
Recipe ID: 1

Recipe Name: Quick Veggie Stir-Fry

Ingredients: Bell pepper, Carrot, Frozen peas, Soy sauce, Olive oil

Quantities (for 1 person): Bell pepper: 1, Carrot: 1, Frozen peas: 1/2 cup, Soy sauce: 1 tbsp, Olive oil: 1 tsp

Cooking Time: 15 minutes

Steps: Slice the bell pepper and carrot. Heat olive oil in a pan, sauté the vegetables for 5 minutes, then add frozen peas and soy sauce. Stir-fry for another 5 minutes and serve.

Cuisine: General

Diet Type: Vegan

Recipe ID: 2

Recipe Name: Cheesy Toast with Tomato

Ingredients: Bread, Tomato, Cheese (cheddar or any available type), Butter

Quantities (for 1 person): Bread: 2 slices, Tomato: 1, Cheese: 2 slices, Butter: 1 tsp

Cooking Time: 10 minutes

Steps: Butter the bread slices and place them on a pan. Top with sliced tomatoes and cheese. Grill until the bread is golden and the cheese has melted.

Cuisine: General

Diet Type: Vegetarian

Recipe ID: 3

Recipe Name: Scrambled Eggs with Toast

Ingredients: Eggs, Bread, Butter, Salt, Pepper

Quantities (for 1 person): Eggs: 2, Bread: 2 slices, Butter: 1 tsp, Salt: pinch, Pepper: pinch

Cooking Time: 10 minutes

Steps: Crack eggs into a bowl and beat them. Toast the bread and butter it. Scramble the eggs in a heated pan, seasoning with salt and pepper. Serve the eggs with toast.

Cuisine: General

Diet Type: Vegetarian

Recipe ID: 4

Recipe Name: Quick Pasta with Garlic & Olive Oil

Ingredients: Spaghetti, Garlic, Olive oil, Red pepper flakes (optional), Parmesan cheese

Quantities (for 1 person): Spaghetti: 75 grams, Garlic: 1 clove, Olive oil: 1 tbsp, Red

pepper flakes: pinch, Parmesan cheese: 1 tbsp

Cooking Time: 15 minutes

Steps: Cook pasta according to package instructions. In a pan, heat olive oil, sauté garlic and red pepper flakes until fragrant. Toss cooked pasta into the pan, mixing well. Serve with Parmesan.

Cuisine: Italian

Diet Type: Vegetarian

Recipe ID: 5

Recipe Name: Chicken Salad

Ingredients: Cooked chicken breast (leftover or quick-cooked), Lettuce, Cucumber, Olive oil, Lemon

Quantities (for 1 person): Chicken breast: 1 small, Lettuce: 2 leaves, Cucumber: 1/4, Olive oil: 1 tbsp, Lemon: 1/2

Cooking Time: 15 minutes

Steps: Shred cooked chicken. Chop lettuce and cucumber. In a bowl, toss the chicken and veggies with olive oil and a squeeze of lemon.

Cuisine: General

Diet Type: Non-Vegetarian

Recipe ID: 6

Recipe Name: One-Pan Fried Rice

Ingredients: Cooked rice (leftover or freshly made), Frozen mixed vegetables, Soy sauce, Eggs

Quantities (for 1 person): Cooked rice: 1 cup, Frozen mixed vegetables: 1/2 cup, Soy sauce: 1 tbsp, Eggs: 1

Cooking Time: 15 minutes

Steps: Heat a pan and cook the frozen vegetables for 5 minutes. Push them aside and scramble the egg in the same pan. Add cooked rice and soy sauce, stir everything together and cook for another 5 minutes.

Cuisine: Asian

Diet Type: Vegetarian

Recipe ID: 7

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: pinch,

Pepper: pinch

Cooking Time: 10 minutes

Steps: Toast the bread. Mash avocado with a fork, and spread it on the toasted bread.

Drizzle with olive oil, and sprinkle with salt and pepper.

Cuisine: General

Diet Type: Vegan

Recipe ID: 8

Recipe Name: Grilled Cheese Sandwich

Ingredients: Bread, Cheese (any type), Butter

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

Cooking Time: 10 minutes

Steps: Butter both sides of the bread. Place cheese between the slices and grill on a pan until both sides are golden brown.

Cuisine: General

Diet Type: Vegetarian

Recipe ID: 9

Recipe Name: Tuna Salad

Ingredients: Canned tuna, Lettuce, Cucumber, Mayonnaise

Quantities (for 1 person): Canned tuna: 1 can, Lettuce: 2 leaves, Cucumber: 1/4, Mayonnaise: 1 tbsp

Cooking Time: 10 minutes

Steps: Drain the tuna and mix with chopped lettuce, cucumber, and mayonnaise. Serve as a simple salad.

Cuisine: General

Diet Type: Non-Vegetarian

Recipe ID: 10

Recipe Name: Quick Chicken Stir-Fry

Ingredients: Chicken breast, Frozen mixed vegetables, Soy sauce, Olive oil

Quantities (for 1 person): Chicken breast: 1 small, Frozen mixed vegetables: 1/2 cup, Soy sauce: 1 tbsp, Olive oil: 1 tsp

Cooking Time: 15 minutes

Steps: Cut chicken into strips and sauté in olive oil. Add frozen vegetables and soy sauce, stir-fry for 5–10 minutes until cooked through.

Cuisine: Asian

Diet Type: Non-Vegetarian

Recipe ID: 11

Recipe Name: Veggie Omelette

Ingredients: Eggs, Bell pepper, Onion, Olive oil, Salt, Pepper

Quantities (for 1 person): Eggs: 2, Bell pepper: 1/4, Onion: 1/4, Olive oil: 1 tsp, Salt: pinch, Pepper: pinch

Cooking Time: 10 minutes

Steps: Whisk eggs with salt and pepper. Heat olive oil in a pan, sauté chopped vegetables for 3 minutes. Pour eggs over the vegetables and cook until set. Fold and serve.

Cuisine: General

Diet Type: Vegetarian

Recipe ID: 12

Recipe Name: Quick Chicken Wrap

Ingredients: Cooked chicken breast, Tortilla wrap, Lettuce, Tomato, Mayonnaise

Quantities (for 1 person): Chicken breast: 1 small, Tortilla wrap: 1, Lettuce: 2 leaves, Tomato: 1/2, Mayonnaise: 1 tbsp

Cooking Time: 10 minutes

Steps: Warm the tortilla. Slice the chicken and tomato. Add the chicken, lettuce, and tomato to the tortilla. Drizzle with mayonnaise, roll, and serve.

Cuisine: General

Diet Type: Non-Vegetarian

Recipe ID: 13

Recipe Name: Garlic Butter Shrimp

Ingredients: Shrimp, Butter, Garlic, Parsley, Salt, Pepper

Quantities (for 1 person): Shrimp: 100 grams, Butter: 1 tbsp, Garlic: 1 clove, Parsley: 1 tbsp, Salt: pinch, Pepper: pinch

Cooking Time: 10 minutes

Steps: Sauté garlic in butter until fragrant. Add shrimp, season with salt and pepper, and cook for 3–4 minutes on each side. Garnish with parsley and serve.

Cuisine: Seafood

Diet Type: Non-Vegetarian

Recipe ID: 14

Recipe Name: Veggie Quesadilla

Ingredients: Tortilla wrap, Cheese, Bell pepper, Onion, Olive oil

Quantities (for 1 person): Tortilla wrap: 1, Cheese: 1/2 cup, Bell pepper: 1/4, Onion: 1/4, Olive oil: 1 tsp

Cooking Time: 10 minutes

Steps: Heat olive oil in a pan and sauté chopped bell pepper and onion. Place the tortilla in the pan, add cheese and sautéed vegetables. Fold the tortilla in half and cook until golden.

Cuisine: Mexican

Diet Type: Vegetarian

Recipe ID: 15

Recipe Name: Tuna Melt

Ingredients: Bread, Canned tuna, Cheese, Mayonnaise, Butter

Quantities (for 1 person): Bread: 2 slices, Canned tuna: 1 can, Cheese: 1 slice, Mayonnaise: 1 tbsp, Butter: 1 tsp

Cooking Time: 15 minutes

Steps: Mix tuna with mayonnaise. Butter the bread and place a slice of cheese on one side. Spread the tuna mixture on the other slice. Grill both sides until golden and cheese melts.

Cuisine: American

Diet Type: Non-Vegetarian

Recipe ID: 16

Recipe Name: Simple Fried Rice

Ingredients: Cooked rice, Frozen peas, Soy sauce, Egg, Olive oil

Quantities (for 1 person): Cooked rice: 1 cup, Frozen peas: 1/4 cup, Soy sauce: 1 tbsp, Egg: 1, Olive oil: 1 tsp

Cooking Time: 15 minutes

Steps: Heat olive oil in a pan, crack an egg and scramble it. Add frozen peas and cooked rice, stir, and drizzle with soy sauce. Stir-fry for another 5 minutes and serve.

Cuisine: Asian

Diet Type: Vegetarian

Recipe ID: 17

Recipe Name: Quick Spaghetti Aglio e Olio

Ingredients: Spaghetti, Garlic, Olive oil, Red pepper flakes, Parsley

Quantities (for 1 person): Spaghetti: 75 grams, Garlic: 1 clove, Olive oil: 1 tbsp, Red pepper flakes: pinch, Parsley: 1 tbsp

Cooking Time: 15 minutes

Steps: Cook spaghetti. In a pan, heat olive oil, sauté garlic, and red pepper flakes. Add the cooked spaghetti to the pan, toss, and garnish with parsley.

Cuisine: Italian

Diet Type: Vegetarian

Recipe ID: 18

Recipe Name: Veggie Burger

Ingredients: Veggie burger patty (store-bought or homemade), Burger bun, Lettuce, Tomato, Ketchup

Quantities (for 1 person): Veggie patty: 1, Burger bun: 1, Lettuce: 1 leaf, Tomato: 1 slice, Ketchup: 1 tbsp

Cooking Time: 15 minutes

Steps: Cook the veggie patty according to package instructions. Toast the bun, then assemble the burger with lettuce, tomato, and ketchup.

Cuisine: General

Diet Type: Vegan

Recipe ID: 19

Recipe Name: Egg Salad Sandwich

Ingredients: Bread, Eggs, Mayonnaise, Salt, Pepper

Quantities (for 1 person): Bread: 2 slices, Eggs: 2, Mayonnaise: 1 tbsp, Salt: pinch, Pepper: pinch

Cooking Time: 10 minutes

Steps: Boil eggs and chop them. Mix with mayonnaise, salt, and pepper. Spread the egg mixture between two slices of bread and serve.

Cuisine: General

Diet Type: Vegetarian

Recipe ID: 20

Recipe Name: Chicken Fajita Bowl

Ingredients: Chicken breast, Bell pepper, Onion, Rice, Fajita seasoning

Quantities (for 1 person): Chicken breast: 1 small, Bell pepper: 1/2, Onion: 1/4, Rice: 1/2 cup, Fajita seasoning: 1 tsp

Cooking Time: 15 minutes

Steps: Cook rice according to package instructions. Sauté sliced chicken, bell pepper, and onion with fajita seasoning. Serve over the rice.

Cuisine: Mexican

Diet Type: Non-Vegetarian

Recipe ID: 21

Recipe Name: Caprese Salad

Ingredients: Tomato, Mozzarella, Basil, Olive oil, Balsamic vinegar, Salt, Pepper

Quantities (for 1 person): Tomato: 1, Mozzarella: 1/2 ball, Basil: 5 leaves, Olive oil: 1 tbsp, Balsamic vinegar: 1 tsp, Salt: pinch, Pepper: pinch

Cooking Time: 10 minutes

Steps: Slice tomato and mozzarella. Arrange on a plate, add basil leaves, drizzle with olive oil and balsamic vinegar, and season with salt and pepper.

Cuisine: Italian

Diet Type: Vegetarian

Recipe ID: 22

Recipe Name: Chicken Stir-Fry

Ingredients: Chicken breast, Bell pepper, Onion, Soy sauce, Olive oil

Quantities (for 1 person): Chicken breast: 1 small, Bell pepper: 1/2, Onion: 1/4, Soy sauce: 1 tbsp, Olive oil: 1 tsp

Cooking Time: 15 minutes

Steps: Slice chicken and vegetables. Heat olive oil in a pan, sauté the chicken until cooked, then add vegetables and soy sauce. Stir-fry for another 5 minutes.

Cuisine: Asian

Diet Type: Non-Vegetarian

Recipe ID: 23

Recipe Name: Cheesy Veggie Pasta

Ingredients: Pasta, Bell pepper, Spinach, Cheese, Olive oil, Garlic

Quantities (for 1 person): Pasta: 75 grams, Bell pepper: 1/4, Spinach: 1/2 cup, Cheese: 1/4 cup, Olive oil: 1 tsp, Garlic: 1 clove

Cooking Time: 15 minutes

Steps: Cook pasta. In a pan, sauté garlic and bell pepper in olive oil. Add spinach and cook until wilted. Toss with pasta and cheese, and serve.

Cuisine: Italian

Diet Type: Vegetarian

Recipe ID: 24

Recipe Name: Spicy Tuna Salad

Ingredients: Canned tuna, Mayo, Hot sauce, Celery, Salt, Pepper

Quantities (for 1 person): Canned tuna: 1 can, Mayo: 1 tbsp, Hot sauce: 1 tsp, Celery: 1 stalk, Salt: pinch, Pepper: pinch

Cooking Time: 10 minutes

Steps: Mix tuna with mayo, hot sauce, and chopped celery. Season with salt and pepper. Serve on its own or on toast.

Cuisine: General

Diet Type: Non-Vegetarian

Recipe ID: 25

Recipe Name: Veggie Tacos

Ingredients: Tortilla wrap, Black beans, Corn, Lettuce, Salsa

Quantities (for 1 person): Tortilla wrap: 2, Black beans: 1/2 cup, Corn: 1/4 cup, Lettuce: 2 leaves, Salsa: 2 tbsp

Cooking Time: 15 minutes

Steps: Warm the tortillas. Heat black beans and corn in a pan. Assemble tacos with the beans, corn, lettuce, and salsa.

Cuisine: Mexican

Diet Type: Vegan

Recipe ID: 26

Recipe Name: Baked Chicken Breast

Ingredients: Chicken breast, Olive oil, Lemon, Salt, Pepper, Herbs

Quantities (for 1 person): Chicken breast: 1 small, Olive oil: 1 tbsp, Lemon: 1/2, Salt: pinch, Pepper: pinch, Herbs: 1 tsp (rosemary or thyme)

Cooking Time: 15 minutes

Steps: Preheat oven to 400°F (200°C). Rub chicken with olive oil, lemon juice, salt, pepper, and herbs. Bake for 12–15 minutes until fully cooked.

Cuisine: General

Diet Type: Non-Vegetarian

Recipe ID: 27

Recipe Name: One-Pot Pasta

Ingredients: Pasta, Tomato, Garlic, Olive oil, Basil

Quantities (for 1 person): Pasta: 75 grams, Tomato: 1, Garlic: 1 clove, Olive oil: 1 tbsp, Basil: 2 leaves

Cooking Time: 15 minutes

Steps: Cook pasta. In a pan, sauté garlic and tomato in olive oil. Add cooked pasta and basil, mix well, and serve.

Cuisine: Italian

Diet Type: Vegetarian

Recipe ID: 28

Recipe Name: Veggie Fried Rice

Ingredients: Cooked rice, Carrot, Green peas, Soy sauce, Olive oil

Quantities (for 1 person): Cooked rice: 1 cup, Carrot: 1/4, Green peas: 1/4 cup, Soy sauce: 1 tbsp, Olive oil: 1 tsp

Cooking Time: 15 minutes

Steps: Heat olive oil in a pan, sauté chopped carrot and peas. Add cooked rice and soy sauce, stir-fry for 5 minutes.

Cuisine: Asian

Diet Type: Vegetarian

Recipe ID: 29

Recipe Name: Chickpea Salad

Ingredients: Canned chickpeas, Cucumber, Tomato, Olive oil, Lemon, Salt, Pepper

Quantities (for 1 person): Canned chickpeas: 1 can, Cucumber: 1/4, Tomato: 1, Olive oil: 1 tbsp, Lemon: 1/2, Salt: pinch, Pepper: pinch

Cooking Time: 10 minutes

Steps: Drain and rinse chickpeas. Chop cucumber and tomato. Mix all ingredients in a bowl, drizzle with olive oil and lemon juice, and season with salt and pepper.

Cuisine: Mediterranean

Diet Type: Vegan

Recipe ID: 30

Recipe Name: Beef Stir-Fry

Ingredients: Beef strips, Bell pepper, Onion, Soy sauce, Olive oil

Quantities (for 1 person): Beef strips: 100 grams, Bell pepper: 1/2, Onion: 1/4, Soy sauce: 1 tbsp, Olive oil: 1 tsp

Cooking Time: 15 minutes

Steps: Slice beef and vegetables. Heat olive oil in a pan, sauté beef until browned, then add vegetables and soy sauce. Stir-fry for 5 minutes.

Cuisine: Asian

Diet Type: Non-Vegetarian

Recipe ID: 31

Recipe Name: Quick Egg Fried Rice

Ingredients: Cooked rice, Egg, Soy sauce, Green peas, Olive oil

Quantities (for 1 person): Cooked rice: 1 cup, Egg: 1, Soy sauce: 1 tbsp, Green peas: 1/4 cup, Olive oil: 1 tsp

Cooking Time: 15 minutes

Steps: Heat olive oil in a pan, scramble the egg. Add cooked rice and green peas, stir-fry for a few minutes. Drizzle with soy sauce, mix, and serve.

Cuisine: Asian

Diet Type: Vegetarian

Recipe ID: 32

Recipe Name: Grilled Veggie Wrap

Ingredients: Tortilla, Zucchini, Bell pepper, Olive oil, Hummus

Quantities (for 1 person): Tortilla: 1, Zucchini: 1/2, Bell pepper: 1/2, Olive oil: 1 tsp, Hummus: 2 tbsp

Cooking Time: 15 minutes

Steps: Slice and grill zucchini and bell pepper. Spread hummus on a tortilla, add grilled veggies, wrap, and serve.

Cuisine: Mediterranean

Diet Type: Vegan

Recipe ID: 33

Recipe Name: Lemon Garlic Chicken

Ingredients: Chicken breast, Garlic, Lemon, Olive oil, Salt, Pepper

Quantities (for 1 person): Chicken breast: 1 small, Garlic: 2 cloves, Lemon: 1/2, Olive oil: 1 tbsp, Salt: pinch, Pepper: pinch

Cooking Time: 15 minutes

Steps: Preheat the pan with olive oil. Sauté garlic until fragrant, add chicken, lemon juice, salt, and pepper. Cook chicken for 12–15 minutes until golden and cooked through.

Cuisine: General

Diet Type: Non-Vegetarian

Recipe ID: 34

Recipe Name: Veggie Quesadilla

Ingredients: Tortilla, Bell pepper, Onion, Cheese, Olive oil

Quantities (for 1 person): Tortilla: 1, Bell pepper: 1/2, Onion: 1/4, Cheese: 1/4 cup, Olive oil: 1 tsp

Cooking Time: 10 minutes

Steps: Slice bell pepper and onion. Heat a pan, add olive oil, sauté the veggies, then add cheese. Place tortilla on top, flip, and cook both sides until golden.

Cuisine: Mexican

Diet Type: Vegetarian

Recipe ID: 35

Recipe Name: Spaghetti Aglio e Olio

Ingredients: Spaghetti, Garlic, Olive oil, Red pepper flakes, Parsley

Quantities (for 1 person): Spaghetti: 75 grams, Garlic: 2 cloves, Olive oil: 2 tbsp, Red pepper flakes: pinch, Parsley: 1 tbsp

Cooking Time: 15 minutes

Steps: Cook spaghetti. In a pan, heat olive oil and sauté garlic until golden. Add red pepper flakes and cooked spaghetti. Toss with parsley, and serve.

Cuisine: Italian

Diet Type: Vegetarian

Recipe ID: 36

Recipe Name: Shrimp Stir-Fry

Ingredients: Shrimp, Bell pepper, Soy sauce, Olive oil, Garlic

Quantities (for 1 person): Shrimp: 100 grams, Bell pepper: 1/2, Soy sauce: 1 tbsp, Olive oil: 1 tsp, Garlic: 1 clove

Cooking Time: 15 minutes

Steps: Heat olive oil in a pan. Add garlic and shrimp, cook for 2–3 minutes. Add bell pepper and soy sauce, stir-fry for another 5 minutes.

Cuisine: Asian

Diet Type: Non-Vegetarian

Recipe ID: 37

Recipe Name: Veggie Burger

Ingredients: Veggie patty, Burger bun, Lettuce, Tomato, Ketchup

Quantities (for 1 person): Veggie patty: 1, Burger bun: 1, Lettuce: 2 leaves, Tomato: 1 slice, Ketchup: 1 tbsp

Cooking Time: 15 minutes

Steps: Cook the veggie patty according to package instructions. Toast the burger bun, then assemble with lettuce, tomato, patty, and ketchup.

Cuisine: General

Diet Type: Vegan

Recipe ID: 38

Recipe Name: Chicken Caesar Wrap

Ingredients: Chicken breast, Caesar dressing, Lettuce, Tortilla, Parmesan

Quantities (for 1 person): Chicken breast: 1 small, Caesar dressing: 1 tbsp, Lettuce: 2 leaves, Tortilla: 1, Parmesan: 1 tbsp

Cooking Time: 15 minutes

Steps: Grill or pan-fry the chicken. Slice it and place in a tortilla with lettuce, Caesar dressing, and Parmesan. Wrap and serve.

Cuisine: American

Diet Type: Non-Vegetarian

Recipe ID: 39

Recipe Name: Spicy Veggie Noodles

Ingredients: Instant noodles, Bell pepper, Soy sauce, Hot sauce, Olive oil

Quantities (for 1 person): Instant noodles: 1 pack, Bell pepper: 1/2, Soy sauce: 1 tbsp, Hot sauce: 1 tsp, Olive oil: 1 tsp

Cooking Time: 10 minutes

Steps: Cook instant noodles. Sauté bell pepper in olive oil, add cooked noodles, soy sauce, and hot sauce. Stir-fry and serve.

Cuisine: Asian

Diet Type: Vegan

Recipe ID: 40**Recipe Name:** Baked Salmon**Ingredients:** Salmon fillet, Lemon, Olive oil, Salt, Pepper**Quantities (for 1 person):** Salmon fillet: 1, Lemon: 1/2, Olive oil: 1 tbsp, Salt: pinch, Pepper: pinch**Cooking Time:** 15 minutes**Steps:** Preheat oven to 400°F (200°C). Place salmon on a baking sheet, drizzle with olive oil, lemon juice, salt, and pepper. Bake for 12–15 minutes until cooked through.**Cuisine:** General**Diet Type:** Non-Vegetarian

Recipe ID: 31**Recipe Name:** Quick Egg Fried Rice**Ingredients:** Cooked rice, Egg, Soy sauce, Green peas, Olive oil**Quantities (for 1 person):** Cooked rice: 1 cup, Egg: 1, Soy sauce: 1 tbsp, Green peas: 1/4 cup, Olive oil: 1 tsp**Cooking Time:** 15 minutes**Steps:** Heat olive oil in a pan, scramble the egg. Add cooked rice and green peas, stir-fry for a few minutes. Drizzle with soy sauce, mix, and serve.**Cuisine:** Asian**Diet Type:** Vegetarian

Recipe ID: 32**Recipe Name:** Grilled Veggie Wrap**Ingredients:** Tortilla, Zucchini, Bell pepper, Olive oil, Hummus**Quantities (for 1 person):** Tortilla: 1, Zucchini: 1/2, Bell pepper: 1/2, Olive oil: 1 tsp, Hummus: 2 tbsp**Cooking Time:** 15 minutes**Steps:** Slice and grill zucchini and bell pepper. Spread hummus on a tortilla, add grilled veggies, wrap, and serve.**Cuisine:** Mediterranean**Diet Type:** Vegan

Recipe ID: 33

Recipe Name: Lemon Garlic Chicken

Ingredients: Chicken breast, Garlic, Lemon, Olive oil, Salt, Pepper

Quantities (for 1 person): Chicken breast: 1 small, Garlic: 2 cloves, Lemon: 1/2, Olive oil: 1 tbsp, Salt: pinch, Pepper: pinch

Cooking Time: 15 minutes

Steps: Preheat the pan with olive oil. Sauté garlic until fragrant, add chicken, lemon juice, salt, and pepper. Cook chicken for 12–15 minutes until golden and cooked through.

Cuisine: General

Diet Type: Non-Vegetarian

Recipe ID: 34

Recipe Name: Veggie Quesadilla

Ingredients: Tortilla, Bell pepper, Onion, Cheese, Olive oil

Quantities (for 1 person): Tortilla: 1, Bell pepper: 1/2, Onion: 1/4, Cheese: 1/4 cup, Olive oil: 1 tsp

Cooking Time: 10 minutes

Steps: Slice bell pepper and onion. Heat a pan, add olive oil, sauté the veggies, then add cheese. Place tortilla on top, flip, and cook both sides until golden.

Cuisine: Mexican

Diet Type: Vegetarian

Recipe ID: 35

Recipe Name: Spaghetti Aglio e Olio

Ingredients: Spaghetti, Garlic, Olive oil, Red pepper flakes, Parsley

Quantities (for 1 person): Spaghetti: 75 grams, Garlic: 2 cloves, Olive oil: 2 tbsp, Red pepper flakes: pinch, Parsley: 1 tbsp

Cooking Time: 15 minutes

Steps: Cook spaghetti. In a pan, heat olive oil and sauté garlic until golden. Add red pepper flakes and cooked spaghetti. Toss with parsley, and serve.

Cuisine: Italian

Diet Type: Vegetarian

Recipe ID: 36

Recipe Name: Shrimp Stir-Fry

Ingredients: Shrimp, Bell pepper, Soy sauce, Olive oil, Garlic

Quantities (for 1 person): Shrimp: 100 grams, Bell pepper: 1/2, Soy sauce: 1 tbsp, Olive

oil: 1 tsp, Garlic: 1 clove

Cooking Time: 15 minutes

Steps: Heat olive oil in a pan. Add garlic and shrimp, cook for 2–3 minutes. Add bell pepper and soy sauce, stir-fry for another 5 minutes.

Cuisine: Asian

Diet Type: Non-Vegetarian

Recipe ID: 37

Recipe Name: Veggie Burger

Ingredients: Veggie patty, Burger bun, Lettuce, Tomato, Ketchup

Quantities (for 1 person): Veggie patty: 1, Burger bun: 1, Lettuce: 2 leaves, Tomato: 1 slice, Ketchup: 1 tbsp

Cooking Time: 15 minutes

Steps: Cook the veggie patty according to package instructions. Toast the burger bun, then assemble with lettuce, tomato, patty, and ketchup.

Cuisine: General

Diet Type: Vegan

Recipe ID: 38

Recipe Name: Chicken Caesar Wrap

Ingredients: Chicken breast, Caesar dressing, Lettuce, Tortilla, Parmesan

Quantities (for 1 person): Chicken breast: 1 small, Caesar dressing: 1 tbsp, Lettuce: 2 leaves, Tortilla: 1, Parmesan: 1 tbsp

Cooking Time: 15 minutes

Steps: Grill or pan-fry the chicken. Slice it and place in a tortilla with lettuce, Caesar dressing, and Parmesan. Wrap and serve.

Cuisine: American

Diet Type: Non-Vegetarian

Recipe ID: 39

Recipe Name: Spicy Veggie Noodles

Ingredients: Instant noodles, Bell pepper, Soy sauce, Hot sauce, Olive oil

Quantities (for 1 person): Instant noodles: 1 pack, Bell pepper: 1/2, Soy sauce: 1 tbsp, Hot sauce: 1 tsp, Olive oil: 1 tsp

Cooking Time: 10 minutes

Steps: Cook instant noodles. Sauté bell pepper in olive oil, add cooked noodles, soy sauce, and hot sauce. Stir-fry and serve.

Cuisine: Asian

Diet Type: Vegan

Recipe ID: 40

Recipe Name: Baked Salmon

Ingredients: Salmon fillet, Lemon, Olive oil, Salt, Pepper

Quantities (for 1 person): Salmon fillet: 1, Lemon: 1/2, Olive oil: 1 tbsp, Salt: pinch, Pepper: pinch

Cooking Time: 15 minutes

Steps: Preheat oven to 400°F (200°C). Place salmon on a baking sheet, drizzle with olive oil, lemon juice, salt, and pepper. Bake for 12–15 minutes until cooked through.

Cuisine: General

Diet Type: Non-Vegetarian

This is a continuation of the dataset, focusing on easy and quick main dishes for people living alone with limited time. Would you like to keep going? Let me know if you'd like to adjust anything or add more recipes!

40 mini

You said:

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ChatGPT said:

ChatGPT

Here's the continuation of quick and easy main dishes for one person:

Recipe ID: 41

Recipe Name: Chicken Stir Fry

Ingredients: Chicken breast, Mixed vegetables (carrot, peas, corn), Soy sauce, Olive oil

Quantities (for 1 person): Chicken breast: 1 small, Mixed vegetables: 1/2 cup, Soy sauce: 1 tbsp, Olive oil: 1 tsp

Cooking Time: 15 minutes

Steps: Cut chicken into strips. Heat olive oil, add chicken, and cook for 5-7 minutes. Add mixed vegetables and soy sauce. Stir-fry until cooked through.

Cuisine: Asian

Diet Type: Non-Vegetarian

Recipe ID: 42

Recipe Name: Sweet Potato Hash

Ingredients: Sweet potato, Onion, Olive oil, Salt, Pepper

Quantities (for 1 person): Sweet potato: 1 small, Onion: 1/4, Olive oil: 1 tbsp, Salt: pinch, Pepper: pinch

Cooking Time: 15 minutes

Steps: Peel and dice the sweet potato and onion. Heat olive oil in a pan, add sweet potato, onion, salt, and pepper. Cook until soft and golden.

Cuisine: General

Diet Type: Vegan

Recipe ID: 43

Recipe Name: Garlic Parmesan Pasta

Ingredients: Spaghetti, Garlic, Parmesan cheese, Olive oil

Quantities (for 1 person): Spaghetti: 75 grams, Garlic: 2 cloves, Parmesan: 2 tbsp, Olive oil: 1 tbsp

Cooking Time: 15 minutes

Steps: Cook spaghetti according to package instructions. In a pan, sauté garlic in olive oil, then add cooked spaghetti. Toss with Parmesan and serve.

Cuisine: Italian

Diet Type: Vegetarian

Recipe ID: 44

Recipe Name: Chicken Wrap

Ingredients: Chicken breast, Tortilla, Lettuce, Tomato, Mayonnaise

Quantities (for 1 person): Chicken breast: 1 small, Tortilla: 1, Lettuce: 2 leaves, Tomato: 1 slice, Mayonnaise: 1 tbsp

Cooking Time: 15 minutes

Steps: Grill or cook the chicken. Slice and place in a tortilla with lettuce, tomato, and mayonnaise. Wrap and serve.

Cuisine: American

Diet Type: Non-Vegetarian

Recipe ID: 45

Recipe Name: Veggie Pita Pocket

Ingredients: Pita bread, Cucumber, Tomato, Hummus, Lettuce

Quantities (for 1 person): Pita bread: 1, Cucumber: 1/4, Tomato: 1/2, Hummus: 2 tbsp, Lettuce: 2 leaves

Cooking Time: 10 minutes

Steps: Slice cucumber and tomato. Cut pita bread in half and stuff with cucumber, tomato, lettuce, and hummus. Serve immediately.

Cuisine: Mediterranean

Diet Type: Vegan

Recipe ID: 46

Recipe Name: Tuna Salad

Ingredients: Canned tuna, Lettuce, Tomato, Cucumber, Olive oil

Quantities (for 1 person): Canned tuna: 1 small can, Lettuce: 2 leaves, Tomato: 1/2, Cucumber: 1/2, Olive oil: 1 tsp

Cooking Time: 10 minutes

Steps: Drain the tuna and mix it with chopped lettuce, tomato, and cucumber. Drizzle with olive oil, toss, and serve.

Cuisine: General

Diet Type: Non-Vegetarian

Recipe ID: 47

Recipe Name: Spicy Veggie Soup

Ingredients: Tomato, Onion, Carrot, Bell pepper, Chili flakes

Quantities (for 1 person): Tomato: 1, Onion: 1/4, Carrot: 1/2, Bell pepper: 1/4, Chili flakes: 1 tsp

Cooking Time: 15 minutes

Steps: Chop all vegetables. Sauté onion and bell pepper in a pot. Add chopped tomato, carrot, and chili flakes. Simmer for 10 minutes and serve.

Cuisine: General

Diet Type: Vegan

Recipe ID: 48

Recipe Name: Grilled Cheese Sandwich

Ingredients: Bread, Cheese, Butter

Quantities (for 1 person): Bread: 2 slices, Cheese: 1-2 slices, Butter: 1 tbsp

Cooking Time: 10 minutes

Steps: Butter one side of each bread slice. Place cheese between the unbuttered sides and grill until golden on both sides.

Cuisine: American

Diet Type: Vegetarian

Recipe ID: 49

Recipe Name: Veggie Stir-Fry

Ingredients: Bell pepper, Carrot, Broccoli, Soy sauce, Olive oil

Quantities (for 1 person): Bell pepper: 1/2, Carrot: 1 small, Broccoli: 1/2 cup, Soy sauce: 1 tbsp, Olive oil: 1 tsp

Cooking Time: 15 minutes

Steps: Slice vegetables. Heat olive oil in a pan, add vegetables, and stir-fry for 7-10 minutes. Add soy sauce and serve.

Cuisine: Asian

Diet Type: Vegan

Recipe ID: 50

Recipe Name: Chicken Salad

Ingredients: Chicken breast, Lettuce, Tomato, Cucumber, Olive oil

Quantities (for 1 person): Chicken breast: 1 small, Lettuce: 2 leaves, Tomato: 1/2, Cucumber: 1/4, Olive oil: 1 tbsp

Cooking Time: 15 minutes

Steps: Grill or cook the chicken. Slice and mix with chopped lettuce, tomato, cucumber, and olive oil. Toss and serve.

Cuisine: General

Diet Type: Non-Vegetarian

Recipe ID: 51

Recipe Name: Egg Fried Rice

Ingredients: Rice, Egg, Soy sauce, Green onions, Olive oil

Quantities (for 1 person): Rice: 1/2 cup, Egg: 1, Soy sauce: 1 tbsp, Green onions: 1 tbsp, Olive oil: 1 tsp

Cooking Time: 15 minutes

Steps: Cook rice and set aside. Heat oil in a pan, scramble the egg, then add rice and soy sauce. Stir-fry for 5 minutes and garnish with chopped green onions.

Cuisine: Asian

Diet Type: Vegetarian

Recipe ID: 52**Recipe Name:** Tomato Basil Soup**Ingredients:** Tomatoes, Onion, Basil, Olive oil, Garlic**Quantities (for 1 person):** Tomatoes: 2, Onion: 1/4, Basil: 2 leaves, Olive oil: 1 tsp, Garlic: 1 clove**Cooking Time:** 15 minutes**Steps:** Chop tomatoes and onion. Sauté onion and garlic in olive oil. Add tomatoes and cook for 10 minutes. Blend with basil and serve.**Cuisine:** Italian**Diet Type:** Vegan

Recipe ID: 53**Recipe Name:** Chicken Caesar Salad**Ingredients:** Chicken breast, Romaine lettuce, Caesar dressing, Parmesan cheese**Quantities (for 1 person):** Chicken breast: 1 small, Romaine lettuce: 1 cup, Caesar dressing: 2 tbsp, Parmesan: 2 tbsp**Cooking Time:** 15 minutes**Steps:** Grill chicken and slice it. Toss lettuce with Caesar dressing and top with chicken slices and Parmesan.**Cuisine:** American**Diet Type:** Non-Vegetarian

Recipe ID: 54**Recipe Name:** Avocado Toast**Ingredients:** Bread, Avocado, Lemon, Salt, Pepper**Quantities (for 1 person):** Bread: 1 slice, Avocado: 1/2, Lemon: 1/2 tsp, Salt: pinch, Pepper: pinch**Cooking Time:** 5 minutes**Steps:** Toast the bread. Mash avocado with lemon, salt, and pepper. Spread on the toasted bread and serve.**Cuisine:** General**Diet Type:** Vegan

Recipe ID: 55

Recipe Name: Beef Stir Fry

Ingredients: Beef strips, Bell pepper, Onion, Soy sauce, Olive oil

Quantities (for 1 person): Beef strips: 100 grams, Bell pepper: 1/2, Onion: 1/4, Soy sauce: 1 tbsp, Olive oil: 1 tsp

Cooking Time: 15 minutes

Steps: Heat oil in a pan, cook beef strips until brown. Add sliced vegetables and soy sauce, stir-fry for 5-7 minutes.

