

Recipe ID: 1258**Recipe Name:** Veggie Wrap**Ingredients:** Whole Wheat Tortilla, Lettuce, Cucumber, Tomato, Red Bell Pepper, Hummus**Quantities (for 1 person):** Whole Wheat Tortilla: 1, Lettuce: 1 leaf, Cucumber: 1/4 (sliced), Tomato: 1/4 (sliced), Red Bell Pepper: 1/4 (sliced), Hummus: 2 tbsp**Cooking Time:** 5 minutes**Steps:** Lay the tortilla flat, spread hummus, and top with the sliced veggies. Roll up and enjoy!**Cuisine:** Mediterranean**Diet Type:** Vegan

Recipe ID: 1259**Recipe Name:** Fruit Salad**Ingredients:** Mixed Fruits (Apple, Banana, Orange, Grapes), Lime Juice**Quantities (for 1 person):** Apple: 1/2 (diced), Banana: 1/2 (sliced), Orange: 1/2 (peeled and sliced), Grapes: 1/4 cup, Lime Juice: 1 tsp**Cooking Time:** 5 minutes**Steps:** Chop the fruits and mix in a bowl. Drizzle with lime juice and toss gently.**Cuisine:** International**Diet Type:** Vegan

Recipe ID: 1260**Recipe Name:** Cucumber and Feta Salad**Ingredients:** Cucumber, Feta Cheese, Olive Oil, Lemon Juice, Salt, Pepper**Quantities (for 1 person):** Cucumber: 1 (sliced), Feta Cheese: 2 tbsp (crumbled), Olive Oil: 1 tbsp, Lemon Juice: 1 tsp, Salt: a pinch, Pepper: a pinch**Cooking Time:** 5 minutes**Steps:** Mix cucumber, feta cheese, olive oil, and lemon juice. Season with salt and pepper, then toss well.**Cuisine:** Greek**Diet Type:** Vegetarian

Recipe ID: 1261**Recipe Name:** Spicy Popcorn**Ingredients:** Popcorn Kernels, Olive Oil, Paprika, Chili Powder, Salt

Quantities (for 1 person): Popcorn Kernels: 1/4 cup, Olive Oil: 1 tbsp, Paprika: 1/4 tsp, Chili Powder: 1/4 tsp, Salt: a pinch

Cooking Time: 10 minutes

Steps: Heat olive oil in a pot and pop the kernels. Once popped, sprinkle paprika, chili powder, and salt. Toss to coat evenly.

Cuisine: American

Diet Type: Vegan

Recipe ID: 1262

Recipe Name: Rice Cake with Almond Butter

Ingredients: Rice Cake, Almond Butter, Banana, Chia Seeds

Quantities (for 1 person): Rice Cake: 1, Almond Butter: 1 tbsp, Banana: 1/2 (sliced), Chia Seeds: 1 tsp

Cooking Time: 2 minutes

Steps: Spread almond butter on the rice cake. Top with banana slices and sprinkle with chia seeds.

Cuisine: American

Diet Type: Vegetarian

Recipe ID: 1263

Recipe Name: Baked Sweet Potato Fries

Ingredients: Sweet Potato, Olive Oil, Salt, Pepper, Paprika

Quantities (for 1 person): Sweet Potato: 1, Olive Oil: 1 tbsp, Salt: a pinch, Pepper: a pinch, Paprika: 1/4 tsp

Cooking Time: 20 minutes

Steps: Preheat oven to 400°F (200°C). Cut sweet potato into fries, toss with olive oil, salt, pepper, and paprika. Bake for 20 minutes.

Cuisine: American

Diet Type: Vegan

Recipe ID: 1264

Recipe Name: Cucumber and Avocado Bites

Ingredients: Cucumber, Avocado, Lemon Juice, Salt, Pepper

Quantities (for 1 person): Cucumber: 1 (sliced), Avocado: 1/2 (sliced), Lemon Juice: 1 tsp, Salt: a pinch, Pepper: a pinch

Cooking Time: 5 minutes

Steps: Slice cucumber and avocado. Arrange the slices on a plate, drizzle with lemon

juice, and season with salt and pepper.

Cuisine: International

Diet Type: Vegan

Recipe ID: 1265

Recipe Name: Tomato and Basil Bruschetta

Ingredients: Tomato, Fresh Basil, Olive Oil, Baguette, Garlic, Salt, Pepper

Quantities (for 1 person): Tomato: 1 (diced), Fresh Basil: 2 leaves (chopped), Olive Oil: 1 tbsp, Baguette: 2 slices, Garlic: 1 clove (minced), Salt: a pinch, Pepper: a pinch

Cooking Time: 10 minutes

Steps: Toast baguette slices, rub with garlic. Top with diced tomato, basil, olive oil, salt, and pepper.

Cuisine: Italian

Diet Type: Vegetarian

Recipe ID: 1266

Recipe Name: Roasted Chickpeas

Ingredients: Canned Chickpeas, Olive Oil, Cumin, Paprika, Salt

Quantities (for 1 person): Canned Chickpeas: 1/2 cup, Olive Oil: 1 tbsp, Cumin: 1/4 tsp, Paprika: 1/4 tsp, Salt: a pinch

Cooking Time: 15 minutes

Steps: Preheat oven to 400°F (200°C). Toss chickpeas with olive oil, cumin, paprika, and salt. Roast for 15 minutes, shaking halfway through.

Cuisine: Middle Eastern

Diet Type: Vegan

Recipe ID: 1267

Recipe Name: Mozzarella and Tomato Skewers

Ingredients: Cherry Tomatoes, Fresh Mozzarella Balls, Basil, Balsamic Vinegar

Quantities (for 1 person): Cherry Tomatoes: 5, Fresh Mozzarella Balls: 5, Basil: 2 leaves, Balsamic Vinegar: 1 tsp

Cooking Time: 5 minutes

Steps: Thread tomatoes, mozzarella, and basil onto skewers. Drizzle with balsamic vinegar and serve.

Cuisine: Italian

Diet Type: Vegetarian

Recipe ID: 1268

Recipe Name: Guacamole with Chips

Ingredients: Avocado, Lime Juice, Tomato, Onion, Salt, Tortilla Chips

Quantities (for 1 person): Avocado: 1/2 (mashed), Lime Juice: 1 tbsp, Tomato: 1/4 (diced), Onion: 1 tbsp (finely chopped), Salt: a pinch, Tortilla Chips: 1 cup

Cooking Time: 5 minutes

Steps: Mash avocado and mix with lime juice, tomato, onion, and salt. Serve with tortilla chips.

Cuisine: Mexican

Diet Type: Vegan

Recipe ID: 1269

Recipe Name: Hummus and Veggie Sticks

Ingredients: Carrot, Cucumber, Celery, Hummus

Quantities (for 1 person): Carrot: 1 (cut into sticks), Cucumber: 1/2 (cut into sticks), Celery: 1 stalk (cut into sticks), Hummus: 3 tbsp

Cooking Time: 5 minutes

Steps: Cut the veggies into sticks. Serve with a side of hummus for dipping.

Cuisine: Middle Eastern

Diet Type: Vegan

Recipe ID: 1270

Recipe Name: Spicy Roasted Almonds

Ingredients: Raw Almonds, Olive Oil, Chili Powder, Garlic Powder, Salt

Quantities (for 1 person): Raw Almonds: 1/4 cup, Olive Oil: 1 tsp, Chili Powder: 1/4 tsp, Garlic Powder: 1/4 tsp, Salt: a pinch

Cooking Time: 10 minutes

Steps: Preheat the oven to 350°F (175°C). Toss the almonds with olive oil, chili powder, garlic powder, and salt. Roast for 10 minutes.

Cuisine: American

Diet Type: Vegan

Recipe ID: 1271

Recipe Name: Veggie Quesadilla

Ingredients: Whole Wheat Tortilla, Bell Pepper, Onion, Zucchini, Cheese, Olive Oil

Quantities (for 1 person): Whole Wheat Tortilla: 1, Bell Pepper: 1/2 (sliced), Onion: 1/4 (sliced), Zucchini: 1/2 (sliced), Cheese: 1/4 cup (grated), Olive Oil: 1 tsp

Cooking Time: 8 minutes

Steps: Heat olive oil in a pan and sauté the bell pepper, onion, and zucchini until soft. Place the veggies and cheese on a tortilla, fold in half, and cook in the pan until crispy and golden.

Cuisine: Mexican

Diet Type: Vegetarian

Recipe ID: 1272

Recipe Name: Veggie Nachos

Ingredients: Tortilla Chips, Black Beans, Corn, Salsa, Jalapeños, Cheese

Quantities (for 1 person): Tortilla Chips: 1 cup, Black Beans: 1/4 cup, Corn: 1/4 cup, Salsa: 2 tbsp, Jalapeños: 2 slices, Cheese: 1/4 cup (grated)

Cooking Time: 10 minutes

Steps: Arrange tortilla chips on a baking sheet. Top with black beans, corn, salsa, and cheese. Bake in the oven at 350°F (175°C) for 5 minutes.

Cuisine: Mexican

Diet Type: Vegetarian

Recipe ID: 1273

Recipe Name: Mini Caprese Skewers

Ingredients: Cherry Tomatoes, Fresh Mozzarella, Basil, Olive Oil, Balsamic Vinegar

Quantities (for 1 person): Cherry Tomatoes: 5, Fresh Mozzarella: 5 balls, Fresh Basil: 3 leaves, Olive Oil: 1 tsp, Balsamic Vinegar: 1 tsp

Cooking Time: 5 minutes

Steps: Thread cherry tomatoes, mozzarella, and basil onto small skewers. Drizzle with olive oil and balsamic vinegar.

Cuisine: Italian

Diet Type: Vegetarian

Recipe ID: 1274

Recipe Name: Sweet Potato Wedges

Ingredients: Sweet Potato, Olive Oil, Salt, Pepper, Paprika

Quantities (for 1 person): Sweet Potato: 1 (cut into wedges), Olive Oil: 1 tbsp, Salt: a pinch, Pepper: a pinch, Paprika: 1/2 tsp

Cooking Time: 20 minutes

Steps: Preheat oven to 400°F (200°C). Toss sweet potato wedges in olive oil, salt, pepper, and paprika. Bake for 20 minutes or until crispy.

Cuisine: American

Diet Type: Vegan

Recipe ID: 1275

Recipe Name: Guacamole Toast

Ingredients: Avocado, Lime Juice, Salt, Pepper, Whole Wheat Bread

Quantities (for 1 person): Avocado: 1/2 (mashed), Lime Juice: 1 tsp, Salt: a pinch, Pepper: a pinch, Whole Wheat Bread: 2 slices

Cooking Time: 5 minutes

Steps: Toast the bread, then spread mashed avocado on top. Drizzle with lime juice, and season with salt and pepper.

Cuisine: Mexican

Diet Type: Vegan

Recipe ID: 1276

Recipe Name: Crispy Tofu Bites

Ingredients: Firm Tofu, Olive Oil, Soy Sauce, Garlic Powder, Salt, Pepper

Quantities (for 1 person): Firm Tofu: 1/2 block, Olive Oil: 1 tbsp, Soy Sauce: 1 tbsp, Garlic Powder: 1/4 tsp, Salt: a pinch, Pepper: a pinch

Cooking Time: 15 minutes

Steps: Cube the tofu and toss with olive oil, soy sauce, garlic powder, salt, and pepper. Bake at 400°F (200°C) for 15 minutes or until crispy.

Cuisine: Asian

Diet Type: Vegan

Recipe ID: 1277

Recipe Name: Chia Pudding

Ingredients: Chia Seeds, Almond Milk, Maple Syrup, Vanilla Extract

Quantities (for 1 person): Chia Seeds: 2 tbsp, Almond Milk: 1/2 cup, Maple Syrup: 1 tbsp, Vanilla Extract: 1/4 tsp

Cooking Time: 5 minutes (plus 2 hours chilling time)

Steps: Mix chia seeds, almond milk, maple syrup, and vanilla extract in a jar. Let sit in the fridge for 2 hours or overnight.

Cuisine: International

Diet Type: Vegan

Recipe ID: 1278

Recipe Name: Baked Zucchini Fries

Ingredients: Zucchini, Olive Oil, Bread Crumbs, Parmesan, Garlic Powder, Salt

Quantities (for 1 person): Zucchini: 1 (cut into fries), Olive Oil: 1 tbsp, Bread Crumbs: 1/4 cup, Parmesan: 2 tbsp (grated), Garlic Powder: 1/4 tsp, Salt: a pinch

Cooking Time: 15 minutes

Steps: Preheat the oven to 400°F (200°C). Coat zucchini fries with olive oil, then roll in breadcrumbs, parmesan, garlic powder, and salt. Bake for 15 minutes.

Cuisine: American

Diet Type: Vegetarian

Recipe ID: 1279

Recipe Name: Apple Cinnamon Chips

Ingredients: Apple, Cinnamon, Honey

Quantities (for 1 person): Apple: 1 (sliced thinly), Cinnamon: 1/2 tsp, Honey: 1 tsp

Cooking Time: 20 minutes

Steps: Preheat the oven to 350°F (175°C). Slice the apple thinly, sprinkle with cinnamon, and drizzle with honey. Bake for 20 minutes until crispy.

Cuisine: American

Diet Type: Vegan

Recipe ID: 1280

Recipe Name: Cucumber and Cream Cheese Bites

Ingredients: Cucumber, Cream Cheese, Dill, Lemon Zest

Quantities (for 1 person): Cucumber: 1 (sliced), Cream Cheese: 2 tbsp, Dill: 1 tsp, Lemon Zest: 1/2 tsp

Cooking Time: 5 minutes

Steps: Slice cucumber into rounds. Spread cream cheese on each slice, then top with dill and lemon zest.

Cuisine: Mediterranean

Diet Type: Vegetarian

Recipe ID: 1281

Recipe Name: Avocado and Tomato Salad

Ingredients: Avocado, Cherry Tomatoes, Red Onion, Olive Oil, Lemon Juice

Quantities (for 1 person): Avocado: 1/2 (cubed), Cherry Tomatoes: 5 (halved), Red Onion: 1/4 (sliced), Olive Oil: 1 tbsp, Lemon Juice: 1 tsp

Cooking Time: 5 minutes

Steps: Combine all ingredients in a bowl, toss gently, and season with salt and pepper to taste.

Cuisine: Mediterranean

Diet Type: Vegan

Recipe ID: 1282

Recipe Name: Roasted Chickpeas

Ingredients: Canned Chickpeas, Olive Oil, Paprika, Garlic Powder, Salt

Quantities (for 1 person): Canned Chickpeas: 1/2 can, Olive Oil: 1 tbsp, Paprika: 1/4 tsp, Garlic Powder: 1/4 tsp, Salt: a pinch

Cooking Time: 20 minutes

Steps: Preheat oven to 400°F (200°C). Drain and dry the chickpeas. Toss with olive oil, paprika, garlic powder, and salt. Roast for 20 minutes.

Cuisine: Middle Eastern

Diet Type: Vegan

Recipe ID: 1283

Recipe Name: Stuffed Bell Peppers

Ingredients: Bell Pepper, Hummus, Cherry Tomatoes, Olives

Quantities (for 1 person): Bell Pepper: 1 (cut in half and seeded), Hummus: 2 tbsp, Cherry Tomatoes: 4 (chopped), Olives: 3 (sliced)

Cooking Time: 10 minutes

Steps: Stuff the bell pepper halves with hummus. Top with chopped tomatoes and olives.

Cuisine: Mediterranean

Diet Type: Vegan

Recipe ID: 1284

Recipe Name: Cheese and Veggie Skewers

Ingredients: Cheese, Cherry Tomatoes, Cucumber, Olive Oil

Quantities (for 1 person): Cheese: 2 oz (cubed), Cherry Tomatoes: 5, Cucumber: 1/4 (sliced), Olive Oil: 1 tsp

Cooking Time: 5 minutes

Steps: Skewer the cheese, tomatoes, and cucumber. Drizzle with olive oil and serve.

Cuisine: Mediterranean

Diet Type: Vegetarian

Recipe ID: 1285

Recipe Name: Baked Sweet Potato Chips

Ingredients: Sweet Potato, Olive Oil, Salt, Paprika

Quantities (for 1 person): Sweet Potato: 1 (sliced thinly), Olive Oil: 1 tbsp, Salt: a pinch, Paprika: 1/2 tsp

Cooking Time: 20 minutes

Steps: Preheat the oven to 375°F (190°C). Toss sweet potato slices with olive oil, salt, and paprika. Bake for 20 minutes until crispy.

Cuisine: American

Diet Type: Vegan

Recipe ID: 1286

Recipe Name: Apple and Almond Butter Bites

Ingredients: Apple, Almond Butter, Cinnamon

Quantities (for 1 person): Apple: 1 (sliced), Almond Butter: 1 tbsp, Cinnamon: 1/4 tsp

Cooking Time: 5 minutes

Steps: Slice apple and drizzle with almond butter. Sprinkle with cinnamon and enjoy.

Cuisine: American

Diet Type: Vegan

Recipe ID: 1287

Recipe Name: Carrot and Cucumber Sticks with Tahini Dip

Ingredients: Carrot, Cucumber, Tahini, Lemon Juice, Garlic Powder

Quantities (for 1 person): Carrot: 1 (cut into sticks), Cucumber: 1/2 (cut into sticks), Tahini: 2 tbsp, Lemon Juice: 1 tsp, Garlic Powder: 1/4 tsp

Cooking Time: 5 minutes

Steps: Slice the carrot and cucumber into sticks. Mix tahini, lemon juice, and garlic powder to make the dip. Serve with veggie sticks.

Cuisine: Middle Eastern

Diet Type: Vegan

Recipe ID: 1288

Recipe Name: Mini Veggie Tacos

Ingredients: Small Tortillas, Avocado, Salsa, Lettuce, Red Onion

Quantities (for 1 person): Small Tortillas: 2, Avocado: 1/4 (sliced), Salsa: 2 tbsp, Lettuce: 2 leaves (shredded), Red Onion: 1/4 (sliced)

Cooking Time: 5 minutes

Steps: Warm the tortillas, then fill them with avocado, salsa, lettuce, and red onion.

