, garlic, salt, and pepper for about 15 minutes. If using bacon, cook it separately. Once Brussels sprouts are roasted, combine with bacon and drizzle with lemon juice. Toss and serve.



**Cuisine:** General

**Diet Type:** Non-Vegan

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**Recipe ID: 1026**

**Recipe Name:** Asian Cabbage Salad

**Ingredients:** Cabbage, Carrots, Sesame Seeds, Green Onion, Olive Oil, Rice Vinegar, Soy Sauce, Honey

**Quantities (for 1 person):** Cabbage: 1 cup (shredded), Carrots: 1 (shredded), Sesame Seeds: 1 tsp, Green Onion: 1 stalk (chopped), Olive Oil: 1 tbsp, Rice Vinegar: 1 tbsp, Soy Sauce: 1 tbsp, Honey: 1 tsp

**Cooking Time:** 5 minutes

**Steps:** Shred cabbage and carrots. In a bowl, combine cabbage, carrots, and sesame seeds. In a separate bowl, mix olive oil, rice vinegar, soy sauce, and honey. Pour dressing over salad, toss gently, and serve.

**Cuisine:** Asian

**Diet Type:** Vegan

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**Recipe ID: 1027**

**Recipe Name:** Sweet and Spicy Chickpea Salad

**Ingredients:** Chickpeas, Cucumber, Cherry Tomatoes, Red Onion, Olive Oil, Honey, Chili Flakes, Salt

**Quantities (for 1 person):** Chickpeas: 1/4 cup (canned), Cucumber: 1/2 (diced), Cherry Tomatoes: 5 (halved), Red Onion: 1/4 (sliced), Olive Oil: 1 tbsp, Honey: 1 tsp, Chili Flakes: a pinch, Salt: a pinch

**Cooking Time:** 5 minutes

**Steps:** Combine chickpeas, cucumber, cherry tomatoes, and red onion in a bowl. In a small bowl, mix olive oil, honey, chili flakes, and salt. Drizzle over the salad and toss gently.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID: 1028**

**Recipe Name:** Tuna and White Bean Salad

**Ingredients:** Canned Tuna, White Beans, Red Onion, Parsley, Olive Oil, Lemon, Salt, Pepper

**Quantities (for 1 person):** Canned Tuna: 1/4 can, White Beans: 1/4 cup, Red Onion: 1/4 (sliced), Parsley: 1 tbsp (chopped), Olive Oil: 1 tbsp, Lemon: 1/2 (juiced), Salt: a pinch,

Pepper: a pinch

**Cooking Time:** 5 minutes

**Steps:** Drain and flake the tuna. Combine with white beans, sliced red onion, and chopped parsley in a bowl. Drizzle with olive oil and lemon juice, then season with salt and pepper. Toss and serve.

**Cuisine:** General

**Diet Type:** Non-Vegan

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### **Recipe ID: 1029**

**Recipe Name:** Avocado and Chickpea Salad

**Ingredients:** Avocado, Chickpeas, Red Bell Pepper, Lemon, Olive Oil, Salt, Pepper

**Quantities (for 1 person):** Avocado: 1/2 (cubed), Chickpeas: 1/4 cup (canned), Red Bell Pepper: 1/4 (chopped), Lemon: 1/2 (juiced), Olive Oil: 1 tbsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 5 minutes

**Steps:** Combine avocado, chickpeas, and chopped red bell pepper in a bowl. Drizzle with olive oil and lemon juice, then season with salt and pepper. Toss gently and serve.

**Cuisine:** General

**Diet Type:** Vegan

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### **Recipe ID: 1030**

**Recipe Name:** Spinach and Strawberry Salad

**Ingredients:** Spinach, Strawberries, Walnuts, Feta Cheese, Olive Oil, Balsamic Vinegar, Salt, Pepper

**Quantities (for 1 person):** Spinach: 2 cups, Strawberries: 4 (sliced), Walnuts: 1 tbsp (chopped), Feta Cheese: 1/4 cup (crumbled), Olive Oil: 1 tbsp, Balsamic Vinegar: 1 tbsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 5 minutes

**Steps:** Combine spinach, sliced strawberries, chopped walnuts, and crumbled feta cheese in a bowl. Drizzle with olive oil and balsamic vinegar, then season with salt and pepper. Toss and serve.

**Cuisine:** General

**Diet Type:** Vegetarian

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### **Recipe ID: 1031**

**Recipe Name:** Zucchini Noodles with Pesto

**Ingredients:** Zucchini, Basil, Garlic, Pine Nuts, Olive Oil, Parmesan Cheese, Salt,

Pepper

**Quantities (for 1 person):** Zucchini: 1 (spiralized), Basil: 1/4 cup (fresh leaves), Garlic: 1 clove, Pine Nuts: 1 tbsp, Olive Oil: 2 tbsp, Parmesan Cheese: 1 tbsp (grated), Salt: a pinch, Pepper: a pinch

**Cooking Time:** 10 minutes

**Steps:** Prepare zucchini noodles using a spiralizer. In a blender, combine basil, garlic, pine nuts, olive oil, and parmesan cheese, then blend into a pesto sauce. Toss the zucchini noodles with pesto, season with salt and pepper, and serve.

**Cuisine:** Italian

**Diet Type:** Vegetarian

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### **Recipe ID: 1032**

**Recipe Name:** Roasted Sweet Potato Salad

**Ingredients:** Sweet Potato, Kale, Cranberries, Walnuts, Olive Oil, Balsamic Vinegar, Salt, Pepper

**Quantities (for 1 person):** Sweet Potato: 1 small (cubed), Kale: 1 cup (chopped), Cranberries: 1 tbsp (dried), Walnuts: 1 tbsp (chopped), Olive Oil: 1 tbsp, Balsamic Vinegar: 1 tbsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 20 minutes (for roasting sweet potato)

**Steps:** Roast sweet potato cubes with olive oil, salt, and pepper for about 20 minutes. In a bowl, combine kale, roasted sweet potato, cranberries, and chopped walnuts. Drizzle with balsamic vinegar, toss gently, and serve.

**Cuisine:** General

**Diet Type:** Vegan

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### **Recipe ID: 1033**

**Recipe Name:** Greek Salad

**Ingredients:** Cucumber, Tomato, Red Onion, Feta Cheese, Kalamata Olives, Olive Oil, Lemon, Oregano, Salt, Pepper

**Quantities (for 1 person):** Cucumber: 1/2 (sliced), Tomato: 1 (chopped), Red Onion: 1/4 (sliced), Feta Cheese: 1/4 cup (cubed), Kalamata Olives: 1 tbsp, Olive Oil: 1 tbsp, Lemon: 1/2 (juiced), Oregano: 1 tsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 5 minutes

**Steps:** Combine cucumber, tomato, red onion, feta cheese, and olives in a bowl. Drizzle with olive oil and lemon juice, then sprinkle with oregano, salt, and pepper. Toss well and serve.

**Cuisine:** Greek

**Diet Type:** Vegetarian

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**Recipe ID: 1034**

**Recipe Name:** Cabbage and Apple Slaw

**Ingredients:** Cabbage, Apple, Carrots, Greek Yogurt, Honey, Lemon, Salt, Pepper

**Quantities (for 1 person):** Cabbage: 1 cup (shredded), Apple: 1/2 (julienned), Carrots: 1/2 (shredded), Greek Yogurt: 1 tbsp, Honey: 1 tsp, Lemon: 1/2 (juiced), Salt: a pinch, Pepper: a pinch

**Cooking Time:** 5 minutes

**Steps:** Shred cabbage and carrots. Julienne the apple. In a bowl, combine the cabbage, apple, and carrots. In a separate bowl, mix Greek yogurt, honey, and lemon juice. Toss the dressing with the slaw and season with salt and pepper.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID: 1035**

**Recipe Name:** Tuna Salad with Avocado

**Ingredients:** Canned Tuna, Avocado, Cherry Tomatoes, Red Onion, Cucumber, Olive Oil, Lemon, Salt, Pepper

**Quantities (for 1 person):** Canned Tuna: 1/4 can (drained), Avocado: 1/2 (cubed), Cherry Tomatoes: 5 (halved), Red Onion: 1/4 (sliced), Cucumber: 1/4 (sliced), Olive Oil: 1 tbsp, Lemon: 1/2 (juiced), Salt: a pinch, Pepper: a pinch

**Cooking Time:** 5 minutes

**Steps:** Combine canned tuna, cubed avocado, halved cherry tomatoes, sliced red onion, and cucumber in a bowl. Drizzle with olive oil and lemon juice, then season with salt and pepper. Toss gently and serve.

**Cuisine:** General

**Diet Type:** Non-Vegan

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**Recipe ID: 1036**

**Recipe Name:** Carrot and Raisin Salad

**Ingredients:** Carrots, Raisins, Greek Yogurt, Honey, Lemon, Cinnamon

**Quantities (for 1 person):** Carrots: 2 (shredded), Raisins: 1 tbsp, Greek Yogurt: 1 tbsp, Honey: 1 tsp, Lemon: 1/2 (juiced), Cinnamon: a pinch

**Cooking Time:** 5 minutes

**Steps:** Shred the carrots. In a bowl, combine shredded carrots and raisins. In a separate bowl, mix Greek yogurt, honey, lemon juice, and cinnamon. Pour dressing over the salad, toss well, and serve.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID: 1037**

**Recipe Name:** Chopped Vegetable Salad

**Ingredients:** Cucumber, Tomato, Bell Pepper, Red Onion, Carrot, Olive Oil, Lemon, Salt, Pepper

**Quantities (for 1 person):** Cucumber: 1/2 (chopped), Tomato: 1 (chopped), Bell Pepper: 1/2 (chopped), Red Onion: 1/4 (sliced), Carrot: 1/2 (shredded), Olive Oil: 1 tbsp, Lemon: 1/2 (juiced), Salt: a pinch, Pepper: a pinch

**Cooking Time:** 5 minutes

**Steps:** Chop cucumber, tomato, bell pepper, red onion, and shred the carrot. Combine all in a bowl. Drizzle with olive oil and lemon juice, season with salt and pepper, and toss.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID: 1038**

**Recipe Name:** Avocado and Quinoa Salad

**Ingredients:** Avocado, Quinoa, Cucumber, Cherry Tomatoes, Red Onion, Lemon, Olive Oil, Salt, Pepper

**Quantities (for 1 person):** Avocado: 1/2 (cubed), Quinoa: 1/4 cup (cooked), Cucumber: 1/4 (chopped), Cherry Tomatoes: 5 (halved), Red Onion: 1/4 (sliced), Lemon: 1/2 (juiced), Olive Oil: 1 tbsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 15 minutes (for quinoa)

**Steps:** Cook quinoa according to package instructions. In a bowl, combine quinoa, cubed avocado, chopped cucumber, halved cherry tomatoes, and sliced red onion. Drizzle with lemon juice and olive oil, season with salt and pepper, and toss.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID: 1039**

**Recipe Name:** Roasted Beetroot Salad

**Ingredients:** Beetroot, Arugula, Goat Cheese, Walnuts, Olive Oil, Balsamic Vinegar, Salt, Pepper

**Quantities (for 1 person):** Beetroot: 1 medium (roasted and sliced), Arugula: 1 cup, Goat Cheese: 1/4 cup (crumbled), Walnuts: 1 tbsp (chopped), Olive Oil: 1 tbsp,

Balsamic Vinegar: 1 tbsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 20 minutes (for roasting beetroot)

**Steps:** Roast beetroot until tender, then slice. In a bowl, combine arugula, roasted beetroot, crumbled goat cheese, and chopped walnuts. Drizzle with olive oil and balsamic vinegar, season with salt and pepper, and toss gently.

**Cuisine:** General

**Diet Type:** Vegetarian

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#### **Recipe ID: 1040**

**Recipe Name:** Sweet Corn and Avocado Salad

**Ingredients:** Corn, Avocado, Red Bell Pepper, Red Onion, Cilantro, Lime, Olive Oil, Salt, Pepper

**Quantities (for 1 person):** Corn: 1/2 cup (cooked), Avocado: 1/2 (cubed), Red Bell Pepper: 1/4 (chopped), Red Onion: 1/4 (sliced), Cilantro: 1 tbsp (chopped), Lime: 1/2 (juiced), Olive Oil: 1 tbsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 10 minutes

**Steps:** In a bowl, combine cooked corn, cubed avocado, chopped red bell pepper, sliced red onion, and chopped cilantro. Drizzle with lime juice and olive oil, season with salt and pepper, and toss.

**Cuisine:** General

**Diet Type:** Vegan

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#### **Recipe ID: 1041**

**Recipe Name:** Tomato, Cucumber, and Feta Salad

**Ingredients:** Tomato, Cucumber, Feta Cheese, Red Onion, Olive Oil, Lemon, Salt, Pepper

**Quantities (for 1 person):** Tomato: 1 (chopped), Cucumber: 1/2 (chopped), Feta Cheese: 1/4 cup (crumbled), Red Onion: 1/4 (sliced), Olive Oil: 1 tbsp, Lemon: 1/2 (juiced), Salt: a pinch, Pepper: a pinch

**Cooking Time:** 5 minutes

**Steps:** In a bowl, combine chopped tomato, cucumber, crumbled feta cheese, and sliced red onion. Drizzle with olive oil and lemon juice, season with salt and pepper, and toss.

**Cuisine:** General

**Diet Type:** Vegetarian

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#### **Recipe ID: 1042**

**Recipe Name:** Chickpea Salad with Tahini Dressing

**Ingredients:** Canned Chickpeas, Cucumber, Red Bell Pepper, Parsley, Tahini, Lemon, Olive Oil, Salt, Pepper

**Quantities (for 1 person):** Canned Chickpeas: 1/4 cup (rinsed), Cucumber: 1/4 (chopped), Red Bell Pepper: 1/4 (chopped), Parsley: 1 tbsp (chopped), Tahini: 1 tbsp, Lemon: 1/2 (juiced), Olive Oil: 1 tbsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 5 minutes

**Steps:** In a bowl, combine chickpeas, chopped cucumber, red bell pepper, and parsley. In a separate bowl, mix tahini, lemon juice, olive oil, salt, and pepper to make the dressing. Pour the dressing over the salad and toss well.

**Cuisine:** General

**Diet Type:** Vegan

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#### **Recipe ID: 1043**

**Recipe Name:** Broccoli and Apple Salad

**Ingredients:** Broccoli, Apple, Carrot, Greek Yogurt, Lemon, Honey, Salt, Pepper

**Quantities (for 1 person):** Broccoli: 1/2 cup (steamed), Apple: 1/2 (sliced), Carrot: 1/2 (shredded), Greek Yogurt: 1 tbsp, Lemon: 1/2 (juiced), Honey: 1 tsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 5 minutes

**Steps:** Steam the broccoli until tender. In a bowl, combine steamed broccoli, sliced apple, and shredded carrot. In a separate bowl, mix Greek yogurt, lemon juice, and honey. Pour the dressing over the salad and season with salt and pepper.

**Cuisine:** General

**Diet Type:** Vegetarian

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#### **Recipe ID: 1044**

**Recipe Name:** Kale and Avocado Salad

**Ingredients:** Kale, Avocado, Almonds, Lemon, Olive Oil, Salt, Pepper

**Quantities (for 1 person):** Kale: 2 cups (chopped), Avocado: 1/2 (sliced), Almonds: 1 tbsp (sliced), Lemon: 1/2 (juiced), Olive Oil: 1 tbsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 5 minutes

**Steps:** Massage kale with olive oil and lemon juice until tender. Add sliced avocado and almonds. Season with salt and pepper and toss gently.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID: 1045****Recipe Name:** Mango and Black Bean Salad**Ingredients:** Mango, Canned Black Beans, Red Onion, Cilantro, Lime, Olive Oil, Salt, Pepper**Quantities (for 1 person):** Mango: 1/2 (diced), Canned Black Beans: 1/4 cup (rinsed), Red Onion: 1/4 (chopped), Cilantro: 1 tbsp (chopped), Lime: 1/2 (juiced), Olive Oil: 1 tbsp, Salt: a pinch, Pepper: a pinch**Cooking Time:** 5 minutes**Steps:** In a bowl, combine diced mango, black beans, chopped red onion, and cilantro. Drizzle with lime juice and olive oil, season with salt and pepper, and toss.**Cuisine:** General**Diet Type:** Vegan

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**Recipe ID: 1046****Recipe Name:** Asian Cucumber Salad**Ingredients:** Cucumber, Rice Vinegar, Soy Sauce, Sesame Oil, Sesame Seeds, Garlic, Chili Flakes**Quantities (for 1 person):** Cucumber: 1/2 (sliced thin), Rice Vinegar: 1 tbsp, Soy Sauce: 1 tsp, Sesame Oil: 1 tsp, Sesame Seeds: 1 tsp, Garlic: 1 clove (minced), Chili Flakes: a pinch**Cooking Time:** 5 minutes**Steps:** Slice the cucumber thinly and place in a bowl. In a separate bowl, mix rice vinegar, soy sauce, sesame oil, minced garlic, and chili flakes. Drizzle the dressing over the cucumber slices, sprinkle with sesame seeds, and toss.**Cuisine:** Asian**Diet Type:** Vegan

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**Recipe ID: 1047****Recipe Name:** Spicy Roasted Cauliflower Salad**Ingredients:** Cauliflower, Olive Oil, Paprika, Cumin, Red Onion, Arugula, Lemon, Salt, Pepper**Quantities (for 1 person):** Cauliflower: 1/2 head (cut into florets), Olive Oil: 1 tbsp, Paprika: 1 tsp, Cumin: 1/2 tsp, Red Onion: 1/4 (sliced), Arugula: 1 cup, Lemon: 1/2 (juiced), Salt: a pinch, Pepper: a pinch**Cooking Time:** 20 minutes (for roasting cauliflower)**Steps:** Preheat oven to 400°F (200°C). Toss cauliflower florets with olive oil, paprika, cumin, salt, and pepper. Roast in the oven for 20 minutes until golden brown. In a bowl,



combine roasted cauliflower, sliced red onion, and arugula. Drizzle with lemon juice and toss.

**Cuisine:** General

**Diet Type:** Vegan

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#### **Recipe ID: 1048**

**Recipe Name:** Greek Salad with Hummus

**Ingredients:** Cucumber, Tomato, Red Onion, Kalamata Olives, Feta Cheese, Olive Oil, Lemon, Hummus, Salt, Pepper

**Quantities (for 1 person):** Cucumber: 1/2 (chopped), Tomato: 1 (chopped), Red Onion: 1/4 (sliced), Kalamata Olives: 6-7, Feta Cheese: 1/4 cup (crumbled), Olive Oil: 1 tbsp, Lemon: 1/2 (juiced), Hummus: 2 tbsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 5 minutes

**Steps:** In a bowl, combine chopped cucumber, tomato, red onion, olives, and crumbled feta. Drizzle with olive oil and lemon juice, season with salt and pepper. Serve with hummus on the side.

**Cuisine:** Greek

**Diet Type:** Vegetarian

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#### **Recipe ID: 1049**

**Recipe Name:** Carrot and Raisin Salad

**Ingredients:** Carrot, Raisins, Greek Yogurt, Honey, Lemon, Salt, Pepper

**Quantities (for 1 person):** Carrot: 1 (shredded), Raisins: 2 tbsp, Greek Yogurt: 2 tbsp, Honey: 1 tsp, Lemon: 1/2 (juiced), Salt: a pinch, Pepper: a pinch

**Cooking Time:** 5 minutes

**Steps:** Shred the carrot and place in a bowl. Add raisins, Greek yogurt, honey, and lemon juice. Season with salt and pepper, and toss to combine.

**Cuisine:** General

**Diet Type:** Vegetarian

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#### **Recipe ID: 1050**

**Recipe Name:** Cabbage and Apple Salad

**Ingredients:** Green Cabbage, Apple, Carrot, Lemon, Olive Oil, Salt, Pepper

**Quantities (for 1 person):** Green Cabbage: 1 cup (shredded), Apple: 1/2 (thinly sliced), Carrot: 1/2 (shredded), Lemon: 1/2 (juiced), Olive Oil: 1 tbsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 5 minutes

**Steps:** Shred the cabbage and carrot, and thinly slice the apple. In a bowl, combine cabbage, apple, and carrot. Drizzle with lemon juice and olive oil, season with salt and pepper, and toss.

**Cuisine:** General

**Diet Type:** Vegan

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#### **Recipe ID: 1051**

**Recipe Name:** Tomato and Avocado Salad with Cilantro

**Ingredients:** Tomato, Avocado, Red Onion, Cilantro, Lime, Olive Oil, Salt, Pepper

**Quantities (for 1 person):** Tomato: 1 (chopped), Avocado: 1/2 (cubed), Red Onion: 1/4 (sliced), Cilantro: 1 tbsp (chopped), Lime: 1/2 (juiced), Olive Oil: 1 tbsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 5 minutes

**Steps:** In a bowl, combine chopped tomato, cubed avocado, sliced red onion, and chopped cilantro. Drizzle with lime juice and olive oil, season with salt and pepper, and toss.

**Cuisine:** General

**Diet Type:** Vegan

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#### **Recipe ID: 1052**

**Recipe Name:** Roasted Chickpea Salad

**Ingredients:** Canned Chickpeas, Red Bell Pepper, Cucumber, Red Onion, Olive Oil, Lemon, Salt, Pepper

**Quantities (for 1 person):** Canned Chickpeas: 1/4 cup (rinsed and roasted), Red Bell Pepper: 1/4 (chopped), Cucumber: 1/4 (chopped), Red Onion: 1/4 (sliced), Olive Oil: 1 tbsp, Lemon: 1/2 (juiced), Salt: a pinch, Pepper: a pinch

**Cooking Time:** 20 minutes (for roasting chickpeas)

**Steps:** Preheat oven to 400°F (200°C). Toss chickpeas with olive oil, salt, and pepper, and roast for 20 minutes until crispy. In a bowl, combine roasted chickpeas, chopped red bell pepper, cucumber, and sliced red onion. Drizzle with lemon juice and toss.

**Cuisine:** General

**Diet Type:** Vegan

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#### **Recipe ID: 1053**

**Recipe Name:** Spinach and Pomegranate Salad

**Ingredients:** Spinach, Pomegranate Seeds, Feta Cheese, Walnuts, Olive Oil, Balsamic Vinegar, Salt, Pepper

**Quantities (for 1 person):** Spinach: 2 cups, Pomegranate Seeds: 2 tbsp, Feta Cheese: 1/4 cup (crumbled), Walnuts: 1 tbsp (chopped), Olive Oil: 1 tbsp, Balsamic Vinegar: 1 tbsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 5 minutes

**Steps:** In a bowl, combine spinach, pomegranate seeds, crumbled feta, and chopped walnuts. Drizzle with olive oil and balsamic vinegar, season with salt and pepper, and toss.

**Cuisine:** General

**Diet Type:** Vegetarian

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### **Recipe ID: 1054**

**Recipe Name:** Zucchini and Tomato Salad

**Ingredients:** Zucchini, Tomato, Red Onion, Feta Cheese, Olive Oil, Lemon, Salt, Pepper

**Quantities (for 1 person):** Zucchini: 1 (sliced thin), Tomato: 1 (chopped), Red Onion: 1/4 (sliced), Feta Cheese: 1/4 cup (crumbled), Olive Oil: 1 tbsp, Lemon: 1/2 (juiced), Salt: a pinch, Pepper: a pinch

**Cooking Time:** 5 minutes

**Steps:** Slice zucchini thinly and place in a bowl. Add chopped tomato, sliced red onion, and crumbled feta cheese. Drizzle with olive oil and lemon juice, season with salt and pepper, and toss.

**Cuisine:** General

**Diet Type:** Vegetarian

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### **Recipe ID: 1055**

**Recipe Name:** Quinoa and Black Bean Salad

**Ingredients:** Quinoa, Canned Black Beans, Corn, Red Bell Pepper, Lime, Olive Oil, Salt, Pepper, Cilantro

**Quantities (for 1 person):** Quinoa: 1/4 cup (cooked), Canned Black Beans: 1/4 cup (rinsed), Corn: 2 tbsp (cooked or from a can), Red Bell Pepper: 1/4 (chopped), Lime: 1/2 (juiced), Olive Oil: 1 tbsp, Salt: a pinch, Pepper: a pinch, Cilantro: 1 tbsp (chopped)

**Cooking Time:** 15 minutes (if quinoa is already cooked)

**Steps:** In a bowl, combine cooked quinoa, black beans, corn, and chopped red bell pepper. Drizzle with olive oil and lime juice, season with salt and pepper, and garnish with cilantro.