Cuisine: Asian

Diet Type: Non-Vegetarian

Recipe ID: 56

Recipe Name: Cheese Omelette

Ingredients: Eggs, Cheese, Olive oil, Salt, Pepper

Quantities (for 1 person): Eggs: 2, Cheese: 1 slice, Olive oil: 1 tsp, Salt: pinch, Pepper: pinch

Cooking Time: 10 minutes

Steps: Whisk eggs with salt and pepper. Heat oil in a pan, pour in the eggs, and cook until slightly set. Add cheese, fold, and serve.

Cuisine: General

Diet Type: Vegetarian

Recipe ID: 57

Recipe Name: Pita Pizza

Ingredients: Pita bread, Tomato sauce, Mozzarella cheese, Olive oil, Oregano

Quantities (for 1 person): Pita bread: 1, Tomato sauce: 2 tbsp, Mozzarella: 1/2 cup, Olive oil: 1 tsp, Oregano: pinch

Cooking Time: 10 minutes

Steps: Spread tomato sauce on pita bread. Top with cheese and oregano. Drizzle with olive oil and bake for 5-7 minutes until crispy.

Cuisine: Italian

Diet Type: Vegetarian

Recipe ID: 58

Recipe Name: Tuna Pasta

Ingredients: Pasta, Canned tuna, Garlic, Olive oil, Lemon

Quantities (for 1 person): Pasta: 75 grams, Canned tuna: 1 small can, Garlic: 1 clove, Olive oil: 1 tbsp, Lemon: 1/2

Cooking Time: 15 minutes

Steps: Cook pasta. Sauté garlic in olive oil, add tuna, and cook for 3-4 minutes. Toss pasta with tuna and squeeze lemon juice on top.

Cuisine: Italian

Diet Type: Non-Vegetarian

Recipe ID: 59

Recipe Name: Veggie Quesadilla

Ingredients: Tortilla, Bell pepper, Onion, Cheese, Olive oil

Quantities (for 1 person): Tortilla: 1, Bell pepper: 1/4, Onion: 1/4, Cheese: 1/4 cup, Olive oil: 1 tsp

Cooking Time: 10 minutes

Steps: Sauté bell pepper and onion in olive oil. Place vegetables and cheese between tortillas and cook until golden on both sides.

Cuisine: Mexican

Diet Type: Vegetarian

Recipe ID: 60

Recipe Name: Spaghetti Aglio e Olio

Ingredients: Spaghetti, Garlic, Olive oil, Red pepper flakes, Parsley

Quantities (for 1 person): Spaghetti: 75 grams, Garlic: 2 cloves, Olive oil: 1 tbsp, Red pepper flakes: 1/2 tsp, Parsley: 1 tbsp

Cooking Time: 15 minutes

Steps: Cook spaghetti. In a pan, heat olive oil and sauté garlic until fragrant. Add spaghetti, red pepper flakes, and parsley. Toss and serve.

Cuisine: Italian

Diet Type: Vegetarian

Recipe ID: 61

Recipe Name: Chicken Stir-Fry

Ingredients: Chicken breast, Soy sauce, Bell pepper, Carrot, Olive oil

Quantities (for 1 person): Chicken breast: 1 small, Soy sauce: 1 tbsp, Bell pepper: 1/4, Carrot: 1/2, Olive oil: 1 tsp

Cooking Time: 15 minutes

Steps: Slice chicken and vegetables. Heat olive oil in a pan, cook chicken until

browned, add vegetables and soy sauce, stir-fry for 5-7 minutes.

Cuisine: Asian

Diet Type: Non-Vegetarian

Recipe ID: 62

Recipe Name: Lentil Curry

Ingredients: Lentils, Onion, Tomato, Curry powder, Olive oil

Quantities (for 1 person): Lentils: 1/4 cup, Onion: 1/4, Tomato: 1, Curry powder: 1/2 tsp, Olive oil: 1 tsp

Cooking Time: 20 minutes

Steps: Cook lentils until soft. Sauté onion in olive oil, add tomato and curry powder. Mix with lentils and simmer for 5 minutes.

Cuisine: Indian

Diet Type: Vegan

Recipe ID: 63

Recipe Name: Scrambled Eggs with Vegetables

Ingredients: Eggs, Spinach, Tomato, Olive oil, Salt, Pepper

Quantities (for 1 person): Eggs: 2, Spinach: 1/2 cup, Tomato: 1/2, Olive oil: 1 tsp, Salt: pinch, Pepper: pinch

Cooking Time: 10 minutes

Steps: Whisk eggs with salt and pepper. Sauté spinach and tomato in olive oil, add eggs, and cook until set.

Cuisine: General

Diet Type: Vegetarian

Recipe ID: 64

Recipe Name: Grilled Cheese Sandwich

Ingredients: Bread, Cheese, Butter

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

Cooking Time: 10 minutes

Steps: Butter the bread, place cheese between slices, and grill in a pan until golden brown on both sides.

Cuisine: American

Diet Type: Vegetarian

Recipe ID: 65

Recipe Name: Chickpea Salad

Ingredients: Canned chickpeas, Cucumber, Tomato, Lemon, Olive oil

Quantities (for 1 person): Chickpeas: 1/2 cup, Cucumber: 1/4, Tomato: 1/2, Lemon: 1 tsp, Olive oil: 1 tsp

Cooking Time: 10 minutes

Steps: Rinse chickpeas. Chop cucumber and tomato. Mix with chickpeas, olive oil, and lemon juice.

Cuisine: Mediterranean

Diet Type: Vegan

Recipe ID: 66

Recipe Name: Quick Beef Tacos

Ingredients: Ground beef, Tortilla, Lettuce, Cheese, Salsa

Quantities (for 1 person): Ground beef: 100 grams, Tortilla: 1, Lettuce: 1/4 cup, Cheese: 1/4 cup, Salsa: 2 tbsp

Cooking Time: 15 minutes

Steps: Cook ground beef until browned. Warm tortilla, fill with beef, lettuce, cheese, and salsa.

Cuisine: Mexican

Diet Type: Non-Vegetarian

Recipe ID: 67

Recipe Name: Spinach and Feta Wrap

Ingredients: Tortilla, Spinach, Feta cheese, Olive oil

Quantities (for 1 person): Tortilla: 1, Spinach: 1/2 cup, Feta cheese: 2 tbsp, Olive oil: 1 tsp

Cooking Time: 10 minutes

Steps: Sauté spinach in olive oil. Place spinach and feta cheese on a tortilla, roll, and serve.

Cuisine: Mediterranean

Diet Type: Vegetarian

Recipe ID: 68

Recipe Name: Garlic Butter Shrimp

Ingredients: Shrimp, Garlic, Butter, Parsley, Lemon

Quantities (for 1 person): Shrimp: 100 grams, Garlic: 1 clove, Butter: 1 tbsp, Parsley: 1 tsp, Lemon: 1/2

Cooking Time: 10 minutes

Steps: Melt butter in a pan, sauté garlic, add shrimp, and cook until pink. Garnish with parsley and lemon juice.

Cuisine: Seafood

Diet Type: Non-Vegetarian

Recipe ID: 69

Recipe Name: Quick Vegetable Stir-Fry

Ingredients: Broccoli, Carrot, Soy sauce, Olive oil, Garlic

Quantities (for 1 person): Broccoli: 1/2 cup, Carrot: 1/2, Soy sauce: 1 tbsp, Olive oil: 1 tsp, Garlic: 1 clove

Cooking Time: 10 minutes

Steps: Sauté garlic in olive oil, add vegetables, stir-fry for 5-7 minutes, and toss with soy sauce.

Cuisine: Asian

Diet Type: Vegan

Recipe ID: 70

Recipe Name: Tomato and Egg Stir Fry

Ingredients: Tomato, Egg, Garlic, Soy sauce, Olive oil

Quantities (for 1 person): Tomato: 1, Egg: 1, Garlic: 1 clove, Soy sauce: 1 tsp, Olive oil: 1 tsp

Cooking Time: 10 minutes

Steps: Slice tomato. Heat oil in a pan, scramble egg, then add tomato, garlic, and soy sauce. Cook for 5 minutes.

Cuisine: Asian

Diet Type: Vegetarian

Recipe ID: 71

Recipe Name: Quick Tuna Pasta

Ingredients: Pasta, Canned tuna, Olive oil, Garlic, Parsley

Quantities (for 1 person): Pasta: 1/2 cup, Canned tuna: 1/2 can, Olive oil: 1 tsp, Garlic: 1 clove, Parsley: 1 tsp

Cooking Time: 15 minutes

Steps: Cook pasta according to package instructions. In a pan, heat olive oil, sauté garlic, add tuna and parsley, and toss with pasta.

Cuisine: Italian

Diet Type: Non-Vegetarian

Recipe ID: 72

Recipe Name: Veggie Quesadilla

Ingredients: Tortilla, Cheese, Bell pepper, Onion, Olive oil

Quantities (for 1 person): Tortilla: 1, Cheese: 1/4 cup, Bell pepper: 1/4, Onion: 1/4, Olive oil: 1 tsp

Cooking Time: 10 minutes

Steps: Chop vegetables. Heat olive oil in a pan, sauté vegetables, place on tortilla with cheese, fold, and cook until crispy.

Cuisine: Mexican

Diet Type: Vegetarian

Recipe ID: 73

Recipe Name: Egg Fried Rice

Ingredients: Cooked rice, Egg, Soy sauce, Green onion, Olive oil

Quantities (for 1 person): Cooked rice: 1 cup, Egg: 1, Soy sauce: 1 tsp, Green onion: 1 tbsp, Olive oil: 1 tsp

Cooking Time: 10 minutes

Steps: Heat olive oil in a pan, scramble egg, add rice, soy sauce, and green onion, and stir-fry for 5 minutes.

Cuisine: Asian

Diet Type: Vegetarian

Recipe ID: 74

Recipe Name: Quick Chicken Wrap

Ingredients: Tortilla, Cooked chicken, Lettuce, Mayonnaise

Quantities (for 1 person): Tortilla: 1, Cooked chicken: 100 grams, Lettuce: 1/4 cup, Mayonnaise: 1 tbsp

Cooking Time: 10 minutes

Steps: Spread mayonnaise on the tortilla, add chicken and lettuce, roll up, and serve.

Cuisine: General

Diet Type: Non-Vegetarian

Recipe ID: 75

Recipe Name: Baked Potato with Cheese

Ingredients: Potato, Cheese, Butter, Salt, Pepper

Quantities (for 1 person): Potato: 1 medium, Cheese: 2 tbsp, Butter: 1 tsp, Salt: pinch, Pepper: pinch

Cooking Time: 20 minutes

Steps: Microwave potato until tender, cut open, and top with butter, cheese, salt, and pepper.

Cuisine: General

Diet Type: Vegetarian

Recipe ID: 76

Recipe Name: Shrimp Tacos

Ingredients: Shrimp, Tortilla, Cabbage, Lime, Olive oil

Quantities (for 1 person): Shrimp: 100 grams, Tortilla: 1, Cabbage: 1/4 cup, Lime: 1/4, Olive oil: 1 tsp

Cooking Time: 15 minutes

Steps: Cook shrimp in olive oil. Warm tortilla, fill with shrimp, cabbage, and squeeze lime juice on top.

Cuisine: Mexican

Diet Type: Non-Vegetarian

Recipe ID: 77

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: pinch, Pepper: pinch

Cooking Time: 10 minutes

Steps: Toast bread, mash avocado, cook egg (poached or fried), and assemble on toast. Season with salt and pepper.

Cuisine: General

Diet Type: Vegetarian

Recipe ID: 78

Recipe Name: Quick Stir-Fry Noodles

Ingredients: Instant noodles, Soy sauce, Bell pepper, Carrot, Olive oil

Quantities (for 1 person): Instant noodles: 1 packet, Soy sauce: 1 tbsp, Bell pepper: 1/4, Carrot: 1/2, Olive oil: 1 tsp

Cooking Time: 10 minutes

Steps: Cook noodles. Sauté vegetables in olive oil, add soy sauce, and toss with noodles.

Cuisine: Asian

Diet Type: Vegan

Recipe ID: 79

Recipe Name: Omelette with Vegetables

Ingredients: Egg, Bell pepper, Onion, Spinach, Olive oil

Quantities (for 1 person): Egg: 2, Bell pepper: 1/4, Onion: 1/4, Spinach: 1/4 cup, Olive oil: 1 tsp

Cooking Time: 10 minutes

Steps: Whisk eggs, chop vegetables, sauté vegetables in olive oil, pour eggs, and cook until set.

Cuisine: General

Diet Type: Vegetarian

Recipe ID: 80

Recipe Name: Tomato Basil Pasta

Ingredients: Pasta, Tomato, Basil, Olive oil, Garlic

Quantities (for 1 person): Pasta: 1/2 cup, Tomato: 1, Basil: 1 tbsp, Olive oil: 1 tsp, Garlic: 1 clove

Cooking Time: 15 minutes

Steps: Cook pasta. Sauté garlic and chopped tomato in olive oil, toss with pasta, and add fresh basil.

Cuisine: Italian

Diet Type: Vegan

Recipe ID: 81

Recipe Name: Chicken Stir-Fry

Ingredients: Chicken breast, Bell pepper, Soy sauce, Garlic, Olive oil

Quantities (for 1 person): Chicken breast: 100 grams, Bell pepper: 1/4, Soy sauce: 1 tbsp, Garlic: 1 clove, Olive oil: 1 tsp

Cooking Time: 15 minutes

Steps: Cut chicken into small pieces, heat olive oil in a pan, add garlic, stir-fry chicken until cooked, add bell pepper and soy sauce, and cook for 5 more minutes.

Cuisine: Asian

Diet Type: Non-Vegetarian

Recipe ID: 82

Recipe Name: Lentil Soup

Ingredients: Red lentils, Onion, Garlic, Cumin, Olive oil

Quantities (for 1 person): Red lentils: 1/4 cup, Onion: 1/4, Garlic: 1 clove, Cumin: 1/4 tsp, Olive oil: 1 tsp

Cooking Time: 20 minutes

Steps: Sauté onion and garlic in olive oil, add lentils, cumin, and water (1 cup). Simmer for 15 minutes until lentils are soft.

Cuisine: Middle Eastern

Diet Type: Vegan

Recipe ID: 83

Recipe Name: Turkey Sandwich

Ingredients: Bread, Turkey slices, Lettuce, Tomato, Mayonnaise

Quantities (for 1 person): Bread: 2 slices, Turkey slices: 2, Lettuce: 1 leaf, Tomato: 1 slice, Mayonnaise: 1 tsp

Cooking Time: 10 minutes

Steps: Spread mayonnaise on bread, layer with turkey, lettuce, and tomato, and serve.

Cuisine: General

Diet Type: Non-Vegetarian

Recipe ID: 84

Recipe Name: Garlic Butter Shrimp

Ingredients: Shrimp, Garlic, Butter, Lemon, Parsley

Quantities (for 1 person): Shrimp: 100 grams, Garlic: 1 clove, Butter: 1 tbsp, Lemon: 1/4, Parsley: 1 tsp

Cooking Time: 10 minutes

Steps: Melt butter in a pan, add garlic, cook shrimp until pink, squeeze lemon juice, and sprinkle parsley on top.

Cuisine: General

Diet Type: Non-Vegetarian

Recipe ID: 85**Recipe Name:** Cheesy Broccoli Rice**Ingredients:** Cooked rice, Broccoli, Cheese, Butter, Salt**Quantities (for 1 person):** Cooked rice: 1 cup, Broccoli: 1/2 cup, Cheese: 2 tbsp, Butter: 1 tsp, Salt: pinch**Cooking Time:** 15 minutes**Steps:** Steam broccoli, melt butter in a pan, mix with cooked rice, broccoli, and cheese, and serve.**Cuisine:** General**Diet Type:** Vegetarian

Recipe ID: 86**Recipe Name:** Caprese Salad Bowl**Ingredients:** Cherry tomatoes, Mozzarella, Basil, Olive oil, Balsamic vinegar**Quantities (for 1 person):** Cherry tomatoes: 1/4 cup, Mozzarella: 50 grams, Basil: 1 tbsp, Olive oil: 1 tsp, Balsamic vinegar: 1 tsp**Cooking Time:** 10 minutes**Steps:** Chop tomatoes and mozzarella, mix with basil, drizzle with olive oil and balsamic vinegar, and serve.**Cuisine:** Italian**Diet Type:** Vegetarian

Recipe ID: 87**Recipe Name:** Sweet Potato Hash**Ingredients:** Sweet potato, Onion, Olive oil, Paprika, Salt**Quantities (for 1 person):** Sweet potato: 1 small, Onion: 1/4, Olive oil: 1 tsp, Paprika: 1/4 tsp, Salt: pinch**Cooking Time:** 15 minutes**Steps:** Dice sweet potato and onion, heat olive oil in a pan, sauté with paprika and salt until tender.**Cuisine:** General**Diet Type:** Vegan

Recipe ID: 88

Recipe Name: Veggie Fried Rice

Ingredients: Cooked rice, Carrot, Peas, Soy sauce, Olive oil

Quantities (for 1 person): Cooked rice: 1 cup, Carrot: 1/2, Peas: 1/4 cup, Soy sauce: 1 tbsp, Olive oil: 1 tsp

Cooking Time: 10 minutes

Steps: Sauté chopped carrot and peas in olive oil, add cooked rice and soy sauce, stir-fry for 5 minutes.

Cuisine: Asian

Diet Type: Vegan

Recipe ID: 89

Recipe Name: Beef and Spinach Stir-Fry

Ingredients: Ground beef, Spinach, Garlic, Soy sauce, Olive oil

Quantities (for 1 person): Ground beef: 100 grams, Spinach: 1/2 cup, Garlic: 1 clove, Soy sauce: 1 tbsp, Olive oil: 1 tsp

Cooking Time: 15 minutes

Steps: Heat olive oil in a pan, cook beef until browned, add garlic, spinach, and soy sauce, and stir-fry for 5 minutes.

Cuisine: Asian

Diet Type: Non-Vegetarian

Recipe ID: 90

Recipe Name: Mediterranean Chickpea Bowl

Ingredients: Chickpeas, Cucumber, Tomato, Olive oil, Lemon

Quantities (for 1 person): Chickpeas: 1/2 cup, Cucumber: 1/4, Tomato: 1/4, Olive oil: 1 tsp, Lemon: 1/4

Cooking Time: 10 minutes

Steps: Rinse chickpeas, chop cucumber and tomato, mix with olive oil and lemon juice, and serve.

Cuisine: Mediterranean

Diet Type: Vegan

Recipe ID: 91

Recipe Name: Egg and Avocado Toast

Ingredients: Egg, Avocado, Bread, Salt, Black pepper

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

Cooking Time: 10 minutes

Steps: Toast the bread, mash avocado on top, fry the egg, place it on the avocado, and season with salt and pepper.

Cuisine: General

Diet Type: Vegetarian

Recipe ID: 92

Recipe Name: Garlic Butter Pasta

Ingredients: Pasta, Garlic, Butter, Parmesan, Salt

Quantities (for 1 person): Pasta: 1/2 cup, Garlic: 1 clove, Butter: 1 tbsp, Parmesan: 2 tbsp, Salt: pinch

Cooking Time: 15 minutes

Steps: Cook pasta, melt butter in a pan, sauté garlic, toss pasta in garlic butter, and top with Parmesan.

Cuisine: Italian

Diet Type: Vegetarian

Recipe ID: 93

Recipe Name: Chicken Quesadilla

Ingredients: Tortilla, Cooked chicken, Cheese, Olive oil

Quantities (for 1 person): Tortilla: 1, Cooked chicken: 1/2 cup, Cheese: 1/4 cup, Olive oil: 1 tsp

Cooking Time: 10 minutes

Steps: Place chicken and cheese on one half of the tortilla, fold, cook in a skillet with olive oil until golden, and cut into wedges.

Cuisine: Mexican

Diet Type: Non-Vegetarian

Recipe ID: 94

Recipe Name: Tuna Salad Wrap

Ingredients: Tortilla, Canned tuna, Mayonnaise, Lettuce, Tomato

Quantities (for 1 person): Tortilla: 1, Canned tuna: 1/4 cup, Mayonnaise: 1 tbsp, Lettuce: 1 leaf, Tomato: 1 slice

Cooking Time: 10 minutes

Steps: Mix tuna with mayonnaise, spread on tortilla, add lettuce and tomato, roll the wrap, and serve.

Cuisine: General

Diet Type: Non-Vegetarian

Recipe ID: 95

Recipe Name: Spicy Chickpea Stir-Fry

Ingredients: Chickpeas, Bell pepper, Olive oil, Paprika, Chili flakes

Quantities (for 1 person): Chickpeas: 1/2 cup, Bell pepper: 1/4, Olive oil: 1 tsp, Paprika: 1/4 tsp, Chili flakes: pinch

Cooking Time: 15 minutes

Steps: Heat olive oil in a pan, add chickpeas and bell pepper, season with paprika and chili flakes, and cook for 10 minutes.

Cuisine: General

Diet Type: Vegan

Recipe ID: 96

Recipe Name: Tomato Basil Pasta

Ingredients: Pasta, Cherry tomatoes, Basil, Olive oil, Garlic

Quantities (for 1 person): Pasta: 1/2 cup, Cherry tomatoes: 1/4 cup, Basil: 1 tbsp, Olive oil: 1 tsp, Garlic: 1 clove

Cooking Time: 15 minutes

Steps: Cook pasta, sauté garlic and cherry tomatoes in olive oil, toss with pasta, and garnish with basil.

Cuisine: Italian

Diet Type: Vegan

Recipe ID: 97

Recipe Name: Scrambled Egg and Veggie Bowl

Ingredients: Egg, Bell pepper, Spinach, Olive oil, Salt

Quantities (for 1 person): Egg: 2, Bell pepper: 1/4, Spinach: 1/2 cup, Olive oil: 1 tsp, Salt: pinch

Cooking Time: 10 minutes

Steps: Whisk eggs, heat olive oil, cook bell pepper and spinach, pour eggs, and scramble.

Cuisine: General

Diet Type: Vegetarian

Recipe ID: 98

Recipe Name: Lemon Herb Chicken

Ingredients: Chicken breast, Lemon, Olive oil, Garlic, Parsley

Quantities (for 1 person): Chicken breast: 100 grams, Lemon: 1/4, Olive oil: 1 tsp, Garlic: 1 clove, Parsley: 1 tbsp

Cooking Time: 15 minutes

Steps: Marinate chicken with lemon, olive oil, and garlic; cook in a skillet until golden; sprinkle with parsley before serving.

Cuisine: General

Diet Type: Non-Vegetarian

Recipe ID: 99

Recipe Name: Spinach and Feta Omelette

Ingredients: Egg, Spinach, Feta cheese, Olive oil, Salt

Quantities (for 1 person): Egg: 2, Spinach: 1/2 cup, Feta cheese: 2 tbsp, Olive oil: 1 tsp, Salt: pinch

Cooking Time: 10 minutes

Steps: Whisk eggs, heat olive oil, sauté spinach, pour eggs, sprinkle feta, and fold into an omelette.

Cuisine: General

Diet Type: Vegetarian

Recipe ID: 100

Recipe Name: Quick Beef Stir-Fry

Ingredients: Ground beef, Bell pepper, Soy sauce, Olive oil, Garlic

Quantities (for 1 person): Ground beef: 100 grams, Bell pepper: 1/4, Soy sauce: 1 tbsp, Olive oil: 1 tsp, Garlic: 1 clove

Cooking Time: 15 minutes

Steps: Heat olive oil, cook beef until browned, add garlic, bell pepper, and soy sauce, stir-fry for 5 minutes, and serve.

Cuisine: Asian

Diet Type: Non-Vegetarian

Recipe ID: 101

Recipe Name: Creamy Mushroom Pasta

Ingredients: Pasta, Mushrooms, Cream, Garlic, Olive oil

Quantities (for 1 person): Pasta: 1/2 cup, Mushrooms: 1/2 cup, Cream: 2 tbsp, Garlic: 1 clove, Olive oil: 1 tsp

Cooking Time: 15 minutes

Steps: Cook pasta, sauté garlic and mushrooms in olive oil, stir in cream, toss with pasta, and serve warm.

Cuisine: Italian

Diet Type: Vegetarian

Recipe ID: 102

Recipe Name: Lentil Curry

Ingredients: Lentils, Onion, Tomato, Curry powder, Olive oil

Quantities (for 1 person): Lentils: 1/2 cup, Onion: 1/4, Tomato: 1/2, Curry powder: 1/2 tsp, Olive oil: 1 tsp

Cooking Time: 15 minutes

Steps: Heat olive oil, sauté onion and tomato, add lentils, curry powder, and water, simmer until lentils are tender.

Cuisine: Indian

Diet Type: Vegan

Recipe ID: 103

Recipe Name: Grilled Cheese Sandwich

Ingredients: Bread, Cheese, Butter

Quantities (for 1 person): Bread: 2 slices, Cheese: 2 slices, Butter: 1 tbsp

Cooking Time: 10 minutes

Steps: Butter the bread slices, place cheese between them, and grill in a pan until golden and cheese is melted.

Cuisine: General

Diet Type: Vegetarian

Recipe ID: 104

Recipe Name: Chicken Caesar Wrap

Ingredients: Tortilla, Cooked chicken, Lettuce, Caesar dressing, Parmesan

Quantities (for 1 person): Tortilla: 1, Cooked chicken: 1/2 cup, Lettuce: 1/2 cup, Caesar dressing: 1 tbsp, Parmesan: 1 tbsp

Cooking Time: 10 minutes

Steps: Spread Caesar dressing on the tortilla, add lettuce, chicken, and Parmesan, wrap tightly, and serve.

Cuisine: General

Diet Type: Non-Vegetarian

Recipe ID: 105

Recipe Name: Quick Fried Rice

Ingredients: Rice, Egg, Soy sauce, Green peas, Olive oil

Quantities (for 1 person): Rice: 1/2 cup, Egg: 1, Soy sauce: 1 tbsp, Green peas: 1/4 cup, Olive oil: 1 tsp

Cooking Time: 15 minutes

Steps: Heat olive oil, scramble the egg, add rice, peas, and soy sauce, stir-fry for 5 minutes, and serve.

Cuisine: Asian

Diet Type: Non-Vegetarian

Recipe ID: 106

Recipe Name: Veggie Stir-Fry Noodles

Ingredients: Noodles, Carrot, Bell pepper, Soy sauce, Olive oil

Quantities (for 1 person): Noodles: 1/2 cup, Carrot: 1/4, Bell pepper: 1/4, Soy sauce: 1 tbsp, Olive oil: 1 tsp

Cooking Time: 15 minutes

Steps: Cook noodles, sauté carrot and bell pepper in olive oil, add noodles, soy sauce, toss, and serve.

Cuisine: Asian

Diet Type: Vegan

Recipe ID: 107

Recipe Name: Baked Salmon

Ingredients: Salmon fillet, Lemon, Olive oil, Garlic, Salt

Quantities (for 1 person): Salmon fillet: 100 grams, Lemon: 1/4, Olive oil: 1 tsp, Garlic: 1 clove, Salt: pinch

Cooking Time: 15 minutes

Steps: Preheat oven to 180°C, season salmon with lemon, garlic, olive oil, and salt, bake for 12-15 minutes.

Cuisine: General

Diet Type: Non-Vegetarian

Recipe ID: 108

Recipe Name: Spinach and Chickpea Bowl

Ingredients: Spinach, Chickpeas, Olive oil, Garlic, Paprika

Quantities (for 1 person): Spinach: 1 cup, Chickpeas: 1/2 cup, Olive oil: 1 tsp, Garlic: 1 clove, Paprika: 1/4 tsp

Cooking Time: 10 minutes

Steps: Heat olive oil, sauté garlic, add spinach and chickpeas, season with paprika, cook for 5 minutes, and serve.

Cuisine: General

Diet Type: Vegan

Recipe ID: 109

Recipe Name: Simple Shrimp Tacos

Ingredients: Tortilla, Shrimp, Lime, Lettuce, Sour cream

Quantities (for 1 person): Tortilla: 1, Shrimp: 1/2 cup, Lime: 1/4, Lettuce: 1/2 cup, Sour cream: 1 tbsp

Cooking Time: 15 minutes

Steps: Cook shrimp in a skillet, warm tortilla, assemble with shrimp, lettuce, sour cream, and a squeeze of lime.

Cuisine: Mexican

Diet Type: Non-Vegetarian

Recipe ID: 110

Recipe Name: Cheesy Vegetable Bake

Ingredients: Potato, Broccoli, Cheese, Olive oil, Salt

Quantities (for 1 person): Potato: 1 small, Broccoli: 1/2 cup, Cheese: 1/4 cup, Olive oil: 1 tsp, Salt: pinch

Cooking Time: 20 minutes

Steps: Preheat oven to 180°C, boil potato and broccoli, place in a dish, top with cheese, bake for 10 minutes.

Cuisine: General

Diet Type: Vegetarian

Recipe ID: 111

Recipe Name: Beef and Bell Pepper Stir-Fry

Ingredients: Beef strips, Bell pepper, Soy sauce, Olive oil, Garlic

Quantities (for 1 person): Beef strips: 100 grams, Bell pepper: 1/2, Soy sauce: 1 tbsp, Olive oil: 1 tsp, Garlic: 1 clove

Cooking Time: 15 minutes

Steps: Heat olive oil in a pan, sauté garlic, add beef strips and bell pepper, stir-fry with soy sauce for 5-7 minutes, and serve.

Cuisine: Asian

Diet Type: Non-Vegetarian

Recipe ID: 112

Recipe Name: Scrambled Eggs with Spinach

Ingredients: Eggs, Spinach, Butter, Salt, Pepper

Quantities (for 1 person): Eggs: 2, Spinach: 1/2 cup, Butter: 1 tsp, Salt: pinch, Pepper: pinch

Cooking Time: 10 minutes

Steps: Melt butter in a pan, add spinach and cook for 2 minutes, whisk eggs with salt and pepper, pour into pan, stir until scrambled.

Cuisine: General

Diet Type: Vegetarian

Recipe ID: 113

Recipe Name: Quick Tuna Salad Wrap

Ingredients: Tortilla, Canned tuna, Lettuce, Mayonnaise, Lemon juice

Quantities (for 1 person): Tortilla: 1, Canned tuna: 1/2 can, Lettuce: 1/2 cup, Mayonnaise: 1 tbsp, Lemon juice: 1/2 tsp

Cooking Time: 10 minutes

Steps: Mix tuna, mayonnaise, and lemon juice, spread on tortilla, add lettuce, roll up, and serve.

Cuisine: General

Diet Type: Non-Vegetarian

Recipe ID: 114

Recipe Name: Veggie Omelette

Ingredients: Eggs, Onion, Tomato, Cheese, Butter

Quantities (for 1 person): Eggs: 2, Onion: 1/4, Tomato: 1/4, Cheese: 1/4 cup, Butter: 1 tsp

Cooking Time: 10 minutes

Steps: Whisk eggs, chop onion and tomato, heat butter in a pan, pour eggs, sprinkle veggies and cheese, cook until set, and fold to serve.

Cuisine: General

Diet Type: Vegetarian

Recipe ID: 115

Recipe Name: Garlic Butter Shrimp

Ingredients: Shrimp, Garlic, Butter, Lemon, Parsley

Quantities (for 1 person): Shrimp: 100 grams, Garlic: 1 clove, Butter: 1 tsp, Lemon: 1/4, Parsley: pinch

Cooking Time: 10 minutes

Steps: Melt butter in a skillet, add garlic and shrimp, cook for 5 minutes, squeeze lemon juice, garnish with parsley, and serve.

Cuisine: General

Diet Type: Non-Vegetarian

Recipe ID: 116

Recipe Name: Tomato Basil Pasta

Ingredients: Pasta, Tomato, Basil, Olive oil, Garlic

Quantities (for 1 person): Pasta: 1/2 cup, Tomato: 1, Basil: 1 tbsp, Olive oil: 1 tsp, Garlic: 1 clove

Cooking Time: 15 minutes

Steps: Cook pasta, sauté garlic in olive oil, add chopped tomato and basil, toss with pasta, and serve.

Cuisine: Italian

Diet Type: Vegan

Recipe ID: 117

Recipe Name: Chicken and Veggie Stir-Fry

Ingredients: Chicken breast, Carrot, Bell pepper, Soy sauce, Olive oil

Quantities (for 1 person): Chicken breast: 100 grams, Carrot: 1/4, Bell pepper: 1/4, Soy sauce: 1 tbsp, Olive oil: 1 tsp

Cooking Time: 15 minutes

Steps: Heat olive oil, sauté chicken, add carrot and bell pepper, stir-fry with soy sauce until cooked through.

Cuisine: Asian

Diet Type: Non-Vegetarian

Recipe ID: 118

Recipe Name: Eggplant Parmesan

Ingredients: Eggplant, Tomato sauce, Cheese, Olive oil, Breadcrumbs

Quantities (for 1 person): Eggplant: 1/2, Tomato sauce: 1/4 cup, Cheese: 1/4 cup, Olive oil: 1 tsp, Breadcrumbs: 1 tbsp

Cooking Time: 15 minutes

Steps: Slice and bake eggplant with olive oil, layer with tomato sauce and cheese, sprinkle breadcrumbs, bake for 10 minutes, and serve.

Cuisine: Italian

Diet Type: Vegetarian

Recipe ID: 119

Recipe Name: Spicy Chickpea Wrap

Ingredients: Tortilla, Chickpeas, Paprika, Lettuce, Garlic sauce

Quantities (for 1 person): Tortilla: 1, Chickpeas: 1/2 cup, Paprika: 1/4 tsp, Lettuce: 1/4 cup, Garlic sauce: 1 tbsp

Cooking Time: 10 minutes

Steps: Heat chickpeas with paprika, warm tortilla, assemble with lettuce, chickpeas, and garlic sauce, and wrap tightly.

Cuisine: General

Diet Type: Vegan

Recipe ID: 120

Recipe Name: Grilled Chicken Breast

Ingredients: Chicken breast, Olive oil, Lemon, Garlic, Salt

Quantities (for 1 person): Chicken breast: 100 grams, Olive oil: 1 tsp, Lemon: 1/4, Garlic: 1 clove, Salt: pinch

Cooking Time: 15 minutes

Steps: Marinate chicken with olive oil, lemon, garlic, and salt, grill in a pan for 12-15 minutes, flipping halfway.

Cuisine: General

Diet Type: Non-Vegetarian

Recipe ID: 121

Recipe Name: Beef Taco Bowl

Ingredients: Ground beef, Rice, Lettuce, Salsa, Cheddar cheese

Quantities (for 1 person): Ground beef: 100 grams, Rice: 1/2 cup (cooked), Lettuce: 1/4 cup, Salsa: 2 tbsp, Cheddar cheese: 2 tbsp (shredded)

Cooking Time: 15 minutes

Steps: Cook ground beef until browned, assemble rice, beef, lettuce, salsa, and cheese in a bowl, and serve.

Cuisine: Mexican

Diet Type: Non-Vegetarian

Recipe ID: 122

Recipe Name: Lentil and Spinach Curry

Ingredients: Lentils, Spinach, Coconut milk, Curry powder, Onion

Quantities (for 1 person): Lentils: 1/2 cup (cooked), Spinach: 1/2 cup, Coconut milk: 1/4 cup, Curry powder: 1 tsp, Onion: 1/4 (chopped)

Cooking Time: 15 minutes

Steps: Sauté onion with curry powder, add cooked lentils, coconut milk, and spinach, simmer for 5 minutes, and serve.

Cuisine: Indian

Diet Type: Vegan

Recipe ID: 123

Recipe Name: Teriyaki Chicken Rice Bowl

Ingredients: Chicken breast, Rice, Teriyaki sauce, Green onion, Sesame seeds

Quantities (for 1 person): Chicken breast: 100 grams, Rice: 1/2 cup (cooked), Teriyaki sauce: 2 tbsp, Green onion: 1 tbsp (chopped), Sesame seeds: pinch

Cooking Time: 15 minutes

Steps: Cook chicken with teriyaki sauce, layer rice in a bowl, top with chicken, green onion, and sesame seeds.

Cuisine: Asian

Diet Type: Non-Vegetarian

Recipe ID: 124

Recipe Name: Garlic Butter Zoodles

Ingredients: Zucchini, Garlic, Butter, Parmesan cheese, Olive oil

Quantities (for 1 person): Zucchini: 1, Garlic: 1 clove, Butter: 1 tsp, Parmesan cheese: 2 tbsp, Olive oil: 1 tsp

Cooking Time: 10 minutes

Steps: Spiralize zucchini, sauté garlic in butter and olive oil, toss zoodles with Parmesan, and serve.

Cuisine: General

Diet Type: Vegetarian

Recipe ID: 125

Recipe Name: Chickpea and Veggie Stir-Fry

Ingredients: Chickpeas, Carrot, Bell pepper, Soy sauce, Olive oil

Quantities (for 1 person): Chickpeas: 1/2 cup, Carrot: 1/4, Bell pepper: 1/4, Soy sauce: 1 tbsp, Olive oil: 1 tsp

Cooking Time: 15 minutes

Steps: Heat olive oil, sauté carrot and bell pepper, add chickpeas and soy sauce, stir-fry for 5 minutes, and serve.