Cuisine: Mexican

Diet Type: Vegan

Recipe ID: 1289

Recipe Name: Mango Salsa

Ingredients: Mango, Red Onion, Jalapeño, Cilantro, Lime Juice

Quantities (for 1 person): Mango: 1/2 (diced), Red Onion: 1/4 (diced), Jalapeño: 1 (finely chopped), Cilantro: 1 tbsp (chopped), Lime Juice: 1 tbsp

Cooking Time: 5 minutes

Steps: Mix diced mango, red onion, jalapeño, cilantro, and lime juice in a bowl.

Cuisine: Mexican

Diet Type: Vegan

Recipe ID: 1280

Recipe Name: Cucumber and Cream Cheese Bites

Ingredients: Cucumber, Cream Cheese, Dill, Lemon Zest

Quantities (for 1 person): Cucumber: 1 (sliced), Cream Cheese: 2 tbsp, Dill: 1 tsp, Lemon Zest: 1/2 tsp

Cooking Time: 5 minutes

Steps: Slice cucumber into rounds. Spread cream cheese on each slice, then top with dill and lemon zest.

Cuisine: Mediterranean

Diet Type: Vegetarian

Recipe ID: 1281

Recipe Name: Avocado and Tomato Salad

Ingredients: Avocado, Cherry Tomatoes, Red Onion, Olive Oil, Lemon Juice

Quantities (for 1 person): Avocado: 1/2 (cubed), Cherry Tomatoes: 5 (halved), Red Onion: 1/4 (sliced), Olive Oil: 1 tbsp, Lemon Juice: 1 tsp

Cooking Time: 5 minutes

Steps: Combine all ingredients in a bowl, toss gently, and season with salt and pepper

to taste.

Cuisine: Mediterranean

Diet Type: Vegan

Recipe ID: 1282

Recipe Name: Roasted Chickpeas

Ingredients: Canned Chickpeas, Olive Oil, Paprika, Garlic Powder, Salt

Quantities (for 1 person): Canned Chickpeas: 1/2 can, Olive Oil: 1 tbsp, Paprika: 1/4 tsp, Garlic Powder: 1/4 tsp, Salt: a pinch

Cooking Time: 20 minutes

Steps: Preheat oven to 400°F (200°C). Drain and dry the chickpeas. Toss with olive oil, paprika, garlic powder, and salt. Roast for 20 minutes.

Cuisine: Middle Eastern

Diet Type: Vegan

Recipe ID: 1283

Recipe Name: Stuffed Bell Peppers

Ingredients: Bell Pepper, Hummus, Cherry Tomatoes, Olives

Quantities (for 1 person): Bell Pepper: 1 (cut in half and seeded), Hummus: 2 tbsp, Cherry Tomatoes: 4 (chopped), Olives: 3 (sliced)

Cooking Time: 10 minutes

Steps: Stuff the bell pepper halves with hummus. Top with chopped tomatoes and olives.

Cuisine: Mediterranean

Diet Type: Vegan

Recipe ID: 1284

Recipe Name: Cheese and Veggie Skewers

Ingredients: Cheese, Cherry Tomatoes, Cucumber, Olive Oil

Quantities (for 1 person): Cheese: 2 oz (cubed), Cherry Tomatoes: 5, Cucumber: 1/4 (sliced), Olive Oil: 1 tsp

Cooking Time: 5 minutes

Steps: Skewer the cheese, tomatoes, and cucumber. Drizzle with olive oil and serve.

Cuisine: Mediterranean

Diet Type: Vegetarian

Recipe ID: 1285**Recipe Name:** Baked Sweet Potato Chips**Ingredients:** Sweet Potato, Olive Oil, Salt, Paprika**Quantities (for 1 person):** Sweet Potato: 1 (sliced thinly), Olive Oil: 1 tbsp, Salt: a pinch, Paprika: 1/2 tsp**Cooking Time:** 20 minutes**Steps:** Preheat the oven to 375°F (190°C). Toss sweet potato slices with olive oil, salt, and paprika. Bake for 20 minutes until crispy.**Cuisine:** American**Diet Type:** Vegan

Recipe ID: 1286**Recipe Name:** Apple and Almond Butter Bites**Ingredients:** Apple, Almond Butter, Cinnamon**Quantities (for 1 person):** Apple: 1 (sliced), Almond Butter: 1 tbsp, Cinnamon: 1/4 tsp**Cooking Time:** 5 minutes**Steps:** Slice apple and drizzle with almond butter. Sprinkle with cinnamon and enjoy.**Cuisine:** American**Diet Type:** Vegan

Recipe ID: 1287**Recipe Name:** Carrot and Cucumber Sticks with Tahini Dip**Ingredients:** Carrot, Cucumber, Tahini, Lemon Juice, Garlic Powder**Quantities (for 1 person):** Carrot: 1 (cut into sticks), Cucumber: 1/2 (cut into sticks), Tahini: 2 tbsp, Lemon Juice: 1 tsp, Garlic Powder: 1/4 tsp**Cooking Time:** 5 minutes**Steps:** Slice the carrot and cucumber into sticks. Mix tahini, lemon juice, and garlic powder to make the dip. Serve with veggie sticks.**Cuisine:** Middle Eastern**Diet Type:** Vegan

Recipe ID: 1288**Recipe Name:** Mini Veggie Tacos**Ingredients:** Small Tortillas, Avocado, Salsa, Lettuce, Red Onion**Quantities (for 1 person):** Small Tortillas: 2, Avocado: 1/4 (sliced), Salsa: 2 tbsp, Lettuce: 2 leaves (shredded), Red Onion: 1/4 (sliced)

Cooking Time: 5 minutes

Steps: Warm the tortillas, then fill them with avocado, salsa, lettuce, and red onion.

Cuisine: Mexican

Diet Type: Vegan

Recipe ID: 1289

Recipe Name: Mango Salsa

Ingredients: Mango, Red Onion, Jalapeño, Cilantro, Lime Juice

Quantities (for 1 person): Mango: 1/2 (diced), Red Onion: 1/4 (diced), Jalapeño: 1 (finely chopped), Cilantro: 1 tbsp (chopped), Lime Juice: 1 tbsp

Cooking Time: 5 minutes

Steps: Mix diced mango, red onion, jalapeño, cilantro, and lime juice in a bowl.

Cuisine: Mexican

Diet Type: Vegan

Recipe ID: 1290

Recipe Name: Zucchini Fries

Ingredients: Zucchini, Olive Oil, Parmesan Cheese, Garlic Powder, Salt

Quantities (for 1 person): Zucchini: 1 (cut into sticks), Olive Oil: 1 tbsp, Parmesan Cheese: 2 tbsp, Garlic Powder: 1/4 tsp, Salt: a pinch

Cooking Time: 15 minutes

Steps: Preheat the oven to 400°F (200°C). Toss zucchini sticks with olive oil, Parmesan, garlic powder, and salt. Bake for 15 minutes until crispy.

Cuisine: American

Diet Type: Vegetarian

Recipe ID: 1291

Recipe Name: Greek Yogurt and Berry Parfait

Ingredients: Greek Yogurt, Mixed Berries, Honey, Granola

Quantities (for 1 person): Greek Yogurt: 1/2 cup, Mixed Berries: 1/4 cup, Honey: 1 tsp, Granola: 2 tbsp

Cooking Time: 5 minutes

Steps: Layer Greek yogurt, mixed berries, and granola in a glass. Drizzle with honey on top.

Cuisine: Greek

Diet Type: Vegetarian

Recipe ID: 1292

Recipe Name: Roasted Almonds with Sea Salt

Ingredients: Almonds, Olive Oil, Sea Salt

Quantities (for 1 person): Almonds: 1/4 cup, Olive Oil: 1 tsp, Sea Salt: a pinch

Cooking Time: 10 minutes

Steps: Preheat oven to 350°F (175°C). Toss almonds with olive oil and sea salt. Roast for 10 minutes.

Cuisine: American

Diet Type: Vegan

Recipe ID: 1293

Recipe Name: Sweet Potato Hummus Dip

Ingredients: Sweet Potato, Hummus, Olive Oil, Paprika

Quantities (for 1 person): Sweet Potato: 1/2 (roasted and mashed), Hummus: 2 tbsp, Olive Oil: 1 tsp, Paprika: 1/4 tsp

Cooking Time: 20 minutes

Steps: Roast sweet potato and mash it. Mix with hummus, olive oil, and paprika. Serve as a dip.

Cuisine: Middle Eastern

Diet Type: Vegan

Recipe ID: 1294

Recipe Name: Spicy Guacamole

Ingredients: Avocado, Lime Juice, Jalapeño, Garlic, Cilantro

Quantities (for 1 person): Avocado: 1 (mashed), Lime Juice: 1 tbsp, Jalapeño: 1 (finely chopped), Garlic: 1 clove (minced), Cilantro: 1 tbsp (chopped)

Cooking Time: 5 minutes

Steps: Mash the avocado and mix with lime juice, jalapeño, garlic, and cilantro.

Cuisine: Mexican

Diet Type: Vegan

Recipe ID: 1295

Recipe Name: Tomato and Basil Bruschetta

Ingredients: Tomatoes, Fresh Basil, Garlic, Olive Oil, Baguette

Quantities (for 1 person): Tomatoes: 2 (diced), Fresh Basil: 2 tbsp (chopped), Garlic: 1

clove (minced), Olive Oil: 1 tbsp, Baguette: 1 (sliced)

Cooking Time: 10 minutes

Steps: Toast the baguette slices. Combine tomatoes, basil, garlic, and olive oil in a bowl. Spoon the mixture onto the toasted baguette.

Cuisine: Italian

Diet Type: Vegetarian

Recipe ID: 1296

Recipe Name: Avocado Toast with Egg

Ingredients: Avocado, Bread, Egg, Olive Oil, Salt, Pepper

Quantities (for 1 person): Avocado: 1/2 (mashed), Bread: 1 slice (toasted), Egg: 1 (fried), Olive Oil: 1 tsp, Salt: a pinch, Pepper: a pinch

Cooking Time: 10 minutes

Steps: Toast the bread and spread mashed avocado on top. Fry the egg and place it on the toast. Drizzle with olive oil, and season with salt and pepper.

Cuisine: American

Diet Type: Vegetarian

Recipe ID: 1297

Recipe Name: Baked Parmesan Zucchini Chips

Ingredients: Zucchini, Parmesan Cheese, Bread Crumbs, Olive Oil, Garlic Powder

Quantities (for 1 person): Zucchini: 1 (sliced), Parmesan Cheese: 2 tbsp, Bread Crumbs: 2 tbsp, Olive Oil: 1 tbsp, Garlic Powder: 1/4 tsp

Cooking Time: 15 minutes

Steps: Preheat oven to 400°F (200°C). Toss zucchini slices with olive oil, then coat with Parmesan, bread crumbs, and garlic powder. Bake for 15 minutes.

Cuisine: American

Diet Type: Vegetarian

Recipe ID: 1298

Recipe Name: Fruit and Nut Trail Mix

Ingredients: Dried Fruit, Mixed Nuts, Seeds, Dark Chocolate Chips

Quantities (for 1 person): Dried Fruit: 2 tbsp, Mixed Nuts: 2 tbsp, Seeds: 1 tbsp, Dark Chocolate Chips: 1 tbsp

Cooking Time: 0 minutes

Steps: Mix all ingredients together in a bowl and enjoy as a quick snack.

Cuisine: American

Diet Type: Vegan

Recipe ID: 1299

Recipe Name: Cucumber and Hummus Rolls

Ingredients: Cucumber, Hummus, Fresh Dill

Quantities (for 1 person): Cucumber: 1 (sliced thinly lengthwise), Hummus: 2 tbsp, Fresh Dill: 1 tsp

Cooking Time: 5 minutes

Steps: Slice the cucumber thinly lengthwise. Spread hummus on each slice, then roll up and garnish with fresh dill.

Cuisine: Mediterranean

Diet Type: Vegan

Recipe ID: 1300

Recipe Name: Roasted Garlic Edamame

Ingredients: Edamame, Olive Oil, Garlic, Salt, Pepper

Quantities (for 1 person): Edamame: 1/2 cup (frozen), Olive Oil: 1 tbsp, Garlic: 1 clove (minced), Salt: a pinch, Pepper: a pinch

Cooking Time: 10 minutes

Steps: Preheat oven to 375°F (190°C). Toss edamame with olive oil, garlic, salt, and pepper. Roast for 10 minutes.

Cuisine: Asian

Diet Type: Vegan

Recipe ID: 1301

Recipe Name: Roasted Chickpeas

Ingredients: Chickpeas, Olive Oil, Cumin, Paprika, Salt

Quantities (for 1 person): Chickpeas: 1/2 cup (canned or dried), Olive Oil: 1 tbsp, Cumin: 1/4 tsp, Paprika: 1/4 tsp, Salt: a pinch

Cooking Time: 20 minutes

Steps: Preheat oven to 400°F (200°C). Rinse and drain chickpeas, then toss them with olive oil and spices. Roast for 20 minutes or until crispy.

Cuisine: Middle Eastern

Diet Type: Vegan

Recipe ID: 1302

Recipe Name: Avocado Cucumber Bites

Ingredients: Avocado, Cucumber, Cherry Tomatoes, Lemon Juice, Salt

Quantities (for 1 person): Avocado: 1/2, Cucumber: 1 (sliced), Cherry Tomatoes: 3 (halved), Lemon Juice: 1 tsp, Salt: a pinch

Cooking Time: 5 minutes

Steps: Slice the cucumber and avocado. Arrange them on a plate, top with cherry tomatoes, and drizzle with lemon juice and salt.

Cuisine: Mediterranean

Diet Type: Vegan

Recipe ID: 1303

Recipe Name: Pita Chips with Yogurt Dip

Ingredients: Pita Bread, Greek Yogurt, Garlic, Lemon Juice, Fresh Mint

Quantities (for 1 person): Pita Bread: 1 (cut into triangles), Greek Yogurt: 1/4 cup, Garlic: 1 clove (minced), Lemon Juice: 1 tsp, Fresh Mint: 1 tsp (chopped)

Cooking Time: 15 minutes

Steps: Preheat oven to 375°F (190°C). Bake pita bread triangles until crispy (about 10 minutes). Mix Greek yogurt, garlic, lemon juice, and fresh mint for dipping.

Cuisine: Middle Eastern

Diet Type: Vegetarian

Recipe ID: 1304

Recipe Name: Sweet Potato Chips

Ingredients: Sweet Potato, Olive Oil, Paprika, Salt

Quantities (for 1 person): Sweet Potato: 1 (sliced thinly), Olive Oil: 1 tbsp, Paprika: 1/4 tsp, Salt: a pinch

Cooking Time: 20 minutes

Steps: Preheat oven to 400°F (200°C). Toss sweet potato slices with olive oil, paprika, and salt. Bake for 20 minutes or until crispy.

Cuisine: American

Diet Type: Vegan

Recipe ID: 1305

Recipe Name: Spicy Hummus and Carrot Sticks

Ingredients: Hummus, Carrot, Cayenne Pepper, Olive Oil

Quantities (for 1 person): Hummus: 2 tbsp, Carrot: 1 (cut into sticks), Cayenne Pepper: 1/4 tsp, Olive Oil: 1 tsp

Cooking Time: 5 minutes

Steps: Slice the carrot into sticks. Serve with hummus and a drizzle of olive oil and cayenne pepper for a spicy kick.

Cuisine: Mediterranean

Diet Type: Vegan

Recipe ID: 1306

Recipe Name: Apple with Peanut Butter

Ingredients: Apple, Peanut Butter, Cinnamon

Quantities (for 1 person): Apple: 1 (sliced), Peanut Butter: 2 tbsp, Cinnamon: a pinch

Cooking Time: 0 minutes

Steps: Slice the apple and dip in peanut butter, sprinkle with cinnamon for added flavor.

Cuisine: American

Diet Type: Vegetarian

Recipe ID: 1307

Recipe Name: Cucumber and Cream Cheese Sandwich

Ingredients: Cucumber, Cream Cheese, Bread, Dill

Quantities (for 1 person): Cucumber: 1/2 (sliced), Cream Cheese: 2 tbsp, Bread: 2 slices, Dill: 1 tsp

Cooking Time: 5 minutes

Steps: Spread cream cheese on the bread slices, top with cucumber slices, and sprinkle dill on top.

Cuisine: American

Diet Type: Vegetarian

Recipe ID: 1308

Recipe Name: Edamame with Sea Salt

Ingredients: Edamame, Sea Salt

Quantities (for 1 person): Edamame: 1/2 cup (frozen), Sea Salt: a pinch

Cooking Time: 5 minutes

Steps: Boil edamame according to package instructions. Sprinkle with sea salt.

Cuisine: Asian

Diet Type: Vegan

Recipe ID: 1309

Recipe Name: Chocolate Almond Bites

Ingredients: Almonds, Dark Chocolate, Honey

Quantities (for 1 person): Almonds: 5-6, Dark Chocolate: 2 squares, Honey: 1 tsp

Cooking Time: 5 minutes

Steps: Melt the dark chocolate and dip almonds into it. Drizzle with honey and allow to cool.

Cuisine: American

Diet Type: Vegetarian

Recipe ID: 1310

Recipe Name: Cucumber and Feta Salad

Ingredients: Cucumber, Feta Cheese, Cherry Tomatoes, Olive Oil, Lemon Juice

Quantities (for 1 person): Cucumber: 1/2 (sliced), Feta Cheese: 2 tbsp, Cherry Tomatoes: 5 (halved), Olive Oil: 1 tbsp, Lemon Juice: 1 tsp

Cooking Time: 5 minutes

Steps: Toss cucumber, feta cheese, cherry tomatoes, olive oil, and lemon juice in a bowl.