**Cuisine:** Latin American

**Diet Type:** Vegan

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**Recipe ID: 1056****Recipe Name:** Kale and Apple Salad**Ingredients:** Kale, Apple, Walnuts, Olive Oil, Lemon, Honey, Salt, Pepper**Quantities (for 1 person):** Kale: 2 cups (chopped), Apple: 1/2 (sliced), Walnuts: 1 tbsp (chopped), Olive Oil: 1 tbsp, Lemon: 1/2 (juiced), Honey: 1 tsp, Salt: a pinch, Pepper: a pinch**Cooking Time:** 5 minutes**Steps:** Massage chopped kale with olive oil, lemon juice, and a pinch of salt. Add sliced apple and chopped walnuts, drizzle with honey, and toss.**Cuisine:** General**Diet Type:** Vegan

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**Recipe ID: 1057****Recipe Name:** Cucumber and Yogurt Salad**Ingredients:** Cucumber, Greek Yogurt, Garlic, Dill, Olive Oil, Lemon, Salt, Pepper**Quantities (for 1 person):** Cucumber: 1/2 (sliced), Greek Yogurt: 1/4 cup, Garlic: 1 clove (minced), Dill: 1 tsp, Olive Oil: 1 tbsp, Lemon: 1/2 (juiced), Salt: a pinch, Pepper: a pinch**Cooking Time:** 5 minutes**Steps:** Slice cucumber and place in a bowl. Add Greek yogurt, minced garlic, and dill. Drizzle with olive oil and lemon juice, season with salt and pepper, and toss.**Cuisine:** Mediterranean**Diet Type:** Vegetarian

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**Recipe ID: 1058****Recipe Name:** Roasted Sweet Potato Salad**Ingredients:** Sweet Potato, Arugula, Red Onion, Olive Oil, Lemon, Salt, Pepper**Quantities (for 1 person):** Sweet Potato: 1 (peeled and cubed), Arugula: 1 cup, Red Onion: 1/4 (sliced), Olive Oil: 1 tbsp, Lemon: 1/2 (juiced), Salt: a pinch, Pepper: a pinch**Cooking Time:** 20 minutes (for roasting sweet potato)**Steps:** Preheat oven to 400°F (200°C). Toss sweet potato cubes with olive oil, salt, and pepper, and roast for 20 minutes. In a bowl, combine roasted sweet potato, arugula, and sliced red onion. Drizzle with lemon juice and toss.**Cuisine:** General**Diet Type:** Vegan

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**Recipe ID: 1059**

**Recipe Name:** Avocado and Tomato Salad

**Ingredients:** Avocado, Tomato, Red Onion, Olive Oil, Lime, Salt, Pepper

**Quantities (for 1 person):** Avocado: 1/2 (cubed), Tomato: 1 (chopped), Red Onion: 1/4 (sliced), Olive Oil: 1 tbsp, Lime: 1/2 (juiced), Salt: a pinch, Pepper: a pinch

**Cooking Time:** 5 minutes

**Steps:** Cube avocado and chop tomato. In a bowl, combine avocado, tomato, and sliced red onion. Drizzle with olive oil and lime juice, season with salt and pepper, and toss.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID: 1060**

**Recipe Name:** Carrot and Cucumber Salad

**Ingredients:** Carrot, Cucumber, Sesame Oil, Rice Vinegar, Sesame Seeds, Salt, Pepper

**Quantities (for 1 person):** Carrot: 1 (shredded), Cucumber: 1/2 (sliced thin), Sesame Oil: 1 tbsp, Rice Vinegar: 1 tbsp, Sesame Seeds: 1 tsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 5 minutes

**Steps:** Shred the carrot and slice the cucumber thinly. In a bowl, toss carrot and cucumber with sesame oil, rice vinegar, sesame seeds, salt, and pepper.

**Cuisine:** Asian

**Diet Type:** Vegan

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**Recipe ID: 1061**

**Recipe Name:** Roasted Beet Salad

**Ingredients:** Beets, Arugula, Goat Cheese, Walnuts, Olive Oil, Balsamic Vinegar, Salt, Pepper

**Quantities (for 1 person):** Beets: 1 (roasted and peeled), Arugula: 1 cup, Goat Cheese: 1/4 cup (crumbled), Walnuts: 1 tbsp (chopped), Olive Oil: 1 tbsp, Balsamic Vinegar: 1 tbsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 30 minutes (for roasting beets)

**Steps:** Preheat oven to 400°F (200°C). Wrap beets in foil and roast for 30 minutes. Peel and cube the roasted beets. In a bowl, combine beets, arugula, goat cheese, and walnuts. Drizzle with olive oil and balsamic vinegar, season with salt and pepper, and toss.

**Cuisine:** General

**Diet Type:** Vegetarian

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**Recipe ID: 1062**

**Recipe Name:** Chickpea and Spinach Salad

**Ingredients:** Canned Chickpeas, Spinach, Red Onion, Lemon, Olive Oil, Salt, Pepper

**Quantities (for 1 person):** Canned Chickpeas: 1/4 cup (rinsed), Spinach: 1 cup, Red Onion: 1/4 (sliced), Lemon: 1/2 (juiced), Olive Oil: 1 tbsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 5 minutes

**Steps:** In a bowl, combine rinsed chickpeas, spinach, and sliced red onion. Drizzle with olive oil and lemon juice, season with salt and pepper, and toss.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID: 1063**

**Recipe Name:** Apple and Walnut Salad

**Ingredients:** Apple, Walnuts, Arugula, Feta Cheese, Olive Oil, Balsamic Vinegar, Salt, Pepper

**Quantities (for 1 person):** Apple: 1/2 (sliced), Walnuts: 1 tbsp (chopped), Arugula: 1 cup, Feta Cheese: 1/4 cup (crumbled), Olive Oil: 1 tbsp, Balsamic Vinegar: 1 tbsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 5 minutes

**Steps:** Slice the apple and chop walnuts. In a bowl, combine apple slices, arugula, walnuts, and feta cheese. Drizzle with olive oil and balsamic vinegar, season with salt and pepper, and toss.

**Cuisine:** General

**Diet Type:** Vegetarian

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**Recipe ID: 1064**

**Recipe Name:** Cabbage and Carrot Slaw

**Ingredients:** Cabbage, Carrot, Apple Cider Vinegar, Olive Oil, Honey, Salt, Pepper

**Quantities (for 1 person):** Cabbage: 1/2 cup (shredded), Carrot: 1 (shredded), Apple Cider Vinegar: 1 tbsp, Olive Oil: 1 tbsp, Honey: 1 tsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 5 minutes

**Steps:** Shred cabbage and carrot. In a bowl, mix shredded cabbage and carrot. Drizzle with olive oil, apple cider vinegar, and honey. Season with salt and pepper, and toss well.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID: 1065**

**Recipe Name:** Tomato, Cucumber, and Feta Salad

**Ingredients:** Tomato, Cucumber, Feta Cheese, Olive Oil, Lemon, Salt, Pepper

**Quantities (for 1 person):** Tomato: 1 (chopped), Cucumber: 1/2 (sliced), Feta Cheese: 1/4 cup (crumbled), Olive Oil: 1 tbsp, Lemon: 1/2 (juiced), Salt: a pinch, Pepper: a pinch

**Cooking Time:** 5 minutes

**Steps:** Chop tomato and slice cucumber. In a bowl, combine tomato, cucumber, and crumbled feta cheese. Drizzle with olive oil and lemon juice, season with salt and pepper, and toss.

**Cuisine:** Mediterranean

**Diet Type:** Vegetarian

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**Recipe ID: 1066**

**Recipe Name:** Spinach and Avocado Salad

**Ingredients:** Spinach, Avocado, Cherry Tomatoes, Olive Oil, Lemon, Salt, Pepper

**Quantities (for 1 person):** Spinach: 2 cups, Avocado: 1/2 (sliced), Cherry Tomatoes: 1/2 cup (halved), Olive Oil: 1 tbsp, Lemon: 1/2 (juiced), Salt: a pinch, Pepper: a pinch

**Cooking Time:** 5 minutes

**Steps:** In a bowl, combine spinach, sliced avocado, and halved cherry tomatoes. Drizzle with olive oil and lemon juice, season with salt and pepper, and toss.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID: 1067**

**Recipe Name:** Roasted Red Pepper and Hummus Salad

**Ingredients:** Roasted Red Pepper, Cucumber, Cherry Tomatoes, Hummus, Olive Oil, Lemon, Salt, Pepper

**Quantities (for 1 person):** Roasted Red Pepper: 1 (sliced), Cucumber: 1/2 (sliced), Cherry Tomatoes: 1/2 cup (halved), Hummus: 2 tbsp, Olive Oil: 1 tbsp, Lemon: 1/2 (juiced), Salt: a pinch, Pepper: a pinch

**Cooking Time:** 10 minutes (if using pre-roasted peppers)

**Steps:** Slice roasted red pepper and cucumber. In a bowl, combine roasted red pepper, cucumber, and halved cherry tomatoes. Add hummus, drizzle with olive oil and lemon juice, season with salt and pepper, and toss.

**Cuisine:** Middle Eastern

**Diet Type:** Vegan

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**Recipe ID: 1068****Recipe Name:** Pear and Gorgonzola Salad**Ingredients:** Pear, Gorgonzola Cheese, Walnuts, Arugula, Olive Oil, Balsamic Vinegar, Salt, Pepper**Quantities (for 1 person):** Pear: 1/2 (sliced), Gorgonzola Cheese: 1/4 cup (crumbled), Walnuts: 1 tbsp (chopped), Arugula: 1 cup, Olive Oil: 1 tbsp, Balsamic Vinegar: 1 tbsp, Salt: a pinch, Pepper: a pinch**Cooking Time:** 5 minutes**Steps:** Slice the pear and chop walnuts. In a bowl, combine pear slices, arugula, crumbled Gorgonzola cheese, and chopped walnuts. Drizzle with olive oil and balsamic vinegar, season with salt and pepper, and toss.**Cuisine:** General**Diet Type:** Vegetarian

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**Recipe ID: 1069****Recipe Name:** Broccoli and Chickpea Salad**Ingredients:** Broccoli, Canned Chickpeas, Red Onion, Lemon, Olive Oil, Salt, Pepper**Quantities (for 1 person):** Broccoli: 1/2 cup (steamed), Canned Chickpeas: 1/4 cup (rinsed), Red Onion: 1/4 (sliced), Lemon: 1/2 (juiced), Olive Oil: 1 tbsp, Salt: a pinch, Pepper: a pinch**Cooking Time:** 10 minutes (for steaming broccoli)**Steps:** Steam broccoli for 5-7 minutes. In a bowl, combine steamed broccoli, rinsed chickpeas, and sliced red onion. Drizzle with olive oil and lemon juice, season with salt and pepper, and toss.**Cuisine:** General**Diet Type:** Vegan

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**Recipe ID: 1070****Recipe Name:** Zucchini and Tomato Salad**Ingredients:** Zucchini, Tomato, Red Onion, Olive Oil, Lemon, Salt, Pepper**Quantities (for 1 person):** Zucchini: 1/2 (sliced), Tomato: 1 (chopped), Red Onion: 1/4 (sliced), Olive Oil: 1 tbsp, Lemon: 1/2 (juiced), Salt: a pinch, Pepper: a pinch**Cooking Time:** 5 minutes**Steps:** Slice zucchini and chop tomato. In a bowl, combine zucchini, tomato, and sliced red onion. Drizzle with olive oil and lemon juice, season with salt and pepper, and toss.**Cuisine:** Mediterranean**Diet Type:** Vegan



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**Recipe ID: 1071**

**Recipe Name:** Cucumber and Feta Salad

**Ingredients:** Cucumber, Feta Cheese, Cherry Tomatoes, Red Onion, Olive Oil, Lemon, Salt, Pepper

**Quantities (for 1 person):** Cucumber: 1/2 (sliced), Feta Cheese: 1/4 cup (crumbled), Cherry Tomatoes: 1/2 cup (halved), Red Onion: 1/4 (sliced), Olive Oil: 1 tbsp, Lemon: 1/2 (juiced), Salt: a pinch, Pepper: a pinch

**Cooking Time:** 5 minutes

**Steps:** Slice cucumber and red onion, and halve cherry tomatoes. In a bowl, combine cucumber, feta cheese, tomatoes, and red onion. Drizzle with olive oil and lemon juice, season with salt and pepper, and toss.

**Cuisine:** Mediterranean

**Diet Type:** Vegetarian

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**Recipe ID: 1072**

**Recipe Name:** Avocado and Cucumber Salad

**Ingredients:** Avocado, Cucumber, Red Onion, Lemon, Olive Oil, Salt, Pepper

**Quantities (for 1 person):** Avocado: 1/2 (sliced), Cucumber: 1/2 (sliced), Red Onion: 1/4 (sliced), Olive Oil: 1 tbsp, Lemon: 1/2 (juiced), Salt: a pinch, Pepper: a pinch

**Cooking Time:** 5 minutes

**Steps:** Slice avocado, cucumber, and red onion. In a bowl, combine all ingredients. Drizzle with olive oil and lemon juice, season with salt and pepper, and toss.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID: 1073**

**Recipe Name:** Beetroot and Goat Cheese Salad

**Ingredients:** Beetroot, Goat Cheese, Arugula, Walnuts, Olive Oil, Balsamic Vinegar, Salt, Pepper

**Quantities (for 1 person):** Beetroot: 1 (boiled and sliced), Goat Cheese: 1/4 cup (crumbled), Arugula: 1 cup, Walnuts: 1 tbsp (chopped), Olive Oil: 1 tbsp, Balsamic Vinegar: 1 tbsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 10 minutes (for boiling beetroot)

**Steps:** Boil and slice beetroot. In a bowl, combine beetroot, arugula, crumbled goat cheese, and chopped walnuts. Drizzle with olive oil and balsamic vinegar, season with salt and pepper, and toss.

**Cuisine:** Mediterranean

**Diet Type:** Vegetarian

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**Recipe ID: 1074**

**Recipe Name:** Sweet Potato and Kale Salad

**Ingredients:** Sweet Potato, Kale, Olive Oil, Lemon, Salt, Pepper

**Quantities (for 1 person):** Sweet Potato: 1/2 (cubed), Kale: 1 cup (chopped), Olive Oil: 1 tbsp, Lemon: 1/2 (juiced), Salt: a pinch, Pepper: a pinch

**Cooking Time:** 15 minutes (for roasting sweet potato)

**Steps:** Cube sweet potato and roast in the oven at 400°F (200°C) for 15 minutes. In a bowl, combine roasted sweet potato and chopped kale. Drizzle with olive oil and lemon juice, season with salt and pepper, and toss.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID: 1075**

**Recipe Name:** Mango and Black Bean Salad

**Ingredients:** Mango, Black Beans, Red Onion, Cilantro, Lime, Olive Oil, Salt, Pepper

**Quantities (for 1 person):** Mango: 1/2 (diced), Black Beans: 1/4 cup (rinsed), Red Onion: 1/4 (diced), Cilantro: 1 tbsp (chopped), Lime: 1/2 (juiced), Olive Oil: 1 tbsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 5 minutes

**Steps:** Dice mango and red onion, and chop cilantro. In a bowl, combine all ingredients. Drizzle with olive oil and lime juice, season with salt and pepper, and toss.

**Cuisine:** Latin American

**Diet Type:** Vegan

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**Recipe ID: 1076**

**Recipe Name:** Quinoa and Roasted Vegetable Salad

**Ingredients:** Quinoa, Bell Pepper, Zucchini, Red Onion, Olive Oil, Lemon, Salt, Pepper

**Quantities (for 1 person):** Quinoa: 1/4 cup (cooked), Bell Pepper: 1/2 (sliced), Zucchini: 1/2 (sliced), Red Onion: 1/4 (sliced), Olive Oil: 1 tbsp, Lemon: 1/2 (juiced), Salt: a pinch, Pepper: a pinch

**Cooking Time:** 10 minutes (for roasting vegetables and cooking quinoa)

**Steps:** Cook quinoa as per package instructions. Slice bell pepper, zucchini, and red onion, and roast them in the oven for 10 minutes. In a bowl, combine quinoa and roasted vegetables. Drizzle with olive oil and lemon juice, season with salt and pepper,

and toss.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID: 1077**

**Recipe Name:** Broccoli and Avocado Salad

**Ingredients:** Broccoli, Avocado, Cherry Tomatoes, Olive Oil, Lemon, Salt, Pepper

**Quantities (for 1 person):** Broccoli: 1/2 cup (steamed), Avocado: 1/2 (sliced), Cherry Tomatoes: 1/2 cup (halved), Olive Oil: 1 tbsp, Lemon: 1/2 (juiced), Salt: a pinch, Pepper: a pinch

**Cooking Time:** 10 minutes (for steaming broccoli)

**Steps:** Steam broccoli for 5-7 minutes. Slice avocado and halve cherry tomatoes. In a bowl, combine steamed broccoli, avocado, and cherry tomatoes. Drizzle with olive oil and lemon juice, season with salt and pepper, and toss.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID: 1078**

**Recipe Name:** Pomegranate and Spinach Salad

**Ingredients:** Spinach, Pomegranate Seeds, Red Onion, Walnuts, Olive Oil, Balsamic Vinegar, Salt, Pepper

**Quantities (for 1 person):** Spinach: 1 cup, Pomegranate Seeds: 2 tbsp, Red Onion: 1/4 (sliced), Walnuts: 1 tbsp (chopped), Olive Oil: 1 tbsp, Balsamic Vinegar: 1 tbsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 5 minutes

**Steps:** Slice red onion and chop walnuts. In a bowl, combine spinach, pomegranate seeds, sliced red onion, and chopped walnuts. Drizzle with olive oil and balsamic vinegar, season with salt and pepper, and toss.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID: 1079**

**Recipe Name:** Carrot and Raisin Salad

**Ingredients:** Carrot, Raisins, Greek Yogurt, Honey, Lemon Juice

**Quantities (for 1 person):** Carrot: 1 (grated), Raisins: 1 tbsp, Greek Yogurt: 2 tbsp, Honey: 1 tsp, Lemon Juice: 1/2 tsp

**Cooking Time:** 5 minutes

**Steps:** Grate carrot. In a bowl, combine grated carrot and raisins. Mix Greek yogurt, honey, and lemon juice, and add to the salad. Toss well to combine.

**Cuisine:** General

**Diet Type:** Vegetarian

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#### **Recipe ID: 1080**

**Recipe Name:** Cabbage and Apple Salad

**Ingredients:** Cabbage, Apple, Carrot, Lemon, Olive Oil, Salt, Pepper

**Quantities (for 1 person):** Cabbage: 1/4 (shredded), Apple: 1/2 (sliced), Carrot: 1/2 (grated), Olive Oil: 1 tbsp, Lemon: 1/2 (juiced), Salt: a pinch, Pepper: a pinch

**Cooking Time:** 5 minutes

**Steps:** Shred cabbage and grate carrot. Slice apple. In a bowl, combine cabbage, apple, and grated carrot. Drizzle with olive oil and lemon juice, season with salt and pepper, and toss.

**Cuisine:** General

**Diet Type:** Vegan

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#### **Recipe ID: 1081**

**Recipe Name:** Tomato and Cucumber Salad

**Ingredients:** Tomato, Cucumber, Red Onion, Olive Oil, Lemon, Salt, Pepper

**Quantities (for 1 person):** Tomato: 1 (diced), Cucumber: 1/2 (sliced), Red Onion: 1/4 (sliced), Olive Oil: 1 tbsp, Lemon: 1/2 (juiced), Salt: a pinch, Pepper: a pinch

**Cooking Time:** 5 minutes

**Steps:** Dice tomato, slice cucumber, and red onion. In a bowl, combine tomato, cucumber, and red onion. Drizzle with olive oil and lemon juice, season with salt and pepper, and toss.

**Cuisine:** Mediterranean

**Diet Type:** Vegan

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#### **Recipe ID: 1082**

**Recipe Name:** Chickpea and Avocado Salad

**Ingredients:** Chickpeas, Avocado, Red Onion, Olive Oil, Lemon, Salt, Pepper

**Quantities (for 1 person):** Chickpeas: 1/4 cup (rinsed), Avocado: 1/2 (sliced), Red Onion: 1/4 (sliced), Olive Oil: 1 tbsp, Lemon: 1/2 (juiced), Salt: a pinch, Pepper: a pinch

**Cooking Time:** 5 minutes

**Steps:** Rinse chickpeas and slice avocado and red onion. In a bowl, combine chickpeas, avocado, and red onion. Drizzle with olive oil and lemon juice, season with

salt and pepper, and toss.

**Cuisine:** Mediterranean

**Diet Type:** Vegan

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**Recipe ID: 1083**

**Recipe Name:** Greek Salad

**Ingredients:** Cucumber, Tomato, Red Onion, Feta Cheese, Kalamata Olives, Olive Oil, Oregano, Lemon, Salt, Pepper

**Quantities (for 1 person):** Cucumber: 1/2 (sliced), Tomato: 1 (diced), Red Onion: 1/4 (sliced), Feta Cheese: 1/4 cup (cubed), Kalamata Olives: 5-6, Olive Oil: 1 tbsp, Oregano: 1 tsp, Lemon: 1/2 (juiced), Salt: a pinch, Pepper: a pinch

**Cooking Time:** 5 minutes

**Steps:** Slice cucumber, tomato, and red onion. Cube feta cheese. In a bowl, combine cucumber, tomato, red onion, feta cheese, and olives. Drizzle with olive oil and lemon juice, sprinkle with oregano, season with salt and pepper, and toss.

**Cuisine:** Mediterranean

**Diet Type:** Vegetarian

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**Recipe ID: 1084**

**Recipe Name:** Spinach and Strawberry Salad

**Ingredients:** Spinach, Strawberry, Walnuts, Balsamic Vinegar, Olive Oil, Salt, Pepper

**Quantities (for 1 person):** Spinach: 1 cup, Strawberry: 4-5 (sliced), Walnuts: 1 tbsp (chopped), Olive Oil: 1 tbsp, Balsamic Vinegar: 1 tbsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 5 minutes

**Steps:** Slice strawberries and chop walnuts. In a bowl, combine spinach, strawberries, and walnuts. Drizzle with olive oil and balsamic vinegar, season with salt and pepper, and toss.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID: 1085**

**Recipe Name:** Pesto Pasta Salad

**Ingredients:** Pasta, Cherry Tomatoes, Mozzarella, Pesto Sauce, Olive Oil, Salt, Pepper

**Quantities (for 1 person):** Pasta: 1/2 cup (cooked), Cherry Tomatoes: 1/4 cup (halved), Mozzarella: 1/4 cup (cubed), Pesto Sauce: 2 tbsp, Olive Oil: 1 tsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 10 minutes (for cooking pasta)

**Steps:** Cook pasta as per package instructions. Halve cherry tomatoes and cube mozzarella. In a bowl, combine pasta, tomatoes, and mozzarella. Drizzle with pesto sauce, olive oil, and season with salt and pepper, then toss.

**Cuisine:** Italian

**Diet Type:** Vegetarian

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#### **Recipe ID: 1086**

**Recipe Name:** Roasted Beetroot and Spinach Salad

**Ingredients:** Beetroot, Spinach, Feta Cheese, Walnuts, Olive Oil, Balsamic Vinegar, Salt, Pepper

**Quantities (for 1 person):** Beetroot: 1 (boiled and sliced), Spinach: 1 cup, Feta Cheese: 1/4 cup (crumbled), Walnuts: 1 tbsp (chopped), Olive Oil: 1 tbsp, Balsamic Vinegar: 1 tbsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 15 minutes (for boiling beetroot)

**Steps:** Boil beetroot and slice. In a bowl, combine beetroot, spinach, crumbled feta, and chopped walnuts. Drizzle with olive oil and balsamic vinegar, season with salt and pepper, and toss.

**Cuisine:** Mediterranean

**Diet Type:** Vegetarian

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#### **Recipe ID: 1087**

**Recipe Name:** Cucumber and Mint Salad

**Ingredients:** Cucumber, Mint, Red Onion, Olive Oil, Lemon, Salt, Pepper

**Quantities (for 1 person):** Cucumber: 1/2 (sliced), Mint: 1 tbsp (chopped), Red Onion: 1/4 (sliced), Olive Oil: 1 tbsp, Lemon: 1/2 (juiced), Salt: a pinch, Pepper: a pinch

**Cooking Time:** 5 minutes

**Steps:** Slice cucumber and red onion. Chop mint. In a bowl, combine cucumber, red onion, and mint. Drizzle with olive oil and lemon juice, season with salt and pepper, and toss.