Cuisine: General

Diet Type: Vegan

Recipe ID: 126

Recipe Name: Shrimp and Garlic Pasta

Ingredients: Shrimp, Spaghetti, Garlic, Olive oil, Parsley

Quantities (for 1 person): Shrimp: 100 grams, Spaghetti: 1/2 cup (cooked), Garlic: 1 clove, Olive oil: 1 tsp, Parsley: pinch

Cooking Time: 15 minutes

Steps: Cook spaghetti, sauté garlic in olive oil, add shrimp and cook for 5 minutes, toss with spaghetti, garnish with parsley, and serve.

Cuisine: Italian

Diet Type: Non-Vegetarian

Recipe ID: 127

Recipe Name: Turkey and Cheese Quesadilla

Ingredients: Tortilla, Turkey slices, Cheddar cheese, Butter

Quantities (for 1 person): Tortilla: 1, Turkey slices: 2, Cheddar cheese: 1/4 cup (shredded), Butter: 1 tsp

Cooking Time: 10 minutes

Steps: Place turkey and cheese on one half of the tortilla, fold, and cook in a buttered

pan for 5 minutes on each side.

Cuisine: Mexican

Diet Type: Non-Vegetarian

Recipe ID: 128

Recipe Name: Spinach and Feta Wrap

Ingredients: Tortilla, Spinach, Feta cheese, Olive oil

Quantities (for 1 person): Tortilla: 1, Spinach: 1/2 cup, Feta cheese: 1/4 cup (crumbled), Olive oil: 1 tsp

Cooking Time: 10 minutes

Steps: Sauté spinach in olive oil, spread on tortilla, add feta, roll up, and serve warm.

Cuisine: General

Diet Type: Vegetarian

Recipe ID: 129

Recipe Name: BBQ Chicken Sandwich

Ingredients: Chicken breast, Bread roll, BBQ sauce, Lettuce, Mayonnaise

Quantities (for 1 person): Chicken breast: 100 grams, Bread roll: 1, BBQ sauce: 2 tbsp, Lettuce: 1 leaf, Mayonnaise: 1 tsp

Cooking Time: 15 minutes

Steps: Cook chicken with BBQ sauce, assemble in a roll with lettuce and mayonnaise, and serve.

Cuisine: American

Diet Type: Non-Vegetarian

Recipe ID: 130

Recipe Name: Veggie Fried Rice

Ingredients: Rice, Carrot, Green peas, Soy sauce, Olive oil

Quantities (for 1 person): Rice: 1/2 cup (cooked), Carrot: 1/4, Green peas: 1/4 cup, Soy sauce: 1 tbsp, Olive oil: 1 tsp

Cooking Time: 15 minutes

Steps: Heat olive oil, sauté carrot and green peas, add rice and soy sauce, stir-fry for 5 minutes, and serve.

Cuisine: Asian

Diet Type: Vegan

Recipe ID: 131

Recipe Name: Tuna and Rice Bowl

Ingredients: Tuna (canned), Rice, Soy sauce, Green onion, Sesame seeds

Quantities (for 1 person): Tuna: 1/2 can, Rice: 1/2 cup (cooked), Soy sauce: 1 tbsp, Green onion: 1 tbsp (chopped), Sesame seeds: pinch

Cooking Time: 10 minutes

Steps: Flake the tuna, mix it with soy sauce, serve it over rice, and top with green onion and sesame seeds.

Cuisine: Asian

Diet Type: Non-Vegetarian

Recipe ID: 132

Recipe Name: Eggplant Parmesan

Ingredients: Eggplant, Tomato sauce, Parmesan cheese, Olive oil, Mozzarella cheese

Quantities (for 1 person): Eggplant: 1/2 (sliced), Tomato sauce: 1/4 cup, Parmesan cheese: 2 tbsp, Olive oil: 1 tsp, Mozzarella cheese: 2 tbsp (shredded)

Cooking Time: 15 minutes

Steps: Sauté eggplant slices in olive oil, layer them with tomato sauce, Parmesan, and mozzarella in a pan, and cook until cheese melts.

Cuisine: Italian

Diet Type: Vegetarian

Recipe ID: 133

Recipe Name: Sweet and Sour Chicken

Ingredients: Chicken breast, Bell pepper, Pineapple (canned), Sweet and sour sauce, Olive oil

Quantities (for 1 person): Chicken breast: 100 grams, Bell pepper: 1/4, Pineapple: 1/4 cup (chunks), Sweet and sour sauce: 2 tbsp, Olive oil: 1 tsp

Cooking Time: 15 minutes

Steps: Cook chicken and bell pepper in olive oil, add pineapple and sweet and sour sauce, cook for 5 minutes, and serve.

Cuisine: Asian

Diet Type: Non-Vegetarian

Recipe ID: 134

Recipe Name: Broccoli and Cheese Omelette

Ingredients: Eggs, Broccoli, Cheddar cheese, Butter, Salt

Quantities (for 1 person): Eggs: 2, Broccoli: 1/4 cup (chopped), Cheddar cheese: 2 tbsp, Butter: 1 tsp, Salt: pinch

Cooking Time: 10 minutes

Steps: Sauté broccoli in butter, whisk eggs with salt, pour into the pan, add cheese, cook until set, and fold omelette.

Cuisine: General

Diet Type: Vegetarian

Recipe ID: 135

Recipe Name: Baked Salmon with Lemon

Ingredients: Salmon fillet, Lemon, Olive oil, Garlic, Dill

Quantities (for 1 person): Salmon fillet: 100 grams, Lemon: 1 slice, Olive oil: 1 tsp, Garlic: 1 clove (minced), Dill: pinch

Cooking Time: 15 minutes

Steps: Preheat oven to 180°C, place salmon on a baking tray, drizzle with olive oil, garlic, and dill, top with lemon slice, bake for 15 minutes, and serve.

Cuisine: General

Diet Type: Non-Vegetarian

Recipe ID: 136

Recipe Name: Chickpea Curry

Ingredients: Chickpeas, Coconut milk, Curry powder, Onion, Garlic

Quantities (for 1 person): Chickpeas: 1/2 cup, Coconut milk: 1/4 cup, Curry powder: 1 tsp, Onion: 1/4 (chopped), Garlic: 1 clove

Cooking Time: 15 minutes

Steps: Sauté onion and garlic, add curry powder, chickpeas, and coconut milk, simmer for 10 minutes, and serve.

Cuisine: Indian

Diet Type: Vegan

Recipe ID: 137

Recipe Name: Beef and Vegetable Stir-Fry

Ingredients: Beef strips, Bell pepper, Carrot, Soy sauce, Olive oil

Quantities (for 1 person): Beef strips: 100 grams, Bell pepper: 1/4, Carrot: 1/4, Soy sauce: 1 tbsp, Olive oil: 1 tsp

Cooking Time: 15 minutes

Steps: Heat olive oil, stir-fry beef strips until cooked, add bell pepper and carrot, stir-fry with soy sauce for 5 minutes, and serve.

Cuisine: Asian

Diet Type: Non-Vegetarian

Recipe ID: 138

Recipe Name: Spaghetti Aglio e Olio

Ingredients: Spaghetti, Garlic, Olive oil, Parsley, Red pepper flakes

Quantities (for 1 person): Spaghetti: 1/2 cup (cooked), Garlic: 1 clove, Olive oil: 1 tbsp, Parsley: pinch, Red pepper flakes: pinch

Cooking Time: 10 minutes

Steps: Cook spaghetti, sauté garlic in olive oil, add spaghetti, parsley, and red pepper flakes, toss well, and serve.

Cuisine: Italian

Diet Type: Vegetarian

Recipe ID: 139

Recipe Name: Turkey and Veggie Wrap

Ingredients: Tortilla, Turkey slices, Lettuce, Mayonnaise, Mustard

Quantities (for 1 person): Tortilla: 1, Turkey slices: 2, Lettuce: 1 leaf, Mayonnaise: 1 tsp, Mustard: 1 tsp

Cooking Time: 10 minutes

Steps: Spread mayonnaise and mustard on the tortilla, layer with turkey slices and lettuce, roll up, and serve.

Cuisine: General

Diet Type: Non-Vegetarian

Recipe ID: 140

Recipe Name: Quick Veggie Burrito

Ingredients: Tortilla, Black beans, Rice, Salsa, Cheddar cheese

Quantities (for 1 person): Tortilla: 1, Black beans: 1/4 cup, Rice: 1/4 cup (cooked), Salsa: 2 tbsp, Cheddar cheese: 2 tbsp (shredded)

Cooking Time: 15 minutes

Steps: Warm tortilla, layer with black beans, rice, salsa, and cheese, wrap into a burrito, and serve.

Cuisine: Mexican

Diet Type: Vegetarian

Recipe ID: 131

Recipe Name: Tuna and Rice Bowl

Ingredients: Tuna (canned), Rice, Soy sauce, Green onion, Sesame seeds

Quantities (for 1 person): Tuna: 1/2 can, Rice: 1/2 cup (cooked), Soy sauce: 1 tbsp, Green onion: 1 tbsp (chopped), Sesame seeds: pinch

Cooking Time: 10 minutes

Steps: Flake the tuna, mix it with soy sauce, serve it over rice, and top with green onion and sesame seeds.

Cuisine: Asian

Diet Type: Non-Vegetarian

Recipe ID: 132

Recipe Name: Eggplant Parmesan

Ingredients: Eggplant, Tomato sauce, Parmesan cheese, Olive oil, Mozzarella cheese

Quantities (for 1 person): Eggplant: 1/2 (sliced), Tomato sauce: 1/4 cup, Parmesan cheese: 2 tbsp, Olive oil: 1 tsp, Mozzarella cheese: 2 tbsp (shredded)

Cooking Time: 15 minutes

Steps: Sauté eggplant slices in olive oil, layer them with tomato sauce, Parmesan, and mozzarella in a pan, and cook until cheese melts.

Cuisine: Italian

Diet Type: Vegetarian

Recipe ID: 133

Recipe Name: Sweet and Sour Chicken

Ingredients: Chicken breast, Bell pepper, Pineapple (canned), Sweet and sour sauce, Olive oil

Quantities (for 1 person): Chicken breast: 100 grams, Bell pepper: 1/4, Pineapple: 1/4 cup (chunks), Sweet and sour sauce: 2 tbsp, Olive oil: 1 tsp

Cooking Time: 15 minutes

Steps: Cook chicken and bell pepper in olive oil, add pineapple and sweet and sour sauce, cook for 5 minutes, and serve.

Cuisine: Asian

Diet Type: Non-Vegetarian

Recipe ID: 134

Recipe Name: Broccoli and Cheese Omelette

Ingredients: Eggs, Broccoli, Cheddar cheese, Butter, Salt

Quantities (for 1 person): Eggs: 2, Broccoli: 1/4 cup (chopped), Cheddar cheese: 2 tbsp, Butter: 1 tsp, Salt: pinch

Cooking Time: 10 minutes

Steps: Sauté broccoli in butter, whisk eggs with salt, pour into the pan, add cheese, cook until set, and fold omelette.

Cuisine: General

Diet Type: Vegetarian

Recipe ID: 135

Recipe Name: Baked Salmon with Lemon

Ingredients: Salmon fillet, Lemon, Olive oil, Garlic, Dill

Quantities (for 1 person): Salmon fillet: 100 grams, Lemon: 1 slice, Olive oil: 1 tsp, Garlic: 1 clove (minced), Dill: pinch

Cooking Time: 15 minutes

Steps: Preheat oven to 180°C, place salmon on a baking tray, drizzle with olive oil, garlic, and dill, top with lemon slice, bake for 15 minutes, and serve.

Cuisine: General

Diet Type: Non-Vegetarian

Recipe ID: 136

Recipe Name: Chickpea Curry

Ingredients: Chickpeas, Coconut milk, Curry powder, Onion, Garlic

Quantities (for 1 person): Chickpeas: 1/2 cup, Coconut milk: 1/4 cup, Curry powder: 1 tsp, Onion: 1/4 (chopped), Garlic: 1 clove

Cooking Time: 15 minutes

Steps: Sauté onion and garlic, add curry powder, chickpeas, and coconut milk, simmer for 10 minutes, and serve.

Cuisine: Indian

Diet Type: Vegan

Recipe ID: 137

Recipe Name: Beef and Vegetable Stir-Fry

Ingredients: Beef strips, Bell pepper, Carrot, Soy sauce, Olive oil

Quantities (for 1 person): Beef strips: 100 grams, Bell pepper: 1/4, Carrot: 1/4, Soy sauce: 1 tbsp, Olive oil: 1 tsp

Cooking Time: 15 minutes

Steps: Heat olive oil, stir-fry beef strips until cooked, add bell pepper and carrot, stir-fry with soy sauce for 5 minutes, and serve.

Cuisine: Asian

Diet Type: Non-Vegetarian

Recipe ID: 138

Recipe Name: Spaghetti Aglio e Olio

Ingredients: Spaghetti, Garlic, Olive oil, Parsley, Red pepper flakes

Quantities (for 1 person): Spaghetti: 1/2 cup (cooked), Garlic: 1 clove, Olive oil: 1 tbsp, Parsley: pinch, Red pepper flakes: pinch

Cooking Time: 10 minutes

Steps: Cook spaghetti, sauté garlic in olive oil, add spaghetti, parsley, and red pepper flakes, toss well, and serve.

Cuisine: Italian

Diet Type: Vegetarian

Recipe ID: 139

Recipe Name: Turkey and Veggie Wrap

Ingredients: Tortilla, Turkey slices, Lettuce, Mayonnaise, Mustard

Quantities (for 1 person): Tortilla: 1, Turkey slices: 2, Lettuce: 1 leaf, Mayonnaise: 1 tsp, Mustard: 1 tsp

Cooking Time: 10 minutes

Steps: Spread mayonnaise and mustard on the tortilla, layer with turkey slices and lettuce, roll up, and serve.

Cuisine: General

Diet Type: Non-Vegetarian

Recipe ID: 140

Recipe Name: Quick Veggie Burrito

Ingredients: Tortilla, Black beans, Rice, Salsa, Cheddar cheese

Quantities (for 1 person): Tortilla: 1, Black beans: 1/4 cup, Rice: 1/4 cup (cooked), Salsa: 2 tbsp, Cheddar cheese: 2 tbsp (shredded)

Cooking Time: 15 minutes

Steps: Warm tortilla, layer with black beans, rice, salsa, and cheese, wrap into a burrito, and serve.

Cuisine: Mexican

Diet Type: Vegetarian

Would you like me to continue? 😊

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You said:

yes

ChatGPT said:

ChatGPT

Recipe ID: 141

Recipe Name: Garlic Butter Shrimp

Ingredients: Shrimp (peeled), Garlic, Butter, Lemon, Parsley

Quantities (for 1 person): Shrimp: 100 grams, Garlic: 1 clove, Butter: 1 tbsp, Lemon: 1 slice, Parsley: pinch

Cooking Time: 10 minutes

Steps: Melt butter in a pan, sauté garlic until fragrant, add shrimp and cook until pink, drizzle with lemon juice, garnish with parsley, and serve.

Cuisine: General

Diet Type: Non-Vegetarian

Recipe ID: 142

Recipe Name: Lentil Stir-Fry

Ingredients: Lentils (cooked), Spinach, Garlic, Olive oil, Cumin

Quantities (for 1 person): Lentils: 1/2 cup, Spinach: 1/2 cup, Garlic: 1 clove, Olive oil: 1 tsp, Cumin: 1/2 tsp

Cooking Time: 10 minutes

Steps: Heat olive oil, sauté garlic, add cooked lentils, spinach, and cumin, stir-fry for 5 minutes, and serve.

Cuisine: Middle Eastern

Diet Type: Vegan

Recipe ID: 143**Recipe Name:** Quick Veggie Pizza**Ingredients:** Tortilla, Tomato sauce, Mozzarella cheese, Bell pepper, Olives**Quantities (for 1 person):** Tortilla: 1, Tomato sauce: 2 tbsp, Mozzarella cheese: 2 tbsp (shredded), Bell pepper: 1/4 (sliced), Olives: 2 (sliced)**Cooking Time:** 15 minutes**Steps:** Spread tomato sauce on the tortilla, add cheese, bell pepper, and olives, bake at 180°C for 10 minutes, and serve.**Cuisine:** Italian**Diet Type:** Vegetarian

Recipe ID: 144**Recipe Name:** Chicken Noodle Soup**Ingredients:** Chicken breast, Noodles, Carrot, Onion, Chicken broth**Quantities (for 1 person):** Chicken breast: 50 grams, Noodles: 1/4 cup, Carrot: 1/4 (sliced), Onion: 1/4 (chopped), Chicken broth: 1 cup**Cooking Time:** 15 minutes**Steps:** Cook chicken, carrot, and onion in chicken broth for 10 minutes, add noodles, cook for 5 minutes, and serve.**Cuisine:** General**Diet Type:** Non-Vegetarian

Recipe ID: 145**Recipe Name:** Couscous and Veggie Bowl**Ingredients:** Couscous, Zucchini, Tomato, Olive oil, Lemon juice**Quantities (for 1 person):** Couscous: 1/4 cup (cooked), Zucchini: 1/4 (chopped), Tomato: 1/2 (chopped), Olive oil: 1 tsp, Lemon juice: 1 tsp**Cooking Time:** 10 minutes**Steps:** Cook couscous, sauté zucchini and tomato in olive oil, mix with couscous, drizzle with lemon juice, and serve.**Cuisine:** Mediterranean**Diet Type:** Vegan

Recipe ID: 146

Recipe Name: Quick Beef Tacos

Ingredients: Ground beef, Tortilla, Lettuce, Cheddar cheese, Salsa

Quantities (for 1 person): Ground beef: 50 grams, Tortilla: 1, Lettuce: 1 leaf, Cheddar cheese: 1 tbsp (shredded), Salsa: 1 tbsp

Cooking Time: 15 minutes

Steps: Cook ground beef in a pan, warm tortilla, assemble with lettuce, cheese, beef, and salsa, and serve.

Cuisine: Mexican

Diet Type: Non-Vegetarian

Recipe ID: 147

Recipe Name: Spinach and Feta Wrap

Ingredients: Tortilla, Spinach, Feta cheese, Olive oil, Garlic

Quantities (for 1 person): Tortilla: 1, Spinach: 1/2 cup, Feta cheese: 2 tbsp, Olive oil: 1 tsp, Garlic: 1 clove

Cooking Time: 10 minutes

Steps: Sauté spinach and garlic in olive oil, place on tortilla, sprinkle feta cheese, wrap, and serve.

Cuisine: Mediterranean

Diet Type: Vegetarian

Recipe ID: 148

Recipe Name: Tomato and Egg Stir-Fry

Ingredients: Eggs, Tomato, Olive oil, Salt, Pepper

Quantities (for 1 person): Eggs: 2, Tomato: 1/2 (chopped), Olive oil: 1 tsp, Salt: pinch, Pepper: pinch

Cooking Time: 10 minutes

Steps: Heat olive oil, cook tomatoes until soft, add beaten eggs, stir-fry until set, season with salt and pepper, and serve.

Cuisine: Asian

Diet Type: Vegetarian

Recipe ID: 149

Recipe Name: BBQ Chicken Sandwich

Ingredients: Chicken breast, Bread roll, BBQ sauce, Lettuce, Mayonnaise

Quantities (for 1 person): Chicken breast: 50 grams, Bread roll: 1, BBQ sauce: 1 tbsp, Lettuce: 1 leaf, Mayonnaise: 1 tsp

Cooking Time: 15 minutes

Steps: Cook chicken with BBQ sauce, slice bread roll, layer with lettuce, mayonnaise, and chicken, and serve.

Cuisine: General

Diet Type: Non-Vegetarian

Recipe ID: 150

Recipe Name: Mushroom Risotto

Ingredients: Rice, Mushrooms, Parmesan cheese, Olive oil, Garlic

Quantities (for 1 person): Rice: 1/4 cup, Mushrooms: 1/4 cup (sliced), Parmesan cheese: 1 tbsp, Olive oil: 1 tsp, Garlic: 1 clove

Cooking Time: 15 minutes

Steps: Sauté mushrooms and garlic in olive oil, add rice, cook with water until tender, stir in Parmesan cheese, and serve.

Cuisine: Italian

Diet Type: Vegetarian

Recipe ID: 151

Recipe Name: Chickpea Stir-Fry

Ingredients: Chickpeas (canned), Bell pepper, Onion, Olive oil, Soy sauce

Quantities (for 1 person): Chickpeas: 1/2 cup, Bell pepper: 1/2 (sliced), Onion: 1/4 (sliced), Olive oil: 1 tsp, Soy sauce: 1 tbsp

Cooking Time: 15 minutes

Steps: Heat olive oil, sauté bell pepper and onion, add chickpeas and soy sauce, stir-fry for 5 minutes, and serve.

Cuisine: Asian

Diet Type: Vegan

Recipe ID: 152

Recipe Name: Quick Fried Rice

Ingredients: Rice (cooked), Egg, Carrot, Soy sauce, Green peas

Quantities (for 1 person): Rice: 1/2 cup, Egg: 1, Carrot: 1/4 (chopped), Soy sauce: 1 tbsp, Green peas: 1/4 cup

Cooking Time: 15 minutes

Steps: Scramble egg in a pan, add carrot and green peas, stir in rice and soy sauce, cook for 5 minutes, and serve.

Cuisine: Asian

Diet Type: Vegetarian

Recipe ID: 153

Recipe Name: Avocado Toast

Ingredients: Bread, Avocado, Lemon, Salt, Pepper

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

Cooking Time: 5 minutes

Steps: Toast bread, mash avocado with lemon, salt, and pepper, spread on toast, and serve.

Cuisine: General

Diet Type: Vegan

Recipe ID: 154

Recipe Name: Tuna Salad

Ingredients: Canned tuna, Lettuce, Olive oil, Lemon juice, Cucumber

Quantities (for 1 person): Canned tuna: 1/2 can, Lettuce: 1 cup, Olive oil: 1 tsp, Lemon juice: 1 tsp, Cucumber: 1/4 (sliced)

Cooking Time: 10 minutes

Steps: Mix all ingredients in a bowl, drizzle with olive oil and lemon juice, and serve.

Cuisine: General

Diet Type: Non-Vegetarian

Recipe ID: 155

Recipe Name: Spaghetti Aglio e Olio

Ingredients: Spaghetti, Garlic, Olive oil, Red chili flakes, Parsley

Quantities (for 1 person): Spaghetti: 1/4 cup, Garlic: 1 clove, Olive oil: 1 tbsp, Red chili flakes: 1/4 tsp, Parsley: 1 tsp

Cooking Time: 15 minutes

Steps: Cook spaghetti, sauté garlic in olive oil, add chili flakes, mix with pasta, sprinkle with parsley, and serve.

Cuisine: Italian

Diet Type: Vegetarian

Recipe ID: 156

Recipe Name: Egg Salad

Ingredients: Eggs, Mayonnaise, Mustard, Lettuce, Salt

Quantities (for 1 person): Eggs: 2, Mayonnaise: 1 tbsp, Mustard: 1 tsp, Lettuce: 1 leaf, Salt: pinch

Cooking Time: 10 minutes

Steps: Boil eggs, peel and chop them, mix with mayonnaise, mustard, and salt, serve on lettuce.

Cuisine: General

Diet Type: Vegetarian

Recipe ID: 157

Recipe Name: Veggie Omelette

Ingredients: Eggs, Bell pepper, Onion, Olive oil, Cheese

Quantities (for 1 person): Eggs: 2, Bell pepper: 1/4 (chopped), Onion: 1/4 (chopped), Olive oil: 1 tsp, Cheese: 2 tbsp (grated)

Cooking Time: 10 minutes

Steps: Beat eggs, sauté bell pepper and onion in olive oil, pour eggs over, add cheese, cook until set, and serve.

Cuisine: General

Diet Type: Vegetarian

Recipe ID: 158

Recipe Name: Quick Quesadilla

Ingredients: Tortilla, Cheddar cheese, Bell pepper, Salsa, Olive oil

Quantities (for 1 person): Tortilla: 1, Cheddar cheese: 2 tbsp (grated), Bell pepper: 1/4 (sliced), Salsa: 1 tbsp, Olive oil: 1 tsp

Cooking Time: 10 minutes

Steps: Place cheese and bell pepper on tortilla, fold, cook in olive oil until crispy, serve with salsa.

Cuisine: Mexican

Diet Type: Vegetarian

Recipe ID: 159

Recipe Name: Greek Salad

Ingredients: Cucumber, Tomato, Feta cheese, Olive oil, Oregano

Quantities (for 1 person): Cucumber: 1/2 (sliced), Tomato: 1 (chopped), Feta cheese: 2 tbsp (crumbled), Olive oil: 1 tsp, Oregano: pinch

Cooking Time: 5 minutes

Steps: Mix all ingredients in a bowl, drizzle with olive oil, sprinkle with oregano, and serve.

Cuisine: Mediterranean

Diet Type: Vegetarian

Recipe ID: 160

Recipe Name: Grilled Chicken Salad

Ingredients: Chicken breast, Lettuce, Tomato, Cucumber, Olive oil

Quantities (for 1 person): Chicken breast: 1 (grilled), Lettuce: 1 cup, Tomato: 1 (chopped), Cucumber: 1/2 (sliced), Olive oil: 1 tsp

Cooking Time: 15 minutes

Steps: Grill chicken breast, slice and place on top of lettuce, tomato, and cucumber, drizzle with olive oil, and serve.

Cuisine: General

Diet Type: Non-Vegetarian

Recipe ID: 161

Recipe Name: Chicken Stir-Fry

Ingredients: Chicken breast, Bell pepper, Soy sauce, Garlic, Olive oil

Quantities (for 1 person): Chicken breast: 1 (sliced), Bell pepper: 1/2 (sliced), Soy sauce: 1 tbsp, Garlic: 1 clove (minced), Olive oil: 1 tsp

Cooking Time: 15 minutes

Steps: Heat olive oil, sauté garlic, add chicken and bell pepper, cook for 7-10 minutes, drizzle with soy sauce, and serve.

Cuisine: Asian

Diet Type: Non-Vegetarian

Recipe ID: 162

Recipe Name: Shrimp Tacos

Ingredients: Shrimp, Tortillas, Cabbage, Lime, Sour cream

Quantities (for 1 person): Shrimp: 1/2 cup, Tortillas: 2, Cabbage: 1/4 cup (shredded), Lime: 1 wedge, Sour cream: 1 tbsp

Cooking Time: 15 minutes

Steps: Cook shrimp, warm tortillas, assemble with cabbage, shrimp, and a dollop of sour cream, squeeze lime, and serve.

Cuisine: Mexican

Diet Type: Non-Vegetarian

Recipe ID: 163

Recipe Name: Veggie Wrap

Ingredients: Tortilla, Hummus, Lettuce, Cucumber, Carrot

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

Cooking Time: 5 minutes

Steps: Spread hummus on tortilla, add vegetables, wrap, and serve.

Cuisine: General

Diet Type: Vegan

Recipe ID: 164

Recipe Name: Chicken Caesar Salad

Ingredients: Chicken breast, Romaine lettuce, Caesar dressing, Parmesan cheese, Croutons

Quantities (for 1 person): Chicken breast: 1 (grilled), Romaine lettuce: 1 cup, Caesar dressing: 2 tbsp, Parmesan cheese: 1 tbsp (grated), Croutons: 1/4 cup

Cooking Time: 15 minutes

Steps: Grill chicken, slice, and combine with lettuce, dressing, cheese, and croutons, serve.

Cuisine: General

Diet Type: Non-Vegetarian

Recipe ID: 165

Recipe Name: Spicy Hummus Toast

Ingredients: Bread, Hummus, Red pepper flakes, Olive oil, Parsley

Quantities (for 1 person): Bread: 1 slice, Hummus: 2 tbsp, Red pepper flakes: pinch, Olive oil: 1 tsp, Parsley: 1 tsp (chopped)

Cooking Time: 5 minutes

Steps: Toast bread, spread hummus, drizzle with olive oil, sprinkle with red pepper flakes and parsley, and serve.

Cuisine: Middle Eastern

Diet Type: Vegan

Recipe ID: 166

Recipe Name: Quick Veggie Pasta

Ingredients: Pasta, Zucchini, Cherry tomatoes, Olive oil, Garlic

Quantities (for 1 person): Pasta: 1/2 cup, Zucchini: 1/2 (sliced), Cherry tomatoes: 1/4 cup (halved), Olive oil: 1 tbsp, Garlic: 1 clove (minced)

Cooking Time: 15 minutes

Steps: Cook pasta, sauté zucchini and garlic in olive oil, add tomatoes, mix with pasta, and serve.

Cuisine: Italian

Diet Type: Vegetarian

Recipe ID: 167

Recipe Name: Grilled Cheese Sandwich

Ingredients: Bread, Cheese, Butter

Quantities (for 1 person): Bread: 2 slices, Cheese: 2 slices, Butter: 1 tbsp

Cooking Time: 10 minutes

Steps: Butter bread, place cheese between slices, grill until golden, and serve.

Cuisine: American

Diet Type: Vegetarian

Recipe ID: 168

Recipe Name: Tomato Basil Soup

Ingredients: Tomato, Garlic, Olive oil, Basil, Onion

Quantities (for 1 person): Tomato: 2 (chopped), Garlic: 1 clove (minced), Olive oil: 1 tsp, Basil: 1 tsp, Onion: 1/4 (chopped)

Cooking Time: 15 minutes

Steps: Sauté garlic and onion in olive oil, add tomatoes, basil, and cook for 10 minutes, blend, and serve.

Cuisine: General

Diet Type: Vegan

Recipe ID: 169

Recipe Name: Sweet Potato Fries

Ingredients: Sweet potato, Olive oil, Paprika, Salt

Quantities (for 1 person): Sweet potato: 1 (medium), Olive oil: 1 tsp, Paprika: 1/2 tsp, Salt: pinch

Cooking Time: 20 minutes

Steps: Slice sweet potato, toss with olive oil, paprika, and salt, bake at 400°F (200°C) for 15-20 minutes, and serve.

Cuisine: General

Diet Type: Vegan

Recipe ID: 170

Recipe Name: Chicken Wrap

Ingredients: Chicken breast, Tortilla, Lettuce, Tomato, Mayonnaise

Quantities (for 1 person): Chicken breast: 1 (grilled), Tortilla: 1, Lettuce: 1 leaf, Tomato: 1 (sliced), Mayonnaise: 1 tbsp

Cooking Time: 15 minutes

Steps: Grill chicken, slice, assemble in tortilla with lettuce, tomato, and mayonnaise, wrap, and serve.

Cuisine: General

Diet Type: Non-Vegetarian

Recipe ID: 171

Recipe Name: Veggie Quesadilla

Ingredients: Tortilla, Cheese, Bell pepper, Onion, Olive oil

Quantities (for 1 person): Tortilla: 1, Cheese: 1/4 cup (grated), Bell pepper: 1/4 (sliced), Onion: 1/4 (sliced), Olive oil: 1 tsp

Cooking Time: 15 minutes

Steps: Sauté bell pepper and onion in olive oil, place cheese and veggies on tortilla, fold, grill until crispy, and serve.

Cuisine: Mexican

Diet Type: Vegetarian

Recipe ID: 172

Recipe Name: Egg Salad Sandwich

Ingredients: Bread, Eggs, Mayonnaise, Mustard, Lettuce

Quantities (for 1 person): Bread: 2 slices, Eggs: 2 (boiled), Mayonnaise: 1 tbsp, Mustard: 1 tsp, Lettuce: 1 leaf

Cooking Time: 10 minutes

Steps: Boil eggs, mash with mayonnaise and mustard, spread on bread, add lettuce, and serve.

Cuisine: American

Diet Type: Vegetarian

Recipe ID: 173

Recipe Name: Spaghetti Aglio e Olio

Ingredients: Spaghetti, Olive oil, Garlic, Red pepper flakes, Parsley

Quantities (for 1 person): Spaghetti: 1/2 cup, Olive oil: 1 tbsp, Garlic: 1 clove (minced), Red pepper flakes: 1/4 tsp, Parsley: 1 tbsp (chopped)

Cooking Time: 15 minutes

Steps: Cook spaghetti, sauté garlic in olive oil, add red pepper flakes, toss spaghetti, and garnish with parsley.

Cuisine: Italian

Diet Type: Vegetarian

Recipe ID: 174

Recipe Name: Chicken Fried Rice

Ingredients: Chicken breast, Rice, Frozen peas, Soy sauce, Green onion

Quantities (for 1 person): Chicken breast: 1 (diced), Rice: 1/2 cup (cooked), Frozen peas: 1/4 cup, Soy sauce: 1 tbsp, Green onion: 1 (sliced)

Cooking Time: 15 minutes

Steps: Cook chicken, add peas and rice, drizzle with soy sauce, and stir-fry for 5-7 minutes, garnish with green onion, and serve.

Cuisine: Asian

Diet Type: Non-Vegetarian

Recipe ID: 175

Recipe Name: Veggie Omelette

Ingredients: Eggs, Bell pepper, Onion, Cheese, Olive oil

Quantities (for 1 person): Eggs: 2, Bell pepper: 1/4 (sliced), Onion: 1/4 (sliced), Cheese: 1/4 cup (grated), Olive oil: 1 tsp

Cooking Time: 10 minutes

Steps: Sauté vegetables in olive oil, pour beaten eggs over, cook until set, add cheese, fold, and serve.

Cuisine: General

Diet Type: Vegetarian

Recipe ID: 176**Recipe Name:** Chicken Caesar Wrap**Ingredients:** Chicken breast, Romaine lettuce, Caesar dressing, Tortilla, Parmesan cheese**Quantities (for 1 person):** Chicken breast: 1 (grilled), Romaine lettuce: 1/2 cup, Caesar dressing: 1 tbsp, Tortilla: 1, Parmesan cheese: 1 tbsp (grated)**Cooking Time:** 15 minutes**Steps:** Grill chicken, slice, combine with lettuce and dressing, wrap in tortilla with cheese, and serve.**Cuisine:** General**Diet Type:** Non-Vegetarian**Recipe ID: 177****Recipe Name:** Caprese Salad**Ingredients:** Tomato, Mozzarella, Basil, Olive oil, Balsamic vinegar**Quantities (for 1 person):** Tomato: 1 (sliced), Mozzarella: 1/4 cup (sliced), Basil: 1 tbsp (chopped), Olive oil: 1 tbsp, Balsamic vinegar: 1 tsp**Cooking Time:** 10 minutes**Steps:** Layer tomato, mozzarella, and basil, drizzle with olive oil and balsamic vinegar, and serve.**Cuisine:** Italian**Diet Type:** Vegetarian**Recipe ID: 178****Recipe Name:** Chicken Tenders**Ingredients:** Chicken breast, Flour, Egg, Bread crumbs, Olive oil**Quantities (for 1 person):** Chicken breast: 1 (cut into strips), Flour: 1/4 cup, Egg: 1, Bread crumbs: 1/4 cup, Olive oil: 1 tbsp**Cooking Time:** 15 minutes**Steps:** Coat chicken strips in flour, dip in egg, coat with bread crumbs, pan-fry in olive oil until golden, and serve.**Cuisine:** American**Diet Type:** Non-Vegetarian**Recipe ID: 179**

Recipe Name: Avocado Toast

Ingredients: Bread, Avocado, Lemon juice, Olive oil, Salt

Quantities (for 1 person): Bread: 1 slice, Avocado: 1/2, Lemon juice: 1 tsp, Olive oil: 1 tsp, Salt: pinch

Cooking Time: 5 minutes

Steps: Toast bread, mash avocado with lemon juice and salt, spread on toast, drizzle with olive oil, and serve.

Cuisine: General

Diet Type: Vegan

Recipe ID: 180

Recipe Name: Beef Stir-Fry

Ingredients: Beef strips, Bell pepper, Soy sauce, Garlic, Olive oil

Quantities (for 1 person): Beef strips: 1/2 cup, Bell pepper: 1/2 (sliced), Soy sauce: 1 tbsp, Garlic: 1 clove (minced), Olive oil: 1 tsp

Cooking Time: 15 minutes

Steps: Sauté garlic in olive oil, add beef and bell pepper, drizzle with soy sauce, cook for 10 minutes, and serve.

Cuisine: Asian

Diet Type: Non-Vegetarian

Recipe ID: 181

Recipe Name: Pita Bread Pizza

Ingredients: Pita bread, Tomato sauce, Mozzarella cheese, Basil, Olive oil

Quantities (for 1 person): Pita bread: 1, Tomato sauce: 2 tbsp, Mozzarella cheese: 1/4 cup (shredded), Basil: 1 tbsp (chopped), Olive oil: 1 tsp

Cooking Time: 15 minutes

Steps: Spread tomato sauce on pita bread, sprinkle with cheese and basil, drizzle with olive oil, bake at 375°F for 10 minutes, and serve.