Cuisine: Mediterranean

Diet Type: Vegetarian

Recipe ID: 1311

Recipe Name: Roasted Almonds with Honey

Ingredients: Almonds, Honey, Cinnamon

Quantities (for 1 person): Almonds: 1/4 cup, Honey: 1 tbsp, Cinnamon: 1/4 tsp

Cooking Time: 10 minutes

Steps: Preheat the oven to 350°F (175°C). Toss almonds with honey and cinnamon. Spread on a baking sheet and roast for 10 minutes.

Cuisine: American

Diet Type: Vegan

Recipe ID: 1312

Recipe Name: Veggie Sticks with Guacamole

Ingredients: Carrot, Cucumber, Bell Pepper, Avocado, Lime, Salt

Quantities (for 1 person): Carrot: 1 (cut into sticks), Cucumber: 1/2 (sliced), Bell

Pepper: 1/2 (cut into sticks), Avocado: 1/2, Lime: 1 tbsp, Salt: a pinch

Cooking Time: 5 minutes

Steps: Mash avocado and mix with lime juice and salt. Serve with veggie sticks.

Cuisine: Mexican

Diet Type: Vegan

Recipe ID: 1313

Recipe Name: Spinach and Cheese Quesadilla

Ingredients: Spinach, Flour Tortilla, Cheddar Cheese, Olive Oil

Quantities (for 1 person): Spinach: 1/2 cup (fresh), Flour Tortilla: 1, Cheddar Cheese: 1/4 cup, Olive Oil: 1 tsp

Cooking Time: 10 minutes

Steps: Heat a tortilla in a pan, sprinkle with cheese and spinach, and cook until the cheese melts. Fold and serve.

Cuisine: Mexican

Diet Type: Vegetarian

Recipe ID: 1314

Recipe Name: Roasted Bell Pepper with Hummus

Ingredients: Bell Pepper, Hummus, Olive Oil

Quantities (for 1 person): Bell Pepper: 1, Hummus: 2 tbsp, Olive Oil: 1 tsp

Cooking Time: 10 minutes

Steps: Roast the bell pepper in the oven at 400°F (200°C) for 10 minutes until soft. Serve with hummus and a drizzle of olive oil.

Cuisine: Middle Eastern

Diet Type: Vegan

Recipe ID: 1315

Recipe Name: Mini Caprese Skewers

Ingredients: Cherry Tomatoes, Mozzarella, Basil Leaves, Balsamic Vinegar

Quantities (for 1 person): Cherry Tomatoes: 5, Mozzarella Balls: 5, Basil Leaves: 5, Balsamic Vinegar: 1 tbsp

Cooking Time: 5 minutes

Steps: Thread cherry tomatoes, mozzarella, and basil onto skewers. Drizzle with balsamic vinegar and serve.

Cuisine: Italian

Diet Type: Vegetarian

Recipe ID: 1316

Recipe Name: Cheese and Herb Stuffed Mushrooms

Ingredients: Mushrooms, Cream Cheese, Parsley, Garlic, Parmesan Cheese

Quantities (for 1 person): Mushrooms: 4 (large), Cream Cheese: 2 tbsp, Parsley: 1 tsp (chopped), Garlic: 1 clove (minced), Parmesan Cheese: 1 tbsp

Cooking Time: 15 minutes

Steps: Preheat oven to 375°F (190°C). Remove mushroom stems, stuff with cream cheese, garlic, and parsley. Sprinkle with Parmesan and bake for 15 minutes.

Cuisine: Italian

Diet Type: Vegetarian

Recipe ID: 1317

Recipe Name: Sweet Potato Fries

Ingredients: Sweet Potato, Olive Oil, Paprika, Salt

Quantities (for 1 person): Sweet Potato: 1, Olive Oil: 1 tbsp, Paprika: 1/4 tsp, Salt: a pinch

Cooking Time: 15 minutes

Steps: Preheat oven to 400°F (200°C). Cut sweet potato into fries, toss with olive oil, paprika, and salt, and bake for 15 minutes.

Cuisine: American

Diet Type: Vegan

Recipe ID: 1318

Recipe Name: Celery with Peanut Butter

Ingredients: Celery, Peanut Butter, Raisins

Quantities (for 1 person): Celery: 2 stalks, Peanut Butter: 2 tbsp, Raisins: a few

Cooking Time: 0 minutes

Steps: Spread peanut butter on celery stalks and top with raisins.

Cuisine: American

Diet Type: Vegetarian

Recipe ID: 1319

Recipe Name: Zucchini Chips

Ingredients: Zucchini, Olive Oil, Garlic Powder, Salt

Quantities (for 1 person): Zucchini: 1, Olive Oil: 1 tbsp, Garlic Powder: 1/4 tsp, Salt: a

pinch

Cooking Time: 20 minutes

Steps: Preheat oven to 375°F (190°C). Slice zucchini thinly, toss with olive oil, garlic powder, and salt. Bake for 20 minutes until crispy.

Cuisine: American

Diet Type: Vegan

Recipe ID: 1320

Recipe Name: Veggie Samosas

Ingredients: Potatoes, Peas, Onion, Garlic, Spices (Cumin, Coriander, Turmeric), Samosa Wrapper

Quantities (for 1 person): Potatoes: 1 (boiled), Peas: 1/4 cup, Onion: 1/4 (chopped), Garlic: 1 clove (minced), Spices: 1/4 tsp each of cumin, coriander, and turmeric, Samosa Wrapper: 2

Cooking Time: 15 minutes

Steps: Heat oil in a pan and sauté onion and garlic. Add boiled potatoes, peas, and spices. Stuff the mixture in samosa wrappers and fry for 5 minutes.

Cuisine: Indian

Diet Type: Vegetarian

Recipe ID: 1321

Recipe Name: Guacamole and Tortilla Chips

Ingredients: Avocado, Lime, Garlic, Onion, Salt, Tortilla Chips

Quantities (for 1 person): Avocado: 1/2, Lime: 1 tbsp, Garlic: 1 clove (minced), Onion: 1 tbsp (finely chopped), Salt: a pinch, Tortilla Chips: 1 handful

Cooking Time: 5 minutes

Steps: Mash avocado and mix with lime juice, garlic, onion, and salt. Serve with tortilla chips.

Cuisine: Mexican

Diet Type: Vegan

Recipe ID: 1322

Recipe Name: Baked Sweet Potato Tots

Ingredients: Sweet Potatoes, Breadcrumbs, Olive Oil, Garlic Powder, Salt

Quantities (for 1 person): Sweet Potatoes: 1 (medium), Breadcrumbs: 1/4 cup, Olive Oil: 1 tbsp, Garlic Powder: 1/4 tsp, Salt: a pinch

Cooking Time: 20 minutes

Steps: Preheat the oven to 375°F (190°C). Mash boiled sweet potatoes, add breadcrumbs, garlic powder, and salt. Shape into tots and bake for 20 minutes.

Cuisine: American

Diet Type: Vegan

Recipe ID: 1323

Recipe Name: Spicy Edamame Beans

Ingredients: Edamame, Soy Sauce, Chili Flakes, Olive Oil

Quantities (for 1 person): Edamame: 1 cup (frozen), Soy Sauce: 1 tbsp, Chili Flakes: 1/4 tsp, Olive Oil: 1 tsp

Cooking Time: 5 minutes

Steps: Cook edamame beans according to package instructions. Toss with soy sauce, chili flakes, and olive oil. Serve warm.

Cuisine: Asian

Diet Type: Vegan

Recipe ID: 1324

Recipe Name: Caprese Crostini

Ingredients: Baguette, Tomato, Mozzarella, Basil, Olive Oil, Balsamic Vinegar

Quantities (for 1 person): Baguette: 2 slices, Tomato: 1 (sliced), Mozzarella: 2 slices, Basil: 2 leaves, Olive Oil: 1 tsp, Balsamic Vinegar: 1 tsp

Cooking Time: 5 minutes

Steps: Toast baguette slices, then layer with tomato, mozzarella, and basil. Drizzle with olive oil and balsamic vinegar.

Cuisine: Italian

Diet Type: Vegetarian

Recipe ID: 1325

Recipe Name: Mini Veggie Wraps

Ingredients: Tortilla Wrap, Lettuce, Tomato, Cucumber, Hummus

Quantities (for 1 person): Tortilla Wrap: 1, Lettuce: 1 leaf, Tomato: 2 slices, Cucumber: 3 slices, Hummus: 2 tbsp

Cooking Time: 5 minutes

Steps: Spread hummus on the tortilla, layer with lettuce, tomato, and cucumber, then roll up and serve.

Cuisine: Mediterranean

Diet Type: Vegan

Recipe ID: 1326

Recipe Name: Banana and Nut Butter Bites

Ingredients: Banana, Peanut Butter, Almond Butter

Quantities (for 1 person): Banana: 1 (sliced), Peanut Butter: 1 tbsp, Almond Butter: 1 tbsp

Cooking Time: 0 minutes

Steps: Spread peanut butter and almond butter on banana slices. Serve immediately.

Cuisine: American

Diet Type: Vegetarian

Recipe ID: 1327

Recipe Name: Baked Avocado Fries

Ingredients: Avocado, Panko Breadcrumbs, Olive Oil, Lime

Quantities (for 1 person): Avocado: 1, Panko Breadcrumbs: 1/4 cup, Olive Oil: 1 tsp, Lime: 1 tsp

Cooking Time: 15 minutes

Steps: Preheat oven to 400°F (200°C). Slice avocado into wedges, dip in olive oil, and coat with breadcrumbs. Bake for 15 minutes.

Cuisine: American

Diet Type: Vegan

Recipe ID: 1328

Recipe Name: Cucumber and Cream Cheese Bites

Ingredients: Cucumber, Cream Cheese, Dill

Quantities (for 1 person): Cucumber: 1 (sliced), Cream Cheese: 2 tbsp, Dill: 1 tsp

Cooking Time: 0 minutes

Steps: Spread cream cheese on cucumber slices and sprinkle with dill.

Cuisine: American

Diet Type: Vegetarian

Recipe ID: 1329

Recipe Name: Roasted Chickpeas

Ingredients: Chickpeas, Olive Oil, Paprika, Garlic Powder, Salt

Quantities (for 1 person): Chickpeas: 1/2 cup (canned), Olive Oil: 1 tsp, Paprika: 1/4 tsp, Garlic Powder: 1/4 tsp, Salt: a pinch

Cooking Time: 20 minutes

Steps: Preheat oven to 400°F (200°C). Toss chickpeas with olive oil, paprika, garlic powder, and salt. Roast for 20 minutes.

Cuisine: Middle Eastern

Diet Type: Vegan

Recipe ID: 1330

Recipe Name: Rice Paper Rolls

Ingredients: Rice Paper, Shrimp, Lettuce, Carrot, Cucumber, Mint, Soy Sauce

Quantities (for 1 person): Rice Paper: 3 sheets, Shrimp: 4 (peeled), Lettuce: 1 leaf, Carrot: 1/4 (sliced), Cucumber: 1/4 (sliced), Mint: 2 leaves, Soy Sauce: 1 tbsp

Cooking Time: 10 minutes

Steps: Soak rice paper sheets in warm water, then fill with shrimp, lettuce, carrot, cucumber, and mint. Roll up and serve with soy sauce.

Cuisine: Vietnamese

Diet Type: Seafood

Recipe ID: 1331

Recipe Name: Apple Nachos

Ingredients: Apple, Peanut Butter, Dark Chocolate Chips, Almonds

Quantities (for 1 person): Apple: 1 (sliced), Peanut Butter: 1 tbsp, Dark Chocolate Chips: 1 tbsp, Almonds: 1 tbsp (chopped)

Cooking Time: 0 minutes

Steps: Slice the apple and drizzle with peanut butter. Sprinkle with chocolate chips and chopped almonds.

Cuisine: American

Diet Type: Vegetarian

Recipe ID: 1332

Recipe Name: Hummus and Veggie Sticks

Ingredients: Carrot, Celery, Cucumber, Hummus

Quantities (for 1 person): Carrot: 1 (sliced), Celery: 1 stick (sliced), Cucumber: 1/2 (sliced), Hummus: 3 tbsp

Cooking Time: 0 minutes

Steps: Slice vegetables into sticks and serve with hummus for dipping.

Cuisine: Middle Eastern

Diet Type: Vegan

Recipe ID: 1333

Recipe Name: Roasted Pumpkin Seeds

Ingredients: Pumpkin Seeds, Olive Oil, Sea Salt, Paprika

Quantities (for 1 person): Pumpkin Seeds: 1/4 cup, Olive Oil: 1 tsp, Sea Salt: a pinch, Paprika: 1/4 tsp

Cooking Time: 15 minutes

Steps: Preheat oven to 350°F (175°C). Toss pumpkin seeds with olive oil, salt, and paprika. Roast for 15 minutes.

Cuisine: American

Diet Type: Vegan

Recipe ID: 1334

Recipe Name: Sweet and Salty Popcorn

Ingredients: Popcorn Kernels, Butter, Brown Sugar, Sea Salt

Quantities (for 1 person): Popcorn Kernels: 1/4 cup, Butter: 1 tbsp, Brown Sugar: 1 tsp, Sea Salt: a pinch

Cooking Time: 5 minutes

Steps: Pop the popcorn kernels. Melt butter, stir in brown sugar and sea salt, then drizzle over popcorn.

Cuisine: American

Diet Type: Vegetarian

Recipe ID: 1335

Recipe Name: Spinach and Feta Stuffed Mushrooms

Ingredients: Mushrooms, Spinach, Feta Cheese, Garlic, Olive Oil

Quantities (for 1 person): Mushrooms: 4 large caps, Spinach: 1/4 cup (cooked), Feta Cheese: 2 tbsp (crumbled), Garlic: 1 clove (minced), Olive Oil: 1 tsp

Cooking Time: 10 minutes

Steps: Preheat oven to 375°F (190°C). Remove mushroom stems, stuff with spinach, garlic, and feta, drizzle with olive oil, and bake for 10 minutes.

Cuisine: Mediterranean

Diet Type: Vegetarian

Recipe ID: 1336

Recipe Name: Zucchini Chips

Ingredients: Zucchini, Olive Oil, Sea Salt, Garlic Powder

Quantities (for 1 person): Zucchini: 1 (sliced), Olive Oil: 1 tsp, Sea Salt: a pinch, Garlic Powder: 1/4 tsp

Cooking Time: 15 minutes

Steps: Preheat oven to 400°F (200°C). Toss zucchini slices with olive oil, sea salt, and garlic powder. Bake for 15 minutes.

Cuisine: American

Diet Type: Vegan

Recipe ID: 1337

Recipe Name: Avocado and Tomato Toast

Ingredients: Avocado, Tomato, Bread, Olive Oil, Salt, Pepper

Quantities (for 1 person): Avocado: 1/2, Tomato: 1 (sliced), Bread: 1 slice, Olive Oil: 1 tsp, Salt: a pinch, Pepper: a pinch

Cooking Time: 5 minutes

Steps: Toast the bread, mash avocado, and spread it on the toast. Top with sliced tomato, drizzle with olive oil, and season with salt and pepper.

Cuisine: American

Diet Type: Vegetarian

Recipe ID: 1338

Recipe Name: Mini Veggie Quesadillas

Ingredients: Tortilla, Cheese, Bell Peppers, Onion, Olive Oil

Quantities (for 1 person): Tortilla: 1, Cheese: 2 tbsp (grated), Bell Peppers: 1/4 (chopped), Onion: 1/4 (chopped), Olive Oil: 1 tsp

Cooking Time: 5 minutes

Steps: Heat olive oil in a pan, sauté bell peppers and onion. Place the sautéed veggies and cheese on a tortilla, fold it, and cook on both sides until crispy.

Cuisine: Mexican

Diet Type: Vegetarian

Recipe ID: 1339

Recipe Name: Sweet Potato Fries

Ingredients: Sweet Potato, Olive Oil, Paprika, Salt

Quantities (for 1 person): Sweet Potato: 1 (peeled and sliced), Olive Oil: 1 tbsp, Paprika: 1/4 tsp, Salt: a pinch

Cooking Time: 20 minutes

Steps: Preheat the oven to 400°F (200°C). Toss sweet potato slices with olive oil, paprika, and salt. Bake for 20 minutes.

Cuisine: American

Diet Type: Vegan

Recipe ID: 1340

Recipe Name: Veggie Hummus Sandwich

Ingredients: Whole Grain Bread, Hummus, Lettuce, Tomato, Cucumber

Quantities (for 1 person): Whole Grain Bread: 2 slices, Hummus: 2 tbsp, Lettuce: 1 leaf, Tomato: 2 slices, Cucumber: 3 slices

Cooking Time: 5 minutes

Steps: Spread hummus on both slices of bread, then layer with lettuce, tomato, and cucumber. Assemble the sandwich and serve.

Cuisine: Mediterranean

Diet Type: Vegan

Recipe ID: 1341

Recipe Name: Edamame with Sea Salt

Ingredients: Edamame, Sea Salt

Quantities (for 1 person): Edamame: 1 cup, Sea Salt: a pinch

Cooking Time: 5 minutes

Steps: Boil or steam edamame for 3-5 minutes. Sprinkle with sea salt and serve.

Cuisine: Japanese

Diet Type: Vegan

Recipe ID: 1342

Recipe Name: Cucumber and Cream Cheese Bites

Ingredients: Cucumber, Cream Cheese, Dill

Quantities (for 1 person): Cucumber: 1/2, Cream Cheese: 2 tbsp, Dill: 1 tsp

Cooking Time: 0 minutes

Steps: Slice cucumber into rounds. Spread cream cheese on top and sprinkle with dill.

Cuisine: American

Diet Type: Vegetarian

Recipe ID: 1343

Recipe Name: Carrot and Hummus Wrap

Ingredients: Whole Wheat Tortilla, Carrot, Hummus, Spinach

Quantities (for 1 person): Whole Wheat Tortilla: 1, Carrot: 1 (shredded), Hummus: 2 tbsp, Spinach: a handful

Cooking Time: 5 minutes

Steps: Spread hummus on the tortilla, layer with shredded carrots and spinach, then roll it up and serve.