**Cuisine:** General

**Diet Type:** Vegan

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#### **Recipe ID: 1088**

**Recipe Name:** Apple and Walnut Salad

**Ingredients:** Apple, Spinach, Walnuts, Olive Oil, Lemon Juice, Salt, Pepper

**Quantities (for 1 person):** Apple: 1/2 (sliced), Spinach: 1 cup, Walnuts: 1 tbsp (chopped), Olive Oil: 1 tbsp, Lemon Juice: 1/2 tsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 5 minutes

**Steps:** Slice apple and chop walnuts. In a bowl, combine spinach, apple, and walnuts. Drizzle with olive oil and lemon juice, season with salt and pepper, and toss.

**Cuisine:** General

**Diet Type:** Vegan

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#### **Recipe ID: 1089**

**Recipe Name:** Mediterranean Chickpea Salad

**Ingredients:** Chickpeas, Cucumber, Red Onion, Cherry Tomatoes, Kalamata Olives, Olive Oil, Lemon, Oregano, Salt, Pepper

**Quantities (for 1 person):** Chickpeas: 1/4 cup (cooked or canned), Cucumber: 1/2 (diced), Red Onion: 1/4 (sliced), Cherry Tomatoes: 5-6 (halved), Kalamata Olives: 1/4 cup, Olive Oil: 1 tbsp, Lemon: 1/2 (juiced), Oregano: 1 tsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 10 minutes

**Steps:** In a bowl, combine the chickpeas, cucumber, red onion, cherry tomatoes, and olives. Drizzle with olive oil and lemon juice. Sprinkle with oregano, salt, and pepper, and toss gently.

**Cuisine:** Mediterranean

**Diet Type:** Vegan

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#### **Recipe ID: 1090**

**Recipe Name:** Carrot and Cabbage Salad

**Ingredients:** Carrot, Cabbage, Lemon, Olive Oil, Honey, Salt, Pepper

**Quantities (for 1 person):** Carrot: 1 (grated), Cabbage: 1/2 cup (shredded), Lemon: 1/2 (juiced), Olive Oil: 1 tbsp, Honey: 1 tsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 5 minutes

**Steps:** Grate the carrot and shred the cabbage. In a bowl, mix the grated carrot and cabbage. In a small bowl, whisk together the lemon juice, olive oil, honey, salt, and pepper. Pour the dressing over the salad and toss well.

**Cuisine:** General

**Diet Type:** Vegan

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#### **Recipe ID: 1091**

**Recipe Name:** Avocado and Tomato Salad

**Ingredients:** Avocado, Tomato, Red Onion, Olive Oil, Lemon, Salt, Pepper

**Quantities (for 1 person):** Avocado: 1/2 (sliced), Tomato: 1 (diced), Red Onion: 1/4 (sliced), Olive Oil: 1 tbsp, Lemon: 1/2 (juiced), Salt: a pinch, Pepper: a pinch

**Cooking Time:** 5 minutes

**Steps:** Slice the avocado, dice the tomato, and slice the red onion. Combine them in a bowl. Drizzle with olive oil and lemon juice, and season with salt and pepper. Toss gently and serve.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID: 1092**

**Recipe Name:** Sweet Potato and Spinach Salad

**Ingredients:** Sweet Potato, Spinach, Red Onion, Olive Oil, Lemon, Salt, Pepper

**Quantities (for 1 person):** Sweet Potato: 1/2 (cubed), Spinach: 1 cup, Red Onion: 1/4 (sliced), Olive Oil: 1 tbsp, Lemon: 1/2 (juiced), Salt: a pinch, Pepper: a pinch

**Cooking Time:** 10 minutes

**Steps:** Roast or microwave the sweet potato cubes until tender. In a bowl, combine the spinach, sweet potato, and red onion. Drizzle with olive oil and lemon juice, and season with salt and pepper. Toss well and serve.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID: 1093**

**Recipe Name:** Broccoli and Kale Salad

**Ingredients:** Broccoli, Kale, Olive Oil, Lemon, Garlic, Salt, Pepper

**Quantities (for 1 person):** Broccoli: 1 cup (florets), Kale: 1 cup (chopped), Olive Oil: 1 tbsp, Lemon: 1/2 (juiced), Garlic: 1 clove (minced), Salt: a pinch, Pepper: a pinch

**Cooking Time:** 5 minutes

**Steps:** Steam or blanch the broccoli florets. In a large bowl, combine the kale and broccoli. In a small bowl, whisk together the olive oil, lemon juice, minced garlic, salt, and pepper. Drizzle the dressing over the salad and toss well.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID: 1094**

**Recipe Name:** Roasted Beetroot Salad

**Ingredients:** Beetroot, Arugula, Feta Cheese, Olive Oil, Lemon, Salt, Pepper

**Quantities (for 1 person):** Beetroot: 1 (roasted and sliced), Arugula: 1 cup, Feta Cheese: 1/4 cup (crumbled), Olive Oil: 1 tbsp, Lemon: 1/2 (juiced), Salt: a pinch, Pepper: a pinch



**Cooking Time:** 10 minutes

**Steps:** Roast the beetroot and slice it. In a bowl, combine the roasted beetroot, arugula, and feta cheese. Drizzle with olive oil and lemon juice. Season with salt and pepper and toss.

**Cuisine:** General

**Diet Type:** Vegetarian

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#### **Recipe ID: 1095**

**Recipe Name:** Cucumber, Tomato, and Feta Salad

**Ingredients:** Cucumber, Tomato, Red Onion, Feta Cheese, Olive Oil, Lemon, Salt, Pepper

**Quantities (for 1 person):** Cucumber: 1/2 (sliced), Tomato: 1 (diced), Red Onion: 1/4 (sliced), Feta Cheese: 1/4 cup (crumbled), Olive Oil: 1 tbsp, Lemon: 1/2 (juiced), Salt: a pinch, Pepper: a pinch

**Cooking Time:** 5 minutes

**Steps:** Slice the cucumber, dice the tomato, and slice the red onion. In a bowl, combine all the ingredients. Drizzle with olive oil and lemon juice, and season with salt and pepper. Toss gently and serve.

**Cuisine:** General

**Diet Type:** Vegetarian

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#### **Recipe ID: 1096**

**Recipe Name:** Kale and Quinoa Salad

**Ingredients:** Kale, Quinoa, Red Bell Pepper, Olive Oil, Lemon, Salt, Pepper

**Quantities (for 1 person):** Kale: 1 cup (chopped), Quinoa: 1/4 cup (cooked), Red Bell Pepper: 1/4 (diced), Olive Oil: 1 tbsp, Lemon: 1/2 (juiced), Salt: a pinch, Pepper: a pinch

**Cooking Time:** 10 minutes

**Steps:** Cook the quinoa according to package instructions. In a bowl, combine the kale, quinoa, and diced red bell pepper. Drizzle with olive oil and lemon juice. Season with salt and pepper and toss well.

**Cuisine:** General

**Diet Type:** Vegan

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#### **Recipe ID: 1097**

**Recipe Name:** Avocado and Corn Salad

**Ingredients:** Avocado, Corn, Red Onion, Cherry Tomatoes, Olive Oil, Lemon, Salt, Pepper

**Quantities (for 1 person):** Avocado: 1/2 (sliced), Corn: 1/4 cup (cooked or canned), Red Onion: 1/4 (sliced), Cherry Tomatoes: 4-5 (halved), Olive Oil: 1 tbsp, Lemon: 1/2 (juiced), Salt: a pinch, Pepper: a pinch

**Cooking Time:** 5 minutes

**Steps:** Slice the avocado and red onion. Halve the cherry tomatoes. In a bowl, combine the avocado, corn, red onion, and cherry tomatoes. Drizzle with olive oil and lemon juice, and season with salt and pepper. Toss gently.

**Cuisine:** General

**Diet Type:** Vegan

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#### **Recipe ID: 1098**

**Recipe Name:** Apple and Walnut Salad

**Ingredients:** Apple, Walnut, Arugula, Olive Oil, Honey, Lemon, Salt, Pepper

**Quantities (for 1 person):** Apple: 1 (sliced), Walnut: 1/4 cup (chopped), Arugula: 1 cup, Olive Oil: 1 tbsp, Honey: 1 tsp, Lemon: 1/2 (juiced), Salt: a pinch, Pepper: a pinch

**Cooking Time:** 5 minutes

**Steps:** Slice the apple and chop the walnuts. In a bowl, combine the apple slices, walnuts, and arugula. Drizzle with olive oil, honey, and lemon juice. Season with salt and pepper and toss gently.

**Cuisine:** General

**Diet Type:** Vegan

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#### **Recipe ID: 1099**

**Recipe Name:** Spinach and Orange Salad

**Ingredients:** Spinach, Orange, Red Onion, Olive Oil, Balsamic Vinegar, Salt, Pepper

**Quantities (for 1 person):** Spinach: 1 cup, Orange: 1 (peeled and segmented), Red Onion: 1/4 (sliced), Olive Oil: 1 tbsp, Balsamic Vinegar: 1 tsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 5 minutes

**Steps:** Peel and segment the orange. In a bowl, combine the spinach, orange segments, and red onion. Drizzle with olive oil and balsamic vinegar. Season with salt and pepper and toss gently.

**Cuisine:** General

**Diet Type:** Vegan

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#### **Recipe ID: 1100**

**Recipe Name:** Tomato and Basil Salad

**Ingredients:** Tomato, Basil, Olive Oil, Balsamic Vinegar, Salt, Pepper

**Quantities (for 1 person):** Tomato: 1 (diced), Basil: 1/4 cup (chopped), Olive Oil: 1 tbsp, Balsamic Vinegar: 1 tsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 5 minutes

**Steps:** Dice the tomato and chop the basil. In a bowl, combine the tomato and basil. Drizzle with olive oil and balsamic vinegar. Season with salt and pepper and toss well.

**Cuisine:** Italian

**Diet Type:** Vegan

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#### Recipe ID: 1101

**Recipe Name:** Cucumber and Feta Salad

**Ingredients:** Cucumber, Feta Cheese, Olive Oil, Lemon, Salt, Pepper

**Quantities (for 1 person):** Cucumber: 1/2 (sliced), Feta Cheese: 1/4 cup (crumbled), Olive Oil: 1 tbsp, Lemon: 1/2 (juiced), Salt: a pinch, Pepper: a pinch

**Cooking Time:** 5 minutes

**Steps:** Slice the cucumber and crumble the feta cheese. In a bowl, combine the cucumber and feta cheese. Drizzle with olive oil and lemon juice. Season with salt and pepper and toss gently.

**Cuisine:** General

**Diet Type:** Vegetarian

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#### Recipe ID: 1102

**Recipe Name:** Roasted Carrot and Lentil Salad

**Ingredients:** Carrot, Lentils, Olive Oil, Lemon, Cumin, Salt, Pepper

**Quantities (for 1 person):** Carrot: 1 (sliced), Lentils: 1/4 cup (cooked), Olive Oil: 1 tbsp, Lemon: 1/2 (juiced), Cumin: 1/2 tsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 10 minutes

**Steps:** Roast the sliced carrot in olive oil until tender. In a bowl, combine the roasted carrot and cooked lentils. Drizzle with olive oil and lemon juice. Season with cumin, salt, and pepper and toss well.

**Cuisine:** General

**Diet Type:** Vegan

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#### Recipe ID: 1103

**Recipe Name:** Pear and Blue Cheese Salad

**Ingredients:** Pear, Blue Cheese, Arugula, Walnuts, Olive Oil, Balsamic Vinegar, Salt,

Pepper

**Quantities (for 1 person):** Pear: 1 (sliced), Blue Cheese: 1/4 cup (crumbled), Arugula: 1 cup, Walnuts: 1/4 cup (chopped), Olive Oil: 1 tbsp, Balsamic Vinegar: 1 tsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 5 minutes

**Steps:** Slice the pear and chop the walnuts. In a bowl, combine the pear slices, blue cheese, arugula, and walnuts. Drizzle with olive oil and balsamic vinegar. Season with salt and pepper and toss gently.

**Cuisine:** General

**Diet Type:** Vegetarian

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#### **Recipe ID: 1104**

**Recipe Name:** Corn and Avocado Salad

**Ingredients:** Corn, Avocado, Cherry Tomatoes, Red Onion, Lime, Cilantro, Salt, Pepper

**Quantities (for 1 person):** Corn: 1/4 cup (cooked), Avocado: 1/2 (diced), Cherry Tomatoes: 5 (halved), Red Onion: 1/4 (sliced), Lime: 1/2 (juiced), Cilantro: 1 tbsp (chopped), Salt: a pinch, Pepper: a pinch

**Cooking Time:** 5 minutes

**Steps:** In a bowl, combine the corn, diced avocado, cherry tomatoes, and red onion. Drizzle with lime juice and sprinkle with cilantro, salt, and pepper. Toss gently and serve.

**Cuisine:** General

**Diet Type:** Vegan

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#### **Recipe ID: 1105**

**Recipe Name:** Spinach and Pomegranate Salad

**Ingredients:** Spinach, Pomegranate, Walnuts, Olive Oil, Lemon, Salt, Pepper

**Quantities (for 1 person):** Spinach: 1 cup, Pomegranate: 1/4 cup (seeds), Walnuts: 1/4 cup (chopped), Olive Oil: 1 tbsp, Lemon: 1/2 (juiced), Salt: a pinch, Pepper: a pinch

**Cooking Time:** 5 minutes

**Steps:** In a bowl, combine the spinach, pomegranate seeds, and walnuts. Drizzle with olive oil and lemon juice. Season with salt and pepper and toss well.

**Cuisine:** General

**Diet Type:** Vegan

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#### **Recipe ID: 1106**

**Recipe Name:** Greek Salad

**Ingredients:** Cucumber, Tomato, Red Onion, Kalamata Olives, Feta Cheese, Olive Oil,

Lemon, Oregano, Salt, Pepper

**Quantities (for 1 person):** Cucumber: 1/2 (sliced), Tomato: 1 (diced), Red Onion: 1/4 (sliced), Kalamata Olives: 1/4 cup, Feta Cheese: 1/4 cup (crumbled), Olive Oil: 1 tbsp, Lemon: 1/2 (juiced), Oregano: 1 tsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 5 minutes

**Steps:** Slice the cucumber and red onion, and dice the tomato. In a bowl, combine all the vegetables, olives, and feta cheese. Drizzle with olive oil and lemon juice. Season with oregano, salt, and pepper and toss gently.

**Cuisine:** Greek

**Diet Type:** Vegetarian

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### **Recipe ID: 1107**

**Recipe Name:** Roasted Beet and Goat Cheese Salad

**Ingredients:** Roasted Beets, Goat Cheese, Arugula, Walnuts, Olive Oil, Balsamic Vinegar, Salt, Pepper

**Quantities (for 1 person):** Roasted Beets: 1 (sliced), Goat Cheese: 1/4 cup (crumbled), Arugula: 1 cup, Walnuts: 1/4 cup (chopped), Olive Oil: 1 tbsp, Balsamic Vinegar: 1 tsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 10 minutes (if beets are already roasted)

**Steps:** Slice the roasted beets and chop the walnuts. In a bowl, combine the beets, goat cheese, and arugula. Drizzle with olive oil and balsamic vinegar. Season with salt and pepper and toss gently.

**Cuisine:** General

**Diet Type:** Vegetarian

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### **Recipe ID: 1108**

**Recipe Name:** Chickpea and Cucumber Salad

**Ingredients:** Chickpeas, Cucumber, Red Onion, Olive Oil, Lemon, Salt, Pepper

**Quantities (for 1 person):** Chickpeas: 1/4 cup (cooked), Cucumber: 1/2 (diced), Red Onion: 1/4 (sliced), Olive Oil: 1 tbsp, Lemon: 1/2 (juiced), Salt: a pinch, Pepper: a pinch

**Cooking Time:** 5 minutes

**Steps:** Dice the cucumber and slice the red onion. In a bowl, combine the chickpeas, cucumber, and onion. Drizzle with olive oil and lemon juice. Season with salt and pepper and toss well.

**Cuisine:** Middle Eastern

**Diet Type:** Vegan

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**Recipe ID: 1109****Recipe Name:** Avocado and Tomato Salad**Ingredients:** Avocado, Tomato, Red Onion, Olive Oil, Lime, Salt, Pepper**Quantities (for 1 person):** Avocado: 1/2 (diced), Tomato: 1 (diced), Red Onion: 1/4 (sliced), Olive Oil: 1 tbsp, Lime: 1/2 (juiced), Salt: a pinch, Pepper: a pinch**Cooking Time:** 5 minutes**Steps:** Dice the avocado, tomato, and slice the red onion. In a bowl, combine all the ingredients. Drizzle with olive oil and lime juice. Season with salt and pepper and toss gently.**Cuisine:** General**Diet Type:** Vegan

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**Recipe ID: 1110****Recipe Name:** Sweet Potato and Kale Salad**Ingredients:** Sweet Potato, Kale, Olive Oil, Lemon, Salt, Pepper, Pumpkin Seeds**Quantities (for 1 person):** Sweet Potato: 1 (cubed and roasted), Kale: 1 cup (chopped), Olive Oil: 1 tbsp, Lemon: 1/2 (juiced), Salt: a pinch, Pepper: a pinch, Pumpkin Seeds: 1 tbsp**Cooking Time:** 15 minutes (for roasting sweet potato)**Steps:** Roast the sweet potato cubes until tender. In a bowl, combine the roasted sweet potato and chopped kale. Drizzle with olive oil and lemon juice. Season with salt and pepper. Top with pumpkin seeds.**Cuisine:** General**Diet Type:** Vegan

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**Recipe ID: 1111****Recipe Name:** Broccoli and Apple Salad**Ingredients:** Broccoli, Apple, Almonds, Greek Yogurt, Honey, Lemon, Salt, Pepper**Quantities (for 1 person):** Broccoli: 1/2 cup (steamed), Apple: 1 (diced), Almonds: 1/4 cup (chopped), Greek Yogurt: 2 tbsp, Honey: 1 tsp, Lemon: 1/2 (juiced), Salt: a pinch, Pepper: a pinch**Cooking Time:** 10 minutes**Steps:** Steam the broccoli and dice the apple. In a bowl, combine the broccoli, apple, and chopped almonds. In a small bowl, mix the Greek yogurt, honey, lemon juice, salt, and pepper. Drizzle over the salad and toss well.**Cuisine:** General**Diet Type:** Vegetarian

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**Recipe ID: 1112**

**Recipe Name:** Arugula and Parmesan Salad

**Ingredients:** Arugula, Parmesan Cheese, Pine Nuts, Olive Oil, Balsamic Vinegar, Salt, Pepper

**Quantities (for 1 person):** Arugula: 1 cup, Parmesan Cheese: 1/4 cup (shaved), Pine Nuts: 1 tbsp, Olive Oil: 1 tbsp, Balsamic Vinegar: 1 tsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 5 minutes

**Steps:** In a bowl, combine the arugula, shaved Parmesan, and pine nuts. Drizzle with olive oil and balsamic vinegar. Season with salt and pepper and toss gently.

**Cuisine:** Italian

**Diet Type:** Vegetarian

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**Recipe ID: 1113**

**Recipe Name:** Quinoa and Veggie Salad

**Ingredients:** Quinoa, Bell Pepper, Cucumber, Cherry Tomatoes, Olive Oil, Lemon, Salt, Pepper

**Quantities (for 1 person):** Quinoa: 1/4 cup (cooked), Bell Pepper: 1/4 (diced), Cucumber: 1/4 (diced), Cherry Tomatoes: 5 (halved), Olive Oil: 1 tbsp, Lemon: 1/2 (juiced), Salt: a pinch, Pepper: a pinch

**Cooking Time:** 10 minutes (for cooking quinoa)

**Steps:** Cook the quinoa and dice the bell pepper and cucumber. In a bowl, combine the quinoa, vegetables, and cherry tomatoes. Drizzle with olive oil and lemon juice. Season with salt and pepper and toss gently.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID: 1114**

**Recipe Name:** Celery and Carrot Salad

**Ingredients:** Celery, Carrot, Raisins, Walnuts, Olive Oil, Lemon, Salt, Pepper

**Quantities (for 1 person):** Celery: 2 stalks (sliced), Carrot: 1 (grated), Raisins: 1 tbsp, Walnuts: 1/4 cup (chopped), Olive Oil: 1 tbsp, Lemon: 1/2 (juiced), Salt: a pinch, Pepper: a pinch

**Cooking Time:** 5 minutes

**Steps:** Slice the celery and grate the carrot. In a bowl, combine the celery, carrot, raisins, and walnuts. Drizzle with olive oil and lemon juice. Season with salt and pepper and toss well.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID: 1115**

**Recipe Name:** Cabbage and Apple Salad

**Ingredients:** Cabbage, Apple, Carrot, Olive Oil, Vinegar, Salt, Pepper

**Quantities (for 1 person):** Cabbage: 1/4 cup (shredded), Apple: 1 (diced), Carrot: 1/2 (grated), Olive Oil: 1 tbsp, Vinegar: 1 tbsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 5 minutes

**Steps:** Shred the cabbage and grate the carrot. Dice the apple. In a bowl, combine all the ingredients. Drizzle with olive oil and vinegar. Season with salt and pepper and toss well.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID: 1116**

**Recipe Name:** Spinach and Strawberry Salad

**Ingredients:** Spinach, Strawberries, Walnuts, Feta Cheese, Olive Oil, Balsamic Vinegar, Salt, Pepper

**Quantities (for 1 person):** Spinach: 1 cup, Strawberries: 4 (sliced), Walnuts: 1 tbsp (chopped), Feta Cheese: 1/4 cup (crumbled), Olive Oil: 1 tbsp, Balsamic Vinegar: 1 tsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 5 minutes

**Steps:** Slice the strawberries and chop the walnuts. In a bowl, combine spinach, strawberries, walnuts, and feta cheese. Drizzle with olive oil and balsamic vinegar. Season with salt and pepper and toss gently.

**Cuisine:** General

**Diet Type:** Vegetarian

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**Recipe ID: 1117**

**Recipe Name:** Panzanella Salad

**Ingredients:** Whole Wheat Bread, Tomatoes, Red Onion, Cucumber, Basil, Olive Oil, Red Wine Vinegar, Salt, Pepper

**Quantities (for 1 person):** Whole Wheat Bread: 1/2 slice (cubed), Tomatoes: 1 (diced), Red Onion: 1/4 (sliced), Cucumber: 1/4 (diced), Basil: 3 leaves (chopped), Olive Oil: 1 tbsp, Red Wine Vinegar: 1 tsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 10 minutes



**Steps:** Cube the bread and toast it lightly. Dice the tomato and cucumber, and slice the red onion. In a bowl, combine all ingredients. Drizzle with olive oil and red wine vinegar, and season with salt and pepper. Toss gently.

**Cuisine:** Italian

**Diet Type:** Vegetarian

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#### **Recipe ID: 1118**

**Recipe Name:** Fennel and Orange Salad

**Ingredients:** Fennel, Orange, Arugula, Olive Oil, Lemon Juice, Salt, Pepper

**Quantities (for 1 person):** Fennel: 1/2 (sliced), Orange: 1 (peeled and segmented), Arugula: 1 cup, Olive Oil: 1 tbsp, Lemon Juice: 1 tsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 5 minutes

**Steps:** Slice the fennel and segment the orange. In a bowl, combine fennel, orange, and arugula. Drizzle with olive oil and lemon juice. Season with salt and pepper and toss gently.

**Cuisine:** General

**Diet Type:** Vegan

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#### **Recipe ID: 1119**

**Recipe Name:** Kale and Quinoa Salad

**Ingredients:** Kale, Quinoa, Cherry Tomatoes, Avocado, Olive Oil, Lemon, Salt, Pepper

**Quantities (for 1 person):** Kale: 1 cup (chopped), Quinoa: 1/4 cup (cooked), Cherry Tomatoes: 5 (halved), Avocado: 1/2 (diced), Olive Oil: 1 tbsp, Lemon: 1/2 (juiced), Salt: a pinch, Pepper: a pinch

**Cooking Time:** 15 minutes (for cooking quinoa)

**Steps:** Cook the quinoa. In a bowl, combine kale, cooked quinoa, cherry tomatoes, and avocado. Drizzle with olive oil and lemon juice. Season with salt and pepper and toss gently.

**Cuisine:** General

**Diet Type:** Vegan

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#### **Recipe ID: 1120**

**Recipe Name:** Cucumber and Mint Salad

**Ingredients:** Cucumber, Mint, Feta Cheese, Lemon, Olive Oil, Salt, Pepper

**Quantities (for 1 person):** Cucumber: 1/2 (sliced), Mint: 3 leaves (chopped), Feta Cheese: 1/4 cup (crumbled), Lemon: 1/2 (juiced), Olive Oil: 1 tbsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 5 minutes

**Steps:** Slice the cucumber and chop the mint. In a bowl, combine cucumber, mint, and feta cheese. Drizzle with olive oil and lemon juice. Season with salt and pepper and toss gently.