Cuisine: Italian

Diet Type: Vegetarian

Recipe ID: 182

Recipe Name: Veggie Stir-Fry

Ingredients: Mixed vegetables, Soy sauce, Olive oil, Garlic, Ginger

Quantities (for 1 person): Mixed vegetables: 1 cup (frozen or fresh), Soy sauce: 1 tbsp, Olive oil: 1 tsp, Garlic: 1 clove (minced), Ginger: 1 tsp (grated)

Cooking Time: 15 minutes

Steps: Sauté garlic and ginger in olive oil, add vegetables and soy sauce, stir-fry for 10 minutes, and serve.

Cuisine: Asian

Diet Type: Vegan

Recipe ID: 183

Recipe Name: Tuna Salad

Ingredients: Canned tuna, Lettuce, Cucumber, Mayonnaise, Lemon juice

Quantities (for 1 person): Canned tuna: 1 can (5 oz), Lettuce: 1 cup, Cucumber: 1/2 (sliced), Mayonnaise: 1 tbsp, Lemon juice: 1 tsp

Cooking Time: 10 minutes

Steps: Drain tuna, mix with lettuce, cucumber, mayonnaise, and lemon juice, and serve.

Cuisine: General

Diet Type: Non-Vegetarian

Recipe ID: 184

Recipe Name: Sweet Potato Fries

Ingredients: Sweet potato, Olive oil, Salt, Pepper

Quantities (for 1 person): Sweet potato: 1 (medium), Olive oil: 1 tbsp, Salt: pinch, Pepper: pinch

Cooking Time: 20 minutes

Steps: Cut sweet potato into fries, toss with olive oil, salt, and pepper, bake at 400°F for 15-20 minutes, and serve.

Cuisine: American

Diet Type: Vegan

Recipe ID: 185

Recipe Name: Eggplant Parmesan

Ingredients: Eggplant, Mozzarella cheese, Parmesan cheese, Tomato sauce, Bread crumbs

Quantities (for 1 person): Eggplant: 1/2 (sliced), Mozzarella cheese: 1/4 cup (shredded), Parmesan cheese: 1 tbsp (grated), Tomato sauce: 2 tbsp, Bread crumbs: 1/4 cup

Cooking Time: 20 minutes

Steps: Coat eggplant slices in breadcrumbs, bake at 375°F for 15 minutes, top with

sauce and cheeses, bake for 5 more minutes, and serve.

Cuisine: Italian

Diet Type: Vegetarian

Recipe ID: 186

Recipe Name: Grilled Cheese Sandwich

Ingredients: Bread, Cheese, Butter

Quantities (for 1 person): Bread: 2 slices, Cheese: 2 slices, Butter: 1 tbsp

Cooking Time: 10 minutes

Steps: Butter bread slices, place cheese between slices, grill on both sides until golden, and serve.

Cuisine: American

Diet Type: Vegetarian

Recipe ID: 187

Recipe Name: Chicken Wrap

Ingredients: Chicken breast, Tortilla, Lettuce, Tomato, Mayonnaise

Quantities (for 1 person): Chicken breast: 1 (grilled), Tortilla: 1, Lettuce: 1/4 cup, Tomato: 1/2 (sliced), Mayonnaise: 1 tbsp

Cooking Time: 15 minutes

Steps: Grill chicken, slice, assemble with lettuce, tomato, mayonnaise on tortilla, and wrap.

Cuisine: General

Diet Type: Non-Vegetarian

Recipe ID: 188

Recipe Name: Shrimp Salad

Ingredients: Shrimp, Lettuce, Cucumber, Avocado, Olive oil

Quantities (for 1 person): Shrimp: 1/2 cup (cooked), Lettuce: 1 cup, Cucumber: 1/2 (sliced), Avocado: 1/2 (sliced), Olive oil: 1 tbsp

Cooking Time: 15 minutes

Steps: Combine shrimp, lettuce, cucumber, and avocado, drizzle with olive oil, toss, and serve.

Cuisine: General

Diet Type: Non-Vegetarian

Recipe ID: 189

Recipe Name: Chicken Caesar Salad

Ingredients: Chicken breast, Romaine lettuce, Caesar dressing, Parmesan cheese, Croutons

Quantities (for 1 person): Chicken breast: 1 (grilled), Romaine lettuce: 1 cup, Caesar dressing: 1 tbsp, Parmesan cheese: 1 tbsp, Croutons: 1/4 cup

Cooking Time: 15 minutes

Steps: Grill chicken, slice, toss with lettuce, dressing, cheese, and croutons, and serve.

Cuisine: American

Diet Type: Non-Vegetarian

Recipe ID: 190

Recipe Name: Baked Salmon

Ingredients: Salmon fillet, Lemon, Olive oil, Garlic, Dill

Quantities (for 1 person): Salmon fillet: 1, Lemon: 1/4 (sliced), Olive oil: 1 tbsp, Garlic: 1 clove (minced), Dill: 1 tsp

Cooking Time: 15 minutes

Steps: Preheat oven to 375°F, drizzle salmon with olive oil, top with garlic, lemon slices, and dill, bake for 12-15 minutes, and serve.

Cuisine: General

Diet Type: Non-Vegetarian

Recipe ID: 191

Recipe Name: Veggie Quesadilla

Ingredients: Tortilla, Bell pepper, Onion, Cheese, Olive oil

Quantities (for 1 person): Tortilla: 1, Bell pepper: 1/4 (sliced), Onion: 1/4 (sliced), Cheese: 1/4 cup (shredded), Olive oil: 1 tsp

Cooking Time: 15 minutes

Steps: Sauté bell pepper and onion in olive oil until soft, place on tortilla, sprinkle with cheese, fold, and cook on both sides until crispy.

Cuisine: Mexican

Diet Type: Vegetarian

Recipe ID: 192

Recipe Name: Egg Fried Rice

Ingredients: Rice, Egg, Soy sauce, Green onion, Olive oil

Quantities (for 1 person): Rice: 1/2 cup (cooked), Egg: 1, Soy sauce: 1 tbsp, Green onion: 1 tbsp (chopped), Olive oil: 1 tsp

Cooking Time: 15 minutes

Steps: Heat oil in a pan, scramble egg, add rice and soy sauce, stir-fry for 5 minutes, and serve with green onions.

Cuisine: Asian

Diet Type: Vegan

Recipe ID: 193

Recipe Name: Turkey Sandwich

Ingredients: Bread, Turkey slices, Lettuce, Tomato, Mustard

Quantities (for 1 person): Bread: 2 slices, Turkey slices: 3, Lettuce: 1/4 cup, Tomato: 2 slices, Mustard: 1 tsp

Cooking Time: 5 minutes

Steps: Layer turkey, lettuce, tomato, and mustard between bread slices, and serve.

Cuisine: American

Diet Type: Non-Vegetarian

Recipe ID: 194

Recipe Name: Spinach and Feta Omelette

Ingredients: Eggs, Spinach, Feta cheese, Olive oil, Salt

Quantities (for 1 person): Eggs: 2, Spinach: 1/4 cup, Feta cheese: 2 tbsp, Olive oil: 1 tsp, Salt: pinch

Cooking Time: 10 minutes

Steps: Sauté spinach in olive oil, beat eggs with salt, pour over spinach, add feta, cook until set, fold, and serve.

Cuisine: General

Diet Type: Vegetarian

Recipe ID: 195

Recipe Name: Pita Falafel

Ingredients: Pita bread, Falafel, Lettuce, Tomato, Tahini sauce

Quantities (for 1 person): Pita bread: 1, Falafel: 4-5 balls, Lettuce: 1/4 cup, Tomato: 1/2 (sliced), Tahini sauce: 1 tbsp

Cooking Time: 15 minutes

Steps: Warm pita bread, fill with falafel, lettuce, tomato, and tahini sauce, and serve.

Cuisine: Middle Eastern

Diet Type: Vegan

Recipe ID: 196

Recipe Name: Beef Tacos

Ingredients: Ground beef, Taco shells, Lettuce, Cheese, Salsa

Quantities (for 1 person): Ground beef: 1/4 lb, Taco shells: 2, Lettuce: 1/4 cup, Cheese: 2 tbsp, Salsa: 2 tbsp

Cooking Time: 15 minutes

Steps: Cook beef until browned, fill taco shells with beef, lettuce, cheese, and salsa, and serve.

Cuisine: Mexican

Diet Type: Non-Vegetarian

Recipe ID: 197

Recipe Name: Grilled Veggie Wrap

Ingredients: Tortilla, Zucchini, Bell pepper, Hummus, Olive oil

Quantities (for 1 person): Tortilla: 1, Zucchini: 1/4 (sliced), Bell pepper: 1/4 (sliced), Hummus: 2 tbsp, Olive oil: 1 tsp

Cooking Time: 15 minutes

Steps: Grill zucchini and bell pepper slices, spread hummus on tortilla, add veggies, wrap, and serve.

Cuisine: Mediterranean

Diet Type: Vegan

Recipe ID: 198

Recipe Name: Chicken Stir-Fry

Ingredients: Chicken breast, Mixed vegetables, Soy sauce, Olive oil, Garlic

Quantities (for 1 person): Chicken breast: 1 (sliced), Mixed vegetables: 1 cup, Soy sauce: 1 tbsp, Olive oil: 1 tsp, Garlic: 1 clove (minced)

Cooking Time: 15 minutes

Steps: Sauté garlic in olive oil, add chicken and cook, then add vegetables and soy sauce, stir-fry for 5 minutes, and serve.

Cuisine: Asian

Diet Type: Non-Vegetarian

Recipe ID: 199

Recipe Name: Margherita Pizza

Ingredients: Pita bread, Tomato sauce, Mozzarella cheese, Basil, Olive oil

Quantities (for 1 person): Pita bread: 1, Tomato sauce: 2 tbsp, Mozzarella cheese: 1/4 cup (shredded), Basil: 1 tbsp (chopped), Olive oil: 1 tsp

Cooking Time: 15 minutes

Steps: Spread tomato sauce on pita, top with cheese and basil, drizzle with olive oil, bake at 375°F for 10 minutes, and serve.

Cuisine: Italian

Diet Type: Vegetarian

Recipe ID: 200

Recipe Name: Spaghetti Aglio e Olio

Ingredients: Spaghetti, Olive oil, Garlic, Red pepper flakes, Parsley

Quantities (for 1 person): Spaghetti: 1/2 cup (uncooked), Olive oil: 1 tbsp, Garlic: 1 clove (sliced), Red pepper flakes: pinch, Parsley: 1 tbsp (chopped)

Cooking Time: 15 minutes

Steps: Cook spaghetti, sauté garlic in olive oil, add red pepper flakes and parsley, toss with pasta, and serve.

Cuisine: Italian

Diet Type: Vegan

Recipe ID: 201

Recipe Name: Veggie Noodles

Ingredients: Noodles, Carrot, Cucumber, Soy sauce, Sesame oil

Quantities (for 1 person): Noodles: 1/2 cup (cooked), Carrot: 1/4 (julienned), Cucumber: 1/4 (julienned), Soy sauce: 1 tbsp, Sesame oil: 1 tsp

Cooking Time: 15 minutes

Steps: Cook noodles, toss with soy sauce, sesame oil, and vegetables, and serve.

Cuisine: Asian

Diet Type: Vegan

Recipe ID: 202

Recipe Name: Shrimp Salad

Ingredients: Shrimp, Lettuce, Cucumber, Cherry tomatoes, Olive oil

Quantities (for 1 person): Shrimp: 1/4 lb, Lettuce: 1/4 cup, Cucumber: 1/4 (sliced),

Cherry tomatoes: 4 (halved), Olive oil: 1 tsp

Cooking Time: 15 minutes

Steps: Cook shrimp, mix with lettuce, cucumber, and tomatoes, drizzle with olive oil, and serve.

Cuisine: General

Diet Type: Non-Vegetarian

Recipe ID: 203

Recipe Name: Sweet Potato Fries

Ingredients: Sweet potato, Olive oil, Salt, Paprika

Quantities (for 1 person): Sweet potato: 1 (small), Olive oil: 1 tsp, Salt: pinch, Paprika: 1/4 tsp

Cooking Time: 20 minutes

Steps: Cut sweet potato into fries, toss with oil, salt, and paprika, bake at 400°F for 15 minutes, and serve.

Cuisine: General

Diet Type: Vegan

Recipe ID: 204

Recipe Name: Spinach and Mushroom Risotto

Ingredients: Rice, Spinach, Mushrooms, Onion, Vegetable broth

Quantities (for 1 person): Rice: 1/4 cup (uncooked), Spinach: 1/4 cup, Mushrooms: 1/4 cup (sliced), Onion: 1/4 (chopped), Vegetable broth: 1/2 cup

Cooking Time: 20 minutes

Steps: Sauté onion and mushrooms, add rice and broth, cook until rice is tender, add spinach, and serve.

Cuisine: Italian

Diet Type: Vegetarian

Recipe ID: 205

Recipe Name: Grilled Chicken Caesar Salad

Ingredients: Chicken breast, Romaine lettuce, Parmesan cheese, Croutons, Caesar dressing

Quantities (for 1 person): Chicken breast: 1, Romaine lettuce: 1/4 head, Parmesan cheese: 2 tbsp, Croutons: 1/4 cup, Caesar dressing: 1 tbsp

Cooking Time: 15 minutes

Steps: Grill chicken, chop lettuce, combine with cheese, croutons, and dressing, top

with chicken, and serve.

Cuisine: American

Diet Type: Non-Vegetarian

Recipe ID: 206

Recipe Name: Garlic Butter Shrimp

Ingredients: Shrimp, Butter, Garlic, Lemon, Parsley

Quantities (for 1 person): Shrimp: 1/4 lb, Butter: 1 tbsp, Garlic: 1 clove (minced),

Lemon: 1/4 (juice), Parsley: 1 tbsp (chopped)

Cooking Time: 10 minutes

Steps: Sauté garlic in butter, add shrimp, cook until pink, squeeze lemon juice, sprinkle with parsley, and serve.

Cuisine: General

Diet Type: Non-Vegetarian

Recipe ID: 207

Recipe Name: Mushroom Soup

Ingredients: Mushrooms, Onion, Garlic, Vegetable broth, Cream

Quantities (for 1 person): Mushrooms: 1/4 cup (sliced), Onion: 1/4 (chopped), Garlic: 1 clove (minced), Vegetable broth: 1/2 cup, Cream: 2 tbsp

Cooking Time: 15 minutes

Steps: Sauté onion and garlic, add mushrooms, cook until tender, add broth and cream, simmer for 5 minutes, and serve.

Cuisine: General

Diet Type: Vegetarian

Recipe ID: 208

Recipe Name: Veggie Burger

Ingredients: Burger bun, Veggie patty, Lettuce, Tomato, Ketchup

Quantities (for 1 person): Burger bun: 1, Veggie patty: 1, Lettuce: 1 leaf, Tomato: 2 slices, Ketchup: 1 tbsp

Cooking Time: 15 minutes

Steps: Cook veggie patty, assemble with bun, lettuce, tomato, and ketchup, and serve.

Cuisine: American

Diet Type: Vegan

Recipe ID: 209

Recipe Name: Chicken Wrap

Ingredients: Tortilla, Chicken breast, Lettuce, Tomato, Mayonnaise

Quantities (for 1 person): Tortilla: 1, Chicken breast: 1 (sliced), Lettuce: 1/4 cup, Tomato: 1/4 (sliced), Mayonnaise: 1 tbsp

Cooking Time: 15 minutes

Steps: Cook chicken, assemble on tortilla with lettuce, tomato, and mayonnaise, wrap, and serve.

Cuisine: American

Diet Type: Non-Vegetarian

Recipe ID: 210

Recipe Name: Hummus and Veggie Wrap

Ingredients: Tortilla, Hummus, Carrot, Cucumber, Lettuce

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

Cooking Time: 10 minutes

Steps: Spread hummus on tortilla, add vegetables, wrap, and serve.

Cuisine: Mediterranean

Diet Type: Vegan

Recipe ID: 211

Recipe Name: Chickpea Salad

Ingredients: Chickpeas, Cucumber, Tomato, Onion, Olive oil, Lemon

Quantities (for 1 person): Chickpeas: 1/2 cup, Cucumber: 1/4 (diced), Tomato: 1/2 (diced), Onion: 1/4 (chopped), Olive oil: 1 tsp, Lemon: 1/4 (juiced)

Cooking Time: 10 minutes

Steps: Combine all ingredients in a bowl, drizzle with olive oil and lemon juice, and serve.

Cuisine: Mediterranean

Diet Type: Vegan

Recipe ID: 212

Recipe Name: Quick Chicken Stir-Fry

Ingredients: Chicken breast, Bell pepper, Onion, Soy sauce, Garlic

Quantities (for 1 person): Chicken breast: 1 (sliced), Bell pepper: 1/2 (sliced), Onion:

1/4 (sliced), Soy sauce: 1 tbsp, Garlic: 1 clove (minced)

Cooking Time: 15 minutes

Steps: Sauté garlic and onion in a pan, add chicken, cook until browned, add bell pepper and soy sauce, stir-fry for 5 minutes, and serve.

Cuisine: Asian

Diet Type: Non-Vegetarian

Recipe ID: 213

Recipe Name: Avocado Toast

Ingredients: Bread, Avocado, Lemon, Salt, Pepper

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

Cooking Time: 5 minutes

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

Cuisine: General

Diet Type: Vegan

Recipe ID: 214

Recipe Name: Tuna Salad

Ingredients: Canned tuna, Lettuce, Cucumber, Olive oil, Lemon

Quantities (for 1 person): Canned tuna: 1 can, Lettuce: 1/4 head, Cucumber: 1/4 (sliced), Olive oil: 1 tsp, Lemon: 1/4 (juiced)

Cooking Time: 10 minutes

Steps: Drain tuna, mix with lettuce, cucumber, olive oil, and lemon juice, and serve.

Cuisine: General

Diet Type: Non-Vegetarian

Recipe ID: 215

Recipe Name: Quick Veggie Omelette

Ingredients: Eggs, Bell pepper, Onion, Olive oil

Quantities (for 1 person): Eggs: 2, Bell pepper: 1/4 (chopped), Onion: 1/4 (chopped), Olive oil: 1 tsp

Cooking Time: 10 minutes

Steps: Whisk eggs, sauté bell pepper and onion in olive oil, pour in eggs, cook until set, and serve.

Cuisine: General

Diet Type: Vegetarian

Recipe ID: 216

Recipe Name: Pita Bread Pizza

Ingredients: Pita bread, Tomato sauce, Mozzarella cheese, Bell pepper, Olives

Quantities (for 1 person): Pita bread: 1, Tomato sauce: 2 tbsp, Mozzarella cheese: 1/4 cup, Bell pepper: 1/4 (sliced), Olives: 4 (sliced)

Cooking Time: 15 minutes

Steps: Spread sauce on pita, top with cheese, peppers, and olives, bake at 400°F for 10 minutes, and serve.

Cuisine: Italian

Diet Type: Vegetarian

Recipe ID: 217

Recipe Name: Spaghetti Aglio e Olio

Ingredients: Spaghetti, Olive oil, Garlic, Red pepper flakes, Parsley

Quantities (for 1 person): Spaghetti: 1/2 cup (uncooked), Olive oil: 1 tbsp, Garlic: 2 cloves (sliced), Red pepper flakes: 1/4 tsp, Parsley: 1 tbsp (chopped)

Cooking Time: 15 minutes

Steps: Cook spaghetti, sauté garlic and red pepper flakes in olive oil, toss pasta with garlic oil, sprinkle with parsley, and serve.

Cuisine: Italian

Diet Type: Vegetarian

Recipe ID: 218

Recipe Name: Scrambled Eggs with Spinach

Ingredients: Eggs, Spinach, Butter, Salt, Pepper

Quantities (for 1 person): Eggs: 2, Spinach: 1/2 cup, Butter: 1 tsp, Salt: pinch, Pepper: pinch

Cooking Time: 10 minutes

Steps: Scramble eggs in a pan with butter, add spinach, cook until wilted, season with salt and pepper, and serve.

Cuisine: General

Diet Type: Vegetarian

Recipe ID: 219

Recipe Name: Chicken Quesadilla

Ingredients: Tortilla, Chicken breast, Cheese, Bell pepper, Onion

Quantities (for 1 person): Tortilla: 1, Chicken breast: 1 (cooked and shredded), Cheese: 1/4 cup, Bell pepper: 1/4 (sliced), Onion: 1/4 (sliced)

Cooking Time: 15 minutes

Steps: Cook chicken, sauté bell pepper and onion, place all ingredients on a tortilla, fold, cook in a pan for 2-3 minutes on each side, and serve.

Cuisine: Mexican

Diet Type: Non-Vegetarian

Recipe ID: 220

Recipe Name: Bean Burrito

Ingredients: Tortilla, Canned beans, Rice, Lettuce, Salsa

Quantities (for 1 person): Tortilla: 1, Canned beans: 1/4 cup, Rice: 1/4 cup (cooked), Lettuce: 1/4 cup, Salsa: 1 tbsp

Cooking Time: 10 minutes

Steps: Heat beans and rice, assemble on tortilla with lettuce and salsa, wrap, and serve.

Cuisine: Mexican

Diet Type: Vegan

Recipe ID: 221

Recipe Name: Garlic Shrimp

Ingredients: Shrimp, Garlic, Olive oil, Lemon, Parsley

Quantities (for 1 person): Shrimp: 150 grams, Garlic: 2 cloves (minced), Olive oil: 1 tbsp, Lemon: 1/4 (juiced), Parsley: 1 tbsp (chopped)

Cooking Time: 15 minutes

Steps: Sauté garlic in olive oil, add shrimp, cook until pink, add lemon juice, sprinkle with parsley, and serve.

Cuisine: Mediterranean

Diet Type: Non-Vegetarian

Recipe ID: 222

Recipe Name: Veggie Stir-Fry

Ingredients: Bell pepper, Carrot, Soy sauce, Garlic, Olive oil

Quantities (for 1 person): Bell pepper: 1/2 (sliced), Carrot: 1 (julienned), Soy sauce: 1 tbsp, Garlic: 1 clove (minced), Olive oil: 1 tbsp

Cooking Time: 10 minutes

Steps: Sauté garlic in olive oil, add bell pepper and carrot, stir-fry for 5 minutes, add soy sauce, and serve.

Cuisine: Asian

Diet Type: Vegan

Recipe ID: 223

Recipe Name: Tuna Wrap

Ingredients: Tortilla, Canned tuna, Lettuce, Tomato, Mayonnaise

Quantities (for 1 person): Tortilla: 1, Canned tuna: 1/2 can, Lettuce: 1/4 cup, Tomato: 1/4 (sliced), Mayonnaise: 1 tbsp

Cooking Time: 5 minutes

Steps: Mix tuna with mayonnaise, place on tortilla, top with lettuce and tomato, wrap, and serve.

Cuisine: General

Diet Type: Non-Vegetarian

Recipe ID: 224

Recipe Name: Sweet Potato Fries

Ingredients: Sweet potato, Olive oil, Salt, Pepper

Quantities (for 1 person): Sweet potato: 1 (medium-sized), Olive oil: 1 tbsp, Salt: pinch, Pepper: pinch

Cooking Time: 20 minutes

Steps: Cut sweet potato into fries, toss with olive oil, salt, and pepper, bake at 400°F for 15-20 minutes, and serve.

Cuisine: General

Diet Type: Vegan

Recipe ID: 225

Recipe Name: Chicken Caesar Salad

Ingredients: Chicken breast, Romaine lettuce, Caesar dressing, Parmesan cheese

Quantities (for 1 person): Chicken breast: 1 (grilled and sliced), Romaine lettuce: 1/2 head, Caesar dressing: 1 tbsp, Parmesan cheese: 2 tbsp (grated)

Cooking Time: 15 minutes

Steps: Grill chicken, toss lettuce with Caesar dressing, top with chicken and Parmesan,

and serve.

Cuisine: American

Diet Type: Non-Vegetarian

Recipe ID: 226

Recipe Name: Veggie Frittata

Ingredients: Eggs, Spinach, Bell pepper, Cheese, Olive oil

Quantities (for 1 person): Eggs: 2, Spinach: 1/4 cup, Bell pepper: 1/4 (chopped),

Cheese: 1/4 cup (shredded), Olive oil: 1 tsp

Cooking Time: 15 minutes

Steps: Whisk eggs, sauté bell pepper and spinach in olive oil, pour eggs over veggies, add cheese, cook until set, and serve.

Cuisine: General

Diet Type: Vegetarian

Recipe ID: 227

Recipe Name: Chicken Avocado Bowl

Ingredients: Chicken breast, Avocado, Rice, Lime, Cilantro

Quantities (for 1 person): Chicken breast: 1 (grilled), Avocado: 1/2 (sliced), Rice: 1/2 cup (cooked), Lime: 1/2 (juiced), Cilantro: 1 tbsp (chopped)

Cooking Time: 15 minutes

Steps: Grill chicken, place rice in a bowl, top with chicken, avocado, lime juice, and cilantro, and serve.

Cuisine: Mexican

Diet Type: Non-Vegetarian

Recipe ID: 228

Recipe Name: Veggie Quesadilla

Ingredients: Tortilla, Cheese, Bell pepper, Onion, Olive oil

Quantities (for 1 person): Tortilla: 1, Cheese: 1/4 cup (shredded), Bell pepper: 1/4 (sliced), Onion: 1/4 (sliced), Olive oil: 1 tsp

Cooking Time: 15 minutes

Steps: Sauté bell pepper and onion in olive oil, place veggies and cheese on tortilla, fold, cook on each side for 2-3 minutes, and serve.

Cuisine: Mexican

Diet Type: Vegetarian

Recipe ID: 229**Recipe Name:** Pesto Pasta**Ingredients:** Spaghetti, Pesto, Parmesan cheese, Pine nuts**Quantities (for 1 person):** Spaghetti: 1/2 cup (uncooked), Pesto: 2 tbsp, Parmesan cheese: 2 tbsp (grated), Pine nuts: 1 tbsp**Cooking Time:** 15 minutes**Steps:** Cook spaghetti, toss with pesto, top with Parmesan and pine nuts, and serve.**Cuisine:** Italian**Diet Type:** Vegetarian

Recipe ID: 230**Recipe Name:** Grilled Veggie Wrap**Ingredients:** Tortilla, Zucchini, Bell pepper, Hummus, Spinach**Quantities (for 1 person):** Tortilla: 1, Zucchini: 1/4 (sliced), Bell pepper: 1/4 (sliced), Hummus: 2 tbsp, Spinach: 1/4 cup**Cooking Time:** 15 minutes**Steps:** Grill zucchini and bell pepper, spread hummus on tortilla, add veggies and spinach, wrap, and serve.**Cuisine:** Mediterranean**Diet Type:** Vegan

Recipe ID: 231**Recipe Name:** Chicken Pita**Ingredients:** Chicken breast, Pita bread, Lettuce, Tomato, Tzatziki sauce**Quantities (for 1 person):** Chicken breast: 1 (grilled and sliced), Pita bread: 1, Lettuce: 1/4 cup, Tomato: 1/4 (sliced), Tzatziki sauce: 1 tbsp**Cooking Time:** 15 minutes**Steps:** Grill chicken, warm pita, place chicken, lettuce, and tomato inside, drizzle with tzatziki sauce, and serve.**Cuisine:** Mediterranean**Diet Type:** Non-Vegetarian

Recipe ID: 232**Recipe Name:** Spicy Bean Tacos**Ingredients:** Tortilla, Canned black beans, Salsa, Lettuce, Cheese

Quantities (for 1 person): Tortilla: 2, Canned black beans: 1/2 can, Salsa: 2 tbsp, Lettuce: 1/4 cup, Cheese: 2 tbsp (shredded)

Cooking Time: 15 minutes

Steps: Warm tortillas, heat black beans, fill tortillas with beans, salsa, lettuce, and cheese, and serve.

Cuisine: Mexican

Diet Type: Vegetarian

Recipe ID: 233

Recipe Name: Egg Fried Rice

Ingredients: Rice, Egg, Soy sauce, Green onion, Olive oil

Quantities (for 1 person): Rice: 1/2 cup (cooked), Egg: 1, Soy sauce: 1 tbsp, Green onion: 1 tbsp (chopped), Olive oil: 1 tsp

Cooking Time: 10 minutes

Steps: Scramble egg in olive oil, add cooked rice and soy sauce, stir-fry for a few minutes, top with green onion, and serve.

Cuisine: Asian

Diet Type: Vegan

Recipe ID: 234

Recipe Name: Caprese Salad

Ingredients: Tomato, Mozzarella cheese, Basil, Olive oil, Balsamic vinegar

Quantities (for 1 person): Tomato: 1 (sliced), Mozzarella cheese: 100 grams, Basil: 1 tbsp (chopped), Olive oil: 1 tsp, Balsamic vinegar: 1 tsp

Cooking Time: 10 minutes

Steps: Layer sliced tomato and mozzarella, drizzle with olive oil and balsamic vinegar, sprinkle with basil, and serve.

Cuisine: Italian

Diet Type: Vegetarian

Recipe ID: 235

Recipe Name: Lemon Herb Chicken

Ingredients: Chicken breast, Lemon, Garlic, Olive oil, Thyme

Quantities (for 1 person): Chicken breast: 1, Lemon: 1/2 (juiced), Garlic: 1 clove (minced), Olive oil: 1 tbsp, Thyme: 1 tsp (fresh)

Cooking Time: 15 minutes

Steps: Marinate chicken with lemon juice, garlic, olive oil, and thyme for 10 minutes,

then grill or pan-fry, and serve.

Cuisine: Mediterranean

Diet Type: Non-Vegetarian

Recipe ID: 236

Recipe Name: Avocado Toast

Ingredients: Bread, Avocado, Lemon, Salt, Pepper

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

Cooking Time: 5 minutes

Steps: Toast bread, spread mashed avocado, drizzle with lemon juice, sprinkle with salt and pepper, and serve.

Cuisine: General

Diet Type: Vegan

Recipe ID: 237

Recipe Name: Mushroom Soup

Ingredients: Mushrooms, Onion, Garlic, Olive oil, Vegetable broth

Quantities (for 1 person): Mushrooms: 100 grams (sliced), Onion: 1/4 (chopped), Garlic: 1 clove (minced), Olive oil: 1 tbsp, Vegetable broth: 1/2 cup

Cooking Time: 15 minutes

Steps: Sauté onion and garlic in olive oil, add mushrooms, cook until soft, add broth, and simmer for 10 minutes.

Cuisine: General

Diet Type: Vegan

Recipe ID: 238

Recipe Name: Veggie Sandwich

Ingredients: Bread, Cucumber, Tomato, Lettuce, Hummus

Quantities (for 1 person): Bread: 2 slices, Cucumber: 1/4 (sliced), Tomato: 1/4 (sliced), Lettuce: 1/4 cup, Hummus: 2 tbsp

Cooking Time: 5 minutes

Steps: Spread hummus on bread, layer with cucumber, tomato, and lettuce, and serve.

Cuisine: Mediterranean

Diet Type: Vegan

Recipe ID: 239

Recipe Name: Quick Pasta Primavera

Ingredients: Spaghetti, Bell pepper, Zucchini, Olive oil, Garlic

Quantities (for 1 person): Spaghetti: 1/2 cup (uncooked), Bell pepper: 1/4 (sliced), Zucchini: 1/4 (sliced), Olive oil: 1 tbsp, Garlic: 1 clove (minced)

Cooking Time: 15 minutes

Steps: Cook spaghetti, sauté garlic, bell pepper, and zucchini in olive oil, toss with pasta, and serve.

Cuisine: Italian

Diet Type: Vegan

Recipe ID: 240

Recipe Name: Chicken Salad Wrap

Ingredients: Chicken breast, Tortilla, Lettuce, Tomato, Mayonnaise

Quantities (for 1 person): Chicken breast: 1 (grilled and sliced), Tortilla: 1, Lettuce: 1/4 cup, Tomato: 1/4 (sliced), Mayonnaise: 1 tbsp

Cooking Time: 15 minutes

Steps: Grill chicken, warm tortilla, place chicken, lettuce, and tomato inside, drizzle with mayonnaise, wrap, and serve.

Cuisine: General

Diet Type: Non-Vegetarian

Recipe ID: 241

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: pinch, Pepper: pinch

Cooking Time: 20 minutes

Steps: Preheat the oven to 200°C (400°F), cut sweet potato into fries, toss with olive oil, salt, and pepper, bake for 20 minutes until crispy.

Cuisine: General

Diet Type: Vegan

Recipe ID: 242

Recipe Name: Garlic Butter Shrimp

Ingredients: Shrimp, Butter, Garlic, Lemon, Parsley

Quantities (for 1 person): Shrimp: 100 grams, Butter: 1 tbsp, Garlic: 1 clove (minced), Lemon: 1/2 (juiced), Parsley: 1 tbsp (chopped)

Cooking Time: 10 minutes

Steps: Melt butter in a pan, sauté garlic until fragrant, add shrimp and cook until pink, drizzle with lemon juice, sprinkle with parsley, and serve.

Cuisine: Mediterranean

Diet Type: Non-Vegetarian

Recipe ID: 243

Recipe Name: Spinach and Cheese Omelette

Ingredients: Eggs, Spinach, Cheese, Olive oil, Salt

Quantities (for 1 person): Eggs: 2, Spinach: 1/4 cup (chopped), Cheese: 2 tbsp (shredded), Olive oil: 1 tsp, Salt: pinch

Cooking Time: 10 minutes

Steps: Beat eggs, sauté spinach in olive oil, pour eggs over spinach, sprinkle with cheese, cook until set, fold, and serve.

Cuisine: General

Diet Type: Vegetarian

Recipe ID: 244

Recipe Name: Tuna Salad

Ingredients: Canned tuna, Mayonnaise, Lettuce, Cucumber, Lemon

Quantities (for 1 person): Canned tuna: 1/2 can, Mayonnaise: 1 tbsp, Lettuce: 1/4 cup, Cucumber: 1/4 (sliced), Lemon: 1/2 (juiced)

Cooking Time: 10 minutes

Steps: Drain tuna, mix with mayonnaise, top with lettuce and cucumber, drizzle with lemon juice, and serve.

Cuisine: General

Diet Type: Non-Vegetarian

Recipe ID: 245

Recipe Name: Veggie Quesadilla

Ingredients: Tortilla, Cheese, Bell pepper, Onion, Olive oil

Quantities (for 1 person): Tortilla: 1, Cheese: 1/4 cup (shredded), Bell pepper: 1/4 (sliced), Onion: 1/4 (sliced), Olive oil: 1 tsp

Cooking Time: 10 minutes

Steps: Sauté bell pepper and onion in olive oil, place cheese and veggies on tortilla,

fold, and cook on both sides until crispy and golden.

Cuisine: Mexican

Diet Type: Vegetarian

Recipe ID: 246

Recipe Name: Grilled Cheese Sandwich

Ingredients: Bread, Cheese, Butter

Quantities (for 1 person): Bread: 2 slices, Cheese: 2 slices, Butter: 1 tbsp

Cooking Time: 10 minutes

Steps: Butter bread, place cheese between slices, grill in a pan until golden and melted, and serve.

Cuisine: General

Diet Type: Vegetarian

Recipe ID: 247

Recipe Name: Chickpea Salad

Ingredients: Canned chickpeas, Cucumber, Tomato, Olive oil, Lemon

Quantities (for 1 person): Canned chickpeas: 1/2 can, Cucumber: 1/4 (diced), Tomato: 1/4 (diced), Olive oil: 1 tbsp, Lemon: 1/2 (juiced)

Cooking Time: 10 minutes

Steps: Drain chickpeas, mix with cucumber, tomato, olive oil, and lemon juice, and serve.

Cuisine: Mediterranean

Diet Type: Vegan

Recipe ID: 248

Recipe Name: Pesto Pasta

Ingredients: Pasta, Pesto sauce, Parmesan cheese

Quantities (for 1 person): Pasta: 1/2 cup (uncooked), Pesto sauce: 2 tbsp, Parmesan cheese: 1 tbsp (grated)

Cooking Time: 15 minutes

Steps: Cook pasta, mix with pesto sauce, sprinkle with Parmesan cheese, and serve.

Cuisine: Italian

Diet Type: Vegetarian

Recipe ID: 249

Recipe Name: Veggie Stir-Fry

Ingredients: Mixed vegetables, Soy sauce, Olive oil, Rice

Quantities (for 1 person): Mixed vegetables: 1 cup, Soy sauce: 1 tbsp, Olive oil: 1 tsp, Rice: 1/2 cup (cooked)

Cooking Time: 15 minutes

Steps: Sauté mixed vegetables in olive oil, add soy sauce, stir-fry for a few minutes, and serve with rice.

Cuisine: Asian

Diet Type: Vegan

Recipe ID: 250

Recipe Name: Chicken Caesar Salad

Ingredients: Chicken breast, Romaine lettuce, Caesar dressing, Croutons, Parmesan cheese

Quantities (for 1 person): Chicken breast: 1 (grilled and sliced), Romaine lettuce: 1/2 cup, Caesar dressing: 1 tbsp, Croutons: 1/4 cup, Parmesan cheese: 1 tbsp (shredded)

Cooking Time: 15 minutes

Steps: Grill chicken, toss lettuce with Caesar dressing, top with chicken, croutons, and Parmesan cheese, and serve.