Cuisine: Middle Eastern

Diet Type: Vegan

Recipe ID: 1344

Recipe Name: Roasted Chickpeas

Ingredients: Canned Chickpeas, Olive Oil, Paprika, Garlic Powder, Salt

Quantities (for 1 person): Canned Chickpeas: 1/2 cup, Olive Oil: 1 tsp, Paprika: 1/4 tsp, Garlic Powder: 1/4 tsp, Salt: a pinch

Cooking Time: 20 minutes

Steps: Preheat oven to 400°F (200°C). Drain and rinse chickpeas, then toss with olive oil and spices. Roast for 20 minutes until crispy.

Cuisine: Middle Eastern

Diet Type: Vegan

Recipe ID: 1345

Recipe Name: Guacamole with Tortilla Chips

Ingredients: Avocado, Lime, Cilantro, Tomato, Tortilla Chips

Quantities (for 1 person): Avocado: 1/2, Lime: 1/2, Cilantro: 1 tsp (chopped), Tomato: 1/2 (chopped), Tortilla Chips: 1 handful

Cooking Time: 5 minutes

Steps: Mash avocado with lime juice, cilantro, and chopped tomato. Serve with tortilla chips.

Cuisine: Mexican

Diet Type: Vegan

Recipe ID: 1346

Recipe Name: Banana Nut Bites

Ingredients: Banana, Almond Butter, Chopped Nuts (e.g., walnuts or almonds), Cinnamon

Quantities (for 1 person): Banana: 1, Almond Butter: 1 tbsp, Chopped Nuts: 1 tbsp,

Cinnamon: a pinch

Cooking Time: 0 minutes

Steps: Slice the banana, spread almond butter on top of each slice, and sprinkle with chopped nuts and cinnamon.

Cuisine: American

Diet Type: Vegan

Recipe ID: 1347

Recipe Name: Greek Yogurt with Honey and Walnuts

Ingredients: Greek Yogurt, Honey, Walnuts

Quantities (for 1 person): Greek Yogurt: 1/2 cup, Honey: 1 tbsp, Walnuts: 1 tbsp (chopped)

Cooking Time: 0 minutes

Steps: Spoon yogurt into a bowl, drizzle with honey, and top with chopped walnuts.

Cuisine: Greek

Diet Type: Vegetarian

Recipe ID: 1348

Recipe Name: Zucchini Fritters

Ingredients: Zucchini, Egg, Flour, Salt, Pepper, Olive Oil

Quantities (for 1 person): Zucchini: 1/2 (grated), Egg: 1, Flour: 2 tbsp, Salt: a pinch, Pepper: a pinch, Olive Oil: 1 tsp

Cooking Time: 5 minutes

Steps: Grate zucchini and mix with egg, flour, salt, and pepper. Heat olive oil in a pan and fry spoonfuls of the mixture for 2-3 minutes on each side.

Cuisine: American

Diet Type: Vegetarian

Recipe ID: 1349

Recipe Name: Pita Bread with Baba Ganoush

Ingredients: Pita Bread, Baba Ganoush

Quantities (for 1 person): Pita Bread: 1 (cut into wedges), Baba Ganoush: 3 tbsp

Cooking Time: 0 minutes

Steps: Serve pita bread wedges with a side of baba ganoush for dipping.

Cuisine: Middle Eastern

Diet Type: Vegan

Recipe ID: 1350

Recipe Name: Cucumber and Hummus Sandwich

Ingredients: Whole Grain Bread, Cucumber, Hummus, Lettuce

Quantities (for 1 person): Whole Grain Bread: 2 slices, Cucumber: 1/4 (sliced), Hummus: 2 tbsp, Lettuce: 1 leaf

Cooking Time: 5 minutes

Steps: Spread hummus on the bread slices, layer with cucumber and lettuce, then assemble the sandwich.

Cuisine: Mediterranean

Diet Type: Vegan

Recipe ID: 1351

Recipe Name: Apple Slices with Peanut Butter

Ingredients: Apple, Peanut Butter, Cinnamon

Quantities (for 1 person): Apple: 1 (sliced), Peanut Butter: 1 tbsp, Cinnamon: a pinch

Cooking Time: 0 minutes

Steps: Slice the apple and dip the slices in peanut butter. Sprinkle with a pinch of cinnamon.

Cuisine: American

Diet Type: Vegetarian

Recipe ID: 1352

Recipe Name: Roasted Sweet Potato Fries

Ingredients: Sweet Potato, Olive Oil, Paprika, Salt

Quantities (for 1 person): Sweet Potato: 1 (cut into fries), Olive Oil: 1 tsp, Paprika: 1/4 tsp, Salt: a pinch

Cooking Time: 20 minutes

Steps: Preheat oven to 400°F (200°C). Toss sweet potato fries with olive oil, paprika, and salt. Roast for 20 minutes until crispy.

Cuisine: American

Diet Type: Vegan

Recipe ID: 1353

Recipe Name: Avocado Toast

Ingredients: Whole Grain Bread, Avocado, Lemon Juice, Salt, Pepper

Quantities (for 1 person): Whole Grain Bread: 1 slice, Avocado: 1/2, Lemon Juice: 1 tsp, Salt: a pinch, Pepper: a pinch

Cooking Time: 5 minutes

Steps: Toast the bread. Mash avocado with lemon juice, salt, and pepper. Spread on the toasted bread.

Cuisine: American

Diet Type: Vegan

Recipe ID: 1354

Recipe Name: Spicy Roasted Almonds

Ingredients: Almonds, Olive Oil, Chili Powder, Garlic Powder, Salt

Quantities (for 1 person): Almonds: 1/4 cup, Olive Oil: 1 tsp, Chili Powder: 1/4 tsp, Garlic Powder: 1/4 tsp, Salt: a pinch

Cooking Time: 10 minutes

Steps: Preheat oven to 350°F (175°C). Toss almonds with olive oil and spices. Roast for 10 minutes.

Cuisine: American

Diet Type: Vegan

Recipe ID: 1355

Recipe Name: Greek Yogurt Parfait

Ingredients: Greek Yogurt, Granola, Berries, Honey

Quantities (for 1 person): Greek Yogurt: 1/2 cup, Granola: 2 tbsp, Berries: 1/4 cup, Honey: 1 tbsp

Cooking Time: 0 minutes

Steps: Layer Greek yogurt, granola, and berries in a glass or bowl. Drizzle with honey.

Cuisine: Greek

Diet Type: Vegetarian

Recipe ID: 1356

Recipe Name: Pita Chips with Guacamole

Ingredients: Pita Bread, Olive Oil, Garlic Powder, Guacamole

Quantities (for 1 person): Pita Bread: 1, Olive Oil: 1 tsp, Garlic Powder: 1/4 tsp, Guacamole: 2 tbsp

Cooking Time: 10 minutes

Steps: Preheat oven to 375°F (190°C). Cut pita into wedges, toss with olive oil and garlic powder, and bake for 7-10 minutes until crispy. Serve with guacamole.

Cuisine: Mexican

Diet Type: Vegan

Recipe ID: 1357

Recipe Name: Roasted Veggie Medley

Ingredients: Carrot, Bell Pepper, Zucchini, Olive Oil, Salt, Pepper

Quantities (for 1 person): Carrot: 1 (sliced), Bell Pepper: 1/2 (sliced), Zucchini: 1/2 (sliced), Olive Oil: 1 tsp, Salt: a pinch, Pepper: a pinch

Cooking Time: 20 minutes

Steps: Preheat oven to 400°F (200°C). Toss vegetables with olive oil, salt, and pepper. Roast for 20 minutes.

Cuisine: Mediterranean

Diet Type: Vegan

Recipe ID: 1358

Recipe Name: Cucumber and Feta Bites

Ingredients: Cucumber, Feta Cheese, Olive Oil, Fresh Dill

Quantities (for 1 person): Cucumber: 1/2, Feta Cheese: 2 tbsp (crumbled), Olive Oil: 1 tsp, Fresh Dill: 1 tsp

Cooking Time: 0 minutes

Steps: Slice the cucumber and top with crumbled feta, olive oil, and fresh dill.

Cuisine: Mediterranean

Diet Type: Vegetarian

Recipe ID: 1359

Recipe Name: Hummus and Veggie Sticks

Ingredients: Carrot, Cucumber, Bell Pepper, Hummus

Quantities (for 1 person): Carrot: 1 (cut into sticks), Cucumber: 1/2 (cut into sticks), Bell Pepper: 1/2 (cut into sticks), Hummus: 2 tbsp

Cooking Time: 0 minutes

Steps: Cut vegetables into sticks and serve with hummus.

Cuisine: Middle Eastern

Diet Type: Vegan

Recipe ID: 1360

Recipe Name: Baked Apple Chips

Ingredients: Apple, Cinnamon

Quantities (for 1 person): Apple: 1, Cinnamon: a pinch

Cooking Time: 20 minutes

Steps: Preheat oven to 350°F (175°C). Slice apple thinly, sprinkle with cinnamon, and bake for 20 minutes until crisp.

Cuisine: American

Diet Type: Vegan

Recipe ID: 1361

Recipe Name: Spicy Roasted Chickpeas

Ingredients: Canned Chickpeas, Olive Oil, Chili Powder, Cumin, Salt

Quantities (for 1 person): Canned Chickpeas: 1/2 cup, Olive Oil: 1 tsp, Chili Powder: 1/4 tsp, Cumin: 1/4 tsp, Salt: a pinch

Cooking Time: 20 minutes

Steps: Preheat oven to 400°F (200°C). Drain and rinse chickpeas, toss with olive oil and spices, and roast for 20 minutes until crispy.

Cuisine: Middle Eastern

Diet Type: Vegan

Recipe ID: 1362

Recipe Name: Carrot Sticks with Ranch Dip

Ingredients: Carrot, Greek Yogurt, Mayonnaise, Garlic Powder, Lemon Juice, Dill

Quantities (for 1 person): Carrot: 1 (cut into sticks), Greek Yogurt: 1 tbsp, Mayonnaise: 1 tbsp, Garlic Powder: 1/4 tsp, Lemon Juice: 1 tsp, Dill: 1 tsp

Cooking Time: 0 minutes

Steps: Mix Greek yogurt, mayonnaise, garlic powder, lemon juice, and dill to create the dip. Serve with carrot sticks.

Cuisine: American

Diet Type: Vegetarian

Recipe ID: 1363

Recipe Name: Mini Caprese Skewers

Ingredients: Cherry Tomatoes, Mozzarella Balls, Fresh Basil, Olive Oil, Balsamic Vinegar

Quantities (for 1 person): Cherry Tomatoes: 4, Mozzarella Balls: 4, Fresh Basil: 4 leaves, Olive Oil: 1 tsp, Balsamic Vinegar: 1 tsp

Cooking Time: 0 minutes

Steps: Skewer the tomatoes, mozzarella, and basil onto small sticks. Drizzle with olive oil and balsamic vinegar.

Cuisine: Italian

Diet Type: Vegetarian

Recipe ID: 1364

Recipe Name: Garlic Parmesan Popcorn

Ingredients: Popcorn Kernels, Olive Oil, Garlic Powder, Parmesan Cheese, Salt

Quantities (for 1 person): Popcorn Kernels: 1/4 cup, Olive Oil: 1 tsp, Garlic Powder: 1/4 tsp, Parmesan Cheese: 1 tbsp, Salt: a pinch

Cooking Time: 10 minutes

Steps: Pop the popcorn kernels using a stovetop or popcorn maker. Drizzle with olive oil, garlic powder, and parmesan cheese.

Cuisine: American

Diet Type: Vegetarian

Recipe ID: 1365

Recipe Name: Avocado and Tomato Salad

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

Quantities (for 1 person): Avocado: 1/2, Tomato: 1, Red Onion: 1/4, Olive Oil: 1 tsp, Salt: a pinch, Pepper: a pinch

Cooking Time: 0 minutes

Steps: Dice the avocado, tomato, and red onion. Toss with olive oil, salt, and pepper.

Cuisine: Mexican

Diet Type: Vegan

Recipe ID: 1366

Recipe Name: Sweet Potato and Guacamole Bites

Ingredients: Sweet Potato, Guacamole, Fresh Cilantro

Quantities (for 1 person): Sweet Potato: 1 small, Guacamole: 2 tbsp, Fresh Cilantro: 1 tsp

Cooking Time: 20 minutes

Steps: Slice the sweet potato into rounds and roast at 400°F (200°C) for 20 minutes. Top with guacamole and cilantro.

Cuisine: American

Diet Type: Vegan

Recipe ID: 1367

Recipe Name: Cheesy Spinach and Garlic Sticks

Ingredients: Spinach, Garlic, Mozzarella Cheese, Olive Oil, Whole Wheat Tortilla

Quantities (for 1 person): Spinach: 1/2 cup, Garlic: 1 clove, Mozzarella Cheese: 2 tbsp, Olive Oil: 1 tsp, Whole Wheat Tortilla: 1

Cooking Time: 10 minutes

Steps: Sauté garlic in olive oil and add spinach. Roll the mixture in a tortilla with mozzarella cheese. Bake at 375°F (190°C) for 10 minutes.

Cuisine: Mediterranean

Diet Type: Vegetarian

Recipe ID: 1368

Recipe Name: Roasted Bell Pepper Hummus

Ingredients: Bell Pepper, Canned Chickpeas, Tahini, Lemon Juice, Olive Oil

Quantities (for 1 person): Bell Pepper: 1, Canned Chickpeas: 1/4 cup, Tahini: 1 tbsp, Lemon Juice: 1 tbsp, Olive Oil: 1 tsp

Cooking Time: 10 minutes

Steps: Roast the bell pepper, blend with chickpeas, tahini, lemon juice, and olive oil to make a smooth hummus.

Cuisine: Middle Eastern

Diet Type: Vegan

Recipe ID: 1369

Recipe Name: Cucumber Sandwiches

Ingredients: Cucumber, Whole Wheat Bread, Cream Cheese, Fresh Dill

Quantities (for 1 person): Cucumber: 1/2, Whole Wheat Bread: 2 slices, Cream Cheese: 2 tbsp, Fresh Dill: 1 tsp

Cooking Time: 0 minutes

Steps: Spread cream cheese on whole wheat bread, add cucumber slices, and top with fresh dill.

Cuisine: American

Diet Type: Vegetarian

Recipe ID: 1370

Recipe Name: Zucchini Fries

Ingredients: Zucchini, Olive Oil, Parmesan Cheese, Garlic Powder, Bread Crumbs

Quantities (for 1 person): Zucchini: 1 (cut into fries), Olive Oil: 1 tsp, Parmesan Cheese: 2 tbsp, Garlic Powder: 1/4 tsp, Bread Crumbs: 2 tbsp

Cooking Time: 15 minutes

Steps: Preheat oven to 400°F (200°C). Coat zucchini fries with olive oil, parmesan, garlic powder, and bread crumbs. Bake for 15 minutes.

Cuisine: American

Diet Type: Vegetarian

Recipe ID: 1371

Recipe Name: Apple Slices with Peanut Butter

Ingredients: Apple, Peanut Butter

Quantities (for 1 person): Apple: 1, Peanut Butter: 2 tbsp

Cooking Time: 0 minutes

Steps: Slice the apple and dip the slices in peanut butter for a quick snack.

Cuisine: American

Diet Type: Vegan

Recipe ID: 1372

Recipe Name: Baked Sweet Potato Chips

Ingredients: Sweet Potato, Olive Oil, Salt, Paprika

Quantities (for 1 person): Sweet Potato: 1, Olive Oil: 1 tbsp, Salt: a pinch, Paprika: 1/4 tsp

Cooking Time: 20 minutes

Steps: Preheat oven to 400°F (200°C). Slice the sweet potato thinly, toss with olive oil, salt, and paprika. Bake for 20 minutes.

Cuisine: American

Diet Type: Vegan

Recipe ID: 1373

Recipe Name: Mini Veggie Quesadillas

Ingredients: Whole Wheat Tortilla, Bell Pepper, Onion, Cheese, Olive Oil

Quantities (for 1 person): Whole Wheat Tortilla: 1, Bell Pepper: 1/2, Onion: 1/4, Cheese: 1/4 cup, Olive Oil: 1 tsp

Cooking Time: 10 minutes

Steps: Sauté the bell pepper and onion in olive oil. Place them on a tortilla, sprinkle with

cheese, and fold. Toast in a pan for 2 minutes on each side.

Cuisine: Mexican

Diet Type: Vegetarian

Recipe ID: 1374

Recipe Name: Avocado Toast

Ingredients: Whole Wheat Bread, Avocado, Lemon Juice, Salt, Pepper

Quantities (for 1 person): Whole Wheat Bread: 2 slices, Avocado: 1/2, Lemon Juice: 1 tsp, Salt: a pinch, Pepper: a pinch

Cooking Time: 5 minutes

Steps: Toast the bread. Mash avocado with lemon juice, salt, and pepper. Spread on the toasted bread.

Cuisine: American

Diet Type: Vegan

Recipe ID: 1375

Recipe Name: Greek Yogurt with Honey and Almonds

Ingredients: Greek Yogurt, Honey, Almonds

Quantities (for 1 person): Greek Yogurt: 1/2 cup, Honey: 1 tbsp, Almonds: 1 tbsp

Cooking Time: 0 minutes

Steps: Top Greek yogurt with honey and chopped almonds for a quick snack.

Cuisine: Greek

Diet Type: Vegetarian

Recipe ID: 1376

Recipe Name: Hummus and Veggies

Ingredients: Hummus, Carrot, Cucumber, Celery

Quantities (for 1 person): Hummus: 2 tbsp, Carrot: 1, Cucumber: 1/2, Celery: 1 stalk

Cooking Time: 0 minutes

Steps: Slice the carrot, cucumber, and celery. Serve with hummus for dipping.

Cuisine: Middle Eastern

Diet Type: Vegan

Recipe ID: 1377

Recipe Name: Rice Cakes with Almond Butter

Ingredients: Rice Cake, Almond Butter, Honey

Quantities (for 1 person): Rice Cake: 1, Almond Butter: 2 tbsp, Honey: 1 tsp

Cooking Time: 0 minutes

Steps: Spread almond butter on the rice cake and drizzle with honey.