**Cuisine:** Mediterranean

**Diet Type:** Vegetarian

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#### **Recipe ID: 1121**

**Recipe Name:** Carrot and Ginger Salad

**Ingredients:** Carrot, Ginger, Olive Oil, Lemon Juice, Honey, Salt, Pepper

**Quantities (for 1 person):** Carrot: 1 (grated), Ginger: 1 tsp (grated), Olive Oil: 1 tbsp, Lemon Juice: 1 tsp, Honey: 1 tsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 5 minutes

**Steps:** Grate the carrot and ginger. In a bowl, combine the carrot and ginger. Drizzle with olive oil, lemon juice, and honey. Season with salt and pepper and toss well.

**Cuisine:** General

**Diet Type:** Vegan

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#### **Recipe ID: 1122**

**Recipe Name:** Mixed Bean Salad

**Ingredients:** Mixed Beans (canned), Red Onion, Cherry Tomatoes, Olive Oil, Vinegar, Salt, Pepper

**Quantities (for 1 person):** Mixed Beans: 1/4 cup (rinsed), Red Onion: 1/4 (sliced), Cherry Tomatoes: 5 (halved), Olive Oil: 1 tbsp, Vinegar: 1 tbsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 5 minutes

**Steps:** Rinse the mixed beans. Slice the red onion and halve the cherry tomatoes. In a bowl, combine beans, red onion, and cherry tomatoes. Drizzle with olive oil and vinegar. Season with salt and pepper and toss gently.

**Cuisine:** General

**Diet Type:** Vegan

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#### **Recipe ID: 1123**

**Recipe Name:** Roasted Sweet Potato Salad

**Ingredients:** Sweet Potato, Arugula, Red Onion, Feta Cheese, Olive Oil, Balsamic Vinegar, Salt, Pepper

**Quantities (for 1 person):** Sweet Potato: 1/2 (cubed and roasted), Arugula: 1 cup, Red

Onion: 1/4 (sliced), Feta Cheese: 1/4 cup (crumbled), Olive Oil: 1 tbsp, Balsamic Vinegar: 1 tsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 15 minutes (for roasting sweet potato)

**Steps:** Roast the sweet potato cubes until tender. In a bowl, combine arugula, roasted sweet potato, red onion, and feta cheese. Drizzle with olive oil and balsamic vinegar. Season with salt and pepper and toss gently.

**Cuisine:** General

**Diet Type:** Vegetarian

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#### **Recipe ID: 1124**

**Recipe Name:** Avocado and Chickpea Salad

**Ingredients:** Avocado, Chickpeas, Cucumber, Red Onion, Lemon, Olive Oil, Salt, Pepper

**Quantities (for 1 person):** Avocado: 1/2 (diced), Chickpeas: 1/4 cup (cooked), Cucumber: 1/4 (diced), Red Onion: 1/4 (sliced), Lemon: 1/2 (juiced), Olive Oil: 1 tbsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 5 minutes

**Steps:** Dice the avocado and cucumber, and slice the red onion. In a bowl, combine avocado, chickpeas, cucumber, and red onion. Drizzle with olive oil and lemon juice. Season with salt and pepper and toss gently.

**Cuisine:** Mediterranean

**Diet Type:** Vegan

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#### **Recipe ID: 1125**

**Recipe Name:** Zucchini and Tomato Salad

**Ingredients:** Zucchini, Cherry Tomatoes, Red Onion, Basil, Olive Oil, Lemon Juice, Salt, Pepper

**Quantities (for 1 person):** Zucchini: 1 (sliced), Cherry Tomatoes: 6 (halved), Red Onion: 1/4 (sliced), Basil: 3 leaves (chopped), Olive Oil: 1 tbsp, Lemon Juice: 1 tsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 5 minutes

**Steps:** Slice the zucchini and cherry tomatoes, and slice the red onion. In a bowl, combine zucchini, tomatoes, and red onion. Drizzle with olive oil and lemon juice. Season with salt and pepper, then top with chopped basil. Toss gently.

**Cuisine:** Mediterranean

**Diet Type:** Vegan

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**Recipe ID: 1126****Recipe Name:** Cabbage and Carrot Salad**Ingredients:** Cabbage, Carrot, Olive Oil, Apple Cider Vinegar, Honey, Salt, Pepper**Quantities (for 1 person):** Cabbage: 1 cup (shredded), Carrot: 1 (grated), Olive Oil: 1 tbsp, Apple Cider Vinegar: 1 tsp, Honey: 1 tsp, Salt: a pinch, Pepper: a pinch**Cooking Time:** 5 minutes**Steps:** Shred the cabbage and grate the carrot. In a bowl, combine cabbage and carrot. Drizzle with olive oil, apple cider vinegar, and honey. Season with salt and pepper, then toss well.**Cuisine:** General**Diet Type:** Vegan**Recipe ID: 1127****Recipe Name:** Beetroot and Goat Cheese Salad**Ingredients:** Beetroot, Goat Cheese, Arugula, Walnuts, Olive Oil, Balsamic Vinegar, Salt, Pepper**Quantities (for 1 person):** Beetroot: 1 (peeled and grated), Goat Cheese: 1/4 cup (crumbled), Arugula: 1 cup, Walnuts: 1 tbsp (chopped), Olive Oil: 1 tbsp, Balsamic Vinegar: 1 tsp, Salt: a pinch, Pepper: a pinch**Cooking Time:** 5 minutes (for pre-cooked beetroot)**Steps:** Grate the beetroot and chop the walnuts. In a bowl, combine beetroot, goat cheese, arugula, and walnuts. Drizzle with olive oil and balsamic vinegar. Season with salt and pepper, and toss gently.**Cuisine:** Mediterranean**Diet Type:** Vegetarian**Recipe ID: 1128****Recipe Name:** Broccoli and Apple Salad**Ingredients:** Broccoli, Apple, Carrot, Almonds, Olive Oil, Lemon Juice, Salt, Pepper**Quantities (for 1 person):** Broccoli: 1/2 cup (steamed), Apple: 1/2 (diced), Carrot: 1 (grated), Almonds: 1 tbsp (chopped), Olive Oil: 1 tbsp, Lemon Juice: 1 tsp, Salt: a pinch, Pepper: a pinch**Cooking Time:** 5 minutes (for steaming broccoli)**Steps:** Steam the broccoli and grate the carrot. Dice the apple and chop the almonds. In a bowl, combine broccoli, apple, carrot, and almonds. Drizzle with olive oil and lemon juice. Season with salt and pepper and toss gently.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID: 1129**

**Recipe Name:** Pear and Blue Cheese Salad

**Ingredients:** Pear, Blue Cheese, Arugula, Walnuts, Olive Oil, Balsamic Vinegar, Salt, Pepper

**Quantities (for 1 person):** Pear: 1/2 (sliced), Blue Cheese: 1/4 cup (crumbled), Arugula: 1 cup, Walnuts: 1 tbsp (chopped), Olive Oil: 1 tbsp, Balsamic Vinegar: 1 tsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 5 minutes

**Steps:** Slice the pear and chop the walnuts. In a bowl, combine pear, blue cheese, arugula, and walnuts. Drizzle with olive oil and balsamic vinegar. Season with salt and pepper and toss gently.

**Cuisine:** Mediterranean

**Diet Type:** Vegetarian

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**Recipe ID: 1130**

**Recipe Name:** Avocado and Cucumber Salad

**Ingredients:** Avocado, Cucumber, Cherry Tomatoes, Red Onion, Lemon, Olive Oil, Salt, Pepper

**Quantities (for 1 person):** Avocado: 1/2 (diced), Cucumber: 1/4 (diced), Cherry Tomatoes: 5 (halved), Red Onion: 1/4 (sliced), Lemon: 1/2 (juiced), Olive Oil: 1 tbsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 5 minutes

**Steps:** Dice the avocado and cucumber, and slice the red onion. In a bowl, combine avocado, cucumber, tomatoes, and red onion. Drizzle with olive oil and lemon juice. Season with salt and pepper and toss gently.

**Cuisine:** Mediterranean

**Diet Type:** Vegan

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**Recipe ID: 1131**

**Recipe Name:** Tuna and Sweet Corn Salad

**Ingredients:** Tuna, Sweet Corn, Red Onion, Cucumber, Olive Oil, Lemon Juice, Salt, Pepper

**Quantities (for 1 person):** Tuna: 1/4 can, Sweet Corn: 1/4 cup (cooked), Red Onion: 1/4 (sliced), Cucumber: 1/4 (diced), Olive Oil: 1 tbsp, Lemon Juice: 1 tsp, Salt: a pinch,

Pepper: a pinch

**Cooking Time:** 5 minutes

**Steps:** Drain the tuna and cook the sweet corn if not using canned. Slice the red onion and dice the cucumber. In a bowl, combine tuna, sweet corn, red onion, and cucumber. Drizzle with olive oil and lemon juice. Season with salt and pepper and toss gently.

**Cuisine:** Mediterranean

**Diet Type:** Gluten-Free

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#### **Recipe ID: 1132**

**Recipe Name:** Cucumber and Radish Salad

**Ingredients:** Cucumber, Radish, Red Onion, Parsley, Olive Oil, Lemon Juice, Salt, Pepper

**Quantities (for 1 person):** Cucumber: 1/4 (diced), Radish: 3 (sliced), Red Onion: 1/4 (sliced), Parsley: 1 tbsp (chopped), Olive Oil: 1 tbsp, Lemon Juice: 1 tsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 5 minutes

**Steps:** Dice the cucumber, slice the radish, and slice the red onion. In a bowl, combine cucumber, radish, red onion, and parsley. Drizzle with olive oil and lemon juice. Season with salt and pepper and toss gently.

**Cuisine:** General

**Diet Type:** Vegan

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#### **Recipe ID: 1133**

**Recipe Name:** Spinach and Strawberry Salad

**Ingredients:** Spinach, Strawberries, Walnuts, Feta Cheese, Olive Oil, Balsamic Vinegar, Salt, Pepper

**Quantities (for 1 person):** Spinach: 1 cup, Strawberries: 4 (sliced), Walnuts: 1 tbsp (chopped), Feta Cheese: 1/4 cup (crumbled), Olive Oil: 1 tbsp, Balsamic Vinegar: 1 tsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 5 minutes

**Steps:** Slice the strawberries and chop the walnuts. In a bowl, combine spinach, strawberries, walnuts, and feta cheese. Drizzle with olive oil and balsamic vinegar. Season with salt and pepper, then toss gently.

**Cuisine:** Mediterranean

**Diet Type:** Vegetarian

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#### **Recipe ID: 1134**

**Recipe Name:** Carrot and Raisin Salad

**Ingredients:** Carrot, Raisins, Lemon Juice, Olive Oil, Honey, Salt, Pepper

**Quantities (for 1 person):** Carrot: 1 (grated), Raisins: 1 tbsp, Lemon Juice: 1 tbsp, Olive Oil: 1 tbsp, Honey: 1 tsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 5 minutes

**Steps:** Grate the carrot. In a bowl, combine the grated carrot and raisins. Drizzle with lemon juice, olive oil, and honey. Season with salt and pepper, then toss well.

**Cuisine:** General

**Diet Type:** Vegan

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#### **Recipe ID: 1135**

**Recipe Name:** Chickpea and Avocado Salad

**Ingredients:** Chickpeas, Avocado, Red Onion, Cucumber, Olive Oil, Lemon Juice, Salt, Pepper

**Quantities (for 1 person):** Chickpeas: 1/4 cup (cooked), Avocado: 1/2 (diced), Red Onion: 1/4 (sliced), Cucumber: 1/4 (diced), Olive Oil: 1 tbsp, Lemon Juice: 1 tsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 5 minutes

**Steps:** Cook the chickpeas if using dried, or drain the canned ones. Dice the avocado and cucumber, and slice the red onion. In a bowl, combine chickpeas, avocado, red onion, and cucumber. Drizzle with olive oil and lemon juice. Season with salt and pepper, then toss gently.

**Cuisine:** Mediterranean

**Diet Type:** Vegan

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#### **Recipe ID: 1136**

**Recipe Name:** Greek Salad

**Ingredients:** Cucumber, Cherry Tomatoes, Red Onion, Kalamata Olives, Feta Cheese, Olive Oil, Oregano, Lemon Juice, Salt, Pepper

**Quantities (for 1 person):** Cucumber: 1/4 (sliced), Cherry Tomatoes: 5 (halved), Red Onion: 1/4 (sliced), Kalamata Olives: 4 (pitted), Feta Cheese: 1/4 cup (crumbled), Olive Oil: 1 tbsp, Oregano: 1 tsp, Lemon Juice: 1 tsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 5 minutes

**Steps:** Slice the cucumber and red onion, and halve the cherry tomatoes. In a bowl, combine cucumber, tomatoes, red onion, olives, and feta cheese. Drizzle with olive oil and lemon juice, then sprinkle with oregano. Season with salt and pepper, and toss gently.

**Cuisine:** Mediterranean

**Diet Type:** Vegetarian

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**Recipe ID: 1137**

**Recipe Name:** Avocado and Tuna Salad

**Ingredients:** Avocado, Tuna, Cucumber, Red Onion, Lemon Juice, Olive Oil, Salt, Pepper

**Quantities (for 1 person):** Avocado: 1/2 (diced), Tuna: 1/4 can, Cucumber: 1/4 (diced), Red Onion: 1/4 (sliced), Lemon Juice: 1 tbsp, Olive Oil: 1 tbsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 5 minutes

**Steps:** Drain the tuna and dice the avocado and cucumber. Slice the red onion. In a bowl, combine avocado, tuna, cucumber, and red onion. Drizzle with olive oil and lemon juice, and season with salt and pepper. Toss gently.

**Cuisine:** General

**Diet Type:** Gluten-Free

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**Recipe ID: 1138**

**Recipe Name:** Sweet Potato and Spinach Salad

**Ingredients:** Sweet Potato, Spinach, Red Onion, Pumpkin Seeds, Olive Oil, Lemon Juice, Salt, Pepper

**Quantities (for 1 person):** Sweet Potato: 1/2 (cubed), Spinach: 1 cup, Red Onion: 1/4 (sliced), Pumpkin Seeds: 1 tbsp, Olive Oil: 1 tbsp, Lemon Juice: 1 tsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 10 minutes (for cooking sweet potato)

**Steps:** Cube and cook the sweet potato until tender. In a bowl, combine spinach, sweet potato, red onion, and pumpkin seeds. Drizzle with olive oil and lemon juice, then season with salt and pepper. Toss gently.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID: 1139**

**Recipe Name:** Tomato and Mozzarella Salad

**Ingredients:** Tomato, Mozzarella Cheese, Basil, Olive Oil, Balsamic Vinegar, Salt, Pepper

**Quantities (for 1 person):** Tomato: 1 (sliced), Mozzarella Cheese: 1/4 cup (sliced), Basil: 3 leaves (chopped), Olive Oil: 1 tbsp, Balsamic Vinegar: 1 tsp, Salt: a pinch,



Pepper: a pinch

**Cooking Time:** 5 minutes

**Steps:** Slice the tomato and mozzarella cheese. In a bowl, combine tomato, mozzarella, and basil. Drizzle with olive oil and balsamic vinegar. Season with salt and pepper, then toss gently.

**Cuisine:** Mediterranean

**Diet Type:** Vegetarian

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#### **Recipe ID: 1140**

**Recipe Name:** Kale and Apple Salad

**Ingredients:** Kale, Apple, Walnuts, Feta Cheese, Olive Oil, Lemon Juice, Salt, Pepper

**Quantities (for 1 person):** Kale: 1 cup (chopped), Apple: 1/2 (sliced), Walnuts: 1 tbsp (chopped), Feta Cheese: 1/4 cup (crumbled), Olive Oil: 1 tbsp, Lemon Juice: 1 tsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 5 minutes

**Steps:** Chop the kale and slice the apple. In a bowl, combine kale, apple, walnuts, and feta cheese. Drizzle with olive oil and lemon juice, then season with salt and pepper. Toss gently.

**Cuisine:** Mediterranean

**Diet Type:** Vegetarian

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#### **Recipe ID: 1141**

**Recipe Name:** Cucumber and Tomato Salad

**Ingredients:** Cucumber, Tomato, Red Onion, Olive Oil, Vinegar, Salt, Pepper

**Quantities (for 1 person):** Cucumber: 1/2 (sliced), Tomato: 1 (diced), Red Onion: 1/4 (thinly sliced), Olive Oil: 1 tbsp, Vinegar: 1 tsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 5 minutes

**Steps:** Slice the cucumber, dice the tomato, and thinly slice the red onion. In a bowl, combine cucumber, tomato, and red onion. Drizzle with olive oil and vinegar, then season with salt and pepper. Toss gently.

**Cuisine:** Mediterranean

**Diet Type:** Vegan

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#### **Recipe ID: 1142**

**Recipe Name:** Beetroot and Feta Salad

**Ingredients:** Beetroot, Feta Cheese, Walnuts, Olive Oil, Lemon Juice, Salt, Pepper

**Quantities (for 1 person):** Beetroot: 1 (cooked and diced), Feta Cheese: 1/4 cup

(crumbled), Walnuts: 1 tbsp (chopped), Olive Oil: 1 tbsp, Lemon Juice: 1 tsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 10 minutes (for cooking beetroot)

**Steps:** Cook and dice the beetroot. In a bowl, combine beetroot, feta cheese, and walnuts. Drizzle with olive oil and lemon juice, then season with salt and pepper. Toss gently.

**Cuisine:** Mediterranean

**Diet Type:** Vegetarian

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#### **Recipe ID: 1143**

**Recipe Name:** Zucchini and Bell Pepper Salad

**Ingredients:** Zucchini, Bell Pepper, Cherry Tomatoes, Olive Oil, Lemon Juice, Salt, Pepper

**Quantities (for 1 person):** Zucchini: 1 (sliced), Bell Pepper: 1/2 (sliced), Cherry Tomatoes: 5 (halved), Olive Oil: 1 tbsp, Lemon Juice: 1 tsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 5 minutes

**Steps:** Slice the zucchini and bell pepper, and halve the cherry tomatoes. In a bowl, combine zucchini, bell pepper, and cherry tomatoes. Drizzle with olive oil and lemon juice, then season with salt and pepper. Toss gently.

**Cuisine:** Mediterranean

**Diet Type:** Vegan

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#### **Recipe ID: 1144**

**Recipe Name:** Sweet Corn and Avocado Salad

**Ingredients:** Sweet Corn, Avocado, Red Onion, Cilantro, Lime Juice, Olive Oil, Salt, Pepper

**Quantities (for 1 person):** Sweet Corn: 1/2 cup (cooked), Avocado: 1/2 (diced), Red Onion: 1/4 (chopped), Cilantro: 1 tbsp (chopped), Lime Juice: 1 tbsp, Olive Oil: 1 tbsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 5 minutes

**Steps:** Cook the sweet corn if using fresh or frozen. Dice the avocado and chop the red onion and cilantro. In a bowl, combine sweet corn, avocado, red onion, and cilantro. Drizzle with lime juice and olive oil, then season with salt and pepper. Toss gently.

**Cuisine:** Mexican

**Diet Type:** Vegan

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#### **Recipe ID: 1145**

**Recipe Name:** Roasted Carrot and Chickpea Salad

**Ingredients:** Carrot, Chickpeas, Olive Oil, Cumin, Paprika, Lemon Juice, Salt, Pepper

**Quantities (for 1 person):** Carrot: 1 (sliced), Chickpeas: 1/4 cup (cooked), Olive Oil: 1 tbsp, Cumin: 1/2 tsp, Paprika: 1/2 tsp, Lemon Juice: 1 tsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 15 minutes (for roasting carrots)

**Steps:** Preheat the oven to 400°F (200°C). Toss the carrot slices in olive oil, cumin, paprika, salt, and pepper, then roast for 10-15 minutes. In a bowl, combine roasted carrots, chickpeas, and drizzle with lemon juice. Toss gently.

**Cuisine:** Middle Eastern

**Diet Type:** Vegan

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**Recipe ID: 1146**

**Recipe Name:** Apple and Celery Salad

**Ingredients:** Apple, Celery, Walnuts, Yogurt, Lemon Juice, Salt, Pepper

**Quantities (for 1 person):** Apple: 1/2 (sliced), Celery: 2 sticks (sliced), Walnuts: 1 tbsp (chopped), Yogurt: 2 tbsp, Lemon Juice: 1 tsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 5 minutes

**Steps:** Slice the apple and celery, and chop the walnuts. In a bowl, combine apple, celery, and walnuts. Add yogurt and lemon juice, then season with salt and pepper. Toss gently.

**Cuisine:** General

**Diet Type:** Vegetarian

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**Recipe ID: 1147**

**Recipe Name:** Quinoa and Cucumber Salad

**Ingredients:** Quinoa, Cucumber, Red Onion, Feta Cheese, Lemon Juice, Olive Oil, Salt, Pepper

**Quantities (for 1 person):** Quinoa: 1/4 cup (cooked), Cucumber: 1/4 (diced), Red Onion: 1/4 (sliced), Feta Cheese: 1/4 cup (crumbled), Lemon Juice: 1 tbsp, Olive Oil: 1 tbsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 10 minutes (for cooking quinoa)

**Steps:** Cook the quinoa. Dice the cucumber and slice the red onion. In a bowl, combine quinoa, cucumber, red onion, and feta cheese. Drizzle with lemon juice and olive oil, then season with salt and pepper. Toss gently.

**Cuisine:** Mediterranean

**Diet Type:** Vegetarian

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**Recipe ID: 1148****Recipe Name:** Radish and Cucumber Salad**Ingredients:** Radish, Cucumber, Red Onion, Dill, Olive Oil, Lemon Juice, Salt, Pepper**Quantities (for 1 person):** Radish: 2 (sliced), Cucumber: 1/4 (sliced), Red Onion: 1/4 (sliced), Dill: 1 tsp (chopped), Olive Oil: 1 tbsp, Lemon Juice: 1 tsp, Salt: a pinch, Pepper: a pinch**Cooking Time:** 5 minutes**Steps:** Slice the radish, cucumber, and red onion. Chop the dill. In a bowl, combine radish, cucumber, red onion, and dill. Drizzle with olive oil and lemon juice, then season with salt and pepper. Toss gently.**Cuisine:** General**Diet Type:** Vegan

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**Recipe ID: 1149****Recipe Name:** Avocado and Tomato Salad**Ingredients:** Avocado, Tomato, Red Onion, Olive Oil, Lime Juice, Salt, Pepper**Quantities (for 1 person):** Avocado: 1/2 (diced), Tomato: 1 (diced), Red Onion: 1/4 (sliced), Olive Oil: 1 tbsp, Lime Juice: 1 tbsp, Salt: a pinch, Pepper: a pinch**Cooking Time:** 5 minutes**Steps:** Dice the avocado and tomato, and slice the red onion. In a bowl, combine avocado, tomato, and red onion. Drizzle with olive oil and lime juice, then season with salt and pepper. Toss gently.**Cuisine:** General**Diet Type:** Vegan

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**Recipe ID: 1150****Recipe Name:** Spinach and Pear Salad**Ingredients:** Spinach, Pear, Walnuts, Blue Cheese, Olive Oil, Balsamic Vinegar, Salt, Pepper**Quantities (for 1 person):** Spinach: 1 cup (fresh), Pear: 1/2 (sliced), Walnuts: 1 tbsp (chopped), Blue Cheese: 1 tbsp (crumbled), Olive Oil: 1 tbsp, Balsamic Vinegar: 1 tsp, Salt: a pinch, Pepper: a pinch**Cooking Time:** 5 minutes**Steps:** Slice the pear and chop the walnuts. In a bowl, combine spinach, pear, walnuts, and blue cheese. Drizzle with olive oil and balsamic vinegar, then season with salt and pepper. Toss gently.

**Cuisine:** Mediterranean

**Diet Type:** Vegetarian

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**Recipe ID: 1151**

**Recipe Name:** Chickpea and Avocado Salad

**Ingredients:** Chickpeas, Avocado, Cucumber, Red Onion, Cilantro, Olive Oil, Lime Juice, Salt, Pepper

**Quantities (for 1 person):** Chickpeas: 1/4 cup (cooked), Avocado: 1/2 (diced), Cucumber: 1/4 (diced), Red Onion: 1/4 (sliced), Cilantro: 1 tbsp (chopped), Olive Oil: 1 tbsp, Lime Juice: 1 tbsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 5 minutes

**Steps:** Dice the avocado and cucumber, and slice the red onion. In a bowl, combine chickpeas, avocado, cucumber, red onion, and cilantro. Drizzle with olive oil and lime juice, then season with salt and pepper. Toss gently.