Cuisine: American

Diet Type: Non-Vegetarian

Recipe ID: 251

Recipe Name: Beef Stir-Fry

Ingredients: Beef strips, Soy sauce, Bell pepper, Onion, Olive oil

Quantities (for 1 person): Beef strips: 100 grams, Soy sauce: 1 tbsp, Bell pepper: 1/2 (sliced), Onion: 1/4 (sliced), Olive oil: 1 tsp

Cooking Time: 15 minutes

Steps: Heat olive oil, stir-fry beef strips until browned, add onion and bell pepper, drizzle with soy sauce, cook for 2-3 minutes, and serve.

Cuisine: Asian

Diet Type: Non-Vegetarian

Recipe ID: 252

Recipe Name: Avocado Toast

Ingredients: Bread, Avocado, Olive oil, Lemon, Salt

Quantities (for 1 person): Bread: 2 slices, Avocado: 1/2, Olive oil: 1 tsp, Lemon: 1/4

(juiced), Salt: pinch

Cooking Time: 5 minutes

Steps: Toast bread, mash avocado with olive oil, lemon juice, and salt, spread on toast, and serve.

Cuisine: General

Diet Type: Vegan

Recipe ID: 253

Recipe Name: Chicken Wrap

Ingredients: Chicken breast, Tortilla, Lettuce, Tomato, Mayonnaise

Quantities (for 1 person): Chicken breast: 1 (grilled and sliced), Tortilla: 1, Lettuce: 1/4 cup, Tomato: 1/4 (sliced), Mayonnaise: 1 tbsp

Cooking Time: 10 minutes

Steps: Grill chicken breast, place it on tortilla, add lettuce, tomato, and mayonnaise, roll up, and serve.

Cuisine: General

Diet Type: Non-Vegetarian

Recipe ID: 254

Recipe Name: Pita with Hummus

Ingredients: Pita bread, Hummus, Cucumber, Olive oil

Quantities (for 1 person): Pita bread: 1, Hummus: 3 tbsp, Cucumber: 1/4 (sliced), Olive oil: 1 tsp

Cooking Time: 5 minutes

Steps: Cut pita bread, spread hummus on it, top with cucumber, drizzle with olive oil, and serve.

Cuisine: Middle Eastern

Diet Type: Vegan

Recipe ID: 255

Recipe Name: Egg Fried Rice

Ingredients: Rice, Eggs, Soy sauce, Green onion, Olive oil

Quantities (for 1 person): Rice: 1/2 cup (cooked), Eggs: 2, Soy sauce: 1 tbsp, Green onion: 1 tbsp (chopped), Olive oil: 1 tsp

Cooking Time: 10 minutes

Steps: Scramble eggs in a pan, add rice, soy sauce, and green onion, stir-fry for a few minutes, and serve.

Cuisine: Asian

Diet Type: Vegetarian

Recipe ID: 256

Recipe Name: Tomato Basil Soup

Ingredients: Tomato, Basil, Onion, Garlic, Olive oil

Quantities (for 1 person): Tomato: 2 (diced), Basil: 1 tbsp (chopped), Onion: 1/4 (chopped), Garlic: 1 clove (minced), Olive oil: 1 tsp

Cooking Time: 15 minutes

Steps: Sauté onion and garlic in olive oil, add tomatoes and basil, cook until tomatoes soften, blend until smooth, and serve.

Cuisine: Italian

Diet Type: Vegan

Recipe ID: 257

Recipe Name: Grilled Chicken Salad

Ingredients: Chicken breast, Romaine lettuce, Cucumber, Tomato, Olive oil

Quantities (for 1 person): Chicken breast: 1 (grilled), Romaine lettuce: 1/2 cup, Cucumber: 1/4 (sliced), Tomato: 1/4 (sliced), Olive oil: 1 tsp

Cooking Time: 15 minutes

Steps: Grill chicken, toss lettuce, cucumber, and tomato with olive oil, top with chicken, and serve.

Cuisine: General

Diet Type: Non-Vegetarian

Recipe ID: 258

Recipe Name: Mushroom Risotto

Ingredients: Rice, Mushroom, Onion, Garlic, Parmesan cheese

Quantities (for 1 person): Rice: 1/2 cup, Mushroom: 1/4 cup (sliced), Onion: 1/4 (chopped), Garlic: 1 clove (minced), Parmesan cheese: 1 tbsp (grated)

Cooking Time: 20 minutes

Steps: Sauté onion, garlic, and mushrooms in olive oil, add rice and cook with water until soft, stir in Parmesan cheese, and serve.

Cuisine: Italian

Diet Type: Vegetarian

Recipe ID: 259

Recipe Name: Baked Sweet Potato

Ingredients: Sweet potato, Olive oil, Salt

Quantities (for 1 person): Sweet potato: 1 medium, Olive oil: 1 tsp, Salt: pinch

Cooking Time: 20 minutes

Steps: Preheat oven to 200°C (400°F), rub sweet potato with olive oil and salt, bake for 20 minutes until soft, and serve.

Cuisine: General

Diet Type: Vegan

Recipe ID: 260

Recipe Name: Chicken and Rice

Ingredients: Chicken breast, Rice, Olive oil, Garlic, Salt

Quantities (for 1 person): Chicken breast: 1, Rice: 1/2 cup (uncooked), Olive oil: 1 tsp, Garlic: 1 clove (minced), Salt: pinch

Cooking Time: 20 minutes

Steps: Cook rice, sauté chicken with garlic and olive oil, serve chicken over rice, and season with salt.

Cuisine: General

Diet Type: Non-Vegetarian

Recipe ID: 261

Recipe Name: Spicy Garlic Rice

Ingredients: Rice, Garlic, Chili flakes, Olive oil, Soy sauce

Quantities (for 1 person): Rice: 1/2 cup (cooked), Garlic: 1 clove (minced), Chili flakes: 1/2 tsp, Olive oil: 1 tsp, Soy sauce: 1 tbsp

Cooking Time: 10 minutes

Steps: Heat olive oil, sauté garlic until fragrant, add rice, chili flakes, and soy sauce, stir-fry for a couple of minutes, and serve.

Cuisine: Asian

Diet Type: Vegan

Recipe ID: 262

Recipe Name: Vegetable Fried Rice

Ingredients: Rice, Carrot, Green peas, Soy sauce, Olive oil

Quantities (for 1 person): Rice: 1/2 cup (cooked), Carrot: 1/4 (chopped), Green peas:

1/4 cup, Soy sauce: 1 tbsp, Olive oil: 1 tsp

Cooking Time: 15 minutes

Steps: Heat olive oil, sauté carrots and peas, add rice and soy sauce, stir-fry for 3-4 minutes, and serve.

Cuisine: Asian

Diet Type: Vegan

Recipe ID: 263

Recipe Name: Lemon Rice

Ingredients: Rice, Lemon, Mustard seeds, Olive oil, Curry leaves

Quantities (for 1 person): Rice: 1/2 cup (cooked), Lemon: 1/2 (juiced), Mustard seeds: 1/2 tsp, Olive oil: 1 tsp, Curry leaves: 4-5

Cooking Time: 15 minutes

Steps: Heat olive oil, sauté mustard seeds and curry leaves, add cooked rice and lemon juice, stir well, and serve.

Cuisine: Indian

Diet Type: Vegan

Recipe ID: 264

Recipe Name: Chicken Biryani

Ingredients: Rice, Chicken breast, Onion, Garlic, Biryani masala

Quantities (for 1 person): Rice: 1/2 cup, Chicken breast: 1 (diced), Onion: 1/4 (chopped), Garlic: 1 clove (minced), Biryani masala: 1 tsp

Cooking Time: 20 minutes

Steps: Cook rice, sauté chicken with onion, garlic, and biryani masala, combine with rice, and serve.

Cuisine: Indian

Diet Type: Non-Vegetarian

Recipe ID: 265

Recipe Name: Coconut Rice

Ingredients: Rice, Coconut milk, Olive oil, Salt

Quantities (for 1 person): Rice: 1/2 cup (uncooked), Coconut milk: 1/4 cup, Olive oil: 1 tsp, Salt: pinch

Cooking Time: 20 minutes

Steps: Cook rice with coconut milk and salt, heat olive oil in a pan, and serve rice with a drizzle of oil.

Cuisine: General

Diet Type: Vegan

Recipe ID: 266

Recipe Name: Egg Rice

Ingredients: Rice, Eggs, Soy sauce, Green onion, Olive oil

Quantities (for 1 person): Rice: 1/2 cup (cooked), Eggs: 2 (scrambled), Soy sauce: 1 tbsp, Green onion: 1 tbsp (chopped), Olive oil: 1 tsp

Cooking Time: 15 minutes

Steps: Scramble eggs, stir-fry rice with soy sauce, add eggs and green onion, stir well, and serve.

Cuisine: Asian

Diet Type: Vegetarian

Recipe ID: 267

Recipe Name: Rice Pilaf

Ingredients: Rice, Onion, Garlic, Olive oil, Chicken broth

Quantities (for 1 person): Rice: 1/2 cup (uncooked), Onion: 1/4 (chopped), Garlic: 1 clove (minced), Olive oil: 1 tsp, Chicken broth: 1/2 cup

Cooking Time: 15 minutes

Steps: Sauté onion and garlic in olive oil, add rice, pour in chicken broth, cook until rice is soft, and serve.

Cuisine: Middle Eastern

Diet Type: Non-Vegetarian

Recipe ID: 268

Recipe Name: Tomato Rice

Ingredients: Rice, Tomato, Onion, Garlic, Olive oil

Quantities (for 1 person): Rice: 1/2 cup (uncooked), Tomato: 1 (chopped), Onion: 1/4 (chopped), Garlic: 1 clove (minced), Olive oil: 1 tsp

Cooking Time: 15 minutes

Steps: Sauté onion and garlic in olive oil, add tomato, cook for a few minutes, add rice and water, cook until rice is tender, and serve.

Cuisine: General

Diet Type: Vegan

Recipe ID: 269

Recipe Name: Mushroom Rice

Ingredients: Rice, Mushroom, Onion, Garlic, Olive oil

Quantities (for 1 person): Rice: 1/2 cup (uncooked), Mushroom: 1/4 cup (sliced),

Onion: 1/4 (chopped), Garlic: 1 clove (minced), Olive oil: 1 tsp

Cooking Time: 15 minutes

Steps: Sauté onion and garlic in olive oil, add mushroom, cook until soft, add rice and cook with water, and serve.

Cuisine: General

Diet Type: Vegan

Recipe ID: 270

Recipe Name: Sweet Rice

Ingredients: Rice, Sugar, Milk, Cardamom

Quantities (for 1 person): Rice: 1/2 cup (uncooked), Sugar: 1 tbsp, Milk: 1/4 cup,

Cardamom: 1/4 tsp

Cooking Time: 20 minutes

Steps: Cook rice, add sugar, milk, and cardamom, cook for a few more minutes, and serve.

Cuisine: General

Diet Type: Vegetarian

Recipe ID: 271

Recipe Name: Garlic Butter Macaroni

Ingredients: Macaroni, Garlic, Butter, Parmesan cheese, Salt

Quantities (for 1 person): Macaroni: 1/2 cup (uncooked), Garlic: 1 clove (minced),

Butter: 1 tbsp, Parmesan cheese: 1 tbsp, Salt: pinch

Cooking Time: 15 minutes

Steps: Cook macaroni. In a pan, melt butter, sauté garlic until fragrant, mix in cooked macaroni, add parmesan cheese, and salt. Serve warm.

Cuisine: General

Diet Type: Vegetarian

Recipe ID: 272

Recipe Name: Creamy Mac and Cheese

Ingredients: Macaroni, Milk, Butter, Cheddar cheese, Flour

Quantities (for 1 person): Macaroni: 1/2 cup (uncooked), Milk: 1/4 cup, Butter: 1 tbsp, Cheddar cheese: 1/4 cup (grated), Flour: 1 tsp

Cooking Time: 15 minutes

Steps: Cook macaroni. In a separate pan, melt butter, add flour, then gradually whisk in milk to form a creamy sauce. Add cheddar cheese, stir until melted. Mix with cooked macaroni, and serve.

Cuisine: American

Diet Type: Vegetarian

Recipe ID: 273

Recipe Name: Tomato Basil Macaroni

Ingredients: Macaroni, Tomato, Garlic, Basil, Olive oil

Quantities (for 1 person): Macaroni: 1/2 cup (uncooked), Tomato: 1 (chopped), Garlic: 1 clove (minced), Basil: 1 tbsp (chopped), Olive oil: 1 tsp

Cooking Time: 15 minutes

Steps: Cook macaroni. Sauté garlic in olive oil, add chopped tomato and cook until soft. Mix in basil, then toss with cooked macaroni. Serve warm.

Cuisine: Italian

Diet Type: Vegan

Recipe ID: 274

Recipe Name: Pesto Macaroni

Ingredients: Macaroni, Basil pesto, Parmesan cheese

Quantities (for 1 person): Macaroni: 1/2 cup (uncooked), Basil pesto: 2 tbsp, Parmesan cheese: 1 tbsp

Cooking Time: 15 minutes

Steps: Cook macaroni. Drain and toss with basil pesto. Top with parmesan cheese, and serve warm.

Cuisine: Italian

Diet Type: Vegetarian

Recipe ID: 275

Recipe Name: Veggie Macaroni Stir-Fry

Ingredients: Macaroni, Mixed vegetables (carrot, peas, bell pepper), Soy sauce, Olive oil

Quantities (for 1 person): Macaroni: 1/2 cup (uncooked), Mixed vegetables: 1/2 cup, Soy sauce: 1 tbsp, Olive oil: 1 tsp

Cooking Time: 15 minutes

Steps: Cook macaroni. Stir-fry vegetables in olive oil, add cooked macaroni and soy sauce, toss everything together, and serve.

Cuisine: Asian

Diet Type: Vegan

Recipe ID: 276

Recipe Name: Chicken Macaroni

Ingredients: Macaroni, Chicken breast, Olive oil, Garlic, Salt

Quantities (for 1 person): Macaroni: 1/2 cup (uncooked), Chicken breast: 1 (diced), Olive oil: 1 tsp, Garlic: 1 clove (minced), Salt: pinch

Cooking Time: 20 minutes

Steps: Cook macaroni. Sauté diced chicken in olive oil and garlic, then mix with the cooked macaroni, add salt, and serve.

Cuisine: General

Diet Type: Non-Vegetarian

Recipe ID: 277

Recipe Name: Macaroni with Tuna

Ingredients: Macaroni, Canned tuna, Olive oil, Garlic, Lemon

Quantities (for 1 person): Macaroni: 1/2 cup (uncooked), Canned tuna: 1/4 can, Olive oil: 1 tsp, Garlic: 1 clove (minced), Lemon: 1/2 (juiced)

Cooking Time: 15 minutes

Steps: Cook macaroni. Sauté garlic in olive oil, add tuna and lemon juice, then toss in the cooked macaroni and serve.

Cuisine: General

Diet Type: Non-Vegetarian

Recipe ID: 278

Recipe Name: Macaroni with Spinach

Ingredients: Macaroni, Fresh spinach, Garlic, Olive oil, Salt

Quantities (for 1 person): Macaroni: 1/2 cup (uncooked), Fresh spinach: 1/2 cup, Garlic: 1 clove (minced), Olive oil: 1 tsp, Salt: pinch

Cooking Time: 15 minutes

Steps: Cook macaroni. Sauté garlic and spinach in olive oil until spinach wilts, mix with cooked macaroni, and serve.

Cuisine: General

Diet Type: Vegan

Recipe ID: 279

Recipe Name: Macaroni with Cheese and Ham

Ingredients: Macaroni, Ham, Cheddar cheese, Milk, Butter

Quantities (for 1 person): Macaroni: 1/2 cup (uncooked), Ham: 1/4 cup (diced), Cheddar cheese: 1/4 cup (grated), Milk: 1/4 cup, Butter: 1 tbsp

Cooking Time: 15 minutes

Steps: Cook macaroni. In a pan, melt butter, add ham, and cook for a few minutes, then add milk and cheddar cheese. Mix in the macaroni and stir until everything is combined. Serve warm.

Cuisine: American

Diet Type: Non-Vegetarian

Recipe ID: 280

Recipe Name: Spicy Macaroni

Ingredients: Macaroni, Chili flakes, Olive oil, Garlic, Parmesan cheese

Quantities (for 1 person): Macaroni: 1/2 cup (uncooked), Chili flakes: 1/2 tsp, Olive oil: 1 tsp, Garlic: 1 clove (minced), Parmesan cheese: 1 tbsp

Cooking Time: 15 minutes

Steps: Cook macaroni. Heat olive oil, sauté garlic, add chili flakes, and toss in the macaroni. Sprinkle with parmesan cheese and serve warm.

Cuisine: Italian

Diet Type: Vegetarian

Recipe ID: 281

Recipe Name: Macaroni with Meatballs

Ingredients: Macaroni, Ground beef, Breadcrumbs, Parmesan cheese, Garlic, Egg

Quantities (for 1 person): Macaroni: 1/2 cup (uncooked), Ground beef: 1/4 cup, Breadcrumbs: 1 tbsp, Parmesan cheese: 1 tbsp, Garlic: 1 clove (minced), Egg: 1 small

Cooking Time: 20 minutes

Steps: Cook macaroni. Form small meatballs with ground beef, breadcrumbs, parmesan, and egg, then pan-fry or bake until cooked. Toss meatballs with macaroni, and serve.

Cuisine: Italian

Diet Type: Non-Vegetarian

Recipe ID: 282

Recipe Name: Macaroni with Avocado Sauce

Ingredients: Macaroni, Avocado, Lemon, Garlic, Olive oil

Quantities (for 1 person): Macaroni: 1/2 cup (uncooked), Avocado: 1/2, Lemon: 1/2 (juiced), Garlic: 1 clove (minced), Olive oil: 1 tsp

Cooking Time: 15 minutes

Steps: Cook macaroni. Mash avocado, add lemon juice, minced garlic, and olive oil, then mix with the cooked macaroni. Serve chilled or at room temperature.

Cuisine: General

Diet Type: Vegan

Recipe ID: 283

Recipe Name: Macaroni with Chicken and Pesto

Ingredients: Macaroni, Chicken breast, Pesto, Olive oil

Quantities (for 1 person): Macaroni: 1/2 cup (uncooked), Chicken breast: 1 (diced), Pesto: 2 tbsp, Olive oil: 1 tsp

Cooking Time: 20 minutes

Steps: Cook macaroni. Sauté chicken in olive oil until cooked, then mix with pesto and the macaroni. Serve warm.

Cuisine: Italian

Diet Type: Non-Vegetarian

Recipe ID: 284

Recipe Name: Macaroni with Mushrooms

Ingredients: Macaroni, Mushrooms, Garlic, Olive oil, Thyme

Quantities (for 1 person): Macaroni: 1/2 cup (uncooked), Mushrooms: 1/2 cup (sliced), Garlic: 1 clove (minced), Olive oil: 1 tsp, Thyme: 1 tsp

Cooking Time: 15 minutes

Steps: Cook macaroni. Sauté garlic and mushrooms in olive oil until softened, then mix with the cooked macaroni. Serve warm.

Cuisine: General

Diet Type: Vegetarian

Recipe ID: 285

Recipe Name: Macaroni with Tomato Sauce

Ingredients: Macaroni, Tomato sauce, Garlic, Olive oil, Basil

Quantities (for 1 person): Macaroni: 1/2 cup (uncooked), Tomato sauce: 1/2 cup, Garlic: 1 clove (minced), Olive oil: 1 tsp, Basil: 1 tsp (chopped)

Cooking Time: 15 minutes

Steps: Cook macaroni. Heat olive oil in a pan, sauté garlic, and add tomato sauce. Stir in basil, and combine with the cooked macaroni. Serve warm.

Cuisine: Italian

Diet Type: Vegan

Recipe ID: 286

Recipe Name: Bacon Macaroni

Ingredients: Macaroni, Bacon, Garlic, Olive oil, Parmesan cheese

Quantities (for 1 person): Macaroni: 1/2 cup (uncooked), Bacon: 2 slices (chopped), Garlic: 1 clove (minced), Olive oil: 1 tsp, Parmesan cheese: 1 tbsp

Cooking Time: 20 minutes

Steps: Cook macaroni. Fry bacon until crispy, then sauté garlic in the bacon fat. Toss with macaroni and top with parmesan cheese.

Cuisine: General

Diet Type: Non-Vegetarian

Recipe ID: 287

Recipe Name: Macaroni with Broccoli

Ingredients: Macaroni, Broccoli, Garlic, Olive oil, Salt

Quantities (for 1 person): Macaroni: 1/2 cup (uncooked), Broccoli: 1/2 cup (florets), Garlic: 1 clove (minced), Olive oil: 1 tsp, Salt: pinch

Cooking Time: 15 minutes

Steps: Cook macaroni and broccoli. Sauté garlic in olive oil, then toss with macaroni and broccoli. Serve warm.

Cuisine: General

Diet Type: Vegan

Recipe ID: 288

Recipe Name: Macaroni with Ricotta and Spinach

Ingredients: Macaroni, Ricotta cheese, Spinach, Garlic, Olive oil

Quantities (for 1 person): Macaroni: 1/2 cup (uncooked), Ricotta cheese: 2 tbsp, Spinach: 1/2 cup, Garlic: 1 clove (minced), Olive oil: 1 tsp

Cooking Time: 15 minutes

Steps: Cook macaroni. Sauté garlic and spinach in olive oil until wilted, then mix with ricotta cheese and the cooked macaroni. Serve warm.

Cuisine: Italian

Diet Type: Vegetarian

Recipe ID: 289

Recipe Name: Shrimp Macaroni

Ingredients: Macaroni, Shrimp, Garlic, Olive oil, Parsley

Quantities (for 1 person): Macaroni: 1/2 cup (uncooked), Shrimp: 1/4 cup (peeled and deveined), Garlic: 1 clove (minced), Olive oil: 1 tsp, Parsley: 1 tbsp (chopped)

Cooking Time: 20 minutes

Steps: Cook macaroni. Sauté garlic and shrimp in olive oil until cooked, then toss with macaroni and parsley. Serve warm.

Cuisine: General

Diet Type: Non-Vegetarian

Recipe ID: 290

Recipe Name: Macaroni with Cauliflower

Ingredients: Macaroni, Cauliflower, Olive oil, Garlic, Salt

Quantities (for 1 person): Macaroni: 1/2 cup (uncooked), Cauliflower: 1/2 cup (florets), Olive oil: 1 tsp, Garlic: 1 clove (minced), Salt: pinch

Cooking Time: 15 minutes

Steps: Cook macaroni and cauliflower. Sauté garlic in olive oil, add cauliflower, and mix with the cooked macaroni. Serve warm.

Cuisine: General

Diet Type: Vegan

Recipe ID: 291

Recipe Name: Macaroni with Tuna

Ingredients: Macaroni, Canned tuna, Mayonnaise, Lemon juice, Olive oil

Quantities (for 1 person): Macaroni: 1/2 cup (uncooked), Canned tuna: 1 small can (drained), Mayonnaise: 2 tbsp, Lemon juice: 1 tsp, Olive oil: 1 tsp

Cooking Time: 15 minutes

Steps: Cook macaroni. Mix tuna with mayonnaise and lemon juice, then toss with cooked macaroni. Drizzle olive oil on top and serve chilled or at room temperature.

Cuisine: General

Diet Type: Non-Vegetarian

Recipe ID: 292

Recipe Name: Macaroni with Garlic Butter

Ingredients: Macaroni, Garlic, Butter, Parmesan cheese, Parsley

Quantities (for 1 person): Macaroni: 1/2 cup (uncooked), Garlic: 1 clove (minced), Butter: 1 tbsp, Parmesan cheese: 1 tbsp, Parsley: 1 tbsp (chopped)

Cooking Time: 15 minutes

Steps: Cook macaroni. Sauté garlic in butter until fragrant, then toss with cooked macaroni and parmesan cheese. Top with chopped parsley and serve warm.

Cuisine: General

Diet Type: Vegetarian

Recipe ID: 293

Recipe Name: Spicy Macaroni

Ingredients: Macaroni, Chili flakes, Olive oil, Garlic, Salt

Quantities (for 1 person): Macaroni: 1/2 cup (uncooked), Chili flakes: 1/2 tsp, Olive oil: 1 tsp, Garlic: 1 clove (minced), Salt: pinch

Cooking Time: 15 minutes

Steps: Cook macaroni. Sauté garlic and chili flakes in olive oil until fragrant, then toss with cooked macaroni. Add salt to taste and serve warm.

Cuisine: General

Diet Type: Vegan

Recipe ID: 294

Recipe Name: Macaroni with Sweet Corn

Ingredients: Macaroni, Sweet corn (canned or fresh), Butter, Salt, Pepper

Quantities (for 1 person): Macaroni: 1/2 cup (uncooked), Sweet corn: 1/4 cup, Butter: 1 tbsp, Salt: pinch, Pepper: pinch

Cooking Time: 15 minutes

Steps: Cook macaroni. Heat butter in a pan, add sweet corn, and sauté for a few minutes. Toss with the cooked macaroni, season with salt and pepper, and serve warm.

Cuisine: General

Diet Type: Vegan

Recipe ID: 295

Recipe Name: Macaroni with Sausage

Ingredients: Macaroni, Sausage (pork or chicken), Onion, Olive oil, Salt

Quantities (for 1 person): Macaroni: 1/2 cup (uncooked), Sausage: 1 link (sliced),

Onion: 1/4 (chopped), Olive oil: 1 tsp, Salt: pinch

Cooking Time: 20 minutes

Steps: Cook macaroni. Slice sausage and sauté with onion in olive oil until cooked. Mix with cooked macaroni, season with salt, and serve warm.

Cuisine: General

Diet Type: Non-Vegetarian

Recipe ID: 296

Recipe Name: Macaroni with Pesto Chicken

Ingredients: Macaroni, Chicken breast, Pesto, Olive oil

Quantities (for 1 person): Macaroni: 1/2 cup (uncooked), Chicken breast: 1 (diced),

Pesto: 2 tbsp, Olive oil: 1 tsp

Cooking Time: 20 minutes

Steps: Cook macaroni. Sauté chicken in olive oil until fully cooked. Toss with pesto and cooked macaroni. Serve warm.

Cuisine: Italian

Diet Type: Non-Vegetarian

Recipe ID: 297

Recipe Name: Macaroni with Roasted Vegetables

Ingredients: Macaroni, Zucchini, Bell pepper, Olive oil, Garlic

Quantities (for 1 person): Macaroni: 1/2 cup (uncooked), Zucchini: 1/4 (chopped), Bell pepper: 1/4 (chopped), Olive oil: 1 tbsp, Garlic: 1 clove (minced)

Cooking Time: 20 minutes

Steps: Cook macaroni. Toss zucchini and bell pepper with olive oil and roast at 180°C (350°F) for 15 minutes. Sauté garlic in a pan, then toss roasted vegetables with garlic and cooked macaroni. Serve warm.

Cuisine: General

Diet Type: Vegan

Recipe ID: 298

Recipe Name: Macaroni with Meat Sauce

Ingredients: Macaroni, Ground beef, Tomato sauce, Onion, Garlic

Quantities (for 1 person): Macaroni: 1/2 cup (uncooked), Ground beef: 1/4 cup, Tomato sauce: 1/2 cup, Onion: 1/4 (chopped), Garlic: 1 clove (minced)

Cooking Time: 20 minutes

Steps: Cook macaroni. Sauté onion and garlic, then add ground beef and cook until browned. Stir in tomato sauce, cook for 5 minutes, and toss with macaroni. Serve warm.

Cuisine: Italian

Diet Type: Non-Vegetarian

Recipe ID: 299

Recipe Name: Macaroni with Ricotta and Spinach

Ingredients: Macaroni, Ricotta cheese, Spinach, Garlic, Olive oil

Quantities (for 1 person): Macaroni: 1/2 cup (uncooked), Ricotta cheese: 2 tbsp, Spinach: 1/2 cup, Garlic: 1 clove (minced), Olive oil: 1 tsp

Cooking Time: 15 minutes

Steps: Cook macaroni. Sauté garlic and spinach in olive oil until wilted, then mix with ricotta cheese and the cooked macaroni. Serve warm.

Cuisine: Italian

Diet Type: Vegetarian

Recipe ID: 300

Recipe Name: Macaroni with Tomato and Basil

Ingredients: Macaroni, Tomato, Fresh basil, Olive oil, Garlic

Quantities (for 1 person): Macaroni: 1/2 cup (uncooked), Tomato: 1 (chopped), Fresh basil: 2 tbsp (chopped), Olive oil: 1 tsp, Garlic: 1 clove (minced)

Cooking Time: 15 minutes

Steps: Cook macaroni. Sauté garlic in olive oil, add tomatoes, and cook for 5 minutes. Toss with macaroni and fresh basil. Serve warm.

Cuisine: Italian

Diet Type: Vegan

Recipe ID: 301

Recipe Name: Grilled Cheese Sandwich

Ingredients: Bread, Cheese, Butter

Quantities (for 1 person): Bread: 2 slices, Cheese: 2 slices, Butter: 1 tbsp

Cooking Time: 10 minutes

Steps: Butter one side of each bread slice. Place cheese between the slices, buttered side facing out. Grill in a pan over medium heat until golden brown on both sides.

Cuisine: General

Diet Type: Vegetarian

Recipe ID: 302

Recipe Name: Avocado Toast

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

Quantities (for 1 person): Bread: 1 slice, Avocado: 1/2, Lemon juice: 1 tsp, Salt: pinch, Pepper: pinch

Cooking Time: 5 minutes

Steps: Toast the bread. Mash the avocado with lemon juice, salt, and pepper, then spread it over the toasted bread. Serve immediately.

Cuisine: General

Diet Type: Vegan

Recipe ID: 303

Recipe Name: Egg and Toast

Ingredients: Bread, Egg, Butter, Salt, Pepper

Quantities (for 1 person): Bread: 1 slice, Egg: 1, Butter: 1 tbsp, Salt: pinch, Pepper: pinch

Cooking Time: 10 minutes

Steps: Toast the bread. Fry the egg in butter, seasoning with salt and pepper. Place the egg on top of the toast and serve warm.

Cuisine: General

Diet Type: Non-Vegetarian

Recipe ID: 304

Recipe Name: Tomato and Cheese Toast

Ingredients: Bread, Tomato, Cheese, Olive oil, Salt

Quantities (for 1 person): Bread: 1 slice, Tomato: 1 (sliced), Cheese: 1 slice, Olive oil: 1 tsp, Salt: pinch

Cooking Time: 10 minutes

Steps: Toast the bread. Layer tomato slices and cheese on top, drizzle with olive oil, and season with salt. Grill or bake for 5-7 minutes until cheese melts.

Cuisine: General

Diet Type: Vegetarian

Recipe ID: 305**Recipe Name:** Chicken Sandwich**Ingredients:** Bread, Chicken breast, Lettuce, Mayonnaise, Tomato**Quantities (for 1 person):** Bread: 2 slices, Chicken breast: 1 (grilled or cooked),
Lettuce: 2 leaves, Mayonnaise: 1 tbsp, Tomato: 2 slices**Cooking Time:** 15 minutes**Steps:** Grill or cook the chicken breast. Toast the bread. Spread mayonnaise on one slice of bread, then layer lettuce, chicken, and tomato. Top with the other slice of bread and serve.**Cuisine:** General**Diet Type:** Non-Vegetarian

Recipe ID: 306**Recipe Name:** Hummus Sandwich**Ingredients:** Bread, Hummus, Cucumber, Lettuce, Olive oil**Quantities (for 1 person):** Bread: 2 slices, Hummus: 2 tbsp, Cucumber: 2-3 slices,
Lettuce: 2 leaves, Olive oil: 1 tsp**Cooking Time:** 5 minutes**Steps:** Spread hummus on both slices of bread. Layer cucumber slices and lettuce between the bread slices. Drizzle olive oil on top and serve.**Cuisine:** Middle Eastern**Diet Type:** Vegan

Recipe ID: 307**Recipe Name:** Tuna Salad Sandwich**Ingredients:** Bread, Canned tuna, Mayonnaise, Onion, Lettuce**Quantities (for 1 person):** Bread: 2 slices, Canned tuna: 1 small can (drained),
Mayonnaise: 2 tbsp, Onion: 1/4 (chopped), Lettuce: 2 leaves**Cooking Time:** 10 minutes**Steps:** Mix canned tuna with mayonnaise and chopped onions. Spread the mixture on one slice of bread and top with lettuce. Place the other slice of bread on top and serve.**Cuisine:** General**Diet Type:** Non-Vegetarian

Recipe ID: 308

Recipe Name: Veggie Wrap

Ingredients: Bread (wrap), Cucumber, Tomato, Lettuce, Hummus

Quantities (for 1 person): Wrap bread: 1, Cucumber: 1/4 (sliced), Tomato: 1 (sliced), Lettuce: 2 leaves, Hummus: 2 tbsp

Cooking Time: 5 minutes

Steps: Spread hummus on the wrap. Layer cucumber, tomato, and lettuce on top, then roll it up tightly. Serve immediately.

Cuisine: General

Diet Type: Vegan

Recipe ID: 309

Recipe Name: Turkey Sandwich

Ingredients: Bread, Turkey slices, Cheese, Lettuce, Mustard

Quantities (for 1 person): Bread: 2 slices, Turkey slices: 3-4, Cheese: 1 slice, Lettuce: 2 leaves, Mustard: 1 tsp

Cooking Time: 10 minutes

Steps: Toast the bread. Layer turkey, cheese, and lettuce on one slice. Spread mustard on the other slice, then assemble the sandwich and serve.

Cuisine: General

Diet Type: Non-Vegetarian

Recipe ID: 310

Recipe Name: Pita with Falafel

Ingredients: Pita bread, Falafel, Lettuce, Tomato, Tahini

Quantities (for 1 person): Pita bread: 1, Falafel: 3-4 (fried), Lettuce: 2 leaves, Tomato: 1 (sliced), Tahini: 1 tbsp

Cooking Time: 15 minutes

Steps: Warm the pita bread. Stuff with falafel, lettuce, tomato, and a drizzle of tahini. Serve immediately.

Cuisine: Middle Eastern

Diet Type: Vegan

Recipe ID: 311

Recipe Name: Grilled Chicken Sandwich

Ingredients: Bread, Chicken breast, Lettuce, Tomato, Mayonnaise

Quantities (for 1 person): Bread: 2 slices, Chicken breast: 1 (grilled), Lettuce: 2 leaves, Tomato: 2 slices, Mayonnaise: 1 tbsp

Cooking Time: 15 minutes

Steps: Grill the chicken breast. Toast the bread. Spread mayonnaise on one slice, then layer grilled chicken, lettuce, and tomato. Top with the other slice of bread.

Cuisine: General

Diet Type: Non-Vegetarian

Recipe ID: 312

Recipe Name: Chicken Stir-Fry

Ingredients: Chicken breast, Bell peppers, Carrot, Onion, Soy sauce, Olive oil, Garlic, Salt, Pepper

Quantities (for 1 person): Chicken breast: 1 (150 grams), Bell peppers: 1 (sliced), Carrot: 1/2 (julienned), Onion: 1/2 (chopped), Soy sauce: 1 tbsp, Olive oil: 1 tsp, Garlic: 1 clove (minced), Salt: pinch, Pepper: pinch

Cooking Time: 15 minutes

Steps: Heat olive oil in a pan, add garlic, and cook until fragrant. Add chicken and cook until browned. Add onion, bell peppers, and carrot, then stir-fry for 5-7 minutes. Season with soy sauce, salt, and pepper. Serve hot.

Cuisine: Asian

Diet Type: Non-Vegetarian

Recipe ID: 313

Recipe Name: Veggie Rice Bowl

Ingredients: Rice, Broccoli, Carrot, Bell peppers, Olive oil, Soy sauce, Garlic, Salt, Pepper

Quantities (for 1 person): Rice: 1/2 cup (uncooked), Broccoli: 1/2 cup (florets), Carrot: 1/2 (julienned), Bell peppers: 1/2 (sliced), Olive oil: 1 tsp, Soy sauce: 1 tbsp, Garlic: 1 clove (minced), Salt: pinch, Pepper: pinch

Cooking Time: 20 minutes

Steps: Cook rice according to package instructions. In a pan, heat olive oil, add garlic, and cook for 1 minute. Add vegetables and stir-fry until tender. Add soy sauce, salt, and pepper. Serve the stir-fry over the rice.

Cuisine: General

Diet Type: Vegan

Recipe ID: 314

Recipe Name: Egg Fried Rice

Ingredients: Rice, Egg, Green peas, Carrot, Soy sauce, Olive oil, Garlic, Salt, Pepper

Quantities (for 1 person): Rice: 1/2 cup (uncooked), Egg: 1, Green peas: 1/4 cup, Carrot: 1/4 (diced), Soy sauce: 1 tbsp, Olive oil: 1 tsp, Garlic: 1 clove (minced), Salt: pinch, Pepper: pinch

Cooking Time: 15 minutes

Steps: Cook rice and set aside. Heat olive oil in a pan, add garlic, and cook for 1 minute. Add diced carrot and green peas, then cook for another 3 minutes. Push veggies to one side of the pan, scramble the egg on the other side, and mix it with the veggies. Add rice and soy sauce, then stir everything together. Serve hot.