Cuisine: American

Diet Type: Vegan

Recipe ID: 1378

Recipe Name: Tomato Basil Bruschetta

Ingredients: Whole Wheat Bread, Tomato, Basil, Olive Oil, Garlic

Quantities (for 1 person): Whole Wheat Bread: 2 slices, Tomato: 1, Basil: 2 leaves, Olive Oil: 1 tsp, Garlic: 1 clove

Cooking Time: 5 minutes

Steps: Toast the bread, then rub with garlic. Top with diced tomato, basil, and olive oil.

Cuisine: Italian

Diet Type: Vegetarian

Recipe ID: 1379

Recipe Name: Cucumber and Cream Cheese Rolls

Ingredients: Cucumber, Cream Cheese, Fresh Dill

Quantities (for 1 person): Cucumber: 1, Cream Cheese: 2 tbsp, Fresh Dill: 1 tsp

Cooking Time: 0 minutes

Steps: Slice the cucumber thinly, spread cream cheese on each slice, and roll them up with fresh dill.

Cuisine: American

Diet Type: Vegetarian

Recipe ID: 1380

Recipe Name: Spicy Popcorn

Ingredients: Popcorn Kernels, Olive Oil, Chili Powder, Garlic Powder

Quantities (for 1 person): Popcorn Kernels: 1/4 cup, Olive Oil: 1 tbsp, Chili Powder: 1/4 tsp, Garlic Powder: 1/4 tsp

Cooking Time: 5 minutes

Steps: Pop the popcorn, drizzle with olive oil, and sprinkle with chili powder and garlic powder.

Cuisine: American

Diet Type: Vegan

Recipe ID: 1381

Recipe Name: Banana Nut Bites

Ingredients: Banana, Peanut Butter, Walnuts

Quantities (for 1 person): Banana: 1, Peanut Butter: 1 tbsp, Walnuts: 2 tbsp

Cooking Time: 5 minutes

Steps: Slice the banana and top each slice with peanut butter and chopped walnuts.

Cuisine: American

Diet Type: Vegan

Recipe ID: 1382

Recipe Name: Carrot and Hummus

Ingredients: Carrot, Hummus

Quantities (for 1 person): Carrot: 1, Hummus: 3 tbsp

Cooking Time: 0 minutes

Steps: Slice the carrot into sticks and dip in hummus.

Cuisine: Middle Eastern

Diet Type: Vegan

Recipe ID: 1383

Recipe Name: Cheesy Popcorn

Ingredients: Popcorn Kernels, Olive Oil, Parmesan Cheese

Quantities (for 1 person): Popcorn Kernels: 1/4 cup, Olive Oil: 1 tbsp, Parmesan Cheese: 2 tbsp

Cooking Time: 5 minutes

Steps: Pop the popcorn, drizzle with olive oil, and sprinkle with Parmesan cheese.

Cuisine: American

Diet Type: Vegetarian

Recipe ID: 1384

Recipe Name: Zucchini Fritters

Ingredients: Zucchini, Flour, Egg, Salt, Pepper

Quantities (for 1 person): Zucchini: 1/2, Flour: 1 tbsp, Egg: 1, Salt: a pinch, Pepper: a

pinch

Cooking Time: 10 minutes

Steps: Grate the zucchini and mix with flour, egg, salt, and pepper. Form into small fritters and fry in a pan for 2-3 minutes on each side.

Cuisine: American

Diet Type: Vegetarian

Recipe ID: 1385

Recipe Name: Avocado Guacamole

Ingredients: Avocado, Lime Juice, Cilantro, Salt

Quantities (for 1 person): Avocado: 1/2, Lime Juice: 1 tsp, Cilantro: 1 tsp, Salt: a pinch

Cooking Time: 0 minutes

Steps: Mash avocado with lime juice, cilantro, and salt. Serve with chips or vegetables.

Cuisine: Mexican

Diet Type: Vegan

Recipe ID: 1386

Recipe Name: Mini Veggie Tacos

Ingredients: Small Tortillas, Bell Pepper, Onion, Avocado, Salsa

Quantities (for 1 person): Small Tortillas: 2, Bell Pepper: 1/4, Onion: 1/4, Avocado: 1/2, Salsa: 2 tbsp

Cooking Time: 5 minutes

Steps: Sauté bell pepper and onion. Place on tortillas, top with avocado and salsa.

Cuisine: Mexican

Diet Type: Vegan

Recipe ID: 1387

Recipe Name: Cucumber and Feta Salad

Ingredients: Cucumber, Feta Cheese, Olive Oil, Lemon Juice

Quantities (for 1 person): Cucumber: 1/2, Feta Cheese: 2 tbsp, Olive Oil: 1 tsp, Lemon Juice: 1 tsp

Cooking Time: 0 minutes

Steps: Slice the cucumber and toss with feta cheese, olive oil, and lemon juice.

Cuisine: Mediterranean

Diet Type: Vegetarian

Recipe ID: 1388**Recipe Name:** Apple Slices with Almond Butter**Ingredients:** Apple, Almond Butter**Quantities (for 1 person):** Apple: 1, Almond Butter: 2 tbsp**Cooking Time:** 0 minutes**Steps:** Slice the apple and dip in almond butter for a quick snack.**Cuisine:** American**Diet Type:** Vegan

Recipe ID: 1389**Recipe Name:** Sweet Potato Wedges**Ingredients:** Sweet Potato, Olive Oil, Paprika, Salt**Quantities (for 1 person):** Sweet Potato: 1, Olive Oil: 1 tbsp, Paprika: 1/4 tsp, Salt: a pinch**Cooking Time:** 15 minutes**Steps:** Slice the sweet potato into wedges, toss with olive oil, paprika, and salt. Bake at 400°F (200°C) for 15 minutes.**Cuisine:** American**Diet Type:** Vegan

Recipe ID: 1390**Recipe Name:** Cheddar and Cucumber Sandwich**Ingredients:** Whole Wheat Bread, Cheddar Cheese, Cucumber, Butter**Quantities (for 1 person):** Whole Wheat Bread: 2 slices, Cheddar Cheese: 2 slices, Cucumber: 1/4, Butter: 1 tsp**Cooking Time:** 5 minutes**Steps:** Spread butter on bread, layer with cheese and cucumber slices, and assemble the sandwich.**Cuisine:** American**Diet Type:** Vegetarian

Recipe ID: 1391**Recipe Name:** Veggie Sticks with Yogurt Dip**Ingredients:** Carrot, Cucumber, Bell Pepper, Yogurt**Quantities (for 1 person):** Carrot: 1, Cucumber: 1/2, Bell Pepper: 1/4, Yogurt: 2 tbsp**Cooking Time:** 5 minutes

Steps: Slice the carrot, cucumber, and bell pepper into sticks. Serve with a simple yogurt dip.

Cuisine: American

Diet Type: Vegan

Recipe ID: 1392

Recipe Name: Roasted Chickpeas

Ingredients: Canned Chickpeas, Olive Oil, Paprika, Salt

Quantities (for 1 person): Canned Chickpeas: 1/2 cup, Olive Oil: 1 tsp, Paprika: 1/4 tsp, Salt: a pinch

Cooking Time: 15 minutes

Steps: Drain and rinse the chickpeas. Toss with olive oil, paprika, and salt, then roast at 400°F (200°C) for 15 minutes.

Cuisine: Middle Eastern

Diet Type: Vegan

Recipe ID: 1393

Recipe Name: Mini Quiches

Ingredients: Eggs, Spinach, Cheese, Salt, Pepper

Quantities (for 1 person): Eggs: 2, Spinach: 1/4 cup, Cheese: 2 tbsp, Salt: a pinch, Pepper: a pinch

Cooking Time: 10 minutes

Steps: Beat the eggs and mix with spinach, cheese, salt, and pepper. Pour into muffin tin and bake at 350°F (175°C) for 10 minutes.

Cuisine: French

Diet Type: Vegetarian

Recipe ID: 1394

Recipe Name: Spinach and Feta Wrap

Ingredients: Spinach, Feta Cheese, Tortilla

Quantities (for 1 person): Spinach: 1/4 cup, Feta Cheese: 2 tbsp, Tortilla: 1

Cooking Time: 5 minutes

Steps: Place spinach and feta cheese in the middle of the tortilla. Roll it up and enjoy!

Cuisine: Mediterranean

Diet Type: Vegetarian

Recipe ID: 1395**Recipe Name:** Rice Cakes with Peanut Butter**Ingredients:** Rice Cakes, Peanut Butter, Banana**Quantities (for 1 person):** Rice Cakes: 2, Peanut Butter: 2 tbsp, Banana: 1/2**Cooking Time:** 0 minutes**Steps:** Spread peanut butter on the rice cakes and top with banana slices.**Cuisine:** American**Diet Type:** Vegan

Recipe ID: 1396**Recipe Name:** Sweet Potato Chips**Ingredients:** Sweet Potato, Olive Oil, Salt**Quantities (for 1 person):** Sweet Potato: 1, Olive Oil: 1 tbsp, Salt: a pinch**Cooking Time:** 15 minutes**Steps:** Slice the sweet potato thinly, toss with olive oil and salt, and bake at 400°F (200°C) for 15 minutes.**Cuisine:** American**Diet Type:** Vegan

Recipe ID: 1397**Recipe Name:** Almond and Date Energy Bites**Ingredients:** Almonds, Dates, Cocoa Powder**Quantities (for 1 person):** Almonds: 1/4 cup, Dates: 2, Cocoa Powder: 1 tbsp**Cooking Time:** 5 minutes**Steps:** Blend almonds, dates, and cocoa powder in a food processor. Roll into small balls.**Cuisine:** American**Diet Type:** Vegan

Recipe ID: 1398**Recipe Name:** Pita Chips with Hummus**Ingredients:** Pita Bread, Hummus, Olive Oil**Quantities (for 1 person):** Pita Bread: 1, Hummus: 3 tbsp, Olive Oil: 1 tsp**Cooking Time:** 10 minutes**Steps:** Cut pita bread into triangles, brush with olive oil, and bake at 400°F (200°C) for 10 minutes. Serve with hummus.

Cuisine: Middle Eastern

Diet Type: Vegan

Recipe ID: 1399

Recipe Name: Greek Yogurt and Honey Parfait

Ingredients: Greek Yogurt, Honey, Almonds

Quantities (for 1 person): Greek Yogurt: 1/2 cup, Honey: 1 tbsp, Almonds: 2 tbsp

Cooking Time: 0 minutes

Steps: Layer Greek yogurt with honey and almonds in a cup.

Cuisine: Greek

Diet Type: Vegetarian

Recipe ID: 1400

Recipe Name: Cucumber and Cream Cheese Bites

Ingredients: Cucumber, Cream Cheese, Fresh Dill

Quantities (for 1 person): Cucumber: 1/2, Cream Cheese: 2 tbsp, Fresh Dill: 1 tsp

Cooking Time: 0 minutes

Steps: Slice the cucumber and top each slice with cream cheese and a sprinkle of dill.

Cuisine: American

Diet Type: Vegetarian

Recipe ID: 1401

Recipe Name: Roasted Almonds

Ingredients: Almonds, Olive Oil, Sea Salt

Quantities (for 1 person): Almonds: 1/4 cup, Olive Oil: 1 tsp, Sea Salt: a pinch

Cooking Time: 10 minutes

Steps: Toss almonds with olive oil and sea salt. Roast in the oven at 350°F (175°C) for 10 minutes, stirring halfway through.

Cuisine: American

Diet Type: Vegan

Recipe ID: 1402

Recipe Name: Veggie Guacamole

Ingredients: Avocado, Tomato, Onion, Lime Juice, Cilantro

Quantities (for 1 person): Avocado: 1/2, Tomato: 1/4, Onion: 1 tbsp, Lime Juice: 1 tbsp,

Cilantro: 1 tsp

Cooking Time: 5 minutes

Steps: Mash the avocado and mix with chopped tomato, onion, lime juice, and cilantro.

Serve with tortilla chips or veggies.

Cuisine: Mexican

Diet Type: Vegan

Recipe ID: 1403

Recipe Name: Apple and Peanut Butter

Ingredients: Apple, Peanut Butter

Quantities (for 1 person): Apple: 1, Peanut Butter: 1 tbsp

Cooking Time: 0 minutes

Steps: Slice the apple and dip the slices in peanut butter.

Cuisine: American

Diet Type: Vegan

Recipe ID: 1404

Recipe Name: Roasted Sweet Potato Fries

Ingredients: Sweet Potato, Olive Oil, Paprika, Salt

Quantities (for 1 person): Sweet Potato: 1, Olive Oil: 1 tsp, Paprika: 1/2 tsp, Salt: a pinch

Cooking Time: 15 minutes

Steps: Slice sweet potato into fries, toss with olive oil, paprika, and salt. Bake at 400°F (200°C) for 15 minutes.

Cuisine: American

Diet Type: Vegan

Recipe ID: 1405

Recipe Name: Caprese Skewers

Ingredients: Cherry Tomatoes, Mozzarella, Basil, Olive Oil

Quantities (for 1 person): Cherry Tomatoes: 4, Mozzarella: 4 small balls, Basil: 2 leaves, Olive Oil: 1 tsp

Cooking Time: 0 minutes

Steps: Skewer a tomato, mozzarella, and basil leaf. Drizzle with olive oil and serve.

Cuisine: Italian

Diet Type: Vegetarian

Recipe ID: 1406

Recipe Name: Banana Nut Bites

Ingredients: Banana, Almonds, Honey

Quantities (for 1 person): Banana: 1/2, Almonds: 4, Honey: 1 tsp

Cooking Time: 0 minutes

Steps: Slice banana, top with almonds and drizzle with honey.

Cuisine: American

Diet Type: Vegan

Recipe ID: 1407

Recipe Name: Edamame Beans

Ingredients: Edamame Beans, Sea Salt

Quantities (for 1 person): Edamame Beans: 1/2 cup, Sea Salt: a pinch

Cooking Time: 5 minutes

Steps: Boil the edamame beans for 5 minutes, then sprinkle with sea salt.

Cuisine: Japanese

Diet Type: Vegan

Recipe ID: 1408

Recipe Name: Cherry Tomato and Mozzarella Salad

Ingredients: Cherry Tomatoes, Mozzarella, Olive Oil, Basil

Quantities (for 1 person): Cherry Tomatoes: 1/2 cup, Mozzarella: 2 oz, Olive Oil: 1 tsp, Basil: 1 leaf

Cooking Time: 0 minutes

Steps: Combine the tomatoes and mozzarella, drizzle with olive oil, and garnish with basil.

Cuisine: Italian

Diet Type: Vegetarian

Recipe ID: 1409

Recipe Name: Rice Cake with Avocado

Ingredients: Rice Cake, Avocado, Salt, Pepper

Quantities (for 1 person): Rice Cake: 1, Avocado: 1/2, Salt: a pinch, Pepper: a pinch

Cooking Time: 0 minutes

Steps: Mash the avocado, spread it on the rice cake, and season with salt and pepper.

Cuisine: American

Diet Type: Vegan

Recipe ID: 1410

Recipe Name: Cucumber and Hummus Bites

Ingredients: Cucumber, Hummus

Quantities (for 1 person): Cucumber: 1/2, Hummus: 2 tbsp

Cooking Time: 0 minutes

Steps: Slice the cucumber and top with hummus.

Cuisine: Middle Eastern

Diet Type: Vegan

Recipe ID: 1411

Recipe Name: Veggie Sticks with Yogurt Dip

Ingredients: Carrot, Celery, Cucumber, Greek Yogurt, Lemon Juice, Dill

Quantities (for 1 person): Carrot: 1, Celery: 1 stalk, Cucumber: 1/4, Greek Yogurt: 2 tbsp, Lemon Juice: 1 tsp, Dill: 1 tsp

Cooking Time: 5 minutes

Steps: Cut the veggies into sticks. Mix yogurt, lemon juice, and dill for the dip.

Cuisine: American

Diet Type: Vegetarian

Recipe ID: 1412

Recipe Name: Spicy Popcorn

Ingredients: Popcorn, Olive Oil, Chili Powder, Salt

Quantities (for 1 person): Popcorn: 1/4 cup kernels, Olive Oil: 1 tsp, Chili Powder: 1/4 tsp, Salt: a pinch

Cooking Time: 5 minutes

Steps: Pop the popcorn in olive oil, then toss with chili powder and salt.

Cuisine: American

Diet Type: Vegan

Recipe ID: 1413

Recipe Name: Mini Veggie Tacos

Ingredients: Small Tortillas, Avocado, Lettuce, Tomato, Salsa

Quantities (for 1 person): Small Tortillas: 2, Avocado: 1/4, Lettuce: a few leaves, Tomato: 1/2, Salsa: 2 tbsp

Cooking Time: 5 minutes

Steps: Assemble the tacos with avocado, lettuce, tomato, and salsa in tortillas.

Cuisine: Mexican

Diet Type: Vegan

Recipe ID: 1414

Recipe Name: Crispy Chickpeas

Ingredients: Canned Chickpeas, Olive Oil, Paprika, Salt

Quantities (for 1 person): Canned Chickpeas: 1/2 cup, Olive Oil: 1 tsp, Paprika: 1/2 tsp, Salt: a pinch

Cooking Time: 10 minutes

Steps: Drain and dry the chickpeas. Toss with olive oil, paprika, and salt, then bake at 400°F (200°C) for 10 minutes.

Cuisine: Middle Eastern

Diet Type: Vegan

Recipe ID: 1415

Recipe Name: Rice Cakes with Peanut Butter

Ingredients: Rice Cake, Peanut Butter, Banana

Quantities (for 1 person): Rice Cake: 1, Peanut Butter: 1 tbsp, Banana: 1/2

Cooking Time: 0 minutes

Steps: Spread peanut butter on the rice cake and top with banana slices.