**Cuisine:** Mexican

**Diet Type:** Vegan

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**Recipe ID: 1152**

**Recipe Name:** Cabbage and Carrot Salad

**Ingredients:** Cabbage, Carrot, Apple Cider Vinegar, Olive Oil, Salt, Pepper

**Quantities (for 1 person):** Cabbage: 1/4 cup (shredded), Carrot: 1 (grated), Apple Cider Vinegar: 1 tbsp, Olive Oil: 1 tbsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 5 minutes

**Steps:** Shred the cabbage and grate the carrot. In a bowl, combine cabbage and carrot. Drizzle with apple cider vinegar and olive oil, then season with salt and pepper. Toss gently.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID: 1153**

**Recipe Name:** Kale and Cranberry Salad

**Ingredients:** Kale, Cranberries, Almonds, Olive Oil, Lemon Juice, Salt, Pepper

**Quantities (for 1 person):** Kale: 1 cup (chopped), Cranberries: 2 tbsp (dried), Almonds: 1 tbsp (sliced), Olive Oil: 1 tbsp, Lemon Juice: 1 tbsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 5 minutes

**Steps:** Chop the kale and slice the almonds. In a bowl, combine kale, cranberries, and almonds. Drizzle with olive oil and lemon juice, then season with salt and pepper. Toss

gently.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID: 1154**

**Recipe Name:** Broccoli and Almond Salad

**Ingredients:** Broccoli, Almonds, Red Onion, Olive Oil, Lemon Juice, Salt, Pepper

**Quantities (for 1 person):** Broccoli: 1/2 cup (steamed or raw), Almonds: 1 tbsp (chopped), Red Onion: 1/4 (sliced), Olive Oil: 1 tbsp, Lemon Juice: 1 tbsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 5 minutes

**Steps:** Steam or use raw broccoli. Slice the red onion and chop the almonds. In a bowl, combine broccoli, almonds, and red onion. Drizzle with olive oil and lemon juice, then season with salt and pepper. Toss gently.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID: 1155**

**Recipe Name:** Tomato and Mozzarella Salad

**Ingredients:** Tomato, Mozzarella, Basil, Olive Oil, Balsamic Vinegar, Salt, Pepper

**Quantities (for 1 person):** Tomato: 1 (sliced), Mozzarella: 1/4 cup (sliced), Basil: 3-4 leaves (chopped), Olive Oil: 1 tbsp, Balsamic Vinegar: 1 tsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 5 minutes

**Steps:** Slice the tomato and mozzarella. Chop the basil. In a bowl, combine tomato, mozzarella, and basil. Drizzle with olive oil and balsamic vinegar, then season with salt and pepper. Toss gently.

**Cuisine:** Italian

**Diet Type:** Vegetarian

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**Recipe ID: 1156**

**Recipe Name:** Sweet Potato and Black Bean Salad

**Ingredients:** Sweet Potato, Black Beans, Corn, Red Onion, Cilantro, Lime Juice, Olive Oil, Salt, Pepper

**Quantities (for 1 person):** Sweet Potato: 1/2 (cubed and roasted), Black Beans: 1/4 cup (cooked), Corn: 2 tbsp (cooked), Red Onion: 1/4 (sliced), Cilantro: 1 tbsp (chopped), Lime Juice: 1 tbsp, Olive Oil: 1 tbsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 15 minutes (for roasting sweet potato)

**Steps:** Roast the sweet potato cubes. In a bowl, combine roasted sweet potato, black beans, corn, red onion, and cilantro. Drizzle with lime juice and olive oil, then season with salt and pepper. Toss gently.

**Cuisine:** Mexican

**Diet Type:** Vegan

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**Recipe ID: 1157**

**Recipe Name:** Arugula and Parmesan Salad

**Ingredients:** Arugula, Parmesan Cheese, Olive Oil, Lemon Juice, Salt, Pepper

**Quantities (for 1 person):** Arugula: 1 cup (fresh), Parmesan Cheese: 1 tbsp (shaved), Olive Oil: 1 tbsp, Lemon Juice: 1 tbsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 5 minutes

**Steps:** In a bowl, combine arugula and shaved Parmesan. Drizzle with olive oil and lemon juice, then season with salt and pepper. Toss gently.

**Cuisine:** Italian

**Diet Type:** Vegetarian

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**Recipe ID: 1158**

**Recipe Name:** Apple and Walnut Salad

**Ingredients:** Apple, Walnuts, Feta Cheese, Olive Oil, Honey, Lemon Juice, Salt, Pepper

**Quantities (for 1 person):** Apple: 1/2 (sliced), Walnuts: 1 tbsp (chopped), Feta Cheese: 1 tbsp (crumbled), Olive Oil: 1 tbsp, Honey: 1 tsp, Lemon Juice: 1 tsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 5 minutes

**Steps:** Slice the apple and chop the walnuts. In a bowl, combine apple, walnuts, and feta cheese. Drizzle with olive oil, honey, and lemon juice, then season with salt and pepper. Toss gently.

**Cuisine:** General

**Diet Type:** Vegetarian

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**Recipe ID: 1159**

**Recipe Name:** Quinoa and Avocado Salad

**Ingredients:** Quinoa, Avocado, Cherry Tomatoes, Red Onion, Cilantro, Olive Oil, Lime Juice, Salt, Pepper

**Quantities (for 1 person):** Quinoa: 1/4 cup (cooked), Avocado: 1/2 (diced), Cherry Tomatoes: 4 (halved), Red Onion: 1/4 (sliced), Cilantro: 1 tbsp (chopped), Olive Oil: 1

tblsp, Lime Juice: 1 tblsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 15 minutes (for cooking quinoa)

**Steps:** Cook the quinoa. Dice the avocado, halve the cherry tomatoes, and slice the red onion. In a bowl, combine quinoa, avocado, tomatoes, red onion, and cilantro. Drizzle with olive oil and lime juice, then season with salt and pepper. Toss gently.

**Cuisine:** Mexican

**Diet Type:** Vegan

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#### **Recipe ID: 1160**

**Recipe Name:** Cucumber and Tomato Salad

**Ingredients:** Cucumber, Tomato, Red Onion, Parsley, Olive Oil, Lemon Juice, Salt, Pepper

**Quantities (for 1 person):** Cucumber: 1/2 (sliced), Tomato: 1 (diced), Red Onion: 1/4 (sliced), Parsley: 1 tblsp (chopped), Olive Oil: 1 tblsp, Lemon Juice: 1 tblsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 5 minutes

**Steps:** Slice the cucumber and red onion, and dice the tomato. Chop the parsley. In a bowl, combine cucumber, tomato, red onion, and parsley. Drizzle with olive oil and lemon juice, then season with salt and pepper. Toss gently.

**Cuisine:** General

**Diet Type:** Vegan

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#### **Recipe ID: 1161**

**Recipe Name:** Beetroot and Goat Cheese Salad

**Ingredients:** Beetroot, Goat Cheese, Arugula, Walnuts, Olive Oil, Balsamic Vinegar, Salt, Pepper

**Quantities (for 1 person):** Beetroot: 1/2 (roasted or boiled), Goat Cheese: 1 tblsp (crumbled), Arugula: 1 cup (fresh), Walnuts: 1 tblsp (chopped), Olive Oil: 1 tblsp, Balsamic Vinegar: 1 tsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 10 minutes (for roasting or boiling beetroot)

**Steps:** Roast or boil the beetroot and cut it into cubes. In a bowl, combine beetroot, goat cheese, arugula, and walnuts. Drizzle with olive oil and balsamic vinegar, then season with salt and pepper. Toss gently.

**Cuisine:** Mediterranean

**Diet Type:** Vegetarian

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#### **Recipe ID: 1162**



**Recipe Name:** Greek Salad

**Ingredients:** Cucumber, Tomato, Red Onion, Kalamata Olives, Feta Cheese, Olive Oil, Lemon Juice, Oregano, Salt, Pepper

**Quantities (for 1 person):** Cucumber: 1/2 (sliced), Tomato: 1 (diced), Red Onion: 1/4 (sliced), Kalamata Olives: 5 (pitted), Feta Cheese: 1 tbsp (crumbled), Olive Oil: 1 tbsp, Lemon Juice: 1 tbsp, Oregano: 1 tsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 5 minutes

**Steps:** Slice the cucumber and red onion, and dice the tomato. In a bowl, combine cucumber, tomato, red onion, olives, and feta cheese. Drizzle with olive oil and lemon juice, then sprinkle with oregano, salt, and pepper. Toss gently.

**Cuisine:** Greek

**Diet Type:** Vegetarian

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#### **Recipe ID: 1163**

**Recipe Name:** Tuna and White Bean Salad

**Ingredients:** Canned Tuna, White Beans, Red Onion, Parsley, Olive Oil, Lemon Juice, Salt, Pepper

**Quantities (for 1 person):** Canned Tuna: 1/2 can (drained), White Beans: 1/4 cup (cooked), Red Onion: 1/4 (sliced), Parsley: 1 tbsp (chopped), Olive Oil: 1 tbsp, Lemon Juice: 1 tbsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 5 minutes

**Steps:** Drain the canned tuna and rinse the white beans. Slice the red onion and chop the parsley. In a bowl, combine tuna, white beans, red onion, and parsley. Drizzle with olive oil and lemon juice, then season with salt and pepper. Toss gently.

**Cuisine:** Mediterranean

**Diet Type:** Pescatarian

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#### **Recipe ID: 1164**

**Recipe Name:** Carrot and Apple Salad

**Ingredients:** Carrot, Apple, Raisins, Lemon Juice, Olive Oil, Honey, Salt, Pepper

**Quantities (for 1 person):** Carrot: 1 (grated), Apple: 1/2 (sliced), Raisins: 1 tbsp, Lemon Juice: 1 tbsp, Olive Oil: 1 tbsp, Honey: 1 tsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 5 minutes

**Steps:** Grate the carrot and slice the apple. In a bowl, combine carrot, apple, and raisins. Drizzle with lemon juice, olive oil, and honey, then season with salt and pepper. Toss gently.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID: 1165**

**Recipe Name:** Avocado and Tomato Salad

**Ingredients:** Avocado, Tomato, Red Onion, Cilantro, Olive Oil, Lime Juice, Salt, Pepper

**Quantities (for 1 person):** Avocado: 1/2 (diced), Tomato: 1 (diced), Red Onion: 1/4 (sliced), Cilantro: 1 tbsp (chopped), Olive Oil: 1 tbsp, Lime Juice: 1 tbsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 5 minutes

**Steps:** Dice the avocado and tomato, and slice the red onion. Chop the cilantro. In a bowl, combine avocado, tomato, red onion, and cilantro. Drizzle with olive oil and lime juice, then season with salt and pepper. Toss gently.

**Cuisine:** Mexican

**Diet Type:** Vegan

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**Recipe ID: 1166**

**Recipe Name:** Pear and Walnut Salad

**Ingredients:** Pear, Walnuts, Spinach, Feta Cheese, Olive Oil, Balsamic Vinegar, Salt, Pepper

**Quantities (for 1 person):** Pear: 1/2 (sliced), Walnuts: 1 tbsp (chopped), Spinach: 1 cup (fresh), Feta Cheese: 1 tbsp (crumbled), Olive Oil: 1 tbsp, Balsamic Vinegar: 1 tsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 5 minutes

**Steps:** Slice the pear and chop the walnuts. In a bowl, combine pear, walnuts, spinach, and feta cheese. Drizzle with olive oil and balsamic vinegar, then season with salt and pepper. Toss gently.

**Cuisine:** Mediterranean

**Diet Type:** Vegetarian

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**Recipe ID: 1167**

**Recipe Name:** Mixed Bean Salad

**Ingredients:** Mixed Beans (kidney beans, chickpeas, black beans), Cucumber, Cherry Tomatoes, Red Onion, Olive Oil, Lemon Juice, Salt, Pepper, Parsley

**Quantities (for 1 person):** Mixed Beans: 1/4 cup (cooked or canned), Cucumber: 1/2 (diced), Cherry Tomatoes: 4 (halved), Red Onion: 1/4 (sliced), Olive Oil: 1 tbsp, Lemon Juice: 1 tbsp, Salt: a pinch, Pepper: a pinch, Parsley: 1 tbsp (chopped)

**Cooking Time:** 5 minutes

**Steps:** Dice the cucumber and slice the red onion. Halve the cherry tomatoes. In a

bowl, combine mixed beans, cucumber, tomatoes, and red onion. Drizzle with olive oil and lemon juice, then season with salt, pepper, and parsley. Toss gently.

**Cuisine:** General

**Diet Type:** Vegan

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#### **Recipe ID: 1168**

**Recipe Name:** Asian Cabbage Salad

**Ingredients:** Cabbage, Carrot, Red Bell Pepper, Green Onions, Sesame Seeds, Soy Sauce, Rice Vinegar, Olive Oil, Honey

**Quantities (for 1 person):** Cabbage: 1 cup (shredded), Carrot: 1/2 (grated), Red Bell Pepper: 1/4 (sliced), Green Onions: 1 (chopped), Sesame Seeds: 1 tsp, Soy Sauce: 1 tbsp, Rice Vinegar: 1 tbsp, Olive Oil: 1 tbsp, Honey: 1 tsp

**Cooking Time:** 5 minutes

**Steps:** Shred the cabbage and grate the carrot. Slice the bell pepper and chop the green onions. In a bowl, combine cabbage, carrot, bell pepper, and green onions. Drizzle with soy sauce, rice vinegar, olive oil, and honey. Sprinkle sesame seeds on top and toss gently.

**Cuisine:** Asian

**Diet Type:** Vegan

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#### **Recipe ID: 1169**

**Recipe Name:** Kale and Apple Salad

**Ingredients:** Kale, Apple, Walnuts, Blue Cheese, Olive Oil, Apple Cider Vinegar, Salt, Pepper

**Quantities (for 1 person):** Kale: 1 cup (chopped), Apple: 1/2 (sliced), Walnuts: 1 tbsp (chopped), Blue Cheese: 1 tbsp (crumbled), Olive Oil: 1 tbsp, Apple Cider Vinegar: 1 tbsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 5 minutes

**Steps:** Chop the kale and slice the apple. In a bowl, combine kale, apple, walnuts, and blue cheese. Drizzle with olive oil and apple cider vinegar, then season with salt and pepper. Toss gently.

**Cuisine:** American

**Diet Type:** Vegetarian

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#### **Recipe ID: 1170**

**Recipe Name:** Tomato and Mozzarella Salad

**Ingredients:** Tomato, Mozzarella, Basil, Olive Oil, Balsamic Vinegar, Salt, Pepper

**Quantities (for 1 person):** Tomato: 1 (sliced), Mozzarella: 1/4 cup (sliced), Basil: 2 leaves (torn), Olive Oil: 1 tbsp, Balsamic Vinegar: 1 tsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 5 minutes

**Steps:** Slice the tomato and mozzarella. Tear the basil leaves. In a bowl or plate, arrange the tomato, mozzarella, and basil. Drizzle with olive oil and balsamic vinegar, then season with salt and pepper. Toss gently.

**Cuisine:** Italian

**Diet Type:** Vegetarian

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#### **Recipe ID: 1171**

**Recipe Name:** Sweet Potato and Spinach Salad

**Ingredients:** Sweet Potato, Spinach, Almonds, Olive Oil, Lemon Juice, Salt, Pepper

**Quantities (for 1 person):** Sweet Potato: 1/2 (boiled or roasted), Spinach: 1 cup (fresh), Almonds: 1 tbsp (chopped), Olive Oil: 1 tbsp, Lemon Juice: 1 tbsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 10 minutes

**Steps:** Roast or boil the sweet potato and cut into cubes. In a bowl, combine spinach, sweet potato, and almonds. Drizzle with olive oil and lemon juice, then season with salt and pepper. Toss gently.

**Cuisine:** General

**Diet Type:** Vegan

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#### **Recipe ID: 1172**

**Recipe Name:** Chickpea and Avocado Salad

**Ingredients:** Chickpeas, Avocado, Cucumber, Red Onion, Olive Oil, Lemon Juice, Salt, Pepper

**Quantities (for 1 person):** Chickpeas: 1/4 cup (cooked or canned), Avocado: 1/2 (diced), Cucumber: 1/2 (diced), Red Onion: 1/4 (sliced), Olive Oil: 1 tbsp, Lemon Juice: 1 tbsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 5 minutes

**Steps:** Drain the chickpeas and dice the avocado and cucumber. Slice the red onion. In a bowl, combine chickpeas, avocado, cucumber, and red onion. Drizzle with olive oil and lemon juice, then season with salt and pepper. Toss gently.

**Cuisine:** Mediterranean

**Diet Type:** Vegan

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#### **Recipe ID: 1173**

**Recipe Name:** Pear and Arugula Salad

**Ingredients:** Pear, Arugula, Walnuts, Gorgonzola, Olive Oil, Balsamic Vinegar, Salt, Pepper

**Quantities (for 1 person):** Pear: 1/2 (sliced), Arugula: 1 cup (fresh), Walnuts: 1 tbsp (chopped), Gorgonzola: 1 tbsp (crumbled), Olive Oil: 1 tbsp, Balsamic Vinegar: 1 tsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 5 minutes

**Steps:** Slice the pear and chop the walnuts. In a bowl, combine pear, arugula, walnuts, and gorgonzola. Drizzle with olive oil and balsamic vinegar, then season with salt and pepper. Toss gently.

**Cuisine:** Mediterranean

**Diet Type:** Vegetarian

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#### **Recipe ID: 1174**

**Recipe Name:** Roasted Red Pepper and Quinoa Salad

**Ingredients:** Roasted Red Pepper, Quinoa, Cucumber, Red Onion, Feta Cheese, Olive Oil, Lemon Juice, Salt, Pepper

**Quantities (for 1 person):** Roasted Red Pepper: 1 (diced), Quinoa: 1/4 cup (cooked), Cucumber: 1/2 (diced), Red Onion: 1/4 (sliced), Feta Cheese: 1 tbsp (crumbled), Olive Oil: 1 tbsp, Lemon Juice: 1 tbsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 10 minutes (for cooking quinoa)

**Steps:** Cook the quinoa. Dice the roasted red pepper and cucumber, and slice the red onion. In a bowl, combine quinoa, red pepper, cucumber, and red onion. Drizzle with olive oil and lemon juice, then sprinkle with feta, salt, and pepper. Toss gently.

**Cuisine:** Mediterranean

**Diet Type:** Vegetarian

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#### **Recipe ID: 1175**

**Recipe Name:** Avocado and Tomato Salad

**Ingredients:** Avocado, Tomato, Red Onion, Olive Oil, Lime Juice, Salt, Pepper, Cilantro

**Quantities (for 1 person):** Avocado: 1/2 (diced), Tomato: 1 (diced), Red Onion: 1/4 (sliced), Olive Oil: 1 tbsp, Lime Juice: 1 tbsp, Salt: a pinch, Pepper: a pinch, Cilantro: 1 tbsp (chopped)

**Cooking Time:** 5 minutes

**Steps:** Dice the avocado and tomato, and slice the red onion. In a bowl, combine avocado, tomato, and red onion. Drizzle with olive oil and lime juice, then season with salt, pepper, and cilantro. Toss gently.

**Cuisine:** Mexican

**Diet Type:** Vegan

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**Recipe ID: 1176**

**Recipe Name:** Greek Salad

**Ingredients:** Cucumber, Cherry Tomatoes, Red Onion, Kalamata Olives, Feta Cheese, Olive Oil, Lemon Juice, Oregano, Salt, Pepper

**Quantities (for 1 person):** Cucumber: 1/2 (sliced), Cherry Tomatoes: 5 (halved), Red Onion: 1/4 (sliced), Kalamata Olives: 5-6, Feta Cheese: 1 tbsp (crumbled), Olive Oil: 1 tbsp, Lemon Juice: 1 tbsp, Oregano: 1 tsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 5 minutes

**Steps:** Slice the cucumber and red onion, and halve the cherry tomatoes. In a bowl, combine all ingredients: cucumber, tomatoes, red onion, olives, and feta. Drizzle with olive oil and lemon juice, sprinkle with oregano, and season with salt and pepper. Toss gently.

**Cuisine:** Greek

**Diet Type:** Vegetarian

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**Recipe ID: 1177**

**Recipe Name:** Roasted Brussels Sprout and Apple Salad

**Ingredients:** Brussels Sprouts, Apple, Walnuts, Olive Oil, Balsamic Vinegar, Honey, Salt, Pepper

**Quantities (for 1 person):** Brussels Sprouts: 1/2 cup (halved), Apple: 1/2 (sliced), Walnuts: 1 tbsp (chopped), Olive Oil: 1 tbsp, Balsamic Vinegar: 1 tbsp, Honey: 1 tsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 15 minutes (for roasting Brussels sprouts)

**Steps:** Preheat the oven to 375°F (190°C). Toss Brussels sprouts in olive oil, salt, and pepper, and roast them for 10-12 minutes. While they are roasting, slice the apple. In a bowl, combine roasted Brussels sprouts, apple slices, and walnuts. Drizzle with balsamic vinegar and honey. Toss gently.

**Cuisine:** American

**Diet Type:** Vegan

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**Recipe ID: 1178**

**Recipe Name:** Carrot and Orange Salad

**Ingredients:** Carrot, Orange, Raisins, Olive Oil, Orange Juice, Cinnamon, Salt, Pepper

**Quantities (for 1 person):** Carrot: 1 (grated), Orange: 1/2 (peeled and segmented),

Raisins: 1 tbsp, Olive Oil: 1 tbsp, Orange Juice: 1 tbsp, Cinnamon: a pinch, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 5 minutes

**Steps:** Grate the carrot and peel the orange, then segment it. In a bowl, combine carrot, orange segments, and raisins. Drizzle with olive oil and orange juice, and sprinkle with cinnamon, salt, and pepper. Toss gently.

**Cuisine:** Mediterranean

**Diet Type:** Vegan

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#### **Recipe ID: 1179**

**Recipe Name:** Quinoa and Chickpea Salad

**Ingredients:** Quinoa, Chickpeas, Cucumber, Red Onion, Parsley, Olive Oil, Lemon Juice, Salt, Pepper

**Quantities (for 1 person):** Quinoa: 1/4 cup (cooked), Chickpeas: 1/4 cup (cooked or canned), Cucumber: 1/2 (diced), Red Onion: 1/4 (sliced), Parsley: 1 tbsp (chopped), Olive Oil: 1 tbsp, Lemon Juice: 1 tbsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 5 minutes (for preparing quinoa)

**Steps:** Cook the quinoa and drain the chickpeas. Dice the cucumber and slice the red onion. In a bowl, combine quinoa, chickpeas, cucumber, red onion, and parsley. Drizzle with olive oil and lemon juice, then season with salt and pepper. Toss gently.

**Cuisine:** Mediterranean

**Diet Type:** Vegan

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#### **Recipe ID: 1180**

**Recipe Name:** Spinach and Strawberry Salad

**Ingredients:** Spinach, Strawberries, Almonds, Balsamic Vinegar, Olive Oil, Honey, Salt, Pepper

**Quantities (for 1 person):** Spinach: 1 cup (fresh), Strawberries: 3-4 (sliced), Almonds: 1 tbsp (chopped), Balsamic Vinegar: 1 tbsp, Olive Oil: 1 tbsp, Honey: 1 tsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 5 minutes

**Steps:** Slice the strawberries and chop the almonds. In a bowl, combine spinach, strawberries, and almonds. Drizzle with balsamic vinegar, olive oil, and honey. Season with salt and pepper, then toss gently.