Cuisine: General

Diet Type: Vegetarian

Recipe ID: 315

Recipe Name: Grilled Salmon with Veggies

Ingredients: Salmon fillet, Zucchini, Cherry tomatoes, Olive oil, Lemon, Salt, Pepper

Quantities (for 1 person): Salmon fillet: 1 (150 grams), Zucchini: 1/2 (sliced), Cherry tomatoes: 5 (halved), Olive oil: 1 tsp, Lemon: 1/4 (sliced), Salt: pinch, Pepper: pinch

Cooking Time: 15 minutes

Steps: Preheat the grill or oven. Season the salmon with salt, pepper, and lemon slices. Grill the salmon for 8-10 minutes until cooked through. In a separate pan, sauté zucchini and cherry tomatoes with olive oil, salt, and pepper for 5-7 minutes. Serve the salmon with sautéed veggies.

Cuisine: General

Diet Type: Non-Vegetarian

Recipe ID: 316

Recipe Name: Quinoa Salad with Chickpeas

Ingredients: Quinoa, Canned chickpeas, Cucumber, Cherry tomatoes, Olive oil, Lemon juice, Salt, Pepper

Quantities (for 1 person): Quinoa: 1/2 cup (uncooked), Canned chickpeas: 1/4 cup (drained), Cucumber: 1/4 (chopped), Cherry tomatoes: 5 (halved), Olive oil: 1 tsp, Lemon juice: 1 tbsp, Salt: pinch, Pepper: pinch

Cooking Time: 20 minutes

Steps: Cook quinoa according to package instructions. In a bowl, mix the cooked quinoa with chickpeas, cucumber, and cherry tomatoes. Drizzle with olive oil and lemon juice, then season with salt and pepper. Serve chilled or at room temperature.

Cuisine: General

Diet Type: Vegan

Recipe ID: 317**Recipe Name:** Spicy Tofu Stir-Fry**Ingredients:** Tofu, Bell peppers, Onion, Soy sauce, Sriracha sauce, Olive oil, Garlic, Salt, Pepper**Quantities (for 1 person):** Tofu: 1/2 block (150 grams), Bell peppers: 1/2 (sliced), Onion: 1/4 (chopped), Soy sauce: 1 tbsp, Sriracha sauce: 1 tsp, Olive oil: 1 tsp, Garlic: 1 clove (minced), Salt: pinch, Pepper: pinch**Cooking Time:** 15 minutes**Steps:** Press tofu to remove excess moisture, then cut into cubes. Heat olive oil in a pan, add garlic, and cook for 1 minute. Add tofu cubes and cook until golden brown on all sides. Add onion, bell peppers, soy sauce, and sriracha, and stir-fry for another 5-7 minutes. Season with salt and pepper, then serve hot.**Cuisine:** Asian**Diet Type:** Vegan

Recipe ID: 318**Recipe Name:** Shrimp Stir-Fry**Ingredients:** Shrimp, Bell peppers, Onion, Soy sauce, Olive oil, Garlic, Salt, Pepper**Quantities (for 1 person):** Shrimp: 150 grams (peeled and deveined), Bell peppers: 1 (sliced), Onion: 1/2 (chopped), Soy sauce: 1 tbsp, Olive oil: 1 tsp, Garlic: 1 clove (minced), Salt: pinch, Pepper: pinch**Cooking Time:** 10 minutes**Steps:** Heat olive oil in a pan, add garlic, and cook until fragrant. Add shrimp and cook until pink. Add onion and bell peppers, then stir-fry for 5 minutes. Season with soy sauce, salt, and pepper. Serve immediately.**Cuisine:** Asian**Diet Type:** Non-Vegetarian

Recipe ID: 319**Recipe Name:** Roasted Vegetables with Lentils**Ingredients:** Lentils, Carrot, Zucchini, Bell peppers, Olive oil, Salt, Pepper, Garlic**Quantities (for 1 person):** Lentils: 1/2 cup (uncooked), Carrot: 1 (sliced), Zucchini: 1/2 (sliced), Bell peppers: 1 (sliced), Olive oil: 1 tsp, Salt: pinch, Pepper: pinch, Garlic: 1 clove (minced)**Cooking Time:** 20 minutes**Steps:** Cook lentils according to package instructions. Preheat the oven to 400°F

(200°C). Toss carrot, zucchini, and bell peppers with olive oil, salt, pepper, and garlic. Roast for 15-20 minutes. Combine the roasted vegetables with cooked lentils and serve.

Cuisine: General

Diet Type: Vegan

Recipe ID: 320

Recipe Name: Beef Stir-Fry

Ingredients: Beef strips, Bell peppers, Onion, Soy sauce, Olive oil, Garlic, Salt, Pepper

Quantities (for 1 person): Beef strips: 150 grams, Bell peppers: 1 (sliced), Onion: 1/2 (chopped), Soy sauce: 1 tbsp, Olive oil: 1 tsp, Garlic: 1 clove (minced), Salt: pinch, Pepper: pinch

Cooking Time: 15 minutes

Steps: Heat olive oil in a pan, add garlic, and cook for 1 minute. Add beef strips and cook until browned. Add onion and bell peppers, and stir-fry for 5-7 minutes. Add soy sauce, salt, and pepper, and cook for another 2 minutes. Serve hot.

Cuisine: General

Diet Type: Non-Vegetarian

Recipe ID: 321

Recipe Name: Chicken and Vegetable Skillet

Ingredients: Chicken breast, Bell peppers, Zucchini, Olive oil, Salt, Pepper, Garlic

Quantities (for 1 person): Chicken breast: 1 (150 grams), Bell peppers: 1 (sliced), Zucchini: 1/2 (sliced), Olive oil: 1 tsp, Salt: pinch, Pepper: pinch, Garlic: 1 clove (minced)

Cooking Time: 20 minutes

Steps: Heat olive oil in a skillet, add garlic, and cook for 1 minute. Add chicken and cook until browned on both sides. Add bell peppers and zucchini and cook for 7-10 minutes until vegetables are tender. Season with salt and pepper. Serve hot.

Cuisine: General

Diet Type: Non-Vegetarian

Recipe ID: 322

Recipe Name: Veggie Tofu Stir-Fry

Ingredients: Tofu, Broccoli, Carrot, Soy sauce, Olive oil, Garlic, Salt, Pepper

Quantities (for 1 person): Tofu: 150 grams, Broccoli: 1/2 cup (florets), Carrot: 1/2 (julienned), Soy sauce: 1 tbsp, Olive oil: 1 tsp, Garlic: 1 clove (minced), Salt: pinch, Pepper: pinch

Cooking Time: 15 minutes

Steps: Press tofu to remove excess moisture, then cut into cubes. Heat olive oil in a pan, add garlic, and cook for 1 minute. Add tofu and cook until golden brown on all sides. Add broccoli and carrot, stir-fry for another 5-7 minutes. Season with soy sauce, salt, and pepper. Serve hot.

Cuisine: Asian

Diet Type: Vegan

Recipe ID: 323

Recipe Name: Grilled Chicken with Sweet Potatoes

Ingredients: Chicken breast, Sweet potato, Olive oil, Salt, Pepper, Garlic, Lemon

Quantities (for 1 person): Chicken breast: 1 (150 grams), Sweet potato: 1 (medium-sized), Olive oil: 1 tsp, Salt: pinch, Pepper: pinch, Garlic: 1 clove (minced), Lemon: 1/4 (sliced)

Cooking Time: 20 minutes

Steps: Preheat grill or pan. Season the chicken with salt, pepper, and lemon slices. Grill the chicken for 8-10 minutes until fully cooked. Meanwhile, peel and slice the sweet potato, then boil or microwave until tender. Serve the grilled chicken alongside the sweet potatoes.

Cuisine: General

Diet Type: Non-Vegetarian

Recipe ID: 324

Recipe Name: Spinach and Chickpea Salad

Ingredients: Spinach, Canned chickpeas, Cherry tomatoes, Olive oil, Lemon juice, Salt, Pepper

Quantities (for 1 person): Spinach: 1 cup, Canned chickpeas: 1/4 cup (drained), Cherry tomatoes: 5 (halved), Olive oil: 1 tsp, Lemon juice: 1 tbsp, Salt: pinch, Pepper: pinch

Cooking Time: 10 minutes

Steps: In a bowl, combine spinach, chickpeas, and cherry tomatoes. Drizzle with olive oil and lemon juice. Season with salt and pepper. Toss to combine and serve immediately.

Cuisine: General

Diet Type: Vegan

Recipe ID: 325

Recipe Name: Shrimp and Broccoli Stir-Fry

Ingredients: Shrimp, Broccoli, Soy sauce, Olive oil, Garlic, Salt, Pepper

Quantities (for 1 person): Shrimp: 150 grams (peeled and deveined), Broccoli: 1/2 cup (florets), Soy sauce: 1 tbsp, Olive oil: 1 tsp, Garlic: 1 clove (minced), Salt: pinch, Pepper: pinch

Cooking Time: 10 minutes

Steps: Heat olive oil in a pan, add garlic, and cook until fragrant. Add shrimp and cook until pink. Add broccoli and cook for 5-7 minutes. Season with soy sauce, salt, and pepper. Serve immediately.

Cuisine: Asian

Diet Type: Non-Vegetarian

Recipe ID: 326

Recipe Name: Turkey Meatballs with Veggies

Ingredients: Ground turkey, Carrot, Zucchini, Olive oil, Garlic, Salt, Pepper

Quantities (for 1 person): Ground turkey: 150 grams, Carrot: 1 (grated), Zucchini: 1/2 (grated), Olive oil: 1 tsp, Garlic: 1 clove (minced), Salt: pinch, Pepper: pinch

Cooking Time: 20 minutes

Steps: Mix ground turkey, grated carrot, and zucchini. Form into small meatballs. Heat olive oil in a pan, add garlic, and cook for 1 minute. Add meatballs and cook until browned on all sides (10-12 minutes). Season with salt and pepper. Serve hot.

Cuisine: General

Diet Type: Non-Vegetarian

Recipe ID: 327

Recipe Name: Cauliflower and Lentil Curry

Ingredients: Cauliflower, Lentils, Onion, Garlic, Olive oil, Curry powder, Coconut milk, Salt, Pepper

Quantities (for 1 person): Cauliflower: 1/2 head (cut into florets), Lentils: 1/4 cup (uncooked), Onion: 1/2 (chopped), Garlic: 1 clove (minced), Olive oil: 1 tsp, Curry powder: 1 tsp, Coconut milk: 1/4 cup, Salt: pinch, Pepper: pinch

Cooking Time: 20 minutes

Steps: Cook lentils according to package instructions. Heat olive oil in a pan, add garlic and onion, and cook until softened. Add cauliflower and curry powder, and cook for 5-7 minutes. Add coconut milk and cooked lentils, and cook for another 5 minutes. Season with salt and pepper. Serve hot.

Cuisine: Indian

Diet Type: Vegan

Recipe ID: 328**Recipe Name:** Grilled Veggie Skewers**Ingredients:** Bell peppers, Zucchini, Onion, Olive oil, Lemon juice, Salt, Pepper, Garlic**Quantities (for 1 person):** Bell peppers: 1 (sliced), Zucchini: 1/2 (sliced), Onion: 1/4 (sliced), Olive oil: 1 tsp, Lemon juice: 1 tbsp, Salt: pinch, Pepper: pinch, Garlic: 1 clove (minced)**Cooking Time:** 20 minutes**Steps:** Preheat grill or oven. Thread vegetables onto skewers, drizzle with olive oil, lemon juice, and garlic. Season with salt and pepper. Grill for 10-12 minutes, turning occasionally, until tender. Serve hot.**Cuisine:** General**Diet Type:** Vegan

Recipe ID: 329**Recipe Name:** Quick Beef and Vegetable Stir-Fry**Ingredients:** Beef strips, Bell peppers, Broccoli, Soy sauce, Olive oil, Garlic, Salt, Pepper**Quantities (for 1 person):** Beef strips: 150 grams, Bell peppers: 1 (sliced), Broccoli: 1/2 cup (florets), Soy sauce: 1 tbsp, Olive oil: 1 tsp, Garlic: 1 clove (minced), Salt: pinch, Pepper: pinch**Cooking Time:** 15 minutes**Steps:** Heat olive oil in a pan, add garlic, and cook for 1 minute. Add beef strips and cook until browned. Add bell peppers and broccoli, and stir-fry for 5-7 minutes. Season with soy sauce, salt, and pepper. Serve immediately.**Cuisine:** Asian**Diet Type:** Non-Vegetarian

Recipe ID: 330**Recipe Name:** Veggie Frittata**Ingredients:** Eggs, Bell peppers, Spinach, Olive oil, Salt, Pepper, Garlic**Quantities (for 1 person):** Eggs: 2, Bell peppers: 1/2 (chopped), Spinach: 1/2 cup (chopped), Olive oil: 1 tsp, Salt: pinch, Pepper: pinch, Garlic: 1 clove (minced)**Cooking Time:** 15 minutes**Steps:** Heat olive oil in a pan, add garlic, and cook for 1 minute. Add bell peppers and spinach, and sauté for 2-3 minutes. Whisk eggs with salt and pepper, pour into the pan, and cook until the edges are set. Finish under the broiler for 2-3 minutes until fully

cooked. Serve hot.

Cuisine: General

Diet Type: Vegetarian

Recipe ID: 331

Recipe Name: Veggie Fried Rice

Ingredients: Rice, Carrot, Peas, Soy sauce, Olive oil, Garlic, Green onions

Quantities (for 1 person): Rice: 1/2 cup (cooked), Carrot: 1/2 (diced), Peas: 1/4 cup, Soy sauce: 1 tbsp, Olive oil: 1 tsp, Garlic: 1 clove (minced), Green onions: 1 (chopped)

Cooking Time: 15 minutes

Steps: Heat olive oil in a pan, add garlic and cook for 1 minute. Add carrot and peas, cook for 3-4 minutes. Add cooked rice and soy sauce, stir-fry for another 5 minutes. Garnish with green onions. Serve hot.

Cuisine: Asian

Diet Type: Vegan

Recipe ID: 332

Recipe Name: Chicken and Rice Skillet

Ingredients: Chicken breast, Rice, Bell pepper, Olive oil, Chicken broth, Salt, Pepper

Quantities (for 1 person): Chicken breast: 1 (150 grams), Rice: 1/2 cup (uncooked), Bell pepper: 1/2 (sliced), Olive oil: 1 tsp, Chicken broth: 1/2 cup, Salt: pinch, Pepper: pinch

Cooking Time: 20 minutes

Steps: In a skillet, heat olive oil and cook the chicken breast until browned on both sides (7-8 minutes). Remove and set aside. In the same skillet, add bell pepper and cook for 2 minutes. Add rice, chicken broth, salt, and pepper, bring to a simmer. Return the chicken to the skillet, cover, and cook for 10 minutes.

Cuisine: General

Diet Type: Non-Vegetarian

Recipe ID: 333

Recipe Name: Spicy Shrimp Fried Rice

Ingredients: Rice, Shrimp, Soy sauce, Chili flakes, Olive oil, Garlic, Green onions

Quantities (for 1 person): Rice: 1/2 cup (cooked), Shrimp: 100 grams (peeled and deveined), Soy sauce: 1 tbsp, Chili flakes: 1/2 tsp, Olive oil: 1 tsp, Garlic: 1 clove (minced), Green onions: 1 (chopped)

Cooking Time: 15 minutes

Steps: Heat olive oil in a pan, add garlic and cook for 1 minute. Add shrimp, soy sauce,

and chili flakes, and cook for 3-4 minutes until shrimp is cooked through. Add rice and stir-fry for another 5 minutes. Garnish with green onions. Serve hot.

Cuisine: Asian

Diet Type: Non-Vegetarian

Recipe ID: 334

Recipe Name: Veggie Rice Bowl

Ingredients: Rice, Cucumber, Avocado, Soy sauce, Olive oil, Sesame seeds

Quantities (for 1 person): Rice: 1/2 cup (cooked), Cucumber: 1/4 (sliced), Avocado: 1/2 (sliced), Soy sauce: 1 tbsp, Olive oil: 1 tsp, Sesame seeds: 1 tsp

Cooking Time: 10 minutes

Steps: Cook rice and let it cool slightly. In a bowl, combine rice, cucumber, and avocado. Drizzle with soy sauce and olive oil, and sprinkle sesame seeds on top. Serve immediately.

Cuisine: Asian

Diet Type: Vegan

Recipe ID: 335

Recipe Name: Beef and Rice Stir-Fry

Ingredients: Rice, Ground beef, Soy sauce, Carrot, Green onions, Olive oil, Garlic

Quantities (for 1 person): Rice: 1/2 cup (cooked), Ground beef: 150 grams, Soy sauce: 1 tbsp, Carrot: 1/2 (shredded), Green onions: 1 (chopped), Olive oil: 1 tsp, Garlic: 1 clove (minced)

Cooking Time: 15 minutes

Steps: Heat olive oil in a pan, add garlic, and cook for 1 minute. Add ground beef and cook until browned. Add shredded carrot, soy sauce, and rice. Stir-fry for 5 minutes. Garnish with green onions. Serve hot.

Cuisine: General

Diet Type: Non-Vegetarian

Recipe ID: 336

Recipe Name: Chicken Curry Rice

Ingredients: Rice, Chicken breast, Coconut milk, Curry powder, Olive oil, Onion, Garlic

Quantities (for 1 person): Rice: 1/2 cup (uncooked), Chicken breast: 1 (150 grams), Coconut milk: 1/4 cup, Curry powder: 1 tsp, Olive oil: 1 tsp, Onion: 1/2 (chopped), Garlic: 1 clove (minced)

Cooking Time: 20 minutes

Steps: Cook rice according to package instructions. In a pan, heat olive oil, add onion and garlic, and cook for 2 minutes. Add chicken and cook until browned. Add curry powder, coconut milk, and simmer for 10 minutes. Serve the curry over rice.

Cuisine: Indian

Diet Type: Non-Vegetarian

Recipe ID: 337

Recipe Name: Mushroom and Rice Stir-Fry

Ingredients: Rice, Mushrooms, Soy sauce, Olive oil, Garlic, Green onions

Quantities (for 1 person): Rice: 1/2 cup (cooked), Mushrooms: 1/2 cup (sliced), Soy sauce: 1 tbsp, Olive oil: 1 tsp, Garlic: 1 clove (minced), Green onions: 1 (chopped)

Cooking Time: 15 minutes

Steps: Heat olive oil in a pan, add garlic and cook for 1 minute. Add mushrooms and sauté for 5 minutes. Add rice and soy sauce, and stir-fry for another 5 minutes. Garnish with green onions. Serve hot.

Cuisine: Asian

Diet Type: Vegan

Recipe ID: 338

Recipe Name: Sweet and Sour Chicken with Rice

Ingredients: Rice, Chicken breast, Bell peppers, Pineapple, Soy sauce, Vinegar, Olive oil

Quantities (for 1 person): Rice: 1/2 cup (uncooked), Chicken breast: 1 (150 grams), Bell peppers: 1/2 (sliced), Pineapple: 1/4 cup (chunks), Soy sauce: 1 tbsp, Vinegar: 1 tsp, Olive oil: 1 tsp

Cooking Time: 20 minutes

Steps: Cook rice according to package instructions. In a pan, heat olive oil and cook chicken until browned. Add bell peppers and pineapple, cook for 3-4 minutes. Add soy sauce and vinegar, cook for another 2 minutes. Serve over rice.

Cuisine: Asian

Diet Type: Non-Vegetarian

Recipe ID: 339

Recipe Name: Egg Fried Rice

Ingredients: Rice, Eggs, Soy sauce, Olive oil, Green peas, Carrot, Garlic

Quantities (for 1 person): Rice: 1/2 cup (cooked), Eggs: 2, Soy sauce: 1 tbsp, Olive oil: 1 tsp, Green peas: 1/4 cup, Carrot: 1/2 (diced), Garlic: 1 clove (minced)

Cooking Time: 15 minutes

Steps: Heat olive oil in a pan, add garlic, and cook for 1 minute. Add carrot and peas, cook for 2 minutes. Push vegetables to the side, scramble eggs in the pan. Add rice and soy sauce, stir-fry for 5 minutes. Serve hot.

Cuisine: Asian

Diet Type: Vegetarian

Recipe ID: 340

Recipe Name: Tomato Rice

Ingredients: Rice, Tomatoes, Olive oil, Onion, Garlic, Salt, Pepper

Quantities (for 1 person): Rice: 1/2 cup (uncooked), Tomatoes: 1 (diced), Olive oil: 1 tsp, Onion: 1/4 (chopped), Garlic: 1 clove (minced), Salt: pinch, Pepper: pinch

Cooking Time: 20 minutes

Steps: Heat olive oil in a pan, add onion and garlic, and cook for 2 minutes. Add tomatoes and cook for another 3 minutes. Add rice, salt, pepper, and 1 cup water, simmer for 10-12 minutes. Serve hot.

Cuisine: General

Diet Type: Vegan

Recipe ID: 341

Recipe Name: Tuna Salad

Ingredients: Canned tuna, Lettuce, Cucumber, Olive oil, Lemon, Salt, Pepper

Quantities (for 1 person): Canned tuna: 1 can (140 grams), Lettuce: 1 leaf (torn), Cucumber: 1/4 (sliced), Olive oil: 1 tbsp, Lemon: 1/2 (juiced), Salt: pinch, Pepper: pinch

Cooking Time: 10 minutes

Steps: In a bowl, combine torn lettuce, sliced cucumber, and drained tuna. Drizzle with olive oil and lemon juice, season with salt and pepper. Toss and serve immediately.

Cuisine: General

Diet Type: Non-Vegetarian

Recipe ID: 342

Recipe Name: Tuna and Rice Bowl

Ingredients: Canned tuna, Rice, Soy sauce, Cucumber, Green onions, Olive oil

Quantities (for 1 person): Canned tuna: 1 can (140 grams), Rice: 1/2 cup (cooked), Soy sauce: 1 tbsp, Cucumber: 1/4 (sliced), Green onions: 1 (chopped), Olive oil: 1 tsp

Cooking Time: 15 minutes

Steps: Cook rice and place it in a bowl. Drain tuna and place it on top of the rice. Drizzle with soy sauce, add sliced cucumber, and garnish with green onions. Drizzle with olive

oil. Serve immediately.

Cuisine: Asian

Diet Type: Non-Vegetarian

Recipe ID: 343

Recipe Name: Tuna Melt

Ingredients: Canned tuna, Bread, Cheddar cheese, Mayonnaise, Onion

Quantities (for 1 person): Canned tuna: 1 can (140 grams), Bread: 2 slices, Cheddar cheese: 2 slices, Mayonnaise: 1 tbsp, Onion: 1/4 (sliced)

Cooking Time: 10 minutes

Steps: Drain tuna and mix it with mayonnaise. Spread the mixture on one slice of bread, top with sliced onions and cheese. Place the other slice of bread on top. Grill on a pan for 3-4 minutes on each side, or until golden brown. Serve immediately.

Cuisine: American

Diet Type: Non-Vegetarian

Recipe ID: 344

Recipe Name: Tuna Pasta

Ingredients: Canned tuna, Pasta, Olive oil, Garlic, Lemon, Parsley

Quantities (for 1 person): Canned tuna: 1 can (140 grams), Pasta: 1/2 cup (uncooked), Olive oil: 1 tsp, Garlic: 1 clove (minced), Lemon: 1/2 (juiced), Parsley: 1 tsp (chopped)

Cooking Time: 15 minutes

Steps: Cook pasta according to package instructions. In a pan, heat olive oil and cook garlic for 1 minute. Add drained tuna, lemon juice, and stir. Toss in the cooked pasta and mix well. Garnish with parsley. Serve immediately.

Cuisine: Italian

Diet Type: Non-Vegetarian

Recipe ID: 345

Recipe Name: Tuna and Avocado Salad

Ingredients: Canned tuna, Avocado, Cucumber, Olive oil, Lemon, Salt, Pepper

Quantities (for 1 person): Canned tuna: 1 can (140 grams), Avocado: 1/2 (sliced), Cucumber: 1/4 (sliced), Olive oil: 1 tbsp, Lemon: 1/2 (juiced), Salt: pinch, Pepper: pinch

Cooking Time: 10 minutes

Steps: Drain tuna and place it in a bowl. Add sliced avocado, cucumber, and lemon juice. Drizzle with olive oil, and season with salt and pepper. Toss gently and serve immediately.

Cuisine: General

Diet Type: Non-Vegetarian

Recipe ID: 346

Recipe Name: Tuna and Egg Scramble

Ingredients: Canned tuna, Eggs, Olive oil, Onion, Salt, Pepper

Quantities (for 1 person): Canned tuna: 1 can (140 grams), Eggs: 2, Olive oil: 1 tsp, Onion: 1/4 (chopped), Salt: pinch, Pepper: pinch

Cooking Time: 10 minutes

Steps: Heat olive oil in a pan and sauté chopped onion for 2 minutes. Add drained tuna and cook for another 2 minutes. Beat eggs with salt and pepper, pour them over the tuna mixture, and scramble until cooked. Serve hot.

Cuisine: General

Diet Type: Non-Vegetarian

Recipe ID: 347

Recipe Name: Tuna Quesadilla

Ingredients: Canned tuna, Tortilla, Cheese, Onion, Olive oil

Quantities (for 1 person): Canned tuna: 1 can (140 grams), Tortilla: 1, Cheese: 1/4 cup (grated), Onion: 1/4 (sliced), Olive oil: 1 tsp

Cooking Time: 10 minutes

Steps: Drain the tuna and set aside. Heat olive oil in a pan and sauté onion for 2 minutes. Place the tortilla in the pan, sprinkle cheese and tuna over half of the tortilla, and fold it. Cook for 3-4 minutes on each side until golden and crispy. Serve immediately.

Cuisine: Mexican

Diet Type: Non-Vegetarian

Recipe ID: 348

Recipe Name: Tuna Wrap

Ingredients: Canned tuna, Tortilla, Lettuce, Mayonnaise, Lemon

Quantities (for 1 person): Canned tuna: 1 can (140 grams), Tortilla: 1, Lettuce: 2 leaves, Mayonnaise: 1 tbsp, Lemon: 1/4 (juiced)

Cooking Time: 10 minutes

Steps: Drain tuna and mix with mayonnaise and lemon juice. Place lettuce on a tortilla, top with tuna mixture, and roll up tightly. Serve immediately.

Cuisine: General

Diet Type: Non-Vegetarian

Recipe ID: 349

Recipe Name: Spicy Tuna Rice

Ingredients: Canned tuna, Rice, Soy sauce, Sriracha, Olive oil, Garlic, Green onions

Quantities (for 1 person): Canned tuna: 1 can (140 grams), Rice: 1/2 cup (cooked), Soy sauce: 1 tbsp, Sriracha: 1 tsp, Olive oil: 1 tsp, Garlic: 1 clove (minced), Green onions: 1 (chopped)

Cooking Time: 15 minutes

Steps: Heat olive oil in a pan, add garlic and cook for 1 minute. Add drained tuna, soy sauce, and sriracha, stir-fry for 3 minutes. Serve over cooked rice, and garnish with green onions.

Cuisine: Asian

Diet Type: Non-Vegetarian

Recipe ID: 350

Recipe Name: Tuna Stuffed Tomatoes

Ingredients: Canned tuna, Tomatoes, Mayonnaise, Lemon, Parsley

Quantities (for 1 person): Canned tuna: 1 can (140 grams), Tomatoes: 2 (medium-sized), Mayonnaise: 1 tbsp, Lemon: 1/4 (juiced), Parsley: 1 tsp (chopped)

Cooking Time: 10 minutes

Steps: Cut the tops off the tomatoes and scoop out the insides. Drain the tuna and mix with mayonnaise, lemon juice, and parsley. Stuff the tomatoes with the tuna mixture and serve immediately.

Cuisine: General

Diet Type: Non-Vegetarian

Recipe ID: 351

Recipe Name: Grilled Fish Fillet

Ingredients: White fish fillet (e.g., cod, tilapia), Olive oil, Lemon, Garlic, Salt, Pepper

Quantities (for 1 person): Fish fillet: 1 (150 grams), Olive oil: 1 tbsp, Lemon: 1/2 (juiced), Garlic: 1 clove (minced), Salt: pinch, Pepper: pinch

Cooking Time: 15 minutes

Steps: Preheat the grill or a grill pan. Drizzle olive oil over the fish fillet and season with salt, pepper, minced garlic, and lemon juice. Grill the fish for about 3-4 minutes per side until fully cooked and golden. Serve immediately with extra lemon wedges.

Cuisine: General

Diet Type: Non-Vegetarian

Recipe ID: 352

Recipe Name: Fish Tacos

Ingredients: White fish fillet, Tortillas, Cabbage, Lime, Avocado, Sour cream

Quantities (for 1 person): Fish fillet: 1 (150 grams), Tortillas: 2, Cabbage: 1/4 (shredded), Lime: 1/2 (juiced), Avocado: 1/2 (sliced), Sour cream: 1 tbsp

Cooking Time: 15 minutes

Steps: Cook the fish fillet in a pan with a little olive oil for 3-4 minutes per side, until it flakes easily with a fork. Warm the tortillas in the pan. Assemble the tacos by placing the fish on the tortillas, then top with shredded cabbage, avocado slices, sour cream, and lime juice. Serve immediately.

Cuisine: Mexican

Diet Type: Non-Vegetarian

Recipe ID: 353

Recipe Name: Lemon Fish Stir-Fry

Ingredients: White fish fillet, Bell pepper, Zucchini, Lemon, Soy sauce, Olive oil

Quantities (for 1 person): Fish fillet: 1 (150 grams), Bell pepper: 1/2 (sliced), Zucchini: 1/2 (sliced), Lemon: 1/2 (juiced), Soy sauce: 1 tbsp, Olive oil: 1 tsp

Cooking Time: 15 minutes

Steps: Cut the fish into bite-sized pieces. Heat olive oil in a pan, add the fish, and stir-fry for 2-3 minutes. Add sliced bell pepper and zucchini, cook for another 3 minutes. Drizzle with soy sauce and lemon juice, and stir until everything is coated and cooked through. Serve hot.

Cuisine: Asian

Diet Type: Non-Vegetarian

Recipe ID: 354

Recipe Name: Fish and Chips

Ingredients: White fish fillet (e.g., cod), Potato, Olive oil, Salt, Pepper, Paprika

Quantities (for 1 person): Fish fillet: 1 (150 grams), Potato: 1 (medium-sized), Olive oil: 1 tbsp, Salt: pinch, Pepper: pinch, Paprika: pinch

Cooking Time: 20 minutes

Steps: Preheat the oven to 200°C (400°F). Cut the potato into thin wedges and toss with olive oil, salt, pepper, and paprika. Place on a baking sheet and bake for 15-20 minutes

until crispy. Meanwhile, season the fish fillet with salt and pepper, then pan-fry in olive oil for 3-4 minutes on each side until golden. Serve the fish alongside the baked potato wedges.

Cuisine: British

Diet Type: Non-Vegetarian

Recipe ID: 355

Recipe Name: Fish Salad

Ingredients: White fish fillet, Mixed greens, Cucumber, Cherry tomatoes, Olive oil, Lemon, Salt, Pepper

Quantities (for 1 person): Fish fillet: 1 (150 grams), Mixed greens: 1 handful, Cucumber: 1/4 (sliced), Cherry tomatoes: 5 (halved), Olive oil: 1 tbsp, Lemon: 1/2 (juiced), Salt: pinch, Pepper: pinch

Cooking Time: 15 minutes

Steps: Pan-fry the fish fillet with olive oil for 3-4 minutes per side. While the fish cooks, prepare the salad by combining mixed greens, cucumber, and cherry tomatoes in a bowl. Drizzle with olive oil and lemon juice, then season with salt and pepper. Flake the cooked fish and top the salad with it. Serve immediately.

Cuisine: General

Diet Type: Non-Vegetarian

Recipe ID: 356

Recipe Name: Spicy Fish Cakes

Ingredients: White fish fillet, Potato, Green onion, Chili flakes, Flour, Olive oil

Quantities (for 1 person): Fish fillet: 1 (150 grams), Potato: 1 (medium-sized), Green onion: 1 (chopped), Chili flakes: pinch, Flour: 1 tbsp, Olive oil: 1 tbsp

Cooking Time: 20 minutes

Steps: Boil the potato until soft, then mash it. Flake the cooked fish fillet and mix it with the mashed potato, chopped green onion, and chili flakes. Form the mixture into small patties and coat them lightly with flour. Heat olive oil in a pan and cook the patties for 2-3 minutes per side, until golden brown. Serve hot.

Cuisine: General

Diet Type: Non-Vegetarian

Recipe ID: 357

Recipe Name: Fish Curry

Ingredients: White fish fillet, Onion, Garlic, Coconut milk, Curry powder, Olive oil, Salt

Quantities (for 1 person): Fish fillet: 1 (150 grams), Onion: 1/4 (chopped), Garlic: 1 clove (minced), Coconut milk: 1/2 cup, Curry powder: 1 tsp, Olive oil: 1 tsp, Salt: pinch

Cooking Time: 15 minutes

Steps: Heat olive oil in a pan, sauté chopped onion and minced garlic until softened (2 minutes). Add curry powder and cook for another minute. Pour in coconut milk, bring to a simmer, and add the fish fillet. Cook for 5-7 minutes, or until the fish is cooked through. Season with salt and serve hot.

Cuisine: Indian

Diet Type: Non-Vegetarian

Recipe ID: 358

Recipe Name: Fish Stir-Fry

Ingredients: White fish fillet, Bell peppers, Soy sauce, Olive oil, Garlic, Ginger

Quantities (for 1 person): Fish fillet: 1 (150 grams), Bell pepper: 1 (sliced), Soy sauce: 1 tbsp, Olive oil: 1 tsp, Garlic: 1 clove (minced), Ginger: 1 tsp (grated)

Cooking Time: 15 minutes

Steps: Cut the fish into bite-sized pieces. Heat olive oil in a pan, sauté minced garlic and grated ginger for 1 minute. Add the fish and stir-fry for 3-4 minutes. Add sliced bell peppers and soy sauce, stir-fry for an additional 2 minutes. Serve immediately.

Cuisine: Asian

Diet Type: Non-Vegetarian

Recipe ID: 359

Recipe Name: Fish and Vegetables

Ingredients: White fish fillet, Carrot, Zucchini, Olive oil, Lemon, Salt, Pepper

Quantities (for 1 person): Fish fillet: 1 (150 grams), Carrot: 1/2 (sliced), Zucchini: 1/2 (sliced), Olive oil: 1 tbsp, Lemon: 1/2 (juiced), Salt: pinch, Pepper: pinch

Cooking Time: 15 minutes

Steps: Preheat the oven to 200°C (400°F). Season the fish fillet with salt, pepper, and lemon juice. Place the fish and sliced vegetables on a baking sheet, drizzle with olive oil, and roast for 10-12 minutes, until the fish is cooked and the vegetables are tender. Serve immediately.

Cuisine: General

Diet Type: Non-Vegetarian

Recipe ID: 360

Recipe Name: Fish Skewers

Ingredients: White fish fillet, Olive oil, Lemon, Garlic, Salt, Pepper, Skewers

Quantities (for 1 person): Fish fillet: 1 (150 grams), Olive oil: 1 tbsp, Lemon: 1/2 (juiced), Garlic: 1 clove (minced), Salt: pinch, Pepper: pinch

Cooking Time: 15 minutes

Steps: Cut the fish into cubes. In a bowl, mix olive oil, lemon juice, minced garlic, salt, and pepper. Thread the fish cubes onto skewers and brush with the marinade. Grill or broil the skewers for 3-4 minutes on each side, until golden. Serve immediately.

Cuisine: Mediterranean

Diet Type: Non-Vegetarian

Recipe ID: 361

Recipe Name: Grilled Chicken Breast

Ingredients: Chicken breast, Olive oil, Garlic powder, Paprika, Salt, Pepper, Lemon

Quantities (for 1 person): Chicken breast: 1 (150 grams), Olive oil: 1 tbsp, Garlic powder: 1 tsp, Paprika: 1 tsp, Salt: pinch, Pepper: pinch, Lemon: 1/2 (juiced)

Cooking Time: 15 minutes

Steps: Preheat a grill or grill pan. Coat the chicken breast with olive oil, garlic powder, paprika, salt, and pepper. Grill for 6-7 minutes on each side, until fully cooked. Drizzle with lemon juice before serving.