Cuisine: American

Diet Type: Vegan

Recipe ID: 1416

Recipe Name: Egg Salad on Crackers

Ingredients: Boiled Egg, Mayonnaise, Salt, Pepper, Crackers

Quantities (for 1 person): Boiled Egg: 1, Mayonnaise: 1 tbsp, Salt: a pinch, Pepper: a pinch, Crackers: 4-5

Cooking Time: 5 minutes

Steps: Mash the boiled egg with mayonnaise, salt, and pepper. Spread on crackers.

Cuisine: American

Diet Type: Vegetarian

Recipe ID: 1417

Recipe Name: Greek Yogurt with Honey and Almonds

Ingredients: Greek Yogurt, Honey, Almonds

Quantities (for 1 person): Greek Yogurt: 1/2 cup, Honey: 1 tbsp, Almonds: 6-8

Cooking Time: 0 minutes

Steps: Mix Greek yogurt with honey and top with almonds.

Cuisine: Greek

Diet Type: Vegetarian

Recipe ID: 1418

Recipe Name: Veggie Quesadilla

Ingredients: Tortilla, Bell Pepper, Onion, Cheese, Salsa

Quantities (for 1 person): Tortilla: 1, Bell Pepper: 1/4, Onion: 1/4, Cheese: 1/4 cup, Salsa: 1 tbsp

Cooking Time: 5 minutes

Steps: Sauté bell pepper and onion, then place on a tortilla with cheese. Fold and cook on a skillet until crispy. Serve with salsa.

Cuisine: Mexican

Diet Type: Vegetarian

Recipe ID: 1419

Recipe Name: Stuffed Dates

Ingredients: Dates, Almonds, Coconut Flakes

Quantities (for 1 person): Dates: 4, Almonds: 4, Coconut Flakes: 1 tsp

Cooking Time: 0 minutes

Steps: Slice dates open, remove the pit, and stuff with almonds. Sprinkle with coconut flakes.

Cuisine: Middle Eastern

Diet Type: Vegan

Recipe ID: 1420

Recipe Name: Cucumber and Tomato Salad

Ingredients: Cucumber, Tomato, Red Onion, Olive Oil, Vinegar

Quantities (for 1 person): Cucumber: 1/2, Tomato: 1, Red Onion: 1/4, Olive Oil: 1 tbsp, Vinegar: 1 tsp

Cooking Time: 0 minutes

Steps: Slice cucumber, tomato, and onion. Toss with olive oil and vinegar.

Cuisine: Mediterranean

Diet Type: Vegan

Recipe ID: 1421

Recipe Name: Roasted Edamame

Ingredients: Edamame, Olive Oil, Sea Salt, Garlic Powder

Quantities (for 1 person): Edamame: 1/2 cup, Olive Oil: 1 tsp, Sea Salt: a pinch, Garlic Powder: 1/4 tsp

Cooking Time: 10 minutes

Steps: Toss edamame with olive oil, sea salt, and garlic powder. Roast at 400°F (200°C) for 10 minutes.

Cuisine: Asian

Diet Type: Vegan

Recipe ID: 1422

Recipe Name: Avocado Toast with Egg

Ingredients: Bread, Avocado, Egg, Salt, Pepper

Quantities (for 1 person): Bread: 1 slice, Avocado: 1/2, Egg: 1, Salt: a pinch, Pepper: a pinch

Cooking Time: 5 minutes

Steps: Toast the bread, mash avocado with salt and pepper, and spread on the toast. Top with a fried egg.

Cuisine: American

Diet Type: Vegetarian

Recipe ID: 1423

Recipe Name: Fruit and Nut Mix

Ingredients: Mixed Nuts, Dried Cranberries, Almonds, Walnuts

Quantities (for 1 person): Mixed Nuts: 1/4 cup, Dried Cranberries: 2 tbsp, Almonds: 6, Walnuts: 2

Cooking Time: 0 minutes

Steps: Mix all ingredients together and serve.

Cuisine: American

Diet Type: Vegan

Recipe ID: 1424

Recipe Name: Cheese and Cucumber Sandwich

Ingredients: Bread, Cucumber, Cheese, Butter

Quantities (for 1 person): Bread: 2 slices, Cucumber: 1/2, Cheese: 1 slice, Butter: 1 tsp

Cooking Time: 5 minutes

Steps: Spread butter on bread, add cheese and cucumber slices, and assemble the sandwich.

Cuisine: British

Diet Type: Vegetarian

Recipe ID: 1425

Recipe Name: Hummus with Veggie Sticks

Ingredients: Hummus, Carrot, Celery, Bell Pepper

Quantities (for 1 person): Hummus: 1/4 cup, Carrot: 1, Celery: 1 stalk, Bell Pepper: 1/2

Cooking Time: 5 minutes

Steps: Cut the vegetables into sticks and serve with hummus.

Cuisine: Middle Eastern

Diet Type: Vegan

Recipe ID: 1426

Recipe Name: Sweet Potato Fries

Ingredients: Sweet Potato, Olive Oil, Salt, Paprika

Quantities (for 1 person): Sweet Potato: 1, Olive Oil: 1 tbsp, Salt: a pinch, Paprika: 1/4 tsp

Cooking Time: 15 minutes

Steps: Cut the sweet potato into fries, toss with olive oil, salt, and paprika, and bake at 425°F (220°C) for 15 minutes.

Cuisine: American

Diet Type: Vegan

Recipe ID: 1427

Recipe Name: Rice Cake with Almond Butter and Banana

Ingredients: Rice Cake, Almond Butter, Banana

Quantities (for 1 person): Rice Cake: 1, Almond Butter: 1 tbsp, Banana: 1/2

Cooking Time: 0 minutes

Steps: Spread almond butter on the rice cake and top with banana slices.

Cuisine: American

Diet Type: Vegan

Recipe ID: 1428

Recipe Name: Veggie Nachos

Ingredients: Tortilla Chips, Avocado, Salsa, Jalapeño, Cheese

Quantities (for 1 person): Tortilla Chips: 1 cup, Avocado: 1/4, Salsa: 2 tbsp, Jalapeño: 1, Cheese: 1/4 cup

Cooking Time: 5 minutes

Steps: Arrange tortilla chips on a plate, top with salsa, sliced jalapeño, avocado, and melted cheese.

Cuisine: Mexican

Diet Type: Vegetarian

Recipe ID: 1429

Recipe Name: Mini Caprese Skewers

Ingredients: Cherry Tomatoes, Mozzarella Balls, Basil Leaves, Balsamic Glaze

Quantities (for 1 person): Cherry Tomatoes: 4, Mozzarella Balls: 4, Basil Leaves: 4, Balsamic Glaze: 1 tsp

Cooking Time: 0 minutes

Steps: Thread cherry tomatoes, mozzarella, and basil onto skewers. Drizzle with balsamic glaze.

Cuisine: Italian

Diet Type: Vegetarian

Recipe ID: 1430

Recipe Name: Roasted Pumpkin Seeds

Ingredients: Pumpkin Seeds, Olive Oil, Salt, Garlic Powder

Quantities (for 1 person): Pumpkin Seeds: 1/4 cup, Olive Oil: 1 tsp, Salt: a pinch, Garlic Powder: 1/4 tsp

Cooking Time: 10 minutes

Steps: Toss pumpkin seeds with olive oil, salt, and garlic powder, then roast at 350°F (175°C) for 10 minutes.

Cuisine: American

Diet Type: Vegan

Recipe ID: 1431

Recipe Name: Spicy Roasted Chickpeas

Ingredients: Canned Chickpeas, Olive Oil, Paprika, Cumin, Salt

Quantities (for 1 person): Canned Chickpeas: 1/2 cup, Olive Oil: 1 tsp, Paprika: 1/4 tsp, Cumin: 1/4 tsp, Salt: a pinch

Cooking Time: 15 minutes

Steps: Drain and rinse chickpeas, toss with olive oil, paprika, cumin, and salt. Roast at 400°F (200°C) for 15 minutes.

Cuisine: Middle Eastern

Diet Type: Vegan

Recipe ID: 1432

Recipe Name: Guacamole with Tortilla Chips

Ingredients: Avocado, Lime, Salt, Garlic, Tortilla Chips

Quantities (for 1 person): Avocado: 1/2, Lime: 1/2, Salt: a pinch, Garlic: 1/4 tsp, Tortilla Chips: 1 cup

Cooking Time: 5 minutes

Steps: Mash avocado, mix with lime juice, salt, and garlic. Serve with tortilla chips.

Cuisine: Mexican

Diet Type: Vegan

Recipe ID: 1433

Recipe Name: Stuffed Bell Peppers

Ingredients: Bell Pepper, Hummus, Cucumber, Tomato

Quantities (for 1 person): Bell Pepper: 1, Hummus: 3 tbsp, Cucumber: 1/4, Tomato: 1/2

Cooking Time: 5 minutes

Steps: Cut the bell pepper in half and remove seeds. Fill with hummus, then top with diced cucumber and tomato.

Cuisine: Mediterranean

Diet Type: Vegan

Recipe ID: 1434

Recipe Name: Apple and Peanut Butter Bites

Ingredients: Apple, Peanut Butter, Cinnamon

Quantities (for 1 person): Apple: 1, Peanut Butter: 1 tbsp, Cinnamon: a pinch

Cooking Time: 0 minutes

Steps: Slice the apple, spread peanut butter on the slices, and sprinkle with cinnamon.

Cuisine: American

Diet Type: Vegan

Recipe ID: 1435

Recipe Name: Sweet Potato Chips

Ingredients: Sweet Potato, Olive Oil, Salt, Paprika

Quantities (for 1 person): Sweet Potato: 1, Olive Oil: 1 tsp, Salt: a pinch, Paprika: 1/4 tsp

Cooking Time: 20 minutes

Steps: Slice sweet potato thinly, toss with olive oil, salt, and paprika. Bake at 425°F (220°C) for 20 minutes.

Cuisine: American

Diet Type: Vegan

Recipe ID: 1436

Recipe Name: Zucchini Fritters

Ingredients: Zucchini, Egg, Flour, Salt, Pepper, Olive Oil

Quantities (for 1 person): Zucchini: 1, Egg: 1, Flour: 1 tbsp, Salt: a pinch, Pepper: a pinch, Olive Oil: 1 tsp

Cooking Time: 10 minutes

Steps: Grate zucchini and mix with egg, flour, salt, and pepper. Form into fritters and cook in olive oil for 10 minutes.

Cuisine: American

Diet Type: Vegetarian

Recipe ID: 1437

Recipe Name: Avocado and Tomato Salad

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

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

Cooking Time: 5 minutes

Steps: Chop avocado and tomato. Toss with olive oil, lemon juice, salt, and pepper.

Cuisine: Mediterranean

Diet Type: Vegan

Recipe ID: 1438

Recipe Name: Carrot and Celery Sticks with Ranch Dip

Ingredients: Carrot, Celery, Ranch Dressing

Quantities (for 1 person): Carrot: 1, Celery: 1 stalk, Ranch Dressing: 2 tbsp

Cooking Time: 0 minutes

Steps: Cut carrot and celery into sticks. Serve with ranch dressing for dipping.

Cuisine: American

Diet Type: Vegetarian

Recipe ID: 1439

Recipe Name: Cucumber and Cream Cheese Sandwiches

Ingredients: Bread, Cucumber, Cream Cheese, Salt, Pepper

Quantities (for 1 person): Bread: 2 slices, Cucumber: 1/4, Cream Cheese: 2 tbsp, Salt: a pinch, Pepper: a pinch

Cooking Time: 5 minutes

Steps: Spread cream cheese on bread, layer with cucumber slices, and season with salt and pepper.

Cuisine: British

Diet Type: Vegetarian

Recipe ID: 1440

Recipe Name: Banana and Almond Butter Bites

Ingredients: Banana, Almond Butter, Cinnamon

Quantities (for 1 person): Banana: 1, Almond Butter: 1 tbsp, Cinnamon: a pinch

Cooking Time: 0 minutes

Steps: Slice the banana, spread almond butter on the slices, and sprinkle with cinnamon.

Cuisine: American

Diet Type: Vegan

Recipe ID: 1441

Recipe Name: Spinach and Feta Cheese Balls

Ingredients: Spinach, Feta Cheese, Breadcrumbs, Egg, Olive Oil

Quantities (for 1 person): Spinach: 1 cup, Feta Cheese: 2 tbsp, Breadcrumbs: 2 tbsp, Egg: 1, Olive Oil: 1 tsp

Cooking Time: 15 minutes

Steps: Sauté spinach in olive oil until wilted, then mix with crumbled feta, breadcrumbs, and beaten egg. Form into small balls and fry in olive oil until golden.

Cuisine: Mediterranean

Diet Type: Vegetarian

Recipe ID: 1442

Recipe Name: Baked Sweet Potato Fries

Ingredients: Sweet Potato, Olive Oil, Salt, Pepper, Paprika

Quantities (for 1 person): Sweet Potato: 1, Olive Oil: 1 tsp, Salt: a pinch, Pepper: a pinch, Paprika: 1/4 tsp

Cooking Time: 20 minutes

Steps: Slice sweet potato into fries, toss with olive oil, salt, pepper, and paprika. Bake at 425°F (220°C) for 20 minutes.

Cuisine: American

Diet Type: Vegan

Recipe ID: 1443

Recipe Name: Greek Yogurt with Honey and Almonds

Ingredients: Greek Yogurt, Honey, Almonds

Quantities (for 1 person): Greek Yogurt: 1/2 cup, Honey: 1 tbsp, Almonds: 2 tbsp

Cooking Time: 0 minutes

Steps: Top Greek yogurt with honey and sliced almonds.

Cuisine: Greek

Diet Type: Vegetarian

Recipe ID: 1444

Recipe Name: Apple Nachos

Ingredients: Apple, Peanut Butter, Chocolate Chips, Cinnamon

Quantities (for 1 person): Apple: 1, Peanut Butter: 1 tbsp, Chocolate Chips: 1 tbsp, Cinnamon: a pinch

Cooking Time: 0 minutes

Steps: Slice the apple, drizzle with peanut butter, sprinkle with chocolate chips and cinnamon.

Cuisine: American

Diet Type: Vegan

Recipe ID: 1445

Recipe Name: Veggie Dip with Carrot and Cucumber Sticks

Ingredients: Carrot, Cucumber, Greek Yogurt, Ranch Seasoning

Quantities (for 1 person): Carrot: 1, Cucumber: 1, Greek Yogurt: 2 tbsp, Ranch Seasoning: 1 tsp

Cooking Time: 0 minutes

Steps: Slice carrot and cucumber into sticks. Mix Greek yogurt with ranch seasoning to make the dip.

Cuisine: American

Diet Type: Vegetarian

Recipe ID: 1446

Recipe Name: Mini Avocado Toast

Ingredients: Bread, Avocado, Lemon Juice, Salt, Pepper

Quantities (for 1 person): Bread: 2 slices, Avocado: 1/2, Lemon Juice: 1 tsp, Salt: a pinch, Pepper: a pinch

Cooking Time: 5 minutes

Steps: Toast the bread, mash the avocado with lemon juice, salt, and pepper. Spread the avocado mixture on the toast.

Cuisine: American

Diet Type: Vegan

Recipe ID: 1447

Recipe Name: Hummus and Veggie Wrap

Ingredients: Hummus, Lettuce, Carrot, Cucumber, Tortilla

Quantities (for 1 person): Hummus: 2 tbsp, Lettuce: 1 leaf, Carrot: 1/4, Cucumber: 1/4, Tortilla: 1

Cooking Time: 5 minutes

Steps: Spread hummus on the tortilla, top with lettuce, grated carrot, and cucumber. Roll up and serve.

Cuisine: Middle Eastern

Diet Type: Vegan

Recipe ID: 1448

Recipe Name: Mozzarella and Tomato Skewers

Ingredients: Mozzarella, Cherry Tomatoes, Basil, Olive Oil

Quantities (for 1 person): Mozzarella: 2 oz, Cherry Tomatoes: 4, Basil: 2 leaves, Olive Oil: 1 tsp

Cooking Time: 5 minutes

Steps: Thread mozzarella, cherry tomatoes, and basil onto skewers. Drizzle with olive oil before serving.

Cuisine: Italian

Diet Type: Vegetarian

Recipe ID: 1449

Recipe Name: Rice Cakes with Peanut Butter and Banana

Ingredients: Rice Cakes, Peanut Butter, Banana

Quantities (for 1 person): Rice Cakes: 2, Peanut Butter: 2 tbsp, Banana: 1/2

Cooking Time: 0 minutes

Steps: Spread peanut butter on rice cakes, top with banana slices.

Cuisine: American

Diet Type: Vegan

Recipe ID: 1450

Recipe Name: Smashed Chickpea Salad

Ingredients: Canned Chickpeas, Mayonnaise, Mustard, Celery, Lemon Juice

Quantities (for 1 person): Canned Chickpeas: 1/4 cup, Mayonnaise: 1 tbsp, Mustard: 1 tsp, Celery: 1/4 stalk, Lemon Juice: 1 tsp

Cooking Time: 5 minutes

Steps: Mash chickpeas and mix with mayonnaise, mustard, chopped celery, and lemon juice. Serve with crackers or toast.

Cuisine: American

Diet Type: Vegan

Recipe ID: 1451

Recipe Name: Sweet Potato Hummus

Ingredients: Sweet Potato, Hummus, Olive Oil, Lemon Juice, Garlic

Quantities (for 1 person): Sweet Potato: 1/2, Hummus: 2 tbsp, Olive Oil: 1 tsp, Lemon Juice: 1 tsp, Garlic: 1 clove

Cooking Time: 10 minutes

Steps: Roast or microwave sweet potato until soft, then mash it. Mix with hummus,

olive oil, lemon juice, and garlic. Serve with veggie sticks.

Cuisine: Middle Eastern

Diet Type: Vegan

Recipe ID: 1452

Recipe Name: Avocado Salsa

Ingredients: Avocado, Tomato, Red Onion, Lime Juice, Salt, Pepper

Quantities (for 1 person): Avocado: 1/2, Tomato: 1/2, Red Onion: 1 tbsp, Lime Juice: 1 tsp, Salt: a pinch, Pepper: a pinch

Cooking Time: 5 minutes

Steps: Dice avocado, tomato, and onion. Mix together with lime juice, salt, and pepper.