**Cuisine:** American

**Diet Type:** Vegan

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**Recipe ID: 1181****Recipe Name:** Cucumber and Feta Salad**Ingredients:** Cucumber, Feta Cheese, Red Onion, Olive Oil, Lemon Juice, Dill, Salt, Pepper**Quantities (for 1 person):** Cucumber: 1/2 (sliced), Feta Cheese: 1 tbsp (crumbled), Red Onion: 1/4 (sliced), Olive Oil: 1 tbsp, Lemon Juice: 1 tbsp, Dill: 1 tsp (fresh or dried), Salt: a pinch, Pepper: a pinch**Cooking Time:** 5 minutes**Steps:** Slice the cucumber and red onion. In a bowl, combine cucumber, feta, and red onion. Drizzle with olive oil and lemon juice, then sprinkle with dill, salt, and pepper. Toss gently.**Cuisine:** Mediterranean**Diet Type:** Vegetarian

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**Recipe ID: 1182****Recipe Name:** Watermelon and Mint Salad**Ingredients:** Watermelon, Fresh Mint, Lime Juice, Honey, Salt**Quantities (for 1 person):** Watermelon: 1 cup (cubed), Fresh Mint: 1 tbsp (chopped), Lime Juice: 1 tbsp, Honey: 1 tsp, Salt: a pinch**Cooking Time:** 5 minutes**Steps:** Cube the watermelon and chop the mint. In a bowl, combine watermelon and mint. Drizzle with lime juice and honey, and season with salt. Toss gently.**Cuisine:** Mediterranean**Diet Type:** Vegan

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**Recipe ID: 1183****Recipe Name:** Avocado, Cucumber, and Tomato Salad**Ingredients:** Avocado, Cucumber, Tomato, Olive Oil, Lemon Juice, Salt, Pepper, Parsley**Quantities (for 1 person):** Avocado: 1/2 (sliced), Cucumber: 1/2 (sliced), Tomato: 1 (diced), Olive Oil: 1 tbsp, Lemon Juice: 1 tbsp, Salt: a pinch, Pepper: a pinch, Parsley: 1 tbsp (chopped)**Cooking Time:** 5 minutes**Steps:** Slice the avocado and cucumber, and dice the tomato. In a bowl, combine all ingredients: avocado, cucumber, tomato, and parsley. Drizzle with olive oil and lemon juice, then season with salt and pepper. Toss gently.**Cuisine:** Mediterranean**Diet Type:** Vegan



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**Recipe ID: 1184**

**Recipe Name:** Roasted Sweet Potato and Spinach Salad

**Ingredients:** Sweet Potato, Spinach, Olive Oil, Balsamic Vinegar, Honey, Salt, Pepper

**Quantities (for 1 person):** Sweet Potato: 1 small (cubed), Spinach: 1 cup (fresh), Olive Oil: 1 tbsp, Balsamic Vinegar: 1 tbsp, Honey: 1 tsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 15 minutes (for roasting sweet potato)

**Steps:** Preheat the oven to 375°F (190°C). Toss sweet potato cubes with olive oil, salt, and pepper, then roast for 12-15 minutes. In a bowl, combine roasted sweet potatoes and spinach. Drizzle with balsamic vinegar and honey. Toss gently.

**Cuisine:** American

**Diet Type:** Vegan

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**Recipe ID: 1185**

**Recipe Name:** Chickpea and Spinach Salad

**Ingredients:** Chickpeas, Spinach, Cucumber, Olive Oil, Lemon Juice, Salt, Pepper, Garlic

**Quantities (for 1 person):** Chickpeas: 1/4 cup (cooked or canned), Spinach: 1 cup (fresh), Cucumber: 1/2 (sliced), Olive Oil: 1 tbsp, Lemon Juice: 1 tbsp, Salt: a pinch, Pepper: a pinch, Garlic: 1 clove (minced)

**Cooking Time:** 5 minutes

**Steps:** Slice the cucumber and mince the garlic. In a bowl, combine chickpeas, spinach, and cucumber. Drizzle with olive oil and lemon juice, then season with salt, pepper, and garlic. Toss gently.

**Cuisine:** Mediterranean

**Diet Type:** Vegan

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**Recipe ID: 1186**

**Recipe Name:** Cabbage and Carrot Salad

**Ingredients:** Cabbage, Carrot, Olive Oil, Apple Cider Vinegar, Salt, Pepper

**Quantities (for 1 person):** Cabbage: 1/4 cup (shredded), Carrot: 1 (grated), Olive Oil: 1 tbsp, Apple Cider Vinegar: 1 tbsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 5 minutes

**Steps:** Shred the cabbage and grate the carrot. In a bowl, combine cabbage and carrot. Drizzle with olive oil and apple cider vinegar, then season with salt and pepper. Toss gently.

**Cuisine:** Asian

**Diet Type:** Vegan

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**Recipe ID: 1187**

**Recipe Name:** Pomegranate and Arugula Salad

**Ingredients:** Pomegranate Seeds, Arugula, Olive Oil, Lemon Juice, Salt, Pepper

**Quantities (for 1 person):** Pomegranate Seeds: 1/4 cup, Arugula: 1 cup, Olive Oil: 1 tbsp, Lemon Juice: 1 tbsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 5 minutes

**Steps:** Combine pomegranate seeds and arugula in a bowl. Drizzle with olive oil and lemon juice, and season with salt and pepper. Toss gently.

**Cuisine:** Mediterranean

**Diet Type:** Vegan

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**Recipe ID: 1188**

**Recipe Name:** Beetroot and Walnut Salad

**Ingredients:** Beetroot, Walnut, Goat Cheese, Olive Oil, Balsamic Vinegar, Salt, Pepper

**Quantities (for 1 person):** Beetroot: 1 (boiled or roasted), Walnut: 1 tbsp (chopped), Goat Cheese: 1 tbsp (crumbled), Olive Oil: 1 tbsp, Balsamic Vinegar: 1 tbsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 15 minutes (for cooking beetroot)

**Steps:** Boil or roast the beetroot, then peel and slice it. In a bowl, combine beetroot slices, walnuts, and goat cheese. Drizzle with olive oil and balsamic vinegar, then season with salt and pepper. Toss gently.

**Cuisine:** Mediterranean

**Diet Type:** Vegetarian

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**Recipe ID: 1189**

**Recipe Name:** Avocado and Chickpea Salad

**Ingredients:** Avocado, Chickpeas, Cucumber, Red Onion, Olive Oil, Lemon Juice, Salt, Pepper

**Quantities (for 1 person):** Avocado: 1/2 (sliced), Chickpeas: 1/4 cup (cooked or canned), Cucumber: 1/2 (diced), Red Onion: 2 tbsp (chopped), Olive Oil: 1 tbsp, Lemon Juice: 1 tbsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 5 minutes

**Steps:** Slice the avocado and cucumber, and chop the red onion. In a bowl, combine avocado, chickpeas, cucumber, and red onion. Drizzle with olive oil and lemon juice,

then season with salt and pepper. Toss gently.

**Cuisine:** Mediterranean

**Diet Type:** Vegan

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**Recipe ID: 1190**

**Recipe Name:** Mango and Spinach Salad

**Ingredients:** Mango, Spinach, Red Bell Pepper, Olive Oil, Lime Juice, Salt, Pepper

**Quantities (for 1 person):** Mango: 1/2 (sliced), Spinach: 1 cup (fresh), Red Bell Pepper: 1/4 (sliced), Olive Oil: 1 tbsp, Lime Juice: 1 tbsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 5 minutes

**Steps:** Slice the mango and red bell pepper. In a bowl, combine mango, spinach, and bell pepper. Drizzle with olive oil and lime juice, then season with salt and pepper. Toss gently.

**Cuisine:** Tropical

**Diet Type:** Vegan

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**Recipe ID: 1191**

**Recipe Name:** Roasted Brussels Sprouts and Carrot Salad

**Ingredients:** Brussels Sprouts, Carrot, Olive Oil, Balsamic Vinegar, Salt, Pepper, Garlic

**Quantities (for 1 person):** Brussels Sprouts: 5-6 (halved), Carrot: 1 (grated), Olive Oil: 1 tbsp, Balsamic Vinegar: 1 tbsp, Salt: a pinch, Pepper: a pinch, Garlic: 1 clove (minced)

**Cooking Time:** 10 minutes (for roasting Brussels sprouts)

**Steps:** Preheat the oven to 375°F (190°C). Toss Brussels sprouts with olive oil, salt, and pepper, then roast for 8-10 minutes. In a bowl, combine roasted Brussels sprouts and grated carrot. Drizzle with balsamic vinegar and garlic. Toss gently.

**Cuisine:** American

**Diet Type:** Vegan

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**Recipe ID: 1192**

**Recipe Name:** Greek Salad

**Ingredients:** Cucumber, Tomato, Red Onion, Feta Cheese, Kalamata Olives, Olive Oil, Oregano, Lemon Juice, Salt, Pepper

**Quantities (for 1 person):** Cucumber: 1/2 (sliced), Tomato: 1 (diced), Red Onion: 2 tbsp (sliced), Feta Cheese: 1 tbsp (crumbled), Kalamata Olives: 5-6, Olive Oil: 1 tbsp, Oregano: 1 tsp, Lemon Juice: 1 tbsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 5 minutes

**Steps:** Slice the cucumber, tomato, and red onion. In a bowl, combine cucumber,

tomato, red onion, feta cheese, and olives. Drizzle with olive oil and lemon juice, then season with oregano, salt, and pepper. Toss gently.

**Cuisine:** Greek

**Diet Type:** Vegetarian

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#### **Recipe ID: 1193**

**Recipe Name:** Apple, Walnut, and Kale Salad

**Ingredients:** Apple, Kale, Walnuts, Olive Oil, Apple Cider Vinegar, Salt, Pepper, Honey

**Quantities (for 1 person):** Apple: 1 (sliced), Kale: 1 cup (fresh), Walnuts: 1 tbsp (chopped), Olive Oil: 1 tbsp, Apple Cider Vinegar: 1 tbsp, Salt: a pinch, Pepper: a pinch, Honey: 1 tsp

**Cooking Time:** 5 minutes

**Steps:** Slice the apple. In a bowl, combine apple slices, kale, and walnuts. Drizzle with olive oil and apple cider vinegar, then season with salt, pepper, and honey. Toss gently.

**Cuisine:** American

**Diet Type:** Vegan

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#### **Recipe ID: 1194**

**Recipe Name:** Cucumber and Avocado Salad

**Ingredients:** Cucumber, Avocado, Tomato, Olive Oil, Lemon Juice, Salt, Pepper

**Quantities (for 1 person):** Cucumber: 1/2 (sliced), Avocado: 1/2 (sliced), Tomato: 1 (diced), Olive Oil: 1 tbsp, Lemon Juice: 1 tbsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 5 minutes

**Steps:** Slice the cucumber, avocado, and tomato. In a bowl, combine cucumber, avocado, and tomato. Drizzle with olive oil and lemon juice, then season with salt and pepper. Toss gently.

**Cuisine:** Mediterranean

**Diet Type:** Vegan

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#### **Recipe ID: 1195**

**Recipe Name:** Spinach and Strawberry Salad

**Ingredients:** Spinach, Strawberries, Almonds, Olive Oil, Balsamic Vinegar, Honey, Salt, Pepper

**Quantities (for 1 person):** Spinach: 1 cup (fresh), Strawberries: 1/2 cup (sliced), Almonds: 1 tbsp (chopped), Olive Oil: 1 tbsp, Balsamic Vinegar: 1 tbsp, Honey: 1 tsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 5 minutes

**Steps:** Slice the strawberries and chop the almonds. In a bowl, combine spinach, strawberries, and almonds. Drizzle with olive oil, balsamic vinegar, and honey, then season with salt and pepper. Toss gently.

**Cuisine:** American

**Diet Type:** Vegan

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**Recipe ID: 1196**

**Recipe Name:** Lentil and Arugula Salad

**Ingredients:** Cooked Lentils, Arugula, Cherry Tomatoes, Olive Oil, Lemon Juice, Salt, Pepper

**Quantities (for 1 person):** Cooked Lentils: 1/4 cup, Arugula: 1 cup, Cherry Tomatoes: 1/2 cup (halved), Olive Oil: 1 tbsp, Lemon Juice: 1 tbsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 5 minutes

**Steps:** Rinse the arugula and halve the cherry tomatoes. In a bowl, combine lentils, arugula, and cherry tomatoes. Drizzle with olive oil and lemon juice, then season with salt and pepper. Toss gently.

**Cuisine:** Mediterranean

**Diet Type:** Vegan

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**Recipe ID: 1197**

**Recipe Name:** Quinoa and Black Bean Salad

**Ingredients:** Quinoa, Black Beans, Corn, Red Bell Pepper, Olive Oil, Lime Juice, Cumin, Salt, Pepper

**Quantities (for 1 person):** Quinoa: 1/4 cup (cooked), Black Beans: 1/4 cup (cooked or canned), Corn: 1/4 cup, Red Bell Pepper: 1/4 (diced), Olive Oil: 1 tbsp, Lime Juice: 1 tbsp, Cumin: 1/4 tsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 10 minutes

**Steps:** Cook quinoa if not already prepared. Dice the red bell pepper. In a bowl, combine quinoa, black beans, corn, and bell pepper. Drizzle with olive oil and lime juice, then season with cumin, salt, and pepper. Toss gently.

**Cuisine:** Mexican

**Diet Type:** Vegan

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**Recipe ID: 1198**

**Recipe Name:** Broccoli and Almond Salad

**Ingredients:** Broccoli, Almonds, Greek Yogurt, Lemon Juice, Honey, Salt, Pepper

**Quantities (for 1 person):** Broccoli: 1/2 cup (chopped and steamed), Almonds: 1 tbsp

(chopped), Greek Yogurt: 2 tbsp, Lemon Juice: 1 tbsp, Honey: 1 tsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 10 minutes

**Steps:** Steam the broccoli for 5-7 minutes until tender. In a bowl, mix Greek yogurt, lemon juice, honey, salt, and pepper to make the dressing. Toss the steamed broccoli with the dressing and sprinkle almonds on top.

**Cuisine:** American

**Diet Type:** Vegetarian

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## **Recipe ID: 1199**

**Recipe Name:** Eggplant and Tomato Salad

**Ingredients:** Eggplant, Cherry Tomatoes, Olive Oil, Garlic, Balsamic Vinegar, Salt, Pepper, Basil Leaves

**Quantities (for 1 person):** Eggplant: 1/2 (sliced and roasted), Cherry Tomatoes: 1/2 cup (halved), Olive Oil: 1 tbsp, Garlic: 1 clove (minced), Balsamic Vinegar: 1 tbsp, Salt: a pinch, Pepper: a pinch, Basil Leaves: a few (chopped)

**Cooking Time:** 15 minutes

**Steps:** Slice the eggplant and roast it at 375°F (190°C) for 10 minutes. Halve the cherry tomatoes. In a bowl, combine roasted eggplant, tomatoes, olive oil, garlic, balsamic vinegar, salt, and pepper. Sprinkle with chopped basil leaves and toss gently.

**Cuisine:** Mediterranean

**Diet Type:** Vegan

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## **Recipe ID: 1200**

**Recipe Name:** Warm Sweet Potato and Spinach Salad

**Ingredients:** Sweet Potato, Spinach, Olive Oil, Walnuts, Feta Cheese, Honey, Lemon Juice, Salt, Pepper

**Quantities (for 1 person):** Sweet Potato: 1 small (cubed), Spinach: 1 cup, Olive Oil: 1 tbsp, Walnuts: 1 tbsp (chopped), Feta Cheese: 1 tbsp (crumbled), Honey: 1 tsp, Lemon Juice: 1 tbsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 15 minutes

**Steps:** Roast the sweet potato cubes at 375°F (190°C) for 12-15 minutes. In a bowl, combine roasted sweet potatoes, spinach, and walnuts. Drizzle with honey and lemon juice, then season with salt and pepper. Top with feta cheese and serve.

**Cuisine:** American

**Diet Type:** Vegetarian

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**Recipe ID: 1201****Recipe Name:** Asian Sesame Cabbage Salad**Ingredients:** Cabbage, Carrot, Green Onion, Sesame Seeds, Soy Sauce, Rice Vinegar, Sesame Oil, Honey**Quantities (for 1 person):** Cabbage: 1 cup (shredded), Carrot: 1 small (shredded), Green Onion: 1 (chopped), Sesame Seeds: 1 tsp, Soy Sauce: 1 tbsp, Rice Vinegar: 1 tbsp, Sesame Oil: 1 tsp, Honey: 1 tsp**Cooking Time:** 5 minutes**Steps:** Shred the cabbage and carrot, and chop the green onion. In a small bowl, mix soy sauce, rice vinegar, sesame oil, and honey. In a salad bowl, combine cabbage, carrot, and green onion. Drizzle with the dressing and sprinkle sesame seeds on top. Toss to combine.**Cuisine:** Asian**Diet Type:** Vegan

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**Recipe ID: 1202****Recipe Name:** Beetroot and Orange Salad**Ingredients:** Beetroot, Orange, Arugula, Olive Oil, Balsamic Vinegar, Salt, Pepper**Quantities (for 1 person):** Beetroot: 1 small (roasted or boiled), Orange: 1/2 (peeled and sliced), Arugula: 1 cup, Olive Oil: 1 tbsp, Balsamic Vinegar: 1 tbsp, Salt: a pinch, Pepper: a pinch**Cooking Time:** 10 minutes**Steps:** Boil or roast the beetroot and let it cool. Peel and slice the orange. In a bowl, combine beetroot, orange, and arugula. Drizzle with olive oil and balsamic vinegar, then season with salt and pepper. Toss gently and serve.**Cuisine:** Mediterranean**Diet Type:** Vegan

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**Recipe ID: 1203****Recipe Name:** Chickpea and Cucumber Salad**Ingredients:** Chickpeas, Cucumber, Red Onion, Olive Oil, Lemon Juice, Parsley, Salt, Pepper**Quantities (for 1 person):** Chickpeas: 1/4 cup (cooked or canned), Cucumber: 1/2 (diced), Red Onion: 1/4 (thinly sliced), Olive Oil: 1 tbsp, Lemon Juice: 1 tbsp, Parsley: 1 tbsp (chopped), Salt: a pinch, Pepper: a pinch**Cooking Time:** 5 minutes**Steps:** Rinse the chickpeas if canned. Dice the cucumber and thinly slice the red onion.

In a bowl, mix chickpeas, cucumber, and onion. Drizzle with olive oil and lemon juice, then season with salt and pepper. Sprinkle parsley on top and toss to combine.

**Cuisine:** Mediterranean

**Diet Type:** Vegan

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#### **Recipe ID: 1204**

**Recipe Name:** Avocado and Mango Salad

**Ingredients:** Avocado, Mango, Spinach, Lime Juice, Olive Oil, Salt, Chili Flakes

**Quantities (for 1 person):** Avocado: 1/2 (sliced), Mango: 1/2 (sliced), Spinach: 1 cup, Lime Juice: 1 tbsp, Olive Oil: 1 tbsp, Salt: a pinch, Chili Flakes: a pinch

**Cooking Time:** 5 minutes

**Steps:** Slice the avocado and mango. In a bowl, place spinach and top with avocado and mango slices. Drizzle with lime juice and olive oil, then sprinkle with salt and chili flakes. Toss gently and serve.

**Cuisine:** Tropical

**Diet Type:** Vegan

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#### **Recipe ID: 1205**

**Recipe Name:** Lentil and Carrot Salad

**Ingredients:** Cooked Lentils, Carrots, Red Bell Pepper, Lemon Juice, Olive Oil, Cumin, Salt, Pepper

**Quantities (for 1 person):** Cooked Lentils: 1/4 cup, Carrots: 1 small (shredded), Red Bell Pepper: 1/4 (diced), Lemon Juice: 1 tbsp, Olive Oil: 1 tbsp, Cumin: 1/4 tsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 5 minutes

**Steps:** Shred the carrot and dice the red bell pepper. In a bowl, mix cooked lentils, carrots, and bell pepper. Drizzle with lemon juice and olive oil, then season with cumin, salt, and pepper. Toss to combine and serve.

**Cuisine:** Middle Eastern

**Diet Type:** Vegan

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#### **Recipe ID: 1206**

**Recipe Name:** Kale and Apple Salad

**Ingredients:** Kale, Apple, Walnuts, Olive Oil, Apple Cider Vinegar, Honey, Salt, Pepper

**Quantities (for 1 person):** Kale: 1 cup (chopped), Apple: 1/2 (sliced), Walnuts: 1 tbsp (chopped), Olive Oil: 1 tbsp, Apple Cider Vinegar: 1 tbsp, Honey: 1 tsp, Salt: a pinch, Pepper: a pinch



**Cooking Time:** 5 minutes

**Steps:** Chop the kale and slice the apple. In a small bowl, mix olive oil, apple cider vinegar, honey, salt, and pepper. In a salad bowl, combine kale, apple slices, and walnuts. Drizzle with the dressing and toss gently.

**Cuisine:** American

**Diet Type:** Vegetarian

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#### **Recipe ID: 1207**

**Recipe Name:** Shrimp and Avocado Salad

**Ingredients:** Cooked Shrimp, Avocado, Romaine Lettuce, Olive Oil, Lemon Juice, Garlic Powder, Salt, Pepper

**Quantities (for 1 person):** Cooked Shrimp: 1/4 cup, Avocado: 1/2 (sliced), Romaine Lettuce: 1 cup, Olive Oil: 1 tbsp, Lemon Juice: 1 tbsp, Garlic Powder: 1/4 tsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 5 minutes

**Steps:** Slice the avocado and rinse the romaine lettuce. In a bowl, combine shrimp, avocado, and lettuce. Drizzle with olive oil and lemon juice. Sprinkle with garlic powder, salt, and pepper. Toss gently and serve.

**Cuisine:** Mediterranean

**Diet Type:** Pescatarian

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#### **Recipe ID: 1208**

**Recipe Name:** Warm Quinoa and Spinach Salad

**Ingredients:** Quinoa, Spinach, Cherry Tomatoes, Olive Oil, Garlic, Lemon Juice, Salt, Pepper

**Quantities (for 1 person):** Quinoa: 1/4 cup (cooked), Spinach: 1 cup, Cherry Tomatoes: 1/2 cup (halved), Olive Oil: 1 tbsp, Garlic: 1 clove (minced), Lemon Juice: 1 tbsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 10 minutes

**Steps:** Cook the quinoa if not already prepared. Heat olive oil in a pan, add minced garlic, and sauté for 1 minute. Add spinach and cherry tomatoes and cook until wilted. Mix with cooked quinoa, drizzle with lemon juice, and season with salt and pepper. Serve warm.

**Cuisine:** Mediterranean

**Diet Type:** Vegan

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#### **Recipe ID: 1209**

**Recipe Name:** Sweet Corn and Avocado Salad

**Ingredients:** Sweet Corn, Avocado, Red Onion, Cilantro, Lime Juice, Olive Oil, Salt, Pepper

**Quantities (for 1 person):** Sweet Corn: 1/4 cup (cooked), Avocado: 1/2 (diced), Red Onion: 1/4 (chopped), Cilantro: 1 tbsp (chopped), Lime Juice: 1 tbsp, Olive Oil: 1 tbsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 5 minutes

**Steps:** Dice the avocado and chop the red onion. In a bowl, combine sweet corn, avocado, onion, and cilantro. Drizzle with lime juice and olive oil, then season with salt and pepper. Toss gently and serve.

**Cuisine:** Mexican

**Diet Type:** Vegan

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#### **Recipe ID: 1210**

**Recipe Name:** Grilled Chicken and Spinach Salad

**Ingredients:** Grilled Chicken Breast, Spinach, Cherry Tomatoes, Cucumber, Olive Oil, Lemon Juice, Salt, Pepper

**Quantities (for 1 person):** Grilled Chicken Breast: 100g (sliced), Spinach: 1 cup, Cherry Tomatoes: 1/2 cup (halved), Cucumber: 1/4 (sliced), Olive Oil: 1 tbsp, Lemon Juice: 1 tbsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 10 minutes (if chicken is pre-grilled)

**Steps:** Slice the grilled chicken breast. In a bowl, combine spinach, cherry tomatoes, and cucumber. Top with chicken slices. Drizzle with olive oil and lemon juice, then season with salt and pepper. Toss gently and serve.

**Cuisine:** American

**Diet Type:** Non-Vegetarian

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#### **Recipe ID: 1211**

**Recipe Name:** Beetroot and Feta Salad

**Ingredients:** Beetroot, Feta Cheese, Arugula, Walnuts, Olive Oil, Balsamic Vinegar, Salt, Pepper

**Quantities (for 1 person):** Beetroot: 1 small (cooked and diced), Feta Cheese: 2 tbsp (crumbled), Arugula: 1 cup, Walnuts: 1 tbsp (chopped), Olive Oil: 1 tbsp, Balsamic Vinegar: 1 tbsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 10 minutes

**Steps:** Dice the cooked beetroot. In a bowl, combine beetroot, arugula, and walnuts. Top with crumbled feta cheese. Drizzle with olive oil and balsamic vinegar, then season with salt and pepper. Toss gently and serve.