Cuisine: General

Diet Type: Non-Vegetarian

Recipe ID: 362

Recipe Name: Beef Stir-Fry

Ingredients: Beef strips, Bell pepper, Onion, Soy sauce, Olive oil, Garlic

Quantities (for 1 person): Beef strips: 150 grams, Bell pepper: 1/2 (sliced), Onion: 1/4 (sliced), Soy sauce: 1 tbsp, Olive oil: 1 tsp, Garlic: 1 clove (minced)

Cooking Time: 15 minutes

Steps: Heat olive oil in a pan and sauté minced garlic for 1 minute. Add the beef strips and stir-fry for 3-4 minutes. Add the sliced bell pepper and onion, and stir-fry for another 3 minutes. Drizzle with soy sauce, stir, and serve immediately.

Cuisine: Asian

Diet Type: Non-Vegetarian

Recipe ID: 363

Recipe Name: Beef and Veggie Skewers

Ingredients: Beef cubes, Bell peppers, Zucchini, Olive oil, Garlic, Salt, Pepper

Quantities (for 1 person): Beef cubes: 150 grams, Bell pepper: 1/2 (cut into chunks), Zucchini: 1/2 (cut into chunks), Olive oil: 1 tbsp, Garlic: 1 clove (minced), Salt: pinch, Pepper: pinch

Cooking Time: 15 minutes

Steps: Preheat the grill or broiler. Thread the beef cubes, bell peppers, and zucchini onto skewers. Mix olive oil, minced garlic, salt, and pepper, then brush the skewers with the mixture. Grill or broil for 4-5 minutes on each side until the beef is cooked to your desired level.

Cuisine: General

Diet Type: Non-Vegetarian

Recipe ID: 364

Recipe Name: Chicken Wrap

Ingredients: Chicken breast, Tortilla, Lettuce, Tomato, Cucumber, Olive oil, Salt, Pepper

Quantities (for 1 person): Chicken breast: 1 (150 grams), Tortilla: 1, Lettuce: 2-3 leaves, Tomato: 1 (sliced), Cucumber: 1/4 (sliced), Olive oil: 1 tsp, Salt: pinch, Pepper: pinch

Cooking Time: 15 minutes

Steps: Pan-fry the chicken breast with olive oil, salt, and pepper for 6-7 minutes per side, until fully cooked. Slice the chicken into strips. Lay the tortilla flat and add lettuce, tomato, cucumber, and chicken strips. Roll it up tightly and serve.

Cuisine: General

Diet Type: Non-Vegetarian

Recipe ID: 365

Recipe Name: Spaghetti with Meat Sauce

Ingredients: Ground beef, Spaghetti, Tomato sauce, Olive oil, Onion, Garlic, Salt, Pepper

Quantities (for 1 person): Ground beef: 100 grams, Spaghetti: 80 grams, Tomato sauce: 1/2 cup, Olive oil: 1 tsp, Onion: 1/4 (chopped), Garlic: 1 clove (minced), Salt: pinch, Pepper: pinch

Cooking Time: 20 minutes

Steps: Cook the spaghetti according to package instructions. In a pan, heat olive oil and sauté chopped onion and minced garlic for 2 minutes. Add ground beef, season with salt and pepper, and cook until browned. Pour in tomato sauce and simmer for 5-7 minutes. Serve the sauce over the cooked spaghetti.

Cuisine: Italian

Diet Type: Non-Vegetarian

Recipe ID: 366

Recipe Name: Chicken Caesar Salad

Ingredients: Chicken breast, Romaine lettuce, Caesar dressing, Croutons, Parmesan cheese

Quantities (for 1 person): Chicken breast: 1 (150 grams), Romaine lettuce: 1 handful, Caesar dressing: 2 tbsp, Croutons: 1/4 cup, Parmesan cheese: 1 tbsp (grated)

Cooking Time: 15 minutes

Steps: Grill or pan-fry the chicken breast for 6-7 minutes on each side. Slice the chicken. Toss the lettuce with Caesar dressing, then top with sliced chicken, croutons, and grated Parmesan cheese. Serve immediately.

Cuisine: General

Diet Type: Non-Vegetarian

Recipe ID: 367

Recipe Name: Beef and Rice Bowl

Ingredients: Ground beef, Rice, Soy sauce, Garlic, Olive oil, Green onions

Quantities (for 1 person): Ground beef: 100 grams, Rice: 1/2 cup (cooked), Soy sauce: 1 tbsp, Garlic: 1 clove (minced), Olive oil: 1 tsp, Green onions: 1 (chopped)

Cooking Time: 15 minutes

Steps: Cook the rice according to package instructions. In a pan, heat olive oil, sauté minced garlic for 1 minute, then add ground beef and cook until browned. Add soy sauce and stir. Serve the beef mixture over the cooked rice and top with chopped green onions.

Cuisine: Asian

Diet Type: Non-Vegetarian

Recipe ID: 368

Recipe Name: Chicken Stir-Fry

Ingredients: Chicken breast, Broccoli, Carrot, Soy sauce, Olive oil, Garlic

Quantities (for 1 person): Chicken breast: 1 (150 grams), Broccoli: 1/2 cup, Carrot: 1/2 (sliced), Soy sauce: 1 tbsp, Olive oil: 1 tsp, Garlic: 1 clove (minced)

Cooking Time: 15 minutes

Steps: Cut the chicken into strips. Heat olive oil in a pan, sauté minced garlic for 1 minute, then add the chicken strips. Cook for 4-5 minutes, then add sliced carrots and

broccoli. Stir-fry for another 5 minutes. Drizzle with soy sauce and serve immediately.

Cuisine: Asian

Diet Type: Non-Vegetarian

Recipe ID: 369

Recipe Name: Beef Tacos

Ingredients: Ground beef, Taco shells, Lettuce, Tomato, Cheese, Salsa

Quantities (for 1 person): Ground beef: 100 grams, Taco shells: 2, Lettuce: 2-3 leaves, Tomato: 1/2 (chopped), Cheese: 2 tbsp (shredded), Salsa: 1 tbsp

Cooking Time: 15 minutes

Steps: Cook the ground beef in a pan until browned, seasoning with salt and pepper. Warm the taco shells in the oven for 2-3 minutes. Fill the taco shells with the cooked beef, then top with lettuce, chopped tomato, shredded cheese, and salsa. Serve immediately.

Cuisine: Mexican

Diet Type: Non-Vegetarian

Recipe ID: 370

Recipe Name: Beef Burger

Ingredients: Ground beef, Burger bun, Lettuce, Tomato, Cheese, Ketchup

Quantities (for 1 person): Ground beef: 150 grams, Burger bun: 1, Lettuce: 2-3 leaves, Tomato: 1 (sliced), Cheese: 1 slice, Ketchup: 1 tbsp

Cooking Time: 15 minutes

Steps: Form the ground beef into a patty and cook in a pan for 4-5 minutes on each side. Toast the burger bun. Place the cooked beef patty on the bun, top with lettuce, tomato, a slice of cheese, and ketchup. Serve immediately.

Cuisine: American

Diet Type: Non-Vegetarian

Recipe ID: 371

Recipe Name: Grilled Cheese Sandwich

Ingredients: Bread, Butter, Cheddar cheese

Quantities (for 1 person): Bread: 2 slices, Butter: 1 tbsp, Cheddar cheese: 2 slices

Cooking Time: 10 minutes

Steps: Butter one side of each slice of bread. Place a slice of cheese between the two slices, buttered sides facing out. Heat a pan over medium heat and grill the sandwich for 2-3 minutes on each side until golden brown and the cheese has melted.

Cuisine: American

Diet Type: Vegetarian

Recipe ID: 372

Recipe Name: Chicken Salad Sandwich

Ingredients: Bread, Chicken breast, Mayonnaise, Lettuce, Tomato

Quantities (for 1 person): Bread: 2 slices, Chicken breast: 1 (150 grams, cooked and shredded), Mayonnaise: 1 tbsp, Lettuce: 2-3 leaves, Tomato: 1 (sliced)

Cooking Time: 10 minutes

Steps: Shred the cooked chicken breast and mix it with mayonnaise. Spread the mixture on a slice of bread. Top with lettuce and tomato slices, then close with the other slice of bread.

Cuisine: General

Diet Type: Non-Vegetarian

Recipe ID: 373

Recipe Name: Tuna Salad Sandwich

Ingredients: Bread, Canned tuna, Mayonnaise, Onion, Lettuce

Quantities (for 1 person): Bread: 2 slices, Canned tuna: 1 can (90 grams, drained), Mayonnaise: 1 tbsp, Onion: 1/4 (finely chopped), Lettuce: 2-3 leaves

Cooking Time: 10 minutes

Steps: Mix the canned tuna with mayonnaise and chopped onion. Spread the mixture on one slice of bread. Top with lettuce, then cover with the second slice of bread.

Cuisine: General

Diet Type: Non-Vegetarian

Recipe ID: 374

Recipe Name: Veggie Wrap

Ingredients: Tortilla, Hummus, Lettuce, Cucumber, Bell pepper, Carrot

Quantities (for 1 person): Tortilla: 1, Hummus: 2 tbsp, Lettuce: 2-3 leaves, Cucumber: 1/4 (sliced), Bell pepper: 1/4 (sliced), Carrot: 1/4 (julienned)

Cooking Time: 5 minutes

Steps: Spread hummus on the tortilla. Layer with lettuce, cucumber, bell pepper, and carrot. Roll up tightly and slice into halves.

Cuisine: General

Diet Type: Vegan

Recipe ID: 375

Recipe Name: Turkey and Avocado Sandwich

Ingredients: Bread, Turkey slices, Avocado, Tomato, Lettuce

Quantities (for 1 person): Bread: 2 slices, Turkey slices: 4 (50 grams), Avocado: 1/2 (sliced), Tomato: 1 (sliced), Lettuce: 2-3 leaves

Cooking Time: 10 minutes

Steps: Toast the bread slices if desired. Layer the turkey slices, avocado, tomato, and lettuce on one slice of bread. Top with the other slice and serve.

Cuisine: General

Diet Type: Non-Vegetarian

Recipe ID: 376

Recipe Name: Egg Salad Sandwich

Ingredients: Bread, Eggs, Mayonnaise, Mustard, Lettuce

Quantities (for 1 person): Bread: 2 slices, Eggs: 2 (boiled and chopped), Mayonnaise: 1 tbsp, Mustard: 1 tsp, Lettuce: 2-3 leaves

Cooking Time: 10 minutes

Steps: Mix the boiled eggs with mayonnaise and mustard. Spread the egg mixture on one slice of bread. Top with lettuce and cover with the second slice.

Cuisine: General

Diet Type: Vegetarian

Recipe ID: 377

Recipe Name: Grilled Chicken and Pesto Sandwich

Ingredients: Bread, Chicken breast, Pesto sauce, Mozzarella cheese, Arugula

Quantities (for 1 person): Bread: 2 slices, Chicken breast: 1 (150 grams, grilled), Pesto sauce: 1 tbsp, Mozzarella cheese: 2 slices, Arugula: 1 handful

Cooking Time: 10 minutes

Steps: Grill the chicken breast and slice it thinly. Spread pesto on one slice of bread, add the chicken slices, mozzarella cheese, and arugula. Top with the second slice and grill the sandwich in a pan until the cheese melts.

Cuisine: Italian

Diet Type: Non-Vegetarian

Recipe ID: 378

Recipe Name: Caprese Sandwich

Ingredients: Ciabatta bread, Tomato, Fresh mozzarella, Basil, Balsamic vinegar

Quantities (for 1 person): Ciabatta bread: 1 roll, Tomato: 1 (sliced), Fresh mozzarella: 1 ball (sliced), Basil: 4-5 leaves, Balsamic vinegar: 1 tsp

Cooking Time: 10 minutes

Steps: Slice the ciabatta roll and layer with tomato slices, fresh mozzarella, and basil. Drizzle with balsamic vinegar and close the sandwich.

Cuisine: Italian

Diet Type: Vegetarian

Recipe ID: 379

Recipe Name: Chicken Quesadilla

Ingredients: Tortilla, Chicken breast, Cheddar cheese, Onion, Olive oil

Quantities (for 1 person): Tortilla: 1, Chicken breast: 1 (150 grams, cooked and shredded), Cheddar cheese: 1/4 cup, Onion: 1/4 (chopped), Olive oil: 1 tsp

Cooking Time: 15 minutes

Steps: Heat the tortilla in a pan. Add the shredded chicken, cheddar cheese, and chopped onion. Fold the tortilla in half and cook until both sides are golden and the cheese melts.

Cuisine: Mexican

Diet Type: Non-Vegetarian

Recipe ID: 380

Recipe Name: Tuna Melt

Ingredients: Bread, Canned tuna, Cheddar cheese, Mayonnaise, Tomato

Quantities (for 1 person): Bread: 2 slices, Canned tuna: 1 can (90 grams, drained), Cheddar cheese: 2 slices, Mayonnaise: 1 tbsp, Tomato: 1 (sliced)

Cooking Time: 10 minutes

Steps: Mix the tuna with mayonnaise. Spread the mixture on one slice of bread. Top with a slice of tomato and cheese. Grill the sandwich in a pan until the bread is golden and the cheese is melted.

Cuisine: American

Diet Type: Non-Vegetarian

Recipe ID: 381

Recipe Name: Baked Chicken Tenders

Ingredients: Chicken breast, Breadcrumbs, Olive oil, Salt, Black pepper, Paprika

Quantities (for 1 person): Chicken breast: 1 (150 grams), Breadcrumbs: 1/4 cup, Olive oil: 1 tsp, Salt: 1/2 tsp, Black pepper: 1/4 tsp, Paprika: 1/2 tsp

Cooking Time: 15 minutes

Steps: Preheat the oven to 200°C (400°F). Coat the chicken breast in olive oil, then dredge in breadcrumbs mixed with salt, pepper, and paprika. Place on a baking sheet and bake for 12-15 minutes until crispy and cooked through.

Cuisine: American

Diet Type: Non-Vegetarian

Recipe ID: 382

Recipe Name: Baked Sweet Potato Fries

Ingredients: Sweet potato, Olive oil, Salt, Black pepper, Garlic powder

Quantities (for 1 person): Sweet potato: 1 medium, Olive oil: 1 tbsp, Salt: 1/2 tsp, Black pepper: 1/4 tsp, Garlic powder: 1/2 tsp

Cooking Time: 20 minutes

Steps: Preheat the oven to 220°C (425°F). Cut the sweet potato into thin strips, toss with olive oil, salt, pepper, and garlic powder. Spread evenly on a baking sheet and bake for 15-20 minutes, flipping halfway through.

Cuisine: General

Diet Type: Vegan

Recipe ID: 383

Recipe Name: Baked Feta and Tomato

Ingredients: Feta cheese, Cherry tomatoes, Olive oil, Salt, Black pepper, Oregano

Quantities (for 1 person): Feta cheese: 100 grams, Cherry tomatoes: 1/2 cup, Olive oil: 1 tbsp, Salt: 1/4 tsp, Black pepper: 1/4 tsp, Oregano: 1/2 tsp

Cooking Time: 15 minutes

Steps: Preheat the oven to 200°C (400°F). Place feta cheese and cherry tomatoes on a baking sheet. Drizzle with olive oil, sprinkle with salt, pepper, and oregano. Bake for 12-15 minutes until the cheese softens and the tomatoes burst.

Cuisine: Mediterranean

Diet Type: Vegetarian

Recipe ID: 384

Recipe Name: Oven-Baked Chicken and Vegetables

Ingredients: Chicken breast, Carrot, Zucchini, Olive oil, Salt, Black pepper, Thyme

Quantities (for 1 person): Chicken breast: 1 (150 grams), Carrot: 1 (sliced), Zucchini:

1/2 (sliced), Olive oil: 1 tbsp, Salt: 1/2 tsp, Black pepper: 1/4 tsp, Thyme: 1/2 tsp

Cooking Time: 20 minutes

Steps: Preheat the oven to 200°C (400°F). Arrange chicken breast, carrot, and zucchini on a baking sheet. Drizzle with olive oil and season with salt, pepper, and thyme. Bake for 15-20 minutes until the chicken is cooked through and the vegetables are tender.

Cuisine: General

Diet Type: Non-Vegetarian

Recipe ID: 385

Recipe Name: Baked Avocado Eggs

Ingredients: Avocado, Egg, Salt, Black pepper, Paprika

Quantities (for 1 person): Avocado: 1/2, Egg: 1, Salt: 1/4 tsp, Black pepper: 1/4 tsp, Paprika: 1/4 tsp

Cooking Time: 12 minutes

Steps: Preheat the oven to 180°C (350°F). Cut the avocado in half and remove some of the flesh to create space for the egg. Crack an egg into the avocado half, season with salt, pepper, and paprika. Place on a baking sheet and bake for 10-12 minutes until the egg is set.

Cuisine: General

Diet Type: Vegetarian

Recipe ID: 386

Recipe Name: Baked Garlic Parmesan Mushrooms

Ingredients: Mushrooms, Olive oil, Garlic, Parmesan cheese, Salt, Black pepper

Quantities (for 1 person): Mushrooms: 6 (large), Olive oil: 1 tbsp, Garlic: 1 clove (minced), Parmesan cheese: 2 tbsp, Salt: 1/4 tsp, Black pepper: 1/4 tsp

Cooking Time: 15 minutes

Steps: Preheat the oven to 200°C (400°F). Clean the mushrooms and remove the stems. Place on a baking sheet, drizzle with olive oil, sprinkle with minced garlic, salt, pepper, and top with parmesan. Bake for 12-15 minutes until golden and tender.

Cuisine: Italian

Diet Type: Vegetarian

Recipe ID: 387

Recipe Name: Baked Tofu with Soy Sauce

Ingredients: Tofu, Soy sauce, Olive oil, Garlic powder, Salt, Black pepper

Quantities (for 1 person): Tofu: 150 grams, Soy sauce: 2 tbsp, Olive oil: 1 tbsp, Garlic

powder: 1/2 tsp, Salt: 1/4 tsp, Black pepper: 1/4 tsp

Cooking Time: 15 minutes

Steps: Preheat the oven to 200°C (400°F). Cut tofu into cubes and toss with soy sauce, olive oil, garlic powder, salt, and pepper. Arrange on a baking sheet and bake for 12-15 minutes, flipping halfway through, until crispy.

Cuisine: Asian

Diet Type: Vegan

Recipe ID: 388

Recipe Name: Baked Parmesan Chicken

Ingredients: Chicken breast, Parmesan cheese, Olive oil, Garlic powder, Salt, Black pepper

Quantities (for 1 person): Chicken breast: 1 (150 grams), Parmesan cheese: 2 tbsp, Olive oil: 1 tsp, Garlic powder: 1/2 tsp, Salt: 1/4 tsp, Black pepper: 1/4 tsp

Cooking Time: 15 minutes

Steps: Preheat the oven to 200°C (400°F). Coat the chicken breast with olive oil and season with garlic powder, salt, and pepper. Sprinkle parmesan cheese over the chicken. Place on a baking sheet and bake for 12-15 minutes until golden and cooked through.

Cuisine: Italian

Diet Type: Non-Vegetarian

Recipe ID: 389

Recipe Name: Baked Zucchini Fries

Ingredients: Zucchini, Breadcrumbs, Olive oil, Parmesan cheese, Salt, Black pepper

Quantities (for 1 person): Zucchini: 1 (sliced into fries), Breadcrumbs: 1/4 cup, Olive oil: 1 tbsp, Parmesan cheese: 2 tbsp, Salt: 1/2 tsp, Black pepper: 1/4 tsp

Cooking Time: 15 minutes

Steps: Preheat the oven to 220°C (425°F). Toss the zucchini fries with olive oil, breadcrumbs, parmesan, salt, and pepper. Place on a baking sheet and bake for 12-15 minutes until crispy and golden.

Cuisine: General

Diet Type: Vegetarian

Recipe ID: 390

Recipe Name: Baked Spinach and Ricotta Stuffed Shells

Ingredients: Pasta shells, Ricotta cheese, Spinach, Tomato sauce, Parmesan cheese

Quantities (for 1 person): Pasta shells: 6-8, Ricotta cheese: 1/4 cup, Spinach: 1/2 cup (cooked), Tomato sauce: 1/2 cup, Parmesan cheese: 2 tbsp

Cooking Time: 20 minutes

Steps: Preheat the oven to 200°C (400°F). Cook the pasta shells according to package instructions. Mix ricotta cheese and cooked spinach. Stuff the shells with the ricotta mixture. Place in a baking dish, cover with tomato sauce, and sprinkle with parmesan cheese. Bake for 15-20 minutes until bubbly and golden.

Cuisine: Italian

Diet Type: Vegetarian

Recipe ID: 391

Recipe Name: Baked Salmon with Lemon

Ingredients: Salmon fillet, Lemon, Olive oil, Salt, Black pepper, Garlic powder

Quantities (for 1 person): Salmon fillet: 1 (150 grams), Lemon: 1/2, Olive oil: 1 tbsp, Salt: 1/4 tsp, Black pepper: 1/4 tsp, Garlic powder: 1/2 tsp

Cooking Time: 15 minutes

Steps: Preheat the oven to 200°C (400°F). Drizzle olive oil on the salmon fillet and season with salt, pepper, and garlic powder. Squeeze lemon juice over the top and place lemon slices on the fish. Bake for 12-15 minutes until the salmon is cooked through.

Cuisine: General

Diet Type: Non-Vegetarian

Recipe ID: 392

Recipe Name: Baked Herb-Crusted Chicken

Ingredients: Chicken breast, Olive oil, Bread crumbs, Dried thyme, Salt, Black pepper, Garlic powder

Quantities (for 1 person): Chicken breast: 1 (150 grams), Olive oil: 1 tbsp, Bread crumbs: 1/4 cup, Dried thyme: 1/2 tsp, Salt: 1/4 tsp, Black pepper: 1/4 tsp, Garlic powder: 1/2 tsp

Cooking Time: 20 minutes

Steps: Preheat the oven to 200°C (400°F). Coat the chicken breast in olive oil and dredge it in a mixture of breadcrumbs, thyme, salt, pepper, and garlic powder. Place on a baking sheet and bake for 15-20 minutes, until golden brown and fully cooked.

Cuisine: General

Diet Type: Non-Vegetarian

Recipe ID: 393

Recipe Name: Baked Stuffed Bell Peppers

Ingredients: Bell pepper, Ground beef (or turkey), Rice, Onion, Tomato paste, Olive oil, Garlic, Salt, Black pepper

Quantities (for 1 person): Bell pepper: 1 large, Ground beef: 100 grams, Rice: 1/4 cup, Onion: 1/4 (chopped), Tomato paste: 1 tbsp, Olive oil: 1 tsp, Garlic: 1 clove (minced), Salt: 1/4 tsp, Black pepper: 1/4 tsp

Cooking Time: 20 minutes

Steps: Preheat the oven to 200°C (400°F). Cut the bell pepper in half and remove the seeds. In a pan, heat olive oil, sauté onion and garlic, then add ground beef, rice, and tomato paste. Season with salt and pepper. Stuff the bell peppers with the mixture and bake for 15-20 minutes.

Cuisine: General

Diet Type: Non-Vegetarian

Recipe ID: 394

Recipe Name: Baked Potatoes with Cheese

Ingredients: Potato, Cheddar cheese, Olive oil, Salt, Black pepper, Garlic powder

Quantities (for 1 person): Potato: 1 large, Cheddar cheese: 1/4 cup (grated), Olive oil: 1 tbsp, Salt: 1/4 tsp, Black pepper: 1/4 tsp, Garlic powder: 1/2 tsp

Cooking Time: 20 minutes

Steps: Preheat the oven to 200°C (400°F). Rub the potato with olive oil and season with salt, pepper, and garlic powder. Poke holes in the potato with a fork and bake for 15-20 minutes. Once baked, top with grated cheddar cheese and return to the oven for another 5 minutes until the cheese is melted.

Cuisine: General

Diet Type: Vegetarian

Recipe ID: 395

Recipe Name: Baked Cauliflower Wings

Ingredients: Cauliflower, Olive oil, Flour, Garlic powder, Paprika, Salt, Black pepper

Quantities (for 1 person): Cauliflower: 1/2 head, Olive oil: 1 tbsp, Flour: 2 tbsp, Garlic powder: 1/2 tsp, Paprika: 1/2 tsp, Salt: 1/4 tsp, Black pepper: 1/4 tsp

Cooking Time: 20 minutes

Steps: Preheat the oven to 200°C (400°F). Cut cauliflower into florets. Mix flour, garlic powder, paprika, salt, and pepper. Toss the cauliflower florets in the flour mixture and drizzle with olive oil. Arrange on a baking sheet and bake for 15-20 minutes until crispy.

Cuisine: General

Diet Type: Vegan

Recipe ID: 396

Recipe Name: Baked Ziti with Mozzarella

Ingredients: Ziti pasta, Tomato sauce, Mozzarella cheese, Parmesan cheese, Olive oil, Garlic powder, Salt, Black pepper

Quantities (for 1 person): Ziti pasta: 1/2 cup, Tomato sauce: 1/2 cup, Mozzarella cheese: 1/4 cup (grated), Parmesan cheese: 2 tbsp, Olive oil: 1 tsp, Garlic powder: 1/2 tsp, Salt: 1/4 tsp, Black pepper: 1/4 tsp

Cooking Time: 20 minutes

Steps: Preheat the oven to 200°C (400°F). Cook the ziti pasta according to package directions. In a baking dish, mix cooked pasta, tomato sauce, garlic powder, salt, and pepper. Top with mozzarella and parmesan cheese. Bake for 15 minutes until the cheese is melted and bubbly.

Cuisine: Italian

Diet Type: Vegetarian

Recipe ID: 397

Recipe Name: Baked Eggplant Parmesan

Ingredients: Eggplant, Tomato sauce, Parmesan cheese, Mozzarella cheese, Olive oil, Salt, Black pepper, Garlic powder

Quantities (for 1 person): Eggplant: 1 small, Tomato sauce: 1/2 cup, Parmesan cheese: 2 tbsp, Mozzarella cheese: 1/4 cup (grated), Olive oil: 1 tsp, Salt: 1/4 tsp, Black pepper: 1/4 tsp, Garlic powder: 1/2 tsp

Cooking Time: 20 minutes

Steps: Preheat the oven to 200°C (400°F). Slice the eggplant and brush with olive oil. Bake for 10 minutes on a baking sheet. Top with tomato sauce, mozzarella, parmesan, garlic powder, salt, and pepper. Return to the oven for 5-7 minutes until the cheese melts.

Cuisine: Italian

Diet Type: Vegetarian

Recipe ID: 398

Recipe Name: Baked Fish Tacos

Ingredients: White fish fillet, Tortilla, Cabbage, Lime, Olive oil, Salt, Black pepper, Cumin

Quantities (for 1 person): White fish fillet: 1 (150 grams), Tortilla: 2, Cabbage: 1/2 cup (shredded), Lime: 1/2, Olive oil: 1 tsp, Salt: 1/4 tsp, Black pepper: 1/4 tsp, Cumin: 1/4 tsp

Cooking Time: 15 minutes

Steps: Preheat the oven to 200°C (400°F). Coat the fish fillet with olive oil, salt, pepper, and cumin. Bake for 12-15 minutes until cooked through. Serve in warm tortillas with shredded cabbage and a squeeze of lime.

Cuisine: Mexican

Diet Type: Non-Vegetarian

Recipe ID: 399

Recipe Name: Baked Chicken with Roasted Vegetables

Ingredients: Chicken breast, Carrot, Potato, Olive oil, Salt, Black pepper, Rosemary

Quantities (for 1 person): Chicken breast: 1 (150 grams), Carrot: 1 (sliced), Potato: 1 (sliced), Olive oil: 1 tbsp, Salt: 1/2 tsp, Black pepper: 1/4 tsp, Rosemary: 1/2 tsp

Cooking Time: 20 minutes

Steps: Preheat the oven to 200°C (400°F). Toss the chicken breast and sliced vegetables in olive oil, salt, pepper, and rosemary. Spread them evenly on a baking sheet and bake for 15-20 minutes, until the chicken is cooked through and the vegetables are tender.

Cuisine: General

Diet Type: Non-Vegetarian

Recipe ID: 400

Recipe Name: Baked Sweet Potato with Avocado

Ingredients: Sweet potato, Avocado, Olive oil, Salt, Black pepper, Lime

Quantities (for 1 person): Sweet potato: 1 medium, Avocado: 1/2, Olive oil: 1 tsp, Salt: 1/4 tsp, Black pepper: 1/4 tsp, Lime: 1/2

Cooking Time: 20 minutes

Steps: Preheat the oven to 200°C (400°F). Prick the sweet potato with a fork and bake for 15-20 minutes until soft. Slice the avocado and season with salt, pepper, and lime juice. Slice the baked sweet potato and top with the avocado mixture.

Cuisine: General

Diet Type: Vegan

Recipe ID: 401

Recipe Name: Baked Chicken and Veggie Skewers

Ingredients: Chicken breast, Bell pepper, Zucchini, Olive oil, Salt, Black pepper, Paprika

Quantities (for 1 person): Chicken breast: 1 (150 grams), Bell pepper: 1/2, Zucchini: 1/2, Olive oil: 1 tbsp, Salt: 1/4 tsp, Black pepper: 1/4 tsp, Paprika: 1/2 tsp

Cooking Time: 20 minutes

Steps: Preheat the oven to 200°C (400°F). Cut the chicken breast and vegetables into chunks. Skewer them alternately and drizzle with olive oil. Season with salt, pepper, and paprika. Bake for 15-20 minutes, until the chicken is fully cooked.

Cuisine: General

Diet Type: Non-Vegetarian

Recipe ID: 402

Recipe Name: Baked Spinach and Feta Stuffed Chicken

Ingredients: Chicken breast, Spinach, Feta cheese, Olive oil, Garlic powder, Salt, Black pepper

Quantities (for 1 person): Chicken breast: 1 (150 grams), Spinach: 1/4 cup (chopped), Feta cheese: 2 tbsp (crumbled), Olive oil: 1 tsp, Garlic powder: 1/2 tsp, Salt: 1/4 tsp, Black pepper: 1/4 tsp

Cooking Time: 20 minutes

Steps: Preheat the oven to 200°C (400°F). Cut a pocket in the chicken breast and stuff it with spinach and feta cheese. Drizzle with olive oil and season with garlic powder, salt, and pepper. Bake for 15-20 minutes until the chicken is fully cooked.

Cuisine: General

Diet Type: Non-Vegetarian

Recipe ID: 403

Recipe Name: Baked Ratatouille

Ingredients: Zucchini, Eggplant, Tomato, Olive oil, Garlic, Salt, Black pepper, Oregano

Quantities (for 1 person): Zucchini: 1/2 (sliced), Eggplant: 1/2 (sliced), Tomato: 1 (sliced), Olive oil: 1 tbsp, Garlic: 1 clove (minced), Salt: 1/4 tsp, Black pepper: 1/4 tsp, Oregano: 1/2 tsp

Cooking Time: 20 minutes

Steps: Preheat the oven to 200°C (400°F). Layer zucchini, eggplant, and tomato slices in a baking dish. Drizzle with olive oil and season with garlic, salt, pepper, and oregano. Bake for 15-20 minutes until the vegetables are tender.

Cuisine: French

Diet Type: Vegan

Recipe ID: 404

Recipe Name: Baked Pesto Chicken

Ingredients: Chicken breast, Pesto sauce, Mozzarella cheese, Olive oil, Salt, Black pepper

Quantities (for 1 person): Chicken breast: 1 (150 grams), Pesto sauce: 2 tbsp, Mozzarella cheese: 1/4 cup (grated), Olive oil: 1 tsp, Salt: 1/4 tsp, Black pepper: 1/4 tsp

Cooking Time: 20 minutes

Steps: Preheat the oven to 200°C (400°F). Coat the chicken breast with olive oil, salt, and pepper. Spread pesto sauce over the top and sprinkle with mozzarella cheese. Bake for 15-20 minutes, until the chicken is cooked through and the cheese is melted.

Cuisine: Italian

Diet Type: Non-Vegetarian

Recipe ID: 405

Recipe Name: Baked Broccoli and Cheese Stuffed Potato

Ingredients: Potato, Broccoli, Cheddar cheese, Olive oil, Salt, Black pepper

Quantities (for 1 person): Potato: 1 large, Broccoli: 1/4 cup (chopped), Cheddar cheese: 2 tbsp (grated), Olive oil: 1 tsp, Salt: 1/4 tsp, Black pepper: 1/4 tsp

Cooking Time: 20 minutes

Steps: Preheat the oven to 200°C (400°F). Bake the potato for 15-20 minutes until tender. Steam the broccoli for 5-7 minutes. Cut the potato in half, scoop out the flesh, and mash with salt and pepper. Mix in the steamed broccoli and cheese, then stuff the mixture back into the potato skins. Bake for an additional 5 minutes.

Cuisine: General

Diet Type: Vegetarian

Recipe ID: 406

Recipe Name: Baked Avocado Eggs

Ingredients: Avocado, Egg, Salt, Black pepper, Paprika

Quantities (for 1 person): Avocado: 1/2, Egg: 1, Salt: 1/4 tsp, Black pepper: 1/4 tsp, Paprika: 1/4 tsp

Cooking Time: 15 minutes

Steps: Preheat the oven to 200°C (400°F). Cut the avocado in half and remove the pit. Scoop out a bit of the flesh to create space for the egg. Crack the egg into the avocado half. Season with salt, pepper, and paprika. Bake for 12-15 minutes, until the egg is set.

Cuisine: General

Diet Type: Vegetarian

Recipe ID: 407

Recipe Name: Baked Mediterranean Chicken

Ingredients: Chicken breast, Cherry tomatoes, Kalamata olives, Olive oil, Garlic, Oregano, Salt, Black pepper

Quantities (for 1 person): Chicken breast: 1 (150 grams), Cherry tomatoes: 1/2 cup, Kalamata olives: 1/4 cup, Olive oil: 1 tsp, Garlic: 1 clove (minced), Oregano: 1/2 tsp, Salt: 1/4 tsp, Black pepper: 1/4 tsp

Cooking Time: 20 minutes

Steps: Preheat the oven to 200°C (400°F). Place chicken breast on a baking sheet and drizzle with olive oil. Top with cherry tomatoes, olives, garlic, oregano, salt, and pepper. Bake for 15-20 minutes, until the chicken is cooked through.

Cuisine: Mediterranean

Diet Type: Non-Vegetarian

Recipe ID: 408

Recipe Name: Baked Veggie Frittata

Ingredients: Eggs, Bell pepper, Onion, Spinach, Olive oil, Salt, Black pepper, Parmesan cheese

Quantities (for 1 person): Eggs: 2, Bell pepper: 1/4, Onion: 1/4 (chopped), Spinach: 1/4 cup (chopped), Olive oil: 1 tsp, Salt: 1/4 tsp, Black pepper: 1/4 tsp, Parmesan cheese: 2 tbsp (grated)

Cooking Time: 20 minutes

Steps: Preheat the oven to 200°C (400°F). Heat olive oil in a pan and sauté bell pepper, onion, and spinach until tender. Whisk eggs with salt, pepper, and parmesan. Add sautéed vegetables and pour into a baking dish. Bake for 15-20 minutes, until the eggs are set.

Cuisine: General

Diet Type: Vegetarian

Recipe ID: 409

Recipe Name: Baked Chicken Parmesan

Ingredients: Chicken breast, Marinara sauce, Mozzarella cheese, Parmesan cheese, Bread crumbs, Olive oil, Garlic, Salt, Black pepper

Quantities (for 1 person): Chicken breast: 1 (150 grams), Marinara sauce: 1/4 cup, Mozzarella cheese: 1/4 cup (grated), Parmesan cheese: 2 tbsp (grated), Bread crumbs: 1/4 cup, Olive oil: 1 tsp, Garlic: 1 clove (minced), Salt: 1/4 tsp, Black pepper: 1/4 tsp

Cooking Time: 20 minutes

Steps: Preheat the oven to 200°C (400°F). Coat the chicken breast with olive oil and bread crumbs. Bake for 15 minutes until crispy. Top with marinara sauce, mozzarella, and Parmesan cheese. Bake for an additional 5 minutes until the cheese is melted and bubbly.

Cuisine: Italian

Diet Type: Non-Vegetarian

Recipe ID: 410

Recipe Name: Baked Veggie Quesadilla

Ingredients: Flour tortilla, Bell pepper, Onion, Cheddar cheese, Black beans, Olive oil, Cumin, Salt, Black pepper

Quantities (for 1 person): Flour tortilla: 1, Bell pepper: 1/4, Onion: 1/4 (chopped), Cheddar cheese: 1/4 cup (shredded), Black beans: 1/4 cup (cooked), Olive oil: 1 tsp, Cumin: 1/4 tsp, Salt: 1/4 tsp, Black pepper: 1/4 tsp

Cooking Time: 20 minutes

Steps: Preheat the oven to 200°C (400°F). Sauté bell pepper and onion with olive oil, cumin, salt, and pepper until soft. Lay the tortilla on a baking sheet, add the sautéed veggies, black beans, and cheese, and fold in half. Bake for 10-15 minutes, flipping halfway through until crispy and golden.