Cuisine: Mexican

Diet Type: Vegan

Recipe ID: 1453

Recipe Name: Baked Zucchini Chips

Ingredients: Zucchini, Olive Oil, Salt, Pepper, Garlic Powder

Quantities (for 1 person): Zucchini: 1, Olive Oil: 1 tsp, Salt: a pinch, Pepper: a pinch, Garlic Powder: 1/4 tsp

Cooking Time: 15 minutes

Steps: Slice zucchini thinly, drizzle with olive oil, and season with salt, pepper, and garlic powder. Bake at 400°F (200°C) for 10-15 minutes.

Cuisine: American

Diet Type: Vegan

Recipe ID: 1454

Recipe Name: Cucumber and Cream Cheese Sandwich

Ingredients: Bread, Cucumber, Cream Cheese, Dill

Quantities (for 1 person): Bread: 2 slices, Cucumber: 1/4, Cream Cheese: 2 tbsp, Dill: 1 tsp

Cooking Time: 5 minutes

Steps: Spread cream cheese on bread, top with cucumber slices and sprinkle with dill.

Cuisine: American

Diet Type: Vegetarian

Recipe ID: 1455

Recipe Name: Carrot Fries

Ingredients: Carrots, Olive Oil, Salt, Pepper, Paprika

Quantities (for 1 person): Carrots: 2, Olive Oil: 1 tsp, Salt: a pinch, Pepper: a pinch, Paprika: 1/4 tsp

Cooking Time: 15 minutes

Steps: Cut carrots into fries, toss with olive oil, salt, pepper, and paprika. Bake at 425°F (220°C) for 15 minutes.

Cuisine: American

Diet Type: Vegan

Recipe ID: 1456

Recipe Name: Peanut Butter and Celery Sticks

Ingredients: Celery, Peanut Butter, Raisins

Quantities (for 1 person): Celery: 3 sticks, Peanut Butter: 2 tbsp, Raisins: 1 tbsp

Cooking Time: 0 minutes

Steps: Fill celery sticks with peanut butter and top with raisins.

Cuisine: American

Diet Type: Vegan

Recipe ID: 1457

Recipe Name: Yogurt Parfait

Ingredients: Greek Yogurt, Granola, Honey, Berries

Quantities (for 1 person): Greek Yogurt: 1/2 cup, Granola: 1/4 cup, Honey: 1 tsp, Berries: 1/4 cup

Cooking Time: 0 minutes

Steps: Layer Greek yogurt, granola, and berries in a bowl or jar. Drizzle with honey.

Cuisine: American

Diet Type: Vegetarian

Recipe ID: 1458

Recipe Name: Cheese and Crackers

Ingredients: Cheese, Crackers

Quantities (for 1 person): Cheese: 2 oz, Crackers: 5-6

Cooking Time: 0 minutes

Steps: Serve cheese slices with crackers.

Cuisine: American

Diet Type: Vegetarian

Recipe ID: 1459

Recipe Name: Banana Chips

Ingredients: Banana, Coconut Oil, Cinnamon

Quantities (for 1 person): Banana: 1, Coconut Oil: 1 tsp, Cinnamon: 1/4 tsp

Cooking Time: 10 minutes

Steps: Slice banana, coat with melted coconut oil and cinnamon, then bake at 350°F (175°C) for 10 minutes.

Cuisine: American

Diet Type: Vegan

Recipe ID: 1460

Recipe Name: Roasted Chickpeas

Ingredients: Canned Chickpeas, Olive Oil, Salt, Cumin, Paprika

Quantities (for 1 person): Canned Chickpeas: 1/4 cup, Olive Oil: 1 tsp, Salt: a pinch, Cumin: 1/4 tsp, Paprika: 1/4 tsp

Cooking Time: 15 minutes

Steps: Rinse and dry chickpeas, toss with olive oil and spices. Roast at 400°F (200°C) for 15 minutes.

Cuisine: Middle Eastern

Diet Type: Vegan

Recipe ID: 1461

Recipe Name: Guacamole

Ingredients: Avocado, Lime Juice, Cilantro, Onion, Salt

Quantities (for 1 person): Avocado: 1/2, Lime Juice: 1 tsp, Cilantro: 1 tsp, Onion: 1 tbsp, Salt: a pinch

Cooking Time: 5 minutes

Steps: Mash avocado and mix with lime juice, cilantro, onion, and salt.

Cuisine: Mexican

Diet Type: Vegan

Recipe ID: 1462

Recipe Name: Veggie Spring Rolls

Ingredients: Rice Paper, Carrot, Cucumber, Lettuce, Soy Sauce

Quantities (for 1 person): Rice Paper: 2 sheets, Carrot: 1/4, Cucumber: 1/4, Lettuce: 2

leaves, Soy Sauce: 1 tsp

Cooking Time: 5 minutes

Steps: Soften rice paper in water, then wrap with thin slices of carrot, cucumber, and lettuce. Serve with soy sauce for dipping.

Cuisine: Asian

Diet Type: Vegan

Recipe ID: 1463

Recipe Name: Avocado Toast

Ingredients: Bread, Avocado, Olive Oil, Salt, Pepper

Quantities (for 1 person): Bread: 2 slices, Avocado: 1/2, Olive Oil: 1 tsp, Salt: a pinch, Pepper: a pinch

Cooking Time: 5 minutes

Steps: Toast the bread, then top with mashed avocado, olive oil, salt, and pepper.

Cuisine: American

Diet Type: Vegetarian

Recipe ID: 1464

Recipe Name: Fruit Salad

Ingredients: Apple, Banana, Grapes, Orange, Lemon Juice

Quantities (for 1 person): Apple: 1/2, Banana: 1/2, Grapes: 1/4 cup, Orange: 1/2, Lemon Juice: 1 tsp

Cooking Time: 5 minutes

Steps: Dice all fruits and mix together. Drizzle with lemon juice.

Cuisine: American

Diet Type: Vegan

Recipe ID: 1465

Recipe Name: Spicy Roasted Almonds

Ingredients: Almonds, Olive Oil, Cayenne Pepper, Salt

Quantities (for 1 person): Almonds: 1/4 cup, Olive Oil: 1 tsp, Cayenne Pepper: 1/4 tsp, Salt: a pinch

Cooking Time: 10 minutes

Steps: Toss almonds with olive oil, cayenne pepper, and salt. Roast at 350°F (175°C) for 10 minutes.

Cuisine: American

Diet Type: Vegan

Recipe ID: 1466

Recipe Name: Cheese Sticks

Ingredients: Mozzarella Cheese, Marinara Sauce

Quantities (for 1 person): Mozzarella Cheese: 2 sticks, Marinara Sauce: 2 tbsp

Cooking Time: 5 minutes

Steps: Heat mozzarella cheese sticks in the microwave, then serve with marinara sauce for dipping.

Cuisine: Italian

Diet Type: Vegetarian

Recipe ID: 1467

Recipe Name: Apple Slices with Peanut Butter

Ingredients: Apple, Peanut Butter, Cinnamon

Quantities (for 1 person): Apple: 1, Peanut Butter: 2 tbsp, Cinnamon: 1/4 tsp

Cooking Time: 0 minutes

Steps: Slice apple and dip into peanut butter. Sprinkle with cinnamon.

Cuisine: American

Diet Type: Vegan

Recipe ID: 1468

Recipe Name: Popcorn with Nutritional Yeast

Ingredients: Popcorn, Nutritional Yeast, Olive Oil, Salt

Quantities (for 1 person): Popcorn: 1/4 cup, Nutritional Yeast: 1 tbsp, Olive Oil: 1 tsp, Salt: a pinch

Cooking Time: 5 minutes

Steps: Pop popcorn, drizzle with olive oil, and sprinkle with nutritional yeast and salt.

Cuisine: American

Diet Type: Vegan

Recipe ID: 1469

Recipe Name: Cottage Cheese with Pineapple

Ingredients: Cottage Cheese, Pineapple

Quantities (for 1 person): Cottage Cheese: 1/2 cup, Pineapple: 1/4 cup

Cooking Time: 0 minutes

Steps: Mix cottage cheese with pineapple chunks.

Cuisine: American

Diet Type: Vegetarian

Recipe ID: 1470

Recipe Name: Cucumber Chips

Ingredients: Cucumber, Olive Oil, Salt, Pepper, Garlic Powder

Quantities (for 1 person): Cucumber: 1, Olive Oil: 1 tsp, Salt: a pinch, Pepper: a pinch, Garlic Powder: 1/4 tsp

Cooking Time: 10 minutes

Steps: Slice cucumber thinly, drizzle with olive oil, and season with salt, pepper, and garlic powder. Bake at 400°F (200°C) for 10 minutes.

Cuisine: American

Diet Type: Vegan

Recipe ID: 1471

Recipe Name: Hummus and Carrot Sticks

Ingredients: Hummus, Carrot

Quantities (for 1 person): Hummus: 3 tbsp, Carrot: 1

Cooking Time: 5 minutes

Steps: Cut carrot into sticks and dip into hummus.

Cuisine: Middle Eastern

Diet Type: Vegan

Recipe ID: 1472

Recipe Name: Sweet Potato Fries

Ingredients: Sweet Potato, Olive Oil, Salt, Pepper

Quantities (for 1 person): Sweet Potato: 1 medium, Olive Oil: 1 tsp, Salt: a pinch, Pepper: a pinch

Cooking Time: 20 minutes

Steps: Slice sweet potato into fries, toss with olive oil, salt, and pepper. Bake at 400°F (200°C) for 20 minutes.

Cuisine: American

Diet Type: Vegan

Recipe ID: 1473

Recipe Name: Rice Cake with Almond Butter

Ingredients: Rice Cake, Almond Butter

Quantities (for 1 person): Rice Cake: 1, Almond Butter: 2 tbsp

Cooking Time: 0 minutes

Steps: Spread almond butter over the rice cake.

Cuisine: American

Diet Type: Vegan

Recipe ID: 1474

Recipe Name: Guacamole with Tortilla Chips

Ingredients: Guacamole, Tortilla Chips

Quantities (for 1 person): Guacamole: 1/4 cup, Tortilla Chips: 10-15 pieces

Cooking Time: 5 minutes

Steps: Dip tortilla chips into guacamole.

Cuisine: Mexican

Diet Type: Vegan

Recipe ID: 1475

Recipe Name: Roasted Chickpeas

Ingredients: Chickpeas, Olive Oil, Salt, Paprika

Quantities (for 1 person): Chickpeas: 1/2 cup, Olive Oil: 1 tsp, Salt: a pinch, Paprika: 1/2 tsp

Cooking Time: 20 minutes

Steps: Toss chickpeas with olive oil, salt, and paprika. Roast at 400°F (200°C) for 20 minutes.

Cuisine: Middle Eastern

Diet Type: Vegan

Recipe ID: 1476

Recipe Name: Veggie Tacos

Ingredients: Tortilla, Lettuce, Tomato, Cucumber, Salsa

Quantities (for 1 person): Tortilla: 2, Lettuce: 1 leaf, Tomato: 1/4, Cucumber: 1/4, Salsa: 2 tbsp

Cooking Time: 5 minutes

Steps: Fill tortilla with lettuce, tomato, cucumber, and salsa.

Cuisine: Mexican

Diet Type: Vegan

Recipe ID: 1477

Recipe Name: Mini Caprese Salad

Ingredients: Mozzarella, Tomato, Basil, Olive Oil, Balsamic Vinegar

Quantities (for 1 person): Mozzarella: 3 balls, Tomato: 1/2, Basil: 3 leaves, Olive Oil: 1 tsp, Balsamic Vinegar: 1 tsp

Cooking Time: 5 minutes

Steps: Arrange mozzarella, tomato, and basil on a plate. Drizzle with olive oil and balsamic vinegar.

Cuisine: Italian

Diet Type: Vegetarian

Recipe ID: 1478

Recipe Name: Banana Bites with Chocolate

Ingredients: Banana, Dark Chocolate

Quantities (for 1 person): Banana: 1, Dark Chocolate: 2 tbsp

Cooking Time: 5 minutes

Steps: Slice banana and dip in melted dark chocolate.

Cuisine: American

Diet Type: Vegan

Recipe ID: 1479

Recipe Name: Apple and Cheese Slices

Ingredients: Apple, Cheese

Quantities (for 1 person): Apple: 1, Cheese: 2 slices

Cooking Time: 0 minutes

Steps: Slice apple and serve with cheese slices.

Cuisine: American

Diet Type: Vegetarian

Recipe ID: 1480

Recipe Name: Roasted Veggie Skewers

Ingredients: Zucchini, Bell Pepper, Onion, Olive Oil, Salt

Quantities (for 1 person): Zucchini: 1, Bell Pepper: 1/2, Onion: 1/4, Olive Oil: 1 tsp, Salt: a pinch

Cooking Time: 15 minutes

Steps: Skewer veggies, drizzle with olive oil and salt. Roast at 400°F (200°C) for 15 minutes.

Cuisine: American

Diet Type: Vegan

Recipe ID: 1481

Recipe Name: Baked Apple Chips

Ingredients: Apple, Cinnamon, Honey

Quantities (for 1 person): Apple: 1, Cinnamon: 1/2 tsp, Honey: 1 tsp

Cooking Time: 20 minutes

Steps: Slice apple thinly, sprinkle with cinnamon, and drizzle with honey. Bake at 350°F (175°C) for 20 minutes.

Cuisine: American

Diet Type: Vegan

Recipe ID: 1482

Recipe Name: Rice Paper Rolls with Veggies

Ingredients: Rice Paper, Carrot, Cucumber, Lettuce, Soy Sauce

Quantities (for 1 person): Rice Paper: 2 sheets, Carrot: 1/2, Cucumber: 1/2, Lettuce: 2 leaves, Soy Sauce: 1 tbsp

Cooking Time: 10 minutes

Steps: Soak rice paper in water, fill with veggies, and roll. Serve with soy sauce.

Cuisine: Asian

Diet Type: Vegan

Recipe ID: 1483

Recipe Name: Avocado Toast

Ingredients: Avocado, Bread, Lemon, Salt

Quantities (for 1 person): Avocado: 1/2, Bread: 1 slice, Lemon: 1/4, Salt: a pinch

Cooking Time: 5 minutes

Steps: Mash avocado with lemon and salt, spread on toasted bread.

Cuisine: American

Diet Type: Vegan

Recipe ID: 1484

Recipe Name: Greek Yogurt with Honey and Almonds

Ingredients: Greek Yogurt, Honey, Almonds

Quantities (for 1 person): Greek Yogurt: 1/2 cup, Honey: 1 tsp, Almonds: 6

Cooking Time: 0 minutes

Steps: Mix yogurt with honey and top with almonds.

Cuisine: Greek

Diet Type: Vegetarian

Recipe ID: 1485

Recipe Name: Cucumber and Tomato Salad

Ingredients: Cucumber, Tomato, Olive Oil, Salt, Pepper

Quantities (for 1 person): Cucumber: 1/2, Tomato: 1/2, Olive Oil: 1 tsp, Salt: a pinch, Pepper: a pinch

Cooking Time: 5 minutes

Steps: Slice cucumber and tomato, drizzle with olive oil, and season with salt and pepper.

Cuisine: Mediterranean

Diet Type: Vegan

Recipe ID: 1486

Recipe Name: Zucchini Fritters

Ingredients: Zucchini, Egg, Flour, Salt, Pepper

Quantities (for 1 person): Zucchini: 1, Egg: 1, Flour: 2 tbsp, Salt: a pinch, Pepper: a pinch

Cooking Time: 10 minutes

Steps: Grate zucchini, mix with egg, flour, salt, and pepper. Fry in a pan for 3-4 minutes per side.

Cuisine: Mediterranean

Diet Type: Vegetarian

Recipe ID: 1487

Recipe Name: Roasted Almonds

Ingredients: Almonds, Olive Oil, Salt

Quantities (for 1 person): Almonds: 1/2 cup, Olive Oil: 1 tsp, Salt: a pinch

Cooking Time: 10 minutes

Steps: Toss almonds with olive oil and salt. Roast at 350°F (175°C) for 10 minutes.

Cuisine: American

Diet Type: Vegan

Recipe ID: 1488

Recipe Name: Pita Chips with Hummus

Ingredients: Pita Bread, Olive Oil, Hummus

Quantities (for 1 person): Pita Bread: 1, Olive Oil: 1 tsp, Hummus: 2 tbsp

Cooking Time: 10 minutes

Steps: Cut pita bread into triangles, drizzle with olive oil, and bake at 375°F (190°C) for 10 minutes. Serve with hummus.

Cuisine: Middle Eastern

Diet Type: Vegan

Recipe ID: 1489

Recipe Name: Cherry Tomatoes with Mozzarella

Ingredients: Cherry Tomatoes, Mozzarella, Olive Oil

Quantities (for 1 person): Cherry Tomatoes: 6, Mozzarella: 3 balls, Olive Oil: 1 tsp

Cooking Time: 5 minutes

Steps: Combine cherry tomatoes with mozzarella, drizzle with olive oil.

Cuisine: Italian

Diet Type: Vegetarian

Recipe ID: 1490

Recipe Name: Apple Slices with Peanut Butter

Ingredients: Apple, Peanut Butter

Quantities (for 1 person): Apple: 1, Peanut Butter: 2 tbsp

Cooking Time: 0 minutes

Steps: Slice apple and dip in peanut butter.

Cuisine: American

Diet Type: Vegan

Recipe ID: 1491

Recipe Name: Veggie Sticks with Guacamole

Ingredients: Carrot, Cucumber, Celery, Avocado, Lime, Salt

Quantities (for 1 person): Carrot: 1, Cucumber: 1/2, Celery: 1 stalk, Avocado: 1/2,

Lime: 1/2, Salt: a pinch

Cooking Time: 5 minutes

Steps: Slice carrot, cucumber, and celery into sticks. Mash avocado with lime and salt to make guacamole. Serve with veggie sticks.