**Cuisine:** European

**Diet Type:** Vegetarian

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**Recipe ID: 1212**

**Recipe Name:** Black Bean and Corn Salad

**Ingredients:** Black Beans, Corn, Red Bell Pepper, Red Onion, Cilantro, Lime Juice, Olive Oil, Salt, Cumin

**Quantities (for 1 person):** Black Beans: 1/4 cup (cooked or canned), Corn: 1/4 cup (cooked), Red Bell Pepper: 1/4 (diced), Red Onion: 1/4 (diced), Cilantro: 1 tbsp (chopped), Lime Juice: 1 tbsp, Olive Oil: 1 tbsp, Salt: a pinch, Cumin: 1/4 tsp

**Cooking Time:** 5 minutes

**Steps:** Rinse black beans if canned. Dice the red bell pepper and onion. In a bowl, mix black beans, corn, bell pepper, and onion. Add chopped cilantro. Drizzle with lime juice and olive oil, then season with salt and cumin. Toss to combine.

**Cuisine:** Mexican

**Diet Type:** Vegan

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**Recipe ID: 1213**

**Recipe Name:** Caprese Salad

**Ingredients:** Fresh Mozzarella, Tomato, Basil Leaves, Olive Oil, Balsamic Glaze, Salt, Pepper

**Quantities (for 1 person):** Fresh Mozzarella: 50g (sliced), Tomato: 1 (sliced), Basil Leaves: 5-6, Olive Oil: 1 tbsp, Balsamic Glaze: 1 tsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 5 minutes

**Steps:** Slice the mozzarella and tomato. Arrange them on a plate, alternating slices. Add basil leaves in between. Drizzle with olive oil and balsamic glaze, then season with salt and pepper. Serve immediately.

**Cuisine:** Italian

**Diet Type:** Vegetarian

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**Recipe ID: 1214**

**Recipe Name:** Egg and Avocado Salad

**Ingredients:** Boiled Egg, Avocado, Lettuce, Lemon Juice, Olive Oil, Salt, Pepper

**Quantities (for 1 person):** Boiled Egg: 1 (sliced), Avocado: 1/2 (sliced), Lettuce: 1 cup, Lemon Juice: 1 tbsp, Olive Oil: 1 tbsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 5 minutes (if egg is pre-boiled)

**Steps:** Slice the boiled egg and avocado. In a bowl, combine lettuce, egg slices, and

avocado. Drizzle with lemon juice and olive oil, then season with salt and pepper. Toss gently and serve.

**Cuisine:** American

**Diet Type:** Vegetarian

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#### **Recipe ID: 1215**

**Recipe Name:** Tuna and White Bean Salad

**Ingredients:** Canned Tuna, White Beans, Red Onion, Parsley, Olive Oil, Lemon Juice, Salt, Pepper

**Quantities (for 1 person):** Canned Tuna: 1/4 cup (drained), White Beans: 1/4 cup (cooked or canned), Red Onion: 1/4 (diced), Parsley: 1 tbsp (chopped), Olive Oil: 1 tbsp, Lemon Juice: 1 tbsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 5 minutes

**Steps:** Drain the tuna and rinse white beans if canned. Dice the red onion. In a bowl, combine tuna, white beans, onion, and parsley. Drizzle with olive oil and lemon juice, then season with salt and pepper. Toss gently and serve.

**Cuisine:** Mediterranean

**Diet Type:** Pescatarian

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#### **Recipe ID: 1216**

**Recipe Name:** Orzo and Cucumber Salad

**Ingredients:** Cooked Orzo, Cucumber, Cherry Tomatoes, Feta Cheese, Dill, Olive Oil, Lemon Juice, Salt, Pepper

**Quantities (for 1 person):** Cooked Orzo: 1/4 cup, Cucumber: 1/2 (diced), Cherry Tomatoes: 1/2 cup (halved), Feta Cheese: 2 tbsp (crumbled), Dill: 1 tbsp (chopped), Olive Oil: 1 tbsp, Lemon Juice: 1 tbsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 5 minutes (if orzo is pre-cooked)

**Steps:** Cook the orzo if not already prepared. Dice the cucumber and halve the cherry tomatoes. In a bowl, combine cooked orzo, cucumber, and tomatoes. Top with feta and dill. Drizzle with olive oil and lemon juice, then season with salt and pepper. Toss gently and serve.

**Cuisine:** Mediterranean

**Diet Type:** Vegetarian

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#### **Recipe ID: 1217**

**Recipe Name:** Chickpea and Spinach Salad

**Ingredients:** Chickpeas, Fresh Spinach, Red Onion, Cherry Tomatoes, Olive Oil, Lemon

Juice, Cumin, Salt, Pepper

**Quantities (for 1 person):** Chickpeas: 1/4 cup (cooked or canned), Fresh Spinach: 1 cup, Red Onion: 1/4 (thinly sliced), Cherry Tomatoes: 1/2 cup (halved), Olive Oil: 1 tbsp, Lemon Juice: 1 tbsp, Cumin: 1/4 tsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 5 minutes

**Steps:** Rinse the chickpeas if canned. Thinly slice the red onion and halve the cherry tomatoes. In a bowl, combine spinach, chickpeas, onion, and tomatoes. Drizzle with olive oil and lemon juice, sprinkle with cumin, and season with salt and pepper. Toss to mix and serve.

**Cuisine:** Mediterranean

**Diet Type:** Vegan

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## **Recipe ID: 1218**

**Recipe Name:** Lentil and Carrot Salad

**Ingredients:** Cooked Lentils, Carrot, Parsley, Olive Oil, Lemon Juice, Dijon Mustard, Salt, Pepper

**Quantities (for 1 person):** Cooked Lentils: 1/4 cup, Carrot: 1 (grated), Parsley: 1 tbsp (chopped), Olive Oil: 1 tbsp, Lemon Juice: 1 tbsp, Dijon Mustard: 1/2 tsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 5 minutes

**Steps:** Grate the carrot. In a bowl, mix lentils, grated carrot, and parsley. In a small bowl, whisk olive oil, lemon juice, and Dijon mustard to create a dressing. Drizzle over the salad, season with salt and pepper, and toss to combine. Serve immediately.

**Cuisine:** French

**Diet Type:** Vegan

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## **Recipe ID: 1219**

**Recipe Name:** Shrimp and Avocado Salad

**Ingredients:** Cooked Shrimp, Avocado, Lettuce, Cucumber, Olive Oil, Lime Juice, Salt, Pepper

**Quantities (for 1 person):** Cooked Shrimp: 100g, Avocado: 1/2 (sliced), Lettuce: 1 cup, Cucumber: 1/4 (sliced), Olive Oil: 1 tbsp, Lime Juice: 1 tbsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 5 minutes

**Steps:** Slice the avocado and cucumber. In a bowl, combine shrimp, lettuce, avocado, and cucumber. Drizzle with olive oil and lime juice, then season with salt and pepper. Toss gently and serve.

**Cuisine:** Seafood

**Diet Type:** Pescatarian

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**Recipe ID: 1220**

**Recipe Name:** Kale and Apple Salad

**Ingredients:** Kale, Apple, Walnuts, Dried Cranberries, Olive Oil, Lemon Juice, Honey, Salt, Pepper

**Quantities (for 1 person):** Kale: 1 cup (chopped), Apple: 1/2 (thinly sliced), Walnuts: 1 tbsp (chopped), Dried Cranberries: 1 tbsp, Olive Oil: 1 tbsp, Lemon Juice: 1 tbsp, Honey: 1 tsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 5 minutes

**Steps:** Massage the chopped kale with a small amount of olive oil to soften. Thinly slice the apple. In a bowl, combine kale, apple, walnuts, and dried cranberries. Drizzle with a mix of olive oil, lemon juice, and honey. Season with salt and pepper, toss, and serve.

**Cuisine:** American

**Diet Type:** Vegetarian

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**Recipe ID: 1221**

**Recipe Name:** Greek Couscous Salad

**Ingredients:** Couscous, Cucumber, Cherry Tomatoes, Feta Cheese, Kalamata Olives, Parsley, Olive Oil, Lemon Juice, Salt, Oregano

**Quantities (for 1 person):** Couscous: 1/4 cup (cooked), Cucumber: 1/4 (diced), Cherry Tomatoes: 1/2 cup (halved), Feta Cheese: 2 tbsp (crumbled), Kalamata Olives: 2 tbsp (sliced), Parsley: 1 tbsp (chopped), Olive Oil: 1 tbsp, Lemon Juice: 1 tbsp, Salt: a pinch, Oregano: 1/4 tsp

**Cooking Time:** 5 minutes (if couscous is pre-cooked)

**Steps:** Prepare couscous as directed on the package. Dice cucumber and halve cherry tomatoes. In a bowl, combine couscous, cucumber, tomatoes, feta cheese, olives, and parsley. Drizzle with olive oil and lemon juice, then sprinkle with salt and oregano. Toss and serve.

**Cuisine:** Greek

**Diet Type:** Vegetarian

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**Recipe ID: 1222**

**Recipe Name:** Spicy Chickpea and Cucumber Salad

**Ingredients:** Chickpeas, Cucumber, Red Chili Flakes, Cilantro, Olive Oil, Lemon Juice, Garlic Powder, Salt, Pepper

**Quantities (for 1 person):** Chickpeas: 1/4 cup (cooked or canned), Cucumber: 1/4 (diced), Red Chili Flakes: 1/4 tsp, Cilantro: 1 tbsp (chopped), Olive Oil: 1 tbsp, Lemon Juice: 1 tbsp, Garlic Powder: 1/4 tsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 5 minutes

**Steps:** Dice the cucumber. In a bowl, mix chickpeas, cucumber, and cilantro. Drizzle with olive oil and lemon juice. Add garlic powder, red chili flakes, salt, and pepper. Toss well and serve chilled.

**Cuisine:** Fusion

**Diet Type:** Vegan

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### **Recipe ID: 1223**

**Recipe Name:** Quinoa and Avocado Salad

**Ingredients:** Cooked Quinoa, Avocado, Cherry Tomatoes, Spinach, Lemon Juice, Olive Oil, Salt, Pepper

**Quantities (for 1 person):** Cooked Quinoa: 1/4 cup, Avocado: 1/2 (sliced), Cherry Tomatoes: 1/2 cup (halved), Spinach: 1 cup, Lemon Juice: 1 tbsp, Olive Oil: 1 tbsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 5 minutes (if quinoa is pre-cooked)

**Steps:** Prepare the quinoa if not already cooked. Slice the avocado and halve the cherry tomatoes. In a bowl, mix quinoa, spinach, tomatoes, and avocado. Drizzle with lemon juice and olive oil, then season with salt and pepper. Toss gently and serve.

**Cuisine:** Healthy

**Diet Type:** Vegan

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### **Recipe ID: 1224**

**Recipe Name:** Asian Sesame Chicken Salad

**Ingredients:** Grilled Chicken Breast, Napa Cabbage, Carrot, Green Onion, Sesame Seeds, Soy Sauce, Sesame Oil, Rice Vinegar, Honey, Ginger

**Quantities (for 1 person):** Grilled Chicken Breast: 100g (sliced), Napa Cabbage: 1 cup (shredded), Carrot: 1/2 (grated), Green Onion: 1 tbsp (chopped), Sesame Seeds: 1 tsp, Soy Sauce: 1 tbsp, Sesame Oil: 1 tsp, Rice Vinegar: 1 tsp, Honey: 1/2 tsp, Ginger: 1/4 tsp (grated)

**Cooking Time:** 10 minutes

**Steps:** Grill the chicken breast if not pre-cooked and slice into thin strips. Shred the napa cabbage and grate the carrot. In a bowl, mix the chicken, cabbage, carrot, and green onion. In a small bowl, whisk together soy sauce, sesame oil, rice vinegar, honey, and grated ginger to create a dressing. Drizzle over the salad, sprinkle with sesame seeds, toss well, and serve.

**Cuisine:** Asian

**Diet Type:** Non-Vegetarian

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**Recipe ID: 1225**

**Recipe Name:** Caprese Salad

**Ingredients:** Fresh Mozzarella, Tomato, Fresh Basil, Olive Oil, Balsamic Glaze, Salt, Black Pepper

**Quantities (for 1 person):** Fresh Mozzarella: 50g (sliced), Tomato: 1 (sliced), Fresh Basil: 4–5 leaves, Olive Oil: 1 tbsp, Balsamic Glaze: 1 tsp, Salt: a pinch, Black Pepper: a pinch

**Cooking Time:** 5 minutes

**Steps:** Slice the mozzarella and tomato. Alternate layers of tomato and mozzarella on a plate, adding a basil leaf between each layer. Drizzle with olive oil and balsamic glaze. Sprinkle with salt and pepper. Serve fresh.

**Cuisine:** Italian

**Diet Type:** Vegetarian

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**Recipe ID: 1226**

**Recipe Name:** Roasted Vegetable Salad

**Ingredients:** Zucchini, Bell Pepper, Eggplant, Olive Oil, Garlic Powder, Spinach, Balsamic Vinegar, Salt, Pepper

**Quantities (for 1 person):** Zucchini: 1/2 (sliced), Bell Pepper: 1/2 (sliced), Eggplant: 1/4 (cubed), Olive Oil: 1 tbsp, Garlic Powder: 1/4 tsp, Spinach: 1 cup, Balsamic Vinegar: 1 tbsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 15 minutes

**Steps:** Preheat the oven to 200°C (400°F). Toss zucchini, bell pepper, and eggplant with olive oil, garlic powder, salt, and pepper. Spread on a baking sheet and roast for 12–15 minutes. Let cool slightly. In a bowl, combine roasted vegetables with fresh spinach. Drizzle with balsamic vinegar, toss, and serve.

**Cuisine:** Mediterranean

**Diet Type:** Vegan

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**Recipe ID: 1227**

**Recipe Name:** Black Bean and Corn Salad

**Ingredients:** Black Beans, Corn, Red Bell Pepper, Cilantro, Lime Juice, Olive Oil, Cumin, Salt, Pepper

**Quantities (for 1 person):** Black Beans: 1/4 cup (cooked or canned), Corn: 1/4 cup, Red



Bell Pepper: 1/4 (diced), Cilantro: 1 tbsp (chopped), Lime Juice: 1 tbsp, Olive Oil: 1 tbsp, Cumin: 1/4 tsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 5 minutes

**Steps:** Rinse the black beans if canned. Dice the red bell pepper. In a bowl, combine black beans, corn, bell pepper, and cilantro. Drizzle with lime juice and olive oil. Sprinkle with cumin, salt, and pepper. Toss well and serve chilled.

**Cuisine:** Mexican

**Diet Type:** Vegan

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#### **Recipe ID: 1228**

**Recipe Name:** Turkey and Cranberry Salad

**Ingredients:** Cooked Turkey Breast, Arugula, Dried Cranberries, Walnuts, Olive Oil, Balsamic Vinegar, Dijon Mustard, Salt, Pepper

**Quantities (for 1 person):** Cooked Turkey Breast: 100g (sliced), Arugula: 1 cup, Dried Cranberries: 1 tbsp, Walnuts: 1 tbsp, Olive Oil: 1 tbsp, Balsamic Vinegar: 1 tbsp, Dijon Mustard: 1/2 tsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 5 minutes

**Steps:** Slice the cooked turkey breast. In a bowl, mix arugula, cranberries, and walnuts. Add the turkey slices on top. Whisk together olive oil, balsamic vinegar, and Dijon mustard to make a dressing. Drizzle over the salad, season with salt and pepper, and serve.

**Cuisine:** American

**Diet Type:** Non-Vegetarian

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#### **Recipe ID: 1229**

**Recipe Name:** Beet and Goat Cheese Salad

**Ingredients:** Roasted Beets, Goat Cheese, Mixed Greens, Walnuts, Olive Oil, Apple Cider Vinegar, Honey, Salt, Pepper

**Quantities (for 1 person):** Roasted Beets: 1 small (sliced), Goat Cheese: 2 tbsp (crumbled), Mixed Greens: 1 cup, Walnuts: 1 tbsp, Olive Oil: 1 tbsp, Apple Cider Vinegar: 1 tbsp, Honey: 1 tsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 5 minutes (if beets are pre-roasted)

**Steps:** Slice the roasted beets. In a bowl, combine mixed greens, beets, and walnuts. Crumble goat cheese on top. Whisk together olive oil, apple cider vinegar, and honey to make a dressing. Drizzle over the salad, season with salt and pepper, and serve.

**Cuisine:** Healthy

**Diet Type:** Vegetarian

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**Recipe ID: 1230**

**Recipe Name:** Avocado and Quinoa Power Salad

**Ingredients:** Cooked Quinoa, Avocado, Kale, Cherry Tomatoes, Pumpkin Seeds, Olive Oil, Lemon Juice, Garlic Powder, Salt, Pepper

**Quantities (for 1 person):** Cooked Quinoa: 1/4 cup, Avocado: 1/2 (sliced), Kale: 1 cup (chopped), Cherry Tomatoes: 1/4 cup (halved), Pumpkin Seeds: 1 tbsp, Olive Oil: 1 tbsp, Lemon Juice: 1 tbsp, Garlic Powder: 1/4 tsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 5 minutes (if quinoa is pre-cooked)

**Steps:** Massage the kale with a small amount of olive oil to soften. Slice the avocado and halve the cherry tomatoes. In a bowl, combine quinoa, kale, tomatoes, and avocado. Sprinkle with pumpkin seeds. Drizzle with olive oil and lemon juice, then add garlic powder, salt, and pepper. Toss and serve.

**Cuisine:** Healthy

**Diet Type:** Vegan

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**Recipe ID: 1231**

**Recipe Name:** Greek Orzo Salad

**Ingredients:** Cooked Orzo, Cucumber, Cherry Tomatoes, Red Onion, Kalamata Olives, Feta Cheese, Olive Oil, Lemon Juice, Dried Oregano, Salt, Pepper

**Quantities (for 1 person):** Cooked Orzo: 1/4 cup, Cucumber: 1/4 (diced), Cherry Tomatoes: 1/4 cup (halved), Red Onion: 1 tbsp (finely chopped), Kalamata Olives: 5 (sliced), Feta Cheese: 2 tbsp (crumbled), Olive Oil: 1 tbsp, Lemon Juice: 1 tbsp, Dried Oregano: 1/4 tsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 10 minutes

**Steps:** Cook orzo according to package instructions and let it cool. Dice cucumber, halve the cherry tomatoes, and finely chop the red onion. In a bowl, mix cooked orzo, cucumber, tomatoes, red onion, and olives. Add crumbled feta on top. Drizzle with olive oil and lemon juice, then sprinkle with oregano, salt, and pepper. Toss gently and serve chilled.

**Cuisine:** Greek

**Diet Type:** Vegetarian

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**Recipe ID: 1232**

**Recipe Name:** Spinach and Strawberry Salad

**Ingredients:** Fresh Spinach, Strawberries, Sliced Almonds, Goat Cheese, Olive Oil, Balsamic Vinegar, Honey, Salt, Pepper

**Quantities (for 1 person):** Fresh Spinach: 1 cup, Strawberries: 1/4 cup (sliced), Sliced Almonds: 1 tbsp, Goat Cheese: 2 tbsp (crumbled), Olive Oil: 1 tbsp, Balsamic Vinegar: 1 tbsp, Honey: 1 tsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 5 minutes

**Steps:** Wash and slice strawberries. In a bowl, mix fresh spinach with sliced strawberries and almonds. Crumble goat cheese on top. In a small bowl, whisk together olive oil, balsamic vinegar, and honey to make a dressing. Drizzle over the salad, sprinkle with salt and pepper, and serve.

**Cuisine:** Healthy

**Diet Type:** Vegetarian

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### **Recipe ID: 1233**

**Recipe Name:** Lentil and Veggie Salad

**Ingredients:** Cooked Lentils, Cucumber, Bell Pepper, Red Onion, Parsley, Olive Oil, Lemon Juice, Cumin, Salt, Pepper

**Quantities (for 1 person):** Cooked Lentils: 1/4 cup, Cucumber: 1/4 (diced), Bell Pepper: 1/4 (diced), Red Onion: 1 tbsp (chopped), Parsley: 1 tbsp (chopped), Olive Oil: 1 tbsp, Lemon Juice: 1 tbsp, Cumin: 1/4 tsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 10 minutes

**Steps:** Cook lentils if not pre-cooked. Dice cucumber, bell pepper, and red onion. Chop parsley. In a bowl, mix lentils with the vegetables and parsley. Drizzle with olive oil and lemon juice. Sprinkle with cumin, salt, and pepper. Toss well and serve.

**Cuisine:** Middle Eastern

**Diet Type:** Vegan

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### **Recipe ID: 1234**

**Recipe Name:** Asian Slaw Salad

**Ingredients:** Shredded Cabbage, Shredded Carrot, Green Onion, Cilantro, Soy Sauce, Sesame Oil, Rice Vinegar, Honey, Sesame Seeds

**Quantities (for 1 person):** Shredded Cabbage: 1 cup, Shredded Carrot: 1/4 cup, Green Onion: 1 tbsp (chopped), Cilantro: 1 tbsp (chopped), Soy Sauce: 1 tbsp, Sesame Oil: 1 tsp, Rice Vinegar: 1 tsp, Honey: 1/2 tsp, Sesame Seeds: 1 tsp

**Cooking Time:** 5 minutes

**Steps:** Shred cabbage and carrot. Chop green onion and cilantro. In a small bowl, whisk together soy sauce, sesame oil, rice vinegar, and honey to make a dressing. In a large bowl, toss the cabbage, carrot, green onion, and cilantro with the dressing. Sprinkle with sesame seeds and serve.

**Cuisine:** Asian

**Diet Type:** Vegan

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**Recipe ID: 1235**

**Recipe Name:** Avocado and Shrimp Salad

**Ingredients:** Cooked Shrimp, Avocado, Romaine Lettuce, Cherry Tomatoes, Olive Oil, Lemon Juice, Garlic Powder, Salt, Pepper

**Quantities (for 1 person):** Cooked Shrimp: 100g, Avocado: 1/2 (sliced), Romaine Lettuce: 1 cup (chopped), Cherry Tomatoes: 1/4 cup (halved), Olive Oil: 1 tbsp, Lemon Juice: 1 tbsp, Garlic Powder: 1/4 tsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 5 minutes

**Steps:** Chop romaine lettuce and halve cherry tomatoes. Slice avocado. In a bowl, mix shrimp, lettuce, tomatoes, and avocado. Drizzle with olive oil and lemon juice. Sprinkle with garlic powder, salt, and pepper. Toss gently and serve.

**Cuisine:** Healthy

**Diet Type:** Non-Vegetarian

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**Recipe ID: 1236**

**Recipe Name:** Chickpea Salad

**Ingredients:** Canned Chickpeas, Cucumber, Cherry Tomatoes, Red Onion, Parsley, Olive Oil, Lemon Juice, Paprika, Salt, Pepper

**Quantities (for 1 person):** Canned Chickpeas: 1/4 cup (rinsed), Cucumber: 1/4 (diced), Cherry Tomatoes: 1/4 cup (halved), Red Onion: 1 tbsp (chopped), Parsley: 1 tbsp (chopped), Olive Oil: 1 tbsp, Lemon Juice: 1 tbsp, Paprika: 1/4 tsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 5 minutes

**Steps:** Dice cucumber and halve cherry tomatoes. Chop red onion and parsley. In a bowl, combine chickpeas, cucumber, tomatoes, onion, and parsley. Drizzle with olive oil and lemon juice. Sprinkle with paprika, salt, and pepper. Toss well and serve.

**Cuisine:** Middle Eastern

**Diet Type:** Vegan

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**Recipe ID: 1237**

**Recipe Name:** Warm Sweet Potato and Spinach Salad

**Ingredients:** Sweet Potato, Spinach, Feta Cheese, Pumpkin Seeds, Olive Oil, Balsamic Vinegar, Honey, Salt, Pepper

**Quantities (for 1 person):** Sweet Potato: 1 small (cubed), Spinach: 1 cup, Feta Cheese:

2 tbsp (crumbled), Pumpkin Seeds: 1 tbsp, Olive Oil: 1 tbsp, Balsamic Vinegar: 1 tbsp, Honey: 1 tsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 15 minutes

**Steps:** Roast cubed sweet potato with a drizzle of olive oil, salt, and pepper in an oven at 200°C (400°F) for 12–15 minutes. Let cool slightly. In a bowl, mix spinach, roasted sweet potato, and pumpkin seeds. Crumble feta cheese on top. Drizzle with balsamic vinegar and honey. Toss and serve.

**Cuisine:** Healthy

**Diet Type:** Vegetarian

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## **Recipe ID: 1238**

**Recipe Name:** Quinoa and Black Bean Salad

**Ingredients:** Cooked Quinoa, Black Beans, Corn, Red Bell Pepper, Cilantro, Lime Juice, Olive Oil, Cumin, Salt, Pepper

**Quantities (for 1 person):** Cooked Quinoa: 1/4 cup, Black Beans: 1/4 cup (rinsed), Corn: 1/4 cup, Red Bell Pepper: 1/4 (diced), Cilantro: 1 tbsp (chopped), Lime Juice: 1 tbsp, Olive Oil: 1 tbsp, Cumin: 1/4 tsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 10 minutes

**Steps:** Cook quinoa and let it cool. Rinse black beans and drain corn. Dice red bell pepper and chop cilantro. In a bowl, mix quinoa, black beans, corn, bell pepper, and cilantro. Drizzle with lime juice and olive oil. Sprinkle with cumin, salt, and pepper. Toss well and serve.