Cuisine: Mexican

Diet Type: Vegan

Recipe ID: 1492

Recipe Name: Edamame Beans with Sea Salt

Ingredients: Edamame, Sea Salt

Quantities (for 1 person): Edamame: 1 cup, Sea Salt: a pinch

Cooking Time: 5 minutes

Steps: Steam edamame and sprinkle with sea salt.

Cuisine: Japanese

Diet Type: Vegan

Recipe ID: 1493

Recipe Name: Sweet Potato Fries

Ingredients: Sweet Potato, Olive Oil, Salt, Pepper

Quantities (for 1 person): Sweet Potato: 1, Olive Oil: 1 tsp, Salt: a pinch, Pepper: a pinch

Cooking Time: 15 minutes

Steps: Cut sweet potato into fries, toss with olive oil, salt, and pepper. Bake at 400°F (200°C) for 15 minutes.

Cuisine: American

Diet Type: Vegan

Recipe ID: 1494

Recipe Name: Baked Zucchini Chips

Ingredients: Zucchini, Olive Oil, Parmesan Cheese, Salt

Quantities (for 1 person): Zucchini: 1, Olive Oil: 1 tsp, Parmesan Cheese: 2 tbsp, Salt: a pinch

Cooking Time: 20 minutes

Steps: Slice zucchini thinly, toss with olive oil, parmesan, and salt. Bake at 375°F (190°C) for 20 minutes.

Cuisine: Mediterranean

Diet Type: Vegetarian

Recipe ID: 1495

Recipe Name: Poppy Seed Crackers

Ingredients: Flour, Water, Poppy Seeds, Olive Oil, Salt

Quantities (for 1 person): Flour: 1/2 cup, Water: 1/4 cup, Poppy Seeds: 1 tbsp, Olive Oil: 1 tsp, Salt: a pinch

Cooking Time: 15 minutes

Steps: Mix flour, water, poppy seeds, olive oil, and salt. Roll out dough and cut into small squares. Bake at 375°F (190°C) for 15 minutes.

Cuisine: American

Diet Type: Vegan

Recipe ID: 1496

Recipe Name: Cucumber and Hummus Bites

Ingredients: Cucumber, Hummus

Quantities (for 1 person): Cucumber: 1, Hummus: 3 tbsp

Cooking Time: 0 minutes

Steps: Slice cucumber and top with hummus.

Cuisine: Mediterranean

Diet Type: Vegan

Recipe ID: 1497

Recipe Name: Spinach and Cheese Muffins

Ingredients: Spinach, Cheese, Flour, Eggs, Milk

Quantities (for 1 person): Spinach: 1/4 cup, Cheese: 2 tbsp, Flour: 1/4 cup, Eggs: 1, Milk: 1/4 cup

Cooking Time: 15 minutes

Steps: Mix spinach, cheese, flour, eggs, and milk. Pour into muffin tin and bake at 375°F (190°C) for 15 minutes.

Cuisine: American

Diet Type: Vegetarian

Recipe ID: 1498

Recipe Name: Roasted Chickpeas

Ingredients: Chickpeas, Olive Oil, Paprika, Salt

Quantities (for 1 person): Chickpeas: 1/2 cup, Olive Oil: 1 tsp, Paprika: 1/2 tsp, Salt: a

pinch

Cooking Time: 20 minutes

Steps: Toss chickpeas with olive oil, paprika, and salt. Roast at 400°F (200°C) for 20 minutes.

Cuisine: Middle Eastern

Diet Type: Vegan

Recipe ID: 1499

Recipe Name: Yogurt with Granola

Ingredients: Greek Yogurt, Granola

Quantities (for 1 person): Greek Yogurt: 1/2 cup, Granola: 2 tbsp

Cooking Time: 0 minutes

Steps: Top yogurt with granola.

Cuisine: American

Diet Type: Vegetarian

Recipe ID: 1500

Recipe Name: Banana Oatmeal Cookies

Ingredients: Banana, Oats, Honey, Cinnamon

Quantities (for 1 person): Banana: 1, Oats: 1/4 cup, Honey: 1 tsp, Cinnamon: 1/2 tsp

Cooking Time: 10 minutes

Steps: Mix mashed banana, oats, honey, and cinnamon. Form into cookies and bake at 350°F (175°C) for 10 minutes.

Cuisine: American

Diet Type: Vegan

Recipe ID: 1501

Recipe Name: Avocado Toast

Ingredients: Avocado, Whole Wheat Bread, Lemon Juice, Salt

Quantities (for 1 person): Avocado: 1/2, Whole Wheat Bread: 1 slice, Lemon Juice: 1 tsp, Salt: a pinch

Cooking Time: 5 minutes

Steps: Toast the bread. Mash avocado with lemon juice and salt. Spread on the toasted bread.

Cuisine: American

Diet Type: Vegan

Recipe ID: 1502

Recipe Name: Cheese and Fruit Plate

Ingredients: Cheese, Grapes, Apple

Quantities (for 1 person): Cheese: 2 oz, Grapes: 1/2 cup, Apple: 1/2

Cooking Time: 0 minutes

Steps: Arrange cheese, grapes, and sliced apple on a plate.

Cuisine: Mediterranean

Diet Type: Vegetarian

Recipe ID: 1503

Recipe Name: Baked Sweet Potato Chips

Ingredients: Sweet Potato, Olive Oil, Salt

Quantities (for 1 person): Sweet Potato: 1, Olive Oil: 1 tsp, Salt: a pinch

Cooking Time: 20 minutes

Steps: Slice sweet potato into thin rounds, toss with olive oil and salt. Bake at 375°F (190°C) for 20 minutes.

Cuisine: American

Diet Type: Vegan

Recipe ID: 1504

Recipe Name: Zucchini Fritters

Ingredients: Zucchini, Egg, Flour, Salt, Pepper

Quantities (for 1 person): Zucchini: 1/2, Egg: 1, Flour: 1/4 cup, Salt: a pinch, Pepper: a pinch

Cooking Time: 10 minutes

Steps: Grate zucchini and mix with egg, flour, salt, and pepper. Form into patties and pan-fry in olive oil until golden brown.

Cuisine: Mediterranean

Diet Type: Vegetarian

Recipe ID: 1505

Recipe Name: Hummus and Carrot Sticks

Ingredients: Carrot, Hummus

Quantities (for 1 person): Carrot: 1, Hummus: 2 tbsp

Cooking Time: 0 minutes

Steps: Slice carrot into sticks and serve with hummus for dipping.

Cuisine: Mediterranean

Diet Type: Vegan

Recipe ID: 1506

Recipe Name: Popcorn with Olive Oil and Sea Salt

Ingredients: Popcorn Kernels, Olive Oil, Sea Salt

Quantities (for 1 person): Popcorn Kernels: 1/4 cup, Olive Oil: 1 tsp, Sea Salt: a pinch

Cooking Time: 5 minutes

Steps: Pop popcorn kernels in a pan with olive oil. Sprinkle with sea salt.

Cuisine: American

Diet Type: Vegan

Recipe ID: 1507

Recipe Name: Cucumber Salad with Feta

Ingredients: Cucumber, Feta Cheese, Olive Oil, Lemon Juice

Quantities (for 1 person): Cucumber: 1/2, Feta Cheese: 1/4 cup, Olive Oil: 1 tsp, Lemon Juice: 1 tsp

Cooking Time: 0 minutes

Steps: Slice cucumber and toss with feta cheese, olive oil, and lemon juice.

Cuisine: Mediterranean

Diet Type: Vegetarian

Recipe ID: 1508

Recipe Name: Chia Seed Pudding

Ingredients: Chia Seeds, Almond Milk, Honey

Quantities (for 1 person): Chia Seeds: 2 tbsp, Almond Milk: 1/2 cup, Honey: 1 tsp

Cooking Time: 0 minutes (refrigerate overnight)

Steps: Mix chia seeds, almond milk, and honey. Refrigerate overnight.

Cuisine: American

Diet Type: Vegan

Recipe ID: 1509

Recipe Name: Pita Chips with Salsa

Ingredients: Pita Bread, Olive Oil, Salt, Salsa

Quantities (for 1 person): Pita Bread: 1, Olive Oil: 1 tsp, Salt: a pinch, Salsa: 3 tbsp

Cooking Time: 10 minutes

Steps: Cut pita bread into triangles, brush with olive oil, and sprinkle with salt. Bake at 375°F (190°C) for 10 minutes. Serve with salsa.

Cuisine: Mediterranean

Diet Type: Vegan

Recipe ID: 1510

Recipe Name: Guacamole and Chips

Ingredients: Avocado, Lime, Cilantro, Tortilla Chips

Quantities (for 1 person): Avocado: 1/2, Lime: 1/2, Cilantro: 1 tbsp, Tortilla Chips: 1 cup

Cooking Time: 5 minutes

Steps: Mash avocado and mix with lime juice and cilantro. Serve with tortilla chips.

Cuisine: Mexican

Diet Type: Vegan

Recipe ID: 1511

Recipe Name: Apple with Peanut Butter

Ingredients: Apple, Peanut Butter

Quantities (for 1 person): Apple: 1, Peanut Butter: 2 tbsp

Cooking Time: 0 minutes

Steps: Slice apple and dip in peanut butter.

Cuisine: American

Diet Type: Vegan

Recipe ID: 1512

Recipe Name: Greek Yogurt with Honey and Walnuts

Ingredients: Greek Yogurt, Honey, Walnuts

Quantities (for 1 person): Greek Yogurt: 1/2 cup, Honey: 1 tsp, Walnuts: 2 tbsp

Cooking Time: 0 minutes

Steps: Mix Greek yogurt with honey and top with walnuts.

Cuisine: Greek

Diet Type: Vegetarian

Recipe ID: 1513

Recipe Name: Rice Cakes with Almond Butter and Banana

Ingredients: Rice Cakes, Almond Butter, Banana

Quantities (for 1 person): Rice Cakes: 2, Almond Butter: 1 tbsp, Banana: 1/2

Cooking Time: 0 minutes

Steps: Spread almond butter on rice cakes and top with banana slices.

Cuisine: American

Diet Type: Vegan

Recipe ID: 1514

Recipe Name: Hummus with Cucumber and Bell Pepper

Ingredients: Hummus, Cucumber, Bell Pepper

Quantities (for 1 person): Hummus: 3 tbsp, Cucumber: 1/2, Bell Pepper: 1/2

Cooking Time: 0 minutes

Steps: Slice cucumber and bell pepper, and dip in hummus.

Cuisine: Mediterranean

Diet Type: Vegan

Recipe ID: 1515

Recipe Name: Sweet Potato Fries

Ingredients: Sweet Potato, Olive Oil, Salt, Pepper

Quantities (for 1 person): Sweet Potato: 1, Olive Oil: 1 tbsp, Salt: a pinch, Pepper: a pinch

Cooking Time: 20 minutes

Steps: Cut sweet potato into fries, toss with olive oil, salt, and pepper. Bake at 400°F (200°C) for 20 minutes.

Cuisine: American

Diet Type: Vegan

Recipe ID: 1516

Recipe Name: Pita Bread with Olive Tapenade

Ingredients: Pita Bread, Olive Tapenade

Quantities (for 1 person): Pita Bread: 1, Olive Tapenade: 2 tbsp

Cooking Time: 0 minutes

Steps: Slice pita bread and serve with olive tapenade.

Cuisine: Mediterranean

Diet Type: Vegan

Recipe ID: 1517

Recipe Name: Rice Paper Rolls with Avocado and Vegetables

Ingredients: Rice Paper, Avocado, Carrot, Cucumber, Lettuce

Quantities (for 1 person): Rice Paper: 2, Avocado: 1/2, Carrot: 1/2, Cucumber: 1/2, Lettuce: 2 leaves

Cooking Time: 10 minutes

Steps: Soften rice paper in warm water, then fill with avocado, carrot, cucumber, and lettuce. Roll up and serve.

Cuisine: Asian

Diet Type: Vegan

Recipe ID: 1518

Recipe Name: Caprese Skewers

Ingredients: Cherry Tomatoes, Mozzarella Balls, Basil

Quantities (for 1 person): Cherry Tomatoes: 5, Mozzarella Balls: 5, Basil: 3 leaves

Cooking Time: 0 minutes

Steps: Skewer cherry tomatoes, mozzarella balls, and basil leaves on toothpicks.

Cuisine: Italian

Diet Type: Vegetarian

Recipe ID: 1519

Recipe Name: Spinach and Feta Stuffed Mushrooms

Ingredients: Mushrooms, Spinach, Feta Cheese, Garlic

Quantities (for 1 person): Mushrooms: 4, Spinach: 1/4 cup, Feta Cheese: 1 tbsp, Garlic: 1 clove

Cooking Time: 15 minutes

Steps: Remove mushroom stems and stuff with spinach, feta cheese, and minced garlic. Bake at 375°F (190°C) for 15 minutes.

Cuisine: Mediterranean

Diet Type: Vegetarian

Recipe ID: 1520

Recipe Name: Baked Zucchini Chips

Ingredients: Zucchini, Olive Oil, Salt

Quantities (for 1 person): Zucchini: 1, Olive Oil: 1 tbsp, Salt: a pinch

Cooking Time: 15 minutes

Steps: Slice zucchini thinly, toss with olive oil and salt. Bake at 375°F (190°C) for 15 minutes.

Cuisine: American

Diet Type: Vegan

Recipe ID: 1521

Recipe Name: Cucumber and Cream Cheese Bites

Ingredients: Cucumber, Cream Cheese, Dill

Quantities (for 1 person): Cucumber: 1/2, Cream Cheese: 2 tbsp, Dill: 1 tsp

Cooking Time: 0 minutes

Steps: Slice cucumber and top with cream cheese and dill.

Cuisine: American

Diet Type: Vegetarian

Recipe ID: 1522

Recipe Name: Roasted Chickpeas

Ingredients: Chickpeas, Olive Oil, Paprika, Salt

Quantities (for 1 person): Chickpeas: 1/2 cup, Olive Oil: 1 tbsp, Paprika: 1 tsp, Salt: a pinch

Cooking Time: 25 minutes

Steps: Toss chickpeas with olive oil, paprika, and salt. Roast at 400°F (200°C) for 25 minutes.

Cuisine: Middle Eastern

Diet Type: Vegan

Recipe ID: 1523

Recipe Name: Sweet and Salty Popcorn

Ingredients: Popcorn, Olive Oil, Brown Sugar, Salt

Quantities (for 1 person): Popcorn: 1/4 cup, Olive Oil: 1 tbsp, Brown Sugar: 1 tsp, Salt: a pinch

Cooking Time: 5 minutes

Steps: Pop popcorn and toss with olive oil, brown sugar, and salt.

Cuisine: American

Diet Type: Vegan

Recipe ID: 1524

Recipe Name: Cheese and Tomato Skewers

Ingredients: Cherry Tomatoes, Cheddar Cheese, Basil

Quantities (for 1 person): Cherry Tomatoes: 5, Cheddar Cheese: 2 oz, Basil: 3 leaves

Cooking Time: 0 minutes

Steps: Skewer cherry tomatoes, cheddar cheese, and basil leaves.

Cuisine: Italian

Diet Type: Vegetarian

Recipe ID: 1525

Recipe Name: Veggie Quesadilla

Ingredients: Tortilla, Bell Pepper, Onion, Cheddar Cheese, Olive Oil

Quantities (for 1 person): Tortilla: 1, Bell Pepper: 1/2, Onion: 1/4, Cheddar Cheese: 2 tbsp, Olive Oil: 1 tsp

Cooking Time: 5 minutes

Steps: Sauté bell pepper and onion in olive oil. Place on tortilla with cheese, fold, and cook in a pan for 2 minutes on each side.

Cuisine: Mexican

Diet Type: Vegetarian

Recipe ID: 1526

Recipe Name: Guacamole and Chips

Ingredients: Avocado, Lime, Onion, Cilantro, Tortilla Chips

Quantities (for 1 person): Avocado: 1, Lime: 1/2, Onion: 1 tbsp, Cilantro: 1 tbsp, Tortilla Chips: 1/2 cup

Cooking Time: 5 minutes

Steps: Mash avocado and mix with lime, onion, and cilantro. Serve with tortilla chips.

Cuisine: Mexican

Diet Type: Vegan

Recipe ID: 1527

Recipe Name: Egg Salad on Whole Wheat Crackers

Ingredients: Egg, Mayonnaise, Mustard, Whole Wheat Crackers

Quantities (for 1 person): Egg: 1, Mayonnaise: 1 tbsp, Mustard: 1 tsp, Whole Wheat Crackers: 5

Cooking Time: 5 minutes

Steps: Boil the egg, chop, and mix with mayonnaise and mustard. Serve on crackers.

Cuisine: American

Diet Type: Vegetarian

Recipe ID: 1528

Recipe Name: Roasted Almonds with Sea Salt

Ingredients: Almonds, Olive Oil, Sea Salt

Quantities (for 1 person): Almonds: 1/4 cup, Olive Oil: 1 tsp, Sea Salt: a pinch

Cooking Time: 10 minutes

Steps: Toss almonds with olive oil and sea salt. Roast at 350°F (175°C) for 10 minutes.

Cuisine: American

Diet Type: Vegan

Recipe ID: 1529

Recipe Name: Cucumber, Tomato, and Feta Salad

Ingredients: Cucumber, Tomato, Feta Cheese, Olive Oil, Lemon Juice

Quantities (for 1 person): Cucumber: 1/2, Tomato: 1, Feta Cheese: 1/4 cup, Olive Oil: 1 tsp, Lemon Juice: 1 tsp

Cooking Time: 0 minutes

Steps: Chop cucumber and tomato, mix with feta, olive oil, and lemon juice.

Cuisine: Mediterranean

Diet Type: Vegetarian

Recipe ID: 1530

Recipe Name: Baked Kale Chips

Ingredients: Kale, Olive Oil, Salt

Quantities (for 1 person): Kale: 1 cup, Olive Oil: 1 tbsp, Salt: a pinch

Cooking Time: 15 minutes

Steps: Toss kale with olive oil and salt. Bake at 375°F (190°C) for 15 minutes.

Cuisine: American

Diet Type: Vegan