**Cuisine:** Mexican

**Diet Type:** Vegan

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## **Recipe ID: 1239**

**Recipe Name:** Caprese Salad

**Ingredients:** Fresh Mozzarella, Cherry Tomatoes, Fresh Basil, Olive Oil, Balsamic Glaze, Salt, Pepper

**Quantities (for 1 person):** Fresh Mozzarella: 1/4 cup (sliced), Cherry Tomatoes: 1/4 cup (halved), Fresh Basil: 4–5 leaves, Olive Oil: 1 tbsp, Balsamic Glaze: 1 tbsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 5 minutes

**Steps:** Slice fresh mozzarella and halve cherry tomatoes. Arrange them alternately on a plate with fresh basil leaves. Drizzle with olive oil and balsamic glaze. Sprinkle with salt and pepper. Serve fresh.

**Cuisine:** Italian

**Diet Type:** Vegetarian

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**Recipe ID: 1240**

**Recipe Name:** Grilled Chicken Caesar Salad

**Ingredients:** Grilled Chicken Breast, Romaine Lettuce, Parmesan Cheese, Croutons, Caesar Dressing

**Quantities (for 1 person):** Grilled Chicken Breast: 100g (sliced), Romaine Lettuce: 1 cup (chopped), Parmesan Cheese: 2 tbsp (shaved), Croutons: 1/4 cup, Caesar Dressing: 2 tbsp

**Cooking Time:** 15 minutes (grilling chicken)

**Steps:** Grill chicken breast until fully cooked, then slice it. Chop romaine lettuce and shave Parmesan cheese. In a bowl, mix lettuce with Caesar dressing. Top with grilled chicken slices, Parmesan shavings, and croutons. Serve immediately.

**Cuisine:** Western

**Diet Type:** Non-Vegetarian

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**Recipe ID: 1241**

**Recipe Name:** Beetroot and Goat Cheese Salad

**Ingredients:** Cooked Beetroot, Arugula, Goat Cheese, Walnuts, Olive Oil, Balsamic Vinegar, Honey, Salt, Pepper

**Quantities (for 1 person):** Cooked Beetroot: 1 small (sliced), Arugula: 1 cup, Goat Cheese: 2 tbsp (crumbled), Walnuts: 1 tbsp (toasted), Olive Oil: 1 tbsp, Balsamic Vinegar: 1 tbsp, Honey: 1 tsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 10 minutes

**Steps:** Cook beetroot if not pre-cooked and slice it thinly. In a bowl, mix arugula, beetroot slices, and toasted walnuts. Crumble goat cheese on top. Drizzle with olive oil, balsamic vinegar, and honey. Sprinkle with salt and pepper, then serve.

**Cuisine:** Healthy

**Diet Type:** Vegetarian

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**Recipe ID: 1242**

**Recipe Name:** Warm Kale and Mushroom Salad

**Ingredients:** Kale, Mushrooms, Garlic, Olive Oil, Lemon Juice, Parmesan Cheese, Salt, Pepper

**Quantities (for 1 person):** Kale: 1 cup (chopped), Mushrooms: 1/4 cup (sliced), Garlic: 1 clove (minced), Olive Oil: 1 tbsp, Lemon Juice: 1 tbsp, Parmesan Cheese: 2 tbsp (shaved), Salt: a pinch, Pepper: a pinch

**Cooking Time:** 10 minutes

**Steps:** Heat olive oil in a pan and sauté minced garlic until fragrant. Add sliced mushrooms and cook until soft. Toss in chopped kale and cook for 2–3 minutes until wilted. Remove from heat and transfer to a bowl. Drizzle with lemon juice and sprinkle Parmesan shavings, salt, and pepper. Serve warm.

**Cuisine:** Healthy

**Diet Type:** Vegetarian

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### **Recipe ID: 1243**

**Recipe Name:** Thai Peanut Salad

**Ingredients:** Shredded Cabbage, Carrot, Red Bell Pepper, Green Onion, Cilantro, Peanut Butter, Soy Sauce, Lime Juice, Honey, Crushed Peanuts

**Quantities (for 1 person):** Shredded Cabbage: 1 cup, Shredded Carrot: 1/4 cup, Red Bell Pepper: 1/4 (sliced), Green Onion: 1 tbsp (chopped), Cilantro: 1 tbsp (chopped), Peanut Butter: 1 tbsp, Soy Sauce: 1 tbsp, Lime Juice: 1 tbsp, Honey: 1 tsp, Crushed Peanuts: 1 tbsp

**Cooking Time:** 10 minutes

**Steps:** Shred cabbage and carrot, slice bell pepper, and chop green onion and cilantro. In a small bowl, whisk together peanut butter, soy sauce, lime juice, and honey to make a dressing. Toss the vegetables in a bowl with the dressing. Top with crushed peanuts and serve.

**Cuisine:** Thai

**Diet Type:** Vegan

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### **Recipe ID: 1244**

**Recipe Name:** Watermelon and Feta Salad

**Ingredients:** Watermelon, Feta Cheese, Fresh Mint, Olive Oil, Lemon Juice, Salt, Pepper

**Quantities (for 1 person):** Watermelon: 1 cup (cubed), Feta Cheese: 2 tbsp (crumbled), Fresh Mint: 4–5 leaves (chopped), Olive Oil: 1 tbsp, Lemon Juice: 1 tbsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 5 minutes

**Steps:** Cube watermelon and crumble feta cheese. Chop fresh mint. In a bowl, combine watermelon, feta, and mint. Drizzle with olive oil and lemon juice. Sprinkle with salt and pepper. Toss gently and serve chilled.

**Cuisine:** Mediterranean

**Diet Type:** Vegetarian

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**Recipe ID: 1245****Recipe Name:** Lentil and Spinach Salad**Ingredients:** Cooked Lentils, Fresh Spinach, Cherry Tomatoes, Red Onion, Feta Cheese, Olive Oil, Red Wine Vinegar, Dijon Mustard, Salt, Pepper**Quantities (for 1 person):** Cooked Lentils: 1/4 cup, Fresh Spinach: 1 cup, Cherry Tomatoes: 1/4 cup (halved), Red Onion: 1 tbsp (sliced), Feta Cheese: 2 tbsp (crumbled), Olive Oil: 1 tbsp, Red Wine Vinegar: 1 tbsp, Dijon Mustard: 1/2 tsp, Salt: a pinch, Pepper: a pinch**Cooking Time:** 10 minutes**Steps:** Cook lentils if not pre-cooked. In a small bowl, whisk olive oil, red wine vinegar, Dijon mustard, salt, and pepper to make a dressing. In a salad bowl, combine spinach, cherry tomatoes, sliced red onion, and lentils. Drizzle the dressing over the salad and top with crumbled feta cheese. Serve fresh.**Cuisine:** Mediterranean**Diet Type:** Vegetarian

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**Recipe ID: 1246****Recipe Name:** Greek Salad**Ingredients:** Cucumber, Cherry Tomatoes, Red Onion, Kalamata Olives, Feta Cheese, Olive Oil, Red Wine Vinegar, Dried Oregano, Salt, Pepper**Quantities (for 1 person):** Cucumber: 1/4 cup (diced), Cherry Tomatoes: 1/4 cup (halved), Red Onion: 1 tbsp (sliced), Kalamata Olives: 1 tbsp, Feta Cheese: 2 tbsp (crumbled), Olive Oil: 1 tbsp, Red Wine Vinegar: 1 tbsp, Dried Oregano: 1/4 tsp, Salt: a pinch, Pepper: a pinch**Cooking Time:** 5 minutes**Steps:** Dice cucumber and halve cherry tomatoes. Slice red onion thinly. Combine cucumber, tomatoes, red onion, and olives in a bowl. Crumble feta cheese on top. Drizzle with olive oil and red wine vinegar, then sprinkle with dried oregano, salt, and pepper. Toss gently and serve.**Cuisine:** Greek**Diet Type:** Vegetarian

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**Recipe ID: 1247****Recipe Name:** Asian Noodle Salad**Ingredients:** Cooked Rice Noodles, Shredded Carrot, Red Bell Pepper, Green Onion, Cilantro, Soy Sauce, Sesame Oil, Lime Juice, Crushed Peanuts**Quantities (for 1 person):** Cooked Rice Noodles: 1/2 cup, Shredded Carrot: 1/4 cup,



Red Bell Pepper: 1/4 (sliced), Green Onion: 1 tbsp (chopped), Cilantro: 1 tbsp (chopped), Soy Sauce: 1 tbsp, Sesame Oil: 1 tsp, Lime Juice: 1 tbsp, Crushed Peanuts: 1 tbsp

**Cooking Time:** 10 minutes

**Steps:** Cook rice noodles and rinse under cold water. Shred carrot and slice red bell pepper. In a small bowl, whisk soy sauce, sesame oil, and lime juice to make a dressing. Toss noodles, vegetables, and dressing together. Top with crushed peanuts and serve.

**Cuisine:** Asian

**Diet Type:** Vegan

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## **Recipe ID: 1248**

**Recipe Name:** Roasted Sweet Potato and Chickpea Salad

**Ingredients:** Sweet Potato, Chickpeas, Arugula, Tahini, Lemon Juice, Olive Oil, Garlic Powder, Paprika, Salt, Pepper

**Quantities (for 1 person):** Sweet Potato: 1 small (cubed), Chickpeas: 1/4 cup, Arugula: 1 cup, Tahini: 1 tbsp, Lemon Juice: 1 tbsp, Olive Oil: 1 tbsp, Garlic Powder: 1/4 tsp, Paprika: 1/4 tsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 20 minutes

**Steps:** Preheat oven to 200°C (400°F). Toss sweet potato cubes and chickpeas with olive oil, garlic powder, paprika, salt, and pepper. Roast for 15–20 minutes until tender. In a bowl, combine roasted sweet potato, chickpeas, and arugula. Drizzle with tahini and lemon juice. Toss gently and serve warm or cold.

**Cuisine:** Middle Eastern

**Diet Type:** Vegan

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## **Recipe ID: 1249**

**Recipe Name:** Avocado and Shrimp Salad

**Ingredients:** Cooked Shrimp, Avocado, Mixed Greens, Cherry Tomatoes, Lemon Juice, Olive Oil, Salt, Pepper

**Quantities (for 1 person):** Cooked Shrimp: 1/4 cup, Avocado: 1/4 (sliced), Mixed Greens: 1 cup, Cherry Tomatoes: 1/4 cup (halved), Lemon Juice: 1 tbsp, Olive Oil: 1 tbsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 10 minutes

**Steps:** Cook shrimp if not pre-cooked. Slice avocado and halve cherry tomatoes. In a bowl, arrange mixed greens, avocado slices, shrimp, and tomatoes. Drizzle with olive oil and lemon juice. Sprinkle with salt and pepper. Toss gently and serve fresh.

**Cuisine:** Seafood

**Diet Type:** Non-Vegetarian

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**Recipe ID: 1250**

**Recipe Name:** Spinach and Strawberry Salad

**Ingredients:** Fresh Spinach, Strawberries, Feta Cheese, Sliced Almonds, Balsamic Vinaigrette

**Quantities (for 1 person):** Fresh Spinach: 1 cup, Strawberries: 1/4 cup (sliced), Feta Cheese: 2 tbsp (crumbled), Sliced Almonds: 1 tbsp (toasted), Balsamic Vinaigrette: 2 tbsp

**Cooking Time:** 5 minutes

**Steps:** Slice strawberries and crumble feta cheese. Toast sliced almonds lightly. In a bowl, mix spinach, strawberries, and almonds. Drizzle with balsamic vinaigrette and toss gently. Serve fresh.

**Cuisine:** American

**Diet Type:** Vegetarian

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**Recipe ID: 1245**

**Recipe Name:** Lentil and Spinach Salad

**Ingredients:** Cooked Lentils, Fresh Spinach, Cherry Tomatoes, Red Onion, Feta Cheese, Olive Oil, Red Wine Vinegar, Dijon Mustard, Salt, Pepper

**Quantities (for 1 person):** Cooked Lentils: 1/4 cup, Fresh Spinach: 1 cup, Cherry Tomatoes: 1/4 cup (halved), Red Onion: 1 tbsp (sliced), Feta Cheese: 2 tbsp (crumbled), Olive Oil: 1 tbsp, Red Wine Vinegar: 1 tbsp, Dijon Mustard: 1/2 tsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 10 minutes

**Steps:** Cook lentils if not pre-cooked. In a small bowl, whisk olive oil, red wine vinegar, Dijon mustard, salt, and pepper to make a dressing. In a salad bowl, combine spinach, cherry tomatoes, sliced red onion, and lentils. Drizzle the dressing over the salad and top with crumbled feta cheese. Serve fresh.

**Cuisine:** Mediterranean

**Diet Type:** Vegetarian

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**Recipe ID: 1246**

**Recipe Name:** Greek Salad

**Ingredients:** Cucumber, Cherry Tomatoes, Red Onion, Kalamata Olives, Feta Cheese, Olive Oil, Red Wine Vinegar, Dried Oregano, Salt, Pepper

**Quantities (for 1 person):** Cucumber: 1/4 cup (diced), Cherry Tomatoes: 1/4 cup (halved), Red Onion: 1 tbsp (sliced), Kalamata Olives: 1 tbsp, Feta Cheese: 2 tbsp

(crumbled), Olive Oil: 1 tbsp, Red Wine Vinegar: 1 tbsp, Dried Oregano: 1/4 tsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 5 minutes

**Steps:** Dice cucumber and halve cherry tomatoes. Slice red onion thinly. Combine cucumber, tomatoes, red onion, and olives in a bowl. Crumble feta cheese on top. Drizzle with olive oil and red wine vinegar, then sprinkle with dried oregano, salt, and pepper. Toss gently and serve.

**Cuisine:** Greek

**Diet Type:** Vegetarian

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## Recipe ID: 1247

**Recipe Name:** Asian Noodle Salad

**Ingredients:** Cooked Rice Noodles, Shredded Carrot, Red Bell Pepper, Green Onion, Cilantro, Soy Sauce, Sesame Oil, Lime Juice, Crushed Peanuts

**Quantities (for 1 person):** Cooked Rice Noodles: 1/2 cup, Shredded Carrot: 1/4 cup, Red Bell Pepper: 1/4 (sliced), Green Onion: 1 tbsp (chopped), Cilantro: 1 tbsp (chopped), Soy Sauce: 1 tbsp, Sesame Oil: 1 tsp, Lime Juice: 1 tbsp, Crushed Peanuts: 1 tbsp

**Cooking Time:** 10 minutes

**Steps:** Cook rice noodles and rinse under cold water. Shred carrot and slice red bell pepper. In a small bowl, whisk soy sauce, sesame oil, and lime juice to make a dressing. Toss noodles, vegetables, and dressing together. Top with crushed peanuts and serve.

**Cuisine:** Asian

**Diet Type:** Vegan

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## Recipe ID: 1248

**Recipe Name:** Roasted Sweet Potato and Chickpea Salad

**Ingredients:** Sweet Potato, Chickpeas, Arugula, Tahini, Lemon Juice, Olive Oil, Garlic Powder, Paprika, Salt, Pepper

**Quantities (for 1 person):** Sweet Potato: 1 small (cubed), Chickpeas: 1/4 cup, Arugula: 1 cup, Tahini: 1 tbsp, Lemon Juice: 1 tbsp, Olive Oil: 1 tbsp, Garlic Powder: 1/4 tsp, Paprika: 1/4 tsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 20 minutes

**Steps:** Preheat oven to 200°C (400°F). Toss sweet potato cubes and chickpeas with olive oil, garlic powder, paprika, salt, and pepper. Roast for 15–20 minutes until tender. In a bowl, combine roasted sweet potato, chickpeas, and arugula. Drizzle with tahini and lemon juice. Toss gently and serve warm or cold.

**Cuisine:** Middle Eastern

**Diet Type:** Vegan

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**Recipe ID: 1249**

**Recipe Name:** Avocado and Shrimp Salad

**Ingredients:** Cooked Shrimp, Avocado, Mixed Greens, Cherry Tomatoes, Lemon Juice, Olive Oil, Salt, Pepper

**Quantities (for 1 person):** Cooked Shrimp: 1/4 cup, Avocado: 1/4 (sliced), Mixed Greens: 1 cup, Cherry Tomatoes: 1/4 cup (halved), Lemon Juice: 1 tbsp, Olive Oil: 1 tbsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 10 minutes

**Steps:** Cook shrimp if not pre-cooked. Slice avocado and halve cherry tomatoes. In a bowl, arrange mixed greens, avocado slices, shrimp, and tomatoes. Drizzle with olive oil and lemon juice. Sprinkle with salt and pepper. Toss gently and serve fresh.

**Cuisine:** Seafood

**Diet Type:** Non-Vegetarian

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**Recipe ID: 1250**

**Recipe Name:** Spinach and Strawberry Salad

**Ingredients:** Fresh Spinach, Strawberries, Feta Cheese, Sliced Almonds, Balsamic Vinaigrette

**Quantities (for 1 person):** Fresh Spinach: 1 cup, Strawberries: 1/4 cup (sliced), Feta Cheese: 2 tbsp (crumbled), Sliced Almonds: 1 tbsp (toasted), Balsamic Vinaigrette: 2 tbsp

**Cooking Time:** 5 minutes

**Steps:** Slice strawberries and crumble feta cheese. Toast sliced almonds lightly. In a bowl, mix spinach, strawberries, and almonds. Drizzle with balsamic vinaigrette and toss gently. Serve fresh.

**Cuisine:** American

**Diet Type:** Vegetarian

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**Recipe ID: 1251**

**Recipe Name:** Quinoa and Black Bean Salad

**Ingredients:** Cooked Quinoa, Black Beans, Corn, Cherry Tomatoes, Cilantro, Lime Juice, Olive Oil, Ground Cumin, Salt, Pepper

**Quantities (for 1 person):** Cooked Quinoa: 1/4 cup, Black Beans: 1/4 cup (rinsed), Corn: 2 tbsp, Cherry Tomatoes: 1/4 cup (halved), Cilantro: 1 tbsp (chopped), Lime Juice:

1 tbsp, Olive Oil: 1 tbsp, Ground Cumin: 1/4 tsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 10 minutes

**Steps:** Cook quinoa if not pre-cooked. In a large bowl, combine quinoa, black beans, corn, cherry tomatoes, and cilantro. Whisk lime juice, olive oil, cumin, salt, and pepper in a small bowl to make a dressing. Drizzle over the salad and toss gently. Serve chilled or at room temperature.

**Cuisine:** Southwestern

**Diet Type:** Vegan

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#### **Recipe ID: 1252**

**Recipe Name:** Cucumber and Dill Yogurt Salad

**Ingredients:** Cucumber, Greek Yogurt, Fresh Dill, Garlic, Lemon Juice, Olive Oil, Salt, Pepper

**Quantities (for 1 person):** Cucumber: 1/2 (sliced thin), Greek Yogurt: 2 tbsp, Fresh Dill: 1 tbsp (chopped), Garlic: 1 clove (minced), Lemon Juice: 1 tbsp, Olive Oil: 1 tsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 5 minutes

**Steps:** Thinly slice cucumber. In a small bowl, mix Greek yogurt, dill, minced garlic, lemon juice, olive oil, salt, and pepper. Add cucumber slices and gently mix until evenly coated. Chill for a few minutes before serving.

**Cuisine:** Mediterranean

**Diet Type:** Vegetarian

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#### **Recipe ID: 1253**

**Recipe Name:** Caprese Salad

**Ingredients:** Fresh Mozzarella, Tomato, Fresh Basil, Balsamic Glaze, Olive Oil, Salt, Pepper

**Quantities (for 1 person):** Fresh Mozzarella: 1/4 cup (sliced), Tomato: 1 medium (sliced), Fresh Basil: 5 leaves, Balsamic Glaze: 1 tbsp, Olive Oil: 1 tbsp, Salt: a pinch, Pepper: a pinch

**Cooking Time:** 5 minutes

**Steps:** Slice mozzarella and tomato. Alternate slices of tomato and mozzarella on a plate. Place fresh basil leaves between slices. Drizzle with balsamic glaze and olive oil. Sprinkle with salt and pepper before serving.

**Cuisine:** Italian

**Diet Type:** Vegetarian

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**Recipe ID: 1254****Recipe Name:** Broccoli and Bacon Salad**Ingredients:** Broccoli Florets, Cooked Bacon, Red Onion, Sunflower Seeds, Mayonnaise, Apple Cider Vinegar, Honey, Salt, Pepper**Quantities (for 1 person):** Broccoli Florets: 1/2 cup, Cooked Bacon: 1 slice (crumbled), Red Onion: 1 tbsp (diced), Sunflower Seeds: 1 tbsp, Mayonnaise: 1 tbsp, Apple Cider Vinegar: 1 tsp, Honey: 1 tsp, Salt: a pinch, Pepper: a pinch**Cooking Time:** 10 minutes**Steps:** Blanch broccoli florets in boiling water for 1 minute, then cool in ice water. In a bowl, combine broccoli, crumbled bacon, red onion, and sunflower seeds. Mix mayonnaise, apple cider vinegar, honey, salt, and pepper in a separate bowl for the dressing. Pour dressing over the salad and toss gently. Serve chilled.**Cuisine:** American**Diet Type:** Non-Vegetarian

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**Recipe ID: 1255****Recipe Name:** Sweet and Sour Carrot Salad**Ingredients:** Shredded Carrots, Raisins, Orange Juice, Honey, Olive Oil, Ground Cinnamon, Salt**Quantities (for 1 person):** Shredded Carrots: 1/2 cup, Raisins: 1 tbsp, Orange Juice: 2 tbsp, Honey: 1 tsp, Olive Oil: 1 tsp, Ground Cinnamon: a pinch, Salt: a pinch**Cooking Time:** 5 minutes**Steps:** Shred carrots and place in a bowl. Add raisins. In a small bowl, whisk orange juice, honey, olive oil, cinnamon, and salt. Pour the dressing over the carrots and raisins. Mix well and serve immediately or chill before serving.**Cuisine:** Middle Eastern**Diet Type:** Vegetarian

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**Recipe ID: 1256****Recipe Name:** Lentil and Pomegranate Salad**Ingredients:** Cooked Lentils, Pomegranate Seeds, Parsley, Green Onion, Lemon Juice, Olive Oil, Ground Cumin, Salt, Pepper**Quantities (for 1 person):** Cooked Lentils: 1/4 cup, Pomegranate Seeds: 2 tbsp, Parsley: 1 tbsp (chopped), Green Onion: 1 tbsp (chopped), Lemon Juice: 1 tbsp, Olive Oil: 1 tbsp, Ground Cumin: 1/4 tsp, Salt: a pinch, Pepper: a pinch**Cooking Time:** 10 minutes**Steps:** Cook lentils if not pre-cooked. In a salad bowl, combine lentils, pomegranate

seeds, parsley, and green onion. Whisk lemon juice, olive oil, cumin, salt, and pepper in a small bowl to make a dressing. Drizzle over the salad and toss gently. Serve at room temperature or chilled.

**Cuisine:** Middle Eastern

**Diet Type:** Vegan

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**Recipe ID: 1257**

**Recipe Name:** Thai Mango Salad

**Ingredients:** Ripe Mango, Red Bell Pepper, Cucumber, Carrot, Fresh Mint, Peanuts, Lime Juice, Fish Sauce, Honey, Chili Flakes

**Quantities (for 1 person):** Ripe Mango: 1/2 (sliced), Red Bell Pepper: 1/4 cup (sliced), Cucumber: 1/4 cup (sliced), Carrot: 1/4 cup (shredded), Fresh Mint: 1 tbsp (chopped), Peanuts: 1 tbsp (crushed), Lime Juice: 1 tbsp, Fish Sauce: 1/2 tsp, Honey: 1 tsp, Chili Flakes: a pinch

**Cooking Time:** 10 minutes

**Steps:** Slice mango, red bell pepper, cucumber, and shred carrot. In a bowl, mix lime juice, fish sauce, honey, and chili flakes to make a dressing. Combine mango, vegetables, and mint in a bowl. Drizzle the dressing over and sprinkle with crushed peanuts. Toss gently and serve fresh.

**Cuisine:** Thai

**Diet Type:** Non-Vegetarian

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