Cuisine: Mexican

Diet Type: Vegetarian

Recipe ID: 411

Recipe Name: Baked Salmon with Lemon and Dill

Ingredients: Salmon fillet, Lemon, Fresh dill, Olive oil, Salt, Black pepper, Garlic powder

Quantities (for 1 person): Salmon fillet: 1 (150 grams), Lemon: 1/2 (sliced), Fresh dill: 1 tbsp, Olive oil: 1 tsp, Salt: 1/4 tsp, Black pepper: 1/4 tsp, Garlic powder: 1/4 tsp

Cooking Time: 20 minutes

Steps: Preheat the oven to 200°C (400°F). Place the salmon fillet on a baking sheet. Drizzle with olive oil, sprinkle with salt, pepper, and garlic powder, and top with lemon slices and dill. Bake for 15-20 minutes, until the salmon is fully cooked.

Cuisine: General

Diet Type: Non-Vegetarian

Recipe ID: 412

Recipe Name: Baked Eggplant Parmesan

Ingredients: Eggplant, Marinara sauce, Mozzarella cheese, Parmesan cheese, Bread crumbs, Olive oil, Garlic powder, Salt, Black pepper

Quantities (for 1 person): Eggplant: 1/2 (sliced), Marinara sauce: 1/4 cup, Mozzarella cheese: 1/4 cup (grated), Parmesan cheese: 2 tbsp (grated), Bread crumbs: 1/4 cup, Olive oil: 1 tsp, Garlic powder: 1/4 tsp, Salt: 1/4 tsp, Black pepper: 1/4 tsp

Cooking Time: 20 minutes

Steps: Preheat the oven to 200°C (400°F). Slice the eggplant and brush with olive oil. Coat with bread crumbs and bake for 10 minutes. Remove from the oven, top with marinara sauce, mozzarella, and Parmesan cheese. Bake for an additional 5-10 minutes until the cheese is melted and golden.

Cuisine: Italian

Diet Type: Vegetarian

Recipe ID: 413

Recipe Name: Baked Falafel

Ingredients: Canned chickpeas, Parsley, Garlic, Onion, Flour, Olive oil, Cumin, Salt, Black pepper, Baking powder

Quantities (for 1 person): Canned chickpeas: 1/2 cup, Parsley: 2 tbsp, Garlic: 1 clove, Onion: 1/4, Flour: 2 tbsp, Olive oil: 1 tsp, Cumin: 1/2 tsp, Salt: 1/4 tsp, Black pepper: 1/4 tsp, Baking powder: 1/4 tsp

Cooking Time: 20 minutes

Steps: Preheat the oven to 200°C (400°F). Blend chickpeas, parsley, garlic, onion, flour, cumin, salt, pepper, and baking powder in a food processor until smooth. Shape into small balls and place on a baking sheet. Drizzle with olive oil and bake for 15-20 minutes until golden and crispy.

Cuisine: Middle Eastern

Diet Type: Vegan

Recipe ID: 414

Recipe Name: Baked Tofu with Vegetables

Ingredients: Tofu, Bell pepper, Zucchini, Olive oil, Soy sauce, Garlic powder, Salt, Black pepper

Quantities (for 1 person): Tofu: 100 grams, Bell pepper: 1/4, Zucchini: 1/2, Olive oil: 1 tbsp, Soy sauce: 1 tbsp, Garlic powder: 1/4 tsp, Salt: 1/4 tsp, Black pepper: 1/4 tsp

Cooking Time: 20 minutes

Steps: Preheat the oven to 200°C (400°F). Cut tofu into cubes and toss with olive oil, soy sauce, garlic powder, salt, and pepper. Cut the vegetables into chunks and add to the

tofu. Bake for 15-20 minutes until tofu is golden and vegetables are tender.

Cuisine: Asian

Diet Type: Vegan

Recipe ID: 415

Recipe Name: Baked Chicken Fajitas

Ingredients: Chicken breast, Bell pepper, Onion, Olive oil, Chili powder, Cumin, Salt, Black pepper, Tortilla

Quantities (for 1 person): Chicken breast: 1 (150 grams), Bell pepper: 1/2, Onion: 1/4, Olive oil: 1 tsp, Chili powder: 1/2 tsp, Cumin: 1/2 tsp, Salt: 1/4 tsp, Black pepper: 1/4 tsp, Tortilla: 1

Cooking Time: 20 minutes

Steps: Preheat the oven to 200°C (400°F). Slice chicken breast and vegetables, then toss with olive oil, chili powder, cumin, salt, and pepper. Spread on a baking sheet and bake for 15-20 minutes until the chicken is cooked through. Serve in a tortilla.

Cuisine: Mexican

Diet Type: Non-Vegetarian

Recipe ID: 416

Recipe Name: Baked Potato with Broccoli and Cheese

Ingredients: Potato, Broccoli, Cheddar cheese, Olive oil, Salt, Black pepper

Quantities (for 1 person): Potato: 1 medium, Broccoli: 1/4 cup, Cheddar cheese: 2 tbsp (grated), Olive oil: 1 tsp, Salt: 1/4 tsp, Black pepper: 1/4 tsp

Cooking Time: 20 minutes

Steps: Preheat the oven to 200°C (400°F). Bake the potato for 15-20 minutes until tender. Steam the broccoli for 5 minutes. Slice the baked potato and top with broccoli and grated cheddar cheese. Return to the oven for 5 minutes until the cheese melts.

Cuisine: General

Diet Type: Vegetarian

Recipe ID: 417

Recipe Name: Baked Shrimp Scampi

Ingredients: Shrimp, Garlic, Butter, Olive oil, Lemon, Parsley, Salt, Black pepper

Quantities (for 1 person): Shrimp: 150 grams, Garlic: 2 cloves (minced), Butter: 1 tbsp, Olive oil: 1 tsp, Lemon: 1/2, Parsley: 1 tbsp (chopped), Salt: 1/4 tsp, Black pepper: 1/4 tsp

Cooking Time: 15 minutes

Steps: Preheat the oven to 200°C (400°F). Toss shrimp with olive oil, melted butter, garlic, salt, and pepper. Arrange shrimp on a baking sheet and squeeze lemon juice over them. Bake for 10-15 minutes until shrimp is cooked and pink. Sprinkle with chopped parsley.

Cuisine: Italian

Diet Type: Non-Vegetarian

Recipe ID: 418

Recipe Name: Spicy Chickpea Salad

Ingredients: Canned chickpeas, Cucumber, Cherry tomatoes, Red onion, Olive oil, Lemon juice, Paprika, Salt, Black pepper

Quantities (for 1 person): Canned chickpeas: 1/2 cup, Cucumber: 1/4 (diced), Cherry tomatoes: 4 (halved), Red onion: 1/4 (thinly sliced), Olive oil: 1 tbsp, Lemon juice: 1 tbsp, Paprika: 1/2 tsp, Salt: 1/4 tsp, Black pepper: 1/4 tsp

Cooking Time: 10 minutes

Steps: Drain and rinse chickpeas. In a bowl, mix chickpeas, cucumber, cherry tomatoes, and onion. Drizzle with olive oil and lemon juice, then sprinkle with paprika, salt, and pepper. Toss to combine and serve.

Cuisine: Middle Eastern

Diet Type: Vegan

Recipe ID: 419

Recipe Name: Garlic Shrimp Stir-fry

Ingredients: Shrimp, Bell pepper, Zucchini, Garlic, Soy sauce, Olive oil, Salt, Black pepper

Quantities (for 1 person): Shrimp: 150 grams, Bell pepper: 1/4 (sliced), Zucchini: 1/2 (sliced), Garlic: 1 clove (minced), Soy sauce: 1 tbsp, Olive oil: 1 tsp, Salt: 1/4 tsp, Black pepper: 1/4 tsp

Cooking Time: 10 minutes

Steps: Heat olive oil in a skillet. Add garlic and sauté for 1 minute. Add shrimp and cook for 3-4 minutes until pink. Add bell pepper and zucchini, sauté for another 3-4 minutes. Stir in soy sauce, salt, and pepper. Serve hot.

Cuisine: Asian

Diet Type: Non-Vegetarian

Recipe ID: 420

Recipe Name: Cucumber and Avocado Sandwich

Ingredients: Whole wheat bread, Cucumber, Avocado, Lettuce, Lemon juice, Salt, Black pepper

Quantities (for 1 person): Whole wheat bread: 2 slices, Cucumber: 1/4 (sliced), Avocado: 1/2 (sliced), Lettuce: 2 leaves, Lemon juice: 1 tsp, Salt: 1/4 tsp, Black pepper: 1/4 tsp

Cooking Time: 5 minutes

Steps: Toast the bread slices. Mash the avocado and spread on one slice of bread. Top with cucumber slices, lettuce, lemon juice, salt, and pepper. Cover with the other slice of bread and serve.

Cuisine: General

Diet Type: Vegetarian

Recipe ID: 421

Recipe Name: Tomato Basil Pasta

Ingredients: Spaghetti, Cherry tomatoes, Fresh basil, Olive oil, Garlic, Salt, Black pepper

Quantities (for 1 person): Spaghetti: 1/2 cup (uncooked), Cherry tomatoes: 6 (halved), Fresh basil: 2 leaves (chopped), Olive oil: 1 tbsp, Garlic: 1 clove (minced), Salt: 1/4 tsp, Black pepper: 1/4 tsp

Cooking Time: 15 minutes

Steps: Cook spaghetti according to package instructions. In a skillet, heat olive oil, add garlic and sauté for 1 minute. Add cherry tomatoes and cook for 3-4 minutes. Stir in the cooked spaghetti, salt, pepper, and chopped basil. Toss to combine and serve.

Cuisine: Italian

Diet Type: Vegetarian

Recipe ID: 422

Recipe Name: Quinoa Salad with Roasted Veggies

Ingredients: Quinoa, Bell pepper, Cucumber, Red onion, Feta cheese, Olive oil, Lemon juice, Salt, Black pepper

Quantities (for 1 person): Quinoa: 1/4 cup (uncooked), Bell pepper: 1/4 (diced), Cucumber: 1/4 (diced), Red onion: 1/4 (diced), Feta cheese: 2 tbsp (crumbled), Olive oil: 1 tbsp, Lemon juice: 1 tbsp, Salt: 1/4 tsp, Black pepper: 1/4 tsp

Cooking Time: 15 minutes

Steps: Cook quinoa according to package instructions. Dice vegetables and mix them with feta cheese. In a bowl, combine cooked quinoa, vegetables, and feta. Drizzle with olive oil and lemon juice, and sprinkle with salt and pepper.

Cuisine: Mediterranean

Diet Type: Vegetarian

Recipe ID: 423

Recipe Name: Spicy Chicken Wrap

Ingredients: Chicken breast, Flour tortilla, Lettuce, Tomato, Avocado, Hot sauce, Olive oil, Salt, Black pepper

Quantities (for 1 person): Chicken breast: 1 (150 grams), Flour tortilla: 1, Lettuce: 2 leaves, Tomato: 1 (sliced), Avocado: 1/2 (sliced), Hot sauce: 1 tbsp, Olive oil: 1 tsp, Salt: 1/4 tsp, Black pepper: 1/4 tsp

Cooking Time: 15 minutes

Steps: Cook chicken breast in olive oil, seasoning with salt and pepper, until browned and cooked through. Slice the chicken. Lay the tortilla flat, and layer with lettuce, tomato, avocado, chicken, and hot sauce. Wrap and serve.

Cuisine: Mexican

Diet Type: Non-Vegetarian

Recipe ID: 424

Recipe Name: Hummus and Veggie Wrap

Ingredients: Whole wheat tortilla, Hummus, Carrot, Cucumber, Bell pepper, Lettuce, Olive oil

Quantities (for 1 person): Whole wheat tortilla: 1, Hummus: 2 tbsp, Carrot: 1/2 (shredded), Cucumber: 1/4 (sliced), Bell pepper: 1/4 (sliced), Lettuce: 2 leaves, Olive oil: 1 tsp

Cooking Time: 10 minutes

Steps: Spread hummus on the tortilla. Layer with shredded carrot, cucumber, bell pepper, and lettuce. Drizzle with olive oil and roll up the tortilla to form a wrap.

Cuisine: Mediterranean

Diet Type: Vegan

Recipe ID: 425

Recipe Name: Avocado Tuna Salad

Ingredients: Canned tuna, Avocado, Red onion, Lemon juice, Olive oil, Salt, Black pepper

Quantities (for 1 person): Canned tuna: 1/2 can, Avocado: 1/2 (sliced), Red onion: 1/4 (chopped), Lemon juice: 1 tbsp, Olive oil: 1 tsp, Salt: 1/4 tsp, Black pepper: 1/4 tsp

Cooking Time: 10 minutes

Steps: Drain and flake the tuna. In a bowl, mix tuna, avocado, red onion, lemon juice, and olive oil. Season with salt and pepper, and toss gently.

Cuisine: General

Diet Type: Non-Vegetarian

Recipe ID: 426

Recipe Name: Veggie Stir-fry

Ingredients: Bell pepper, Carrot, Broccoli, Soy sauce, Olive oil, Garlic, Ginger, Salt, Black pepper

Quantities (for 1 person): Bell pepper: 1/4 (sliced), Carrot: 1/2 (sliced), Broccoli: 1/4 cup (florets), Soy sauce: 1 tbsp, Olive oil: 1 tsp, Garlic: 1 clove (minced), Ginger: 1 tsp (grated), Salt: 1/4 tsp, Black pepper: 1/4 tsp

Cooking Time: 10 minutes

Steps: Heat olive oil in a pan. Add garlic and ginger and sauté for 1 minute. Add the vegetables and stir-fry for 5-7 minutes until tender. Stir in soy sauce, salt, and pepper.

Cuisine: Asian

Diet Type: Vegan

Recipe ID: 427

Recipe Name: Greek Salad with Chicken

Ingredients: Chicken breast, Cucumber, Cherry tomatoes, Red onion, Kalamata olives, Feta cheese, Olive oil, Lemon juice, Salt, Black pepper

Quantities (for 1 person): Chicken breast: 1 (150 grams), Cucumber: 1/4 (diced), Cherry tomatoes: 4 (halved), Red onion: 1/4 (sliced), Kalamata olives: 5-6, Feta cheese: 2 tbsp (crumbled), Olive oil: 1 tbsp, Lemon juice: 1 tbsp, Salt: 1/4 tsp, Black pepper: 1/4 tsp

Cooking Time: 15 minutes

Steps: Cook the chicken breast in olive oil until browned and cooked through, then slice. In a bowl, mix cucumber, tomatoes, red onion, olives, and feta. Drizzle with olive oil and lemon juice. Top with the cooked chicken, and season with salt and pepper.

Cuisine: Mediterranean

Diet Type: Non-Vegetarian

Recipe ID: 428

Recipe Name: Spicy Tofu Stir-fry

Ingredients: Firm tofu, Bell pepper, Carrot, Soy sauce, Olive oil, Chili flakes, Garlic, Ginger, Salt

Quantities (for 1 person): Firm tofu: 100 grams, Bell pepper: 1/4 (sliced), Carrot: 1/4 (sliced), Soy sauce: 1 tbsp, Olive oil: 1 tsp, Chili flakes: 1/4 tsp, Garlic: 1 clove (minced), Ginger: 1 tsp (grated), Salt: 1/4 tsp

Cooking Time: 12 minutes

Steps: Press and cube the tofu. Heat olive oil in a skillet and sauté garlic and ginger. Add tofu and cook until browned. Add bell pepper and carrot, and stir-fry for 3-4 minutes. Stir in soy sauce and chili flakes. Serve hot.

Cuisine: Asian

Diet Type: Vegan

Recipe ID: 429

Recipe Name: Veggie Wrap with Hummus

Ingredients: Whole wheat tortilla, Hummus, Carrot, Cucumber, Bell pepper, Spinach leaves, Olive oil

Quantities (for 1 person): Whole wheat tortilla: 1, Hummus: 2 tbsp, Carrot: 1/4 (grated), Cucumber: 1/4 (sliced), Bell pepper: 1/4 (sliced), Spinach leaves: 4-5, Olive oil: 1 tsp

Cooking Time: 5 minutes

Steps: Spread hummus on the tortilla. Add grated carrot, sliced cucumber, bell pepper, and spinach. Drizzle with olive oil and roll up the tortilla to form a wrap.

Cuisine: Mediterranean

Diet Type: Vegan

Recipe ID: 430

Recipe Name: Quick Egg Salad

Ingredients: Eggs, Mayonnaise, Mustard, Red onion, Salt, Black pepper

Quantities (for 1 person): Eggs: 2, Mayonnaise: 1 tbsp, Mustard: 1 tsp, Red onion: 1/4 (diced), Salt: 1/4 tsp, Black pepper: 1/4 tsp

Cooking Time: 10 minutes

Steps: Boil the eggs for 8-10 minutes, then peel and chop them. In a bowl, mix chopped eggs with mayonnaise, mustard, red onion, salt, and pepper.

Cuisine: General

Diet Type: Non-Vegetarian

Recipe ID: 431

Recipe Name: Avocado Tuna Wrap

Ingredients: Flour tortilla, Canned tuna, Avocado, Lettuce, Lemon juice, Salt, Black

pepper

Quantities (for 1 person): Flour tortilla: 1, Canned tuna: 1/2 can, Avocado: 1/2 (sliced), Lettuce: 2 leaves, Lemon juice: 1 tbsp, Salt: 1/4 tsp, Black pepper: 1/4 tsp

Cooking Time: 10 minutes

Steps: Drain and flake the tuna. Slice the avocado and mix with lemon juice, salt, and pepper. Lay the tortilla flat, add the tuna, avocado, and lettuce, then roll up the tortilla.

Cuisine: General

Diet Type: Non-Vegetarian

Recipe ID: 432

Recipe Name: Black Bean Salad

Ingredients: Canned black beans, Corn kernels, Cherry tomatoes, Red onion, Lime juice, Olive oil, Salt, Black pepper

Quantities (for 1 person): Canned black beans: 1/2 cup, Corn kernels: 1/4 cup, Cherry tomatoes: 4 (halved), Red onion: 1/4 (chopped), Lime juice: 1 tbsp, Olive oil: 1 tbsp, Salt: 1/4 tsp, Black pepper: 1/4 tsp

Cooking Time: 10 minutes

Steps: Drain and rinse the black beans. In a bowl, mix black beans, corn, tomatoes, and red onion. Drizzle with lime juice and olive oil, and season with salt and pepper.

Cuisine: Mexican

Diet Type: Vegan

Recipe ID: 433

Recipe Name: Chicken Caesar Salad

Ingredients: Chicken breast, Romaine lettuce, Croutons, Caesar dressing, Parmesan cheese

Quantities (for 1 person): Chicken breast: 1 (150 grams), Romaine lettuce: 2 cups (chopped), Croutons: 1/4 cup, Caesar dressing: 2 tbsp, Parmesan cheese: 1 tbsp (grated)

Cooking Time: 15 minutes

Steps: Cook the chicken breast in olive oil, then slice. In a bowl, toss romaine lettuce, croutons, Caesar dressing, and parmesan. Top with the sliced chicken and serve.

Cuisine: American

Diet Type: Non-Vegetarian

Recipe ID: 434

Recipe Name: Quinoa and Vegetable Stir-fry

Ingredients: Quinoa, Bell pepper, Carrot, Soy sauce, Olive oil, Garlic, Ginger, Salt, Black pepper

Quantities (for 1 person): Quinoa: 1/4 cup (uncooked), Bell pepper: 1/4 (sliced), Carrot: 1/4 (sliced), Soy sauce: 1 tbsp, Olive oil: 1 tsp, Garlic: 1 clove (minced), Ginger: 1 tsp (grated), Salt: 1/4 tsp

Cooking Time: 15 minutes

Steps: Cook quinoa according to package instructions. In a skillet, heat olive oil and sauté garlic and ginger for 1 minute. Add the vegetables and stir-fry for 3-4 minutes. Stir in soy sauce, salt, and pepper. Add cooked quinoa and toss to combine.

Cuisine: Asian

Diet Type: Vegan

Recipe ID: 435

Recipe Name: Spicy Chickpea Wrap

Ingredients: Whole wheat tortilla, Canned chickpeas, Cucumber, Tomato, Lettuce, Hot sauce, Olive oil, Salt, Black pepper

Quantities (for 1 person): Whole wheat tortilla: 1, Canned chickpeas: 1/2 cup, Cucumber: 1/4 (sliced), Tomato: 1/2 (sliced), Lettuce: 2 leaves, Hot sauce: 1 tbsp, Olive oil: 1 tsp, Salt: 1/4 tsp, Black pepper: 1/4 tsp

Cooking Time: 10 minutes

Steps: Drain and rinse chickpeas. In a bowl, mash the chickpeas with olive oil, hot sauce, salt, and pepper. Spread on the tortilla, then top with cucumber, tomato, and lettuce. Roll up and serve.

Cuisine: Middle Eastern

Diet Type: Vegan

Recipe ID: 436

Recipe Name: Zucchini Noodles with Pesto

Ingredients: Zucchini, Pesto, Cherry tomatoes, Olive oil, Garlic

Quantities (for 1 person): Zucchini: 1 (spiraled into noodles), Pesto: 2 tbsp, Cherry tomatoes: 4 (halved), Olive oil: 1 tsp, Garlic: 1 clove (minced)

Cooking Time: 10 minutes

Steps: Heat olive oil in a skillet, sauté garlic until fragrant. Add zucchini noodles and cook for 3-4 minutes. Toss with pesto and top with halved cherry tomatoes.

Cuisine: Italian

Diet Type: Vegan

Recipe ID: 437

Recipe Name: Avocado Tuna Salad

Ingredients: Canned tuna, Avocado, Red onion, Lemon juice, Olive oil, Salt, Black pepper

Quantities (for 1 person): Canned tuna: 1/2 can, Avocado: 1/2 (mashed), Red onion: 1/4 (chopped), Lemon juice: 1 tbsp, Olive oil: 1 tsp, Salt: 1/4 tsp, Black pepper: 1/4 tsp

Cooking Time: 10 minutes

Steps: Drain and flake the tuna. Mash avocado and mix with red onion, lemon juice, olive oil, salt, and pepper. Stir in tuna and combine well.

Cuisine: General

Diet Type: Non-Vegetarian

Recipe ID: 438

Recipe Name: Sweet Potato Hash

Ingredients: Sweet potato, Onion, Bell pepper, Olive oil, Paprika, Salt, Black pepper

Quantities (for 1 person): Sweet potato: 1 (peeled and diced), Onion: 1/4 (chopped), Bell pepper: 1/4 (chopped), Olive oil: 1 tbsp, Paprika: 1/2 tsp, Salt: 1/4 tsp, Black pepper: 1/4 tsp

Cooking Time: 15 minutes

Steps: Heat olive oil in a skillet and sauté onion and bell pepper for 2 minutes. Add diced sweet potato, paprika, salt, and pepper. Cook for 8-10 minutes until the sweet potato is tender.

Cuisine: General

Diet Type: Vegan

Recipe ID: 439

Recipe Name: Quick Shrimp Stir-fry

Ingredients: Shrimp, Bell pepper, Onion, Soy sauce, Olive oil, Garlic, Ginger, Salt, Black pepper

Quantities (for 1 person): Shrimp: 100 grams, Bell pepper: 1/4 (sliced), Onion: 1/4 (sliced), Soy sauce: 1 tbsp, Olive oil: 1 tsp, Garlic: 1 clove (minced), Ginger: 1 tsp (grated), Salt: 1/4 tsp, Black pepper: 1/4 tsp

Cooking Time: 10 minutes

Steps: Heat olive oil in a skillet, sauté garlic and ginger. Add shrimp and cook until pink, about 2-3 minutes. Add bell pepper and onion, cook for another 2-3 minutes. Stir in soy sauce, salt, and pepper.

Cuisine: Asian

Diet Type: Non-Vegetarian

Recipe ID: 440

Recipe Name: Spaghetti Aglio e Olio

Ingredients: Spaghetti, Olive oil, Garlic, Red pepper flakes, Parsley, Salt

Quantities (for 1 person): Spaghetti: 75 grams, Olive oil: 2 tbsp, Garlic: 2 cloves (sliced), Red pepper flakes: 1/4 tsp, Parsley: 1 tbsp (chopped), Salt: 1/4 tsp

Cooking Time: 15 minutes

Steps: Cook spaghetti according to package instructions. In a skillet, heat olive oil, sauté garlic until golden. Add red pepper flakes and cooked spaghetti. Toss to coat, then top with parsley and salt.

Cuisine: Italian

Diet Type: Vegan

Recipe ID: 441

Recipe Name: Grilled Cheese and Tomato Soup

Ingredients: Bread, Cheese, Butter, Canned tomato soup

Quantities (for 1 person): Bread: 2 slices, Cheese: 2 slices, Butter: 1 tbsp, Canned tomato soup: 1/2 can

Cooking Time: 15 minutes

Steps: Butter the bread and add cheese between the slices. Grill the sandwich in a skillet until golden brown on both sides. Heat tomato soup in a pot and serve alongside the sandwich.

Cuisine: American

Diet Type: Vegetarian

Recipe ID: 442

Recipe Name: Veggie Burrito

Ingredients: Flour tortilla, Black beans, Corn kernels, Avocado, Lettuce, Salsa, Lime juice

Quantities (for 1 person): Flour tortilla: 1, Black beans: 1/4 cup, Corn kernels: 1/4 cup, Avocado: 1/2 (sliced), Lettuce: 2 leaves, Salsa: 2 tbsp, Lime juice: 1 tbsp

Cooking Time: 10 minutes

Steps: Warm the tortilla and layer with black beans, corn, avocado, lettuce, salsa, and lime juice. Roll up and serve.

Cuisine: Mexican

Diet Type: Vegan

Recipe ID: 443

Recipe Name: Pita with Hummus and Veggies

Ingredients: Pita bread, Hummus, Cucumber, Tomato, Red onion, Olive oil, Salt, Black pepper

Quantities (for 1 person): Pita bread: 1, Hummus: 2 tbsp, Cucumber: 1/4 (sliced), Tomato: 1/2 (sliced), Red onion: 1/4 (sliced), Olive oil: 1 tsp, Salt: 1/4 tsp, Black pepper: 1/4 tsp

Cooking Time: 5 minutes

Steps: Cut pita bread into halves or quarters. Spread hummus on each piece. Top with cucumber, tomato, and red onion. Drizzle with olive oil, and season with salt and pepper.

Cuisine: Middle Eastern

Diet Type: Vegan

Recipe ID: 444

Recipe Name: Tofu and Vegetable Skewers

Ingredients: Firm tofu, Bell pepper, Zucchini, Olive oil, Soy sauce, Garlic, Ginger, Salt

Quantities (for 1 person): Firm tofu: 100 grams, Bell pepper: 1/4 (cubed), Zucchini: 1/4 (cubed), Olive oil: 1 tbsp, Soy sauce: 1 tbsp, Garlic: 1 clove (minced), Ginger: 1 tsp (grated), Salt: 1/4 tsp

Cooking Time: 15 minutes

Steps: Cube tofu and vegetables. Thread onto skewers and brush with a mixture of olive oil, soy sauce, garlic, ginger, and salt. Grill or cook in a skillet for 5-7 minutes.

Cuisine: Asian

Diet Type: Vegan

Recipe ID: 445

Recipe Name: Egg and Spinach Scramble

Ingredients: Eggs, Spinach, Olive oil, Garlic, Salt, Black pepper

Quantities (for 1 person): Eggs: 2, Spinach: 1/2 cup, Olive oil: 1 tsp, Garlic: 1 clove (minced), Salt: 1/4 tsp, Black pepper: 1/4 tsp

Cooking Time: 10 minutes

Steps: Heat olive oil in a skillet and sauté garlic until fragrant. Add spinach and cook until wilted. Crack eggs into the skillet and scramble them with spinach. Season with

salt and pepper.

Cuisine: General

Diet Type: Non-Vegetarian

Recipe ID: 446

Recipe Name: Chicken and Vegetable Bake

Ingredients: Chicken breast, Carrot, Potato, Olive oil, Garlic, Thyme, Salt, Black pepper

Quantities (for 1 person): Chicken breast: 1 (150 grams), Carrot: 1 (sliced), Potato: 1 (cubed), Olive oil: 1 tbsp, Garlic: 1 clove (minced), Thyme: 1 tsp, Salt: 1/4 tsp, Black pepper: 1/4 tsp

Cooking Time: 20 minutes

Steps: Preheat oven to 200°C. Toss chicken breast and vegetables with olive oil, garlic, thyme, salt, and pepper. Place on a baking tray and roast in the oven for 15-20 minutes, until the chicken is cooked and vegetables are tender.

Cuisine: General

Diet Type: Non-Vegetarian

Recipe ID: 447

Recipe Name: Baked Salmon with Asparagus

Ingredients: Salmon fillet, Asparagus, Olive oil, Lemon, Garlic, Salt, Black pepper

Quantities (for 1 person): Salmon fillet: 1 (150 grams), Asparagus: 5 spears, Olive oil: 1 tbsp, Lemon: 1/2 (sliced), Garlic: 1 clove (minced), Salt: 1/4 tsp, Black pepper: 1/4 tsp

Cooking Time: 20 minutes

Steps: Preheat oven to 200°C. Place salmon and asparagus on a baking sheet. Drizzle with olive oil, lemon juice, garlic, salt, and pepper. Bake for 15-20 minutes, until salmon is cooked through.

Cuisine: General

Diet Type: Non-Vegetarian

Recipe ID: 448

Recipe Name: Stuffed Bell Peppers

Ingredients: Bell pepper, Ground beef, Rice, Onion, Tomato paste, Olive oil, Garlic, Salt, Black pepper

Quantities (for 1 person): Bell pepper: 1, Ground beef: 100 grams, Rice: 1/4 cup (cooked), Onion: 1/4 (chopped), Tomato paste: 1 tbsp, Olive oil: 1 tsp, Garlic: 1 clove (minced), Salt: 1/4 tsp, Black pepper: 1/4 tsp

Cooking Time: 20 minutes

Steps: Preheat oven to 180°C. Cook ground beef in a skillet with olive oil, garlic, and onion. Add rice and tomato paste, seasoning with salt and pepper. Cut the bell pepper in half, remove seeds, and stuff with the beef mixture. Bake in the oven for 15-20 minutes.

Cuisine: General

Diet Type: Non-Vegetarian

Recipe ID: 449

Recipe Name: Sweet and Sour Chicken Stir-fry

Ingredients: Chicken breast, Bell pepper, Onion, Pineapple chunks, Soy sauce, Vinegar, Olive oil, Garlic, Ginger, Salt, Black pepper

Quantities (for 1 person): Chicken breast: 1 (150 grams), Bell pepper: 1/4 (sliced), Onion: 1/4 (sliced), Pineapple chunks: 1/4 cup, Soy sauce: 1 tbsp, Vinegar: 1 tbsp, Olive oil: 1 tsp, Garlic: 1 clove (minced), Ginger: 1 tsp (grated), Salt: 1/4 tsp, Black pepper: 1/4 tsp

Cooking Time: 20 minutes

Steps: Heat olive oil in a skillet and sauté garlic and ginger. Add chicken and cook until browned. Add bell pepper, onion, and pineapple, then stir in soy sauce and vinegar. Cook for an additional 5 minutes.

Cuisine: Asian

Diet Type: Non-Vegetarian

Recipe ID: 450

Recipe Name: Baked Eggplant Parmesan

Ingredients: Eggplant, Parmesan cheese, Mozzarella cheese, Tomato sauce, Olive oil, Salt, Black pepper, Basil

Quantities (for 1 person): Eggplant: 1/2 (sliced), Parmesan cheese: 2 tbsp, Mozzarella cheese: 2 tbsp (shredded), Tomato sauce: 2 tbsp, Olive oil: 1 tbsp, Salt: 1/4 tsp, Black pepper: 1/4 tsp, Basil: 1 tbsp (chopped)

Cooking Time: 20 minutes

Steps: Preheat oven to 180°C. Brush eggplant slices with olive oil and season with salt and pepper. Bake in the oven for 10 minutes. Top with tomato sauce, mozzarella, and parmesan cheese. Bake for another 10 minutes, then garnish with fresh basil.

Cuisine: Italian

Diet Type: Vegetarian

Recipe ID: 451

Recipe Name: Chicken Fajitas

Ingredients: Chicken breast, Bell pepper, Onion, Tortilla, Olive oil, Lime, Garlic, Cumin, Paprika, Salt, Black pepper

Quantities (for 1 person): Chicken breast: 1 (150 grams), Bell pepper: 1/4 (sliced), Onion: 1/4 (sliced), Tortilla: 1, Olive oil: 1 tsp, Lime: 1/2 (juice), Garlic: 1 clove (minced), Cumin: 1/4 tsp, Paprika: 1/4 tsp, Salt: 1/4 tsp, Black pepper: 1/4 tsp

Cooking Time: 20 minutes

Steps: Preheat oven to 200°C. Season chicken with garlic, cumin, paprika, salt, and pepper. Cook in a skillet with olive oil until browned. Add bell pepper and onion, then cook for 5 more minutes. Serve in a warm tortilla with a squeeze of lime juice.

Cuisine: Mexican

Diet Type: Non-Vegetarian

Recipe ID: 452

Recipe Name: Baked Chicken Wings with BBQ Sauce

Ingredients: Chicken wings, BBQ sauce, Olive oil, Garlic powder, Paprika, Salt, Black pepper

Quantities (for 1 person): Chicken wings: 5, BBQ sauce: 2 tbsp, Olive oil: 1 tbsp, Garlic powder: 1/2 tsp, Paprika: 1/2 tsp, Salt: 1/4 tsp, Black pepper: 1/4 tsp

Cooking Time: 20 minutes

Steps: Preheat oven to 200°C. Toss chicken wings with olive oil, garlic powder, paprika, salt, and pepper. Arrange on a baking sheet and bake for 15-20 minutes until crispy. Brush with BBQ sauce and serve.

Cuisine: American

Diet Type: Non-Vegetarian

Recipe ID: 453

Recipe Name: Roasted Vegetable Medley

Ingredients: Carrot, Potato, Zucchini, Bell pepper, Olive oil, Rosemary, Salt, Black pepper

Quantities (for 1 person): Carrot: 1 (sliced), Potato: 1 (cubed), Zucchini: 1/2 (sliced), Bell pepper: 1/4 (sliced), Olive oil: 1 tbsp, Rosemary: 1 tsp, Salt: 1/4 tsp, Black pepper: 1/4 tsp

Cooking Time: 20 minutes

Steps: Preheat oven to 200°C. Toss all vegetables with olive oil, rosemary, salt, and pepper. Roast for 15-20 minutes until vegetables are tender and slightly crispy.

Cuisine: General

Diet Type: Vegan

Recipe ID: 454

Recipe Name: Scrambled Eggs with Spinach and Feta

Ingredients: Eggs, Spinach, Feta cheese, Olive oil, Salt, Black pepper

Quantities (for 1 person): Eggs: 2, Spinach: 1/2 cup, Feta cheese: 2 tbsp (crumbled), Olive oil: 1 tsp, Salt: 1/4 tsp, Black pepper: 1/4 tsp

Cooking Time: 10 minutes

Steps: Heat olive oil in a skillet and sauté spinach until wilted. In a bowl, whisk eggs with salt and pepper, then pour over the spinach. Scramble the eggs until cooked through. Top with crumbled feta cheese before serving.

Cuisine: General

Diet Type: Vegetarian

Recipe ID: 455

Recipe Name: Avocado Toast with Egg

Ingredients: Bread, Avocado, Egg, Olive oil, Salt, Black pepper, Chili flakes

Quantities (for 1 person): Bread: 1 slice, Avocado: 1/2, Egg: 1, Olive oil: 1 tsp, Salt: 1/4 tsp, Black pepper: 1/4 tsp, Chili flakes: pinch

Cooking Time: 10 minutes

Steps: Toast the bread in a toaster or oven. While toasting, heat olive oil in a skillet and fry the egg to your liking. Mash the avocado with salt, pepper, and chili flakes. Spread the mashed avocado on the toasted bread and top with the fried egg.

Cuisine: General

Diet Type: Vegetarian

Recipe ID: 456

Recipe Name: Baked Oatmeal with Berries

Ingredients: Rolled oats, Almond milk, Honey, Blueberries, Baking powder, Cinnamon, Salt

Quantities (for 1 person): Rolled oats: 1/4 cup, Almond milk: 1/2 cup, Honey: 1 tsp, Blueberries: 1/4 cup, Baking powder: 1/2 tsp, Cinnamon: 1/4 tsp, Salt: pinch

Cooking Time: 20 minutes

Steps: Preheat oven to 180°C. In a bowl, mix oats, almond milk, honey, cinnamon, baking powder, and salt. Pour into a baking dish and top with blueberries. Bake for 15-20 minutes until set and golden.

Cuisine: General

Diet Type: Vegan

Recipe ID: 457**Recipe Name:** Banana Pancakes**Ingredients:** Banana, Eggs, Baking powder, Cinnamon, Vanilla extract**Quantities (for 1 person):** Banana: 1 (mashed), Eggs: 2, Baking powder: 1/2 tsp, Cinnamon: 1/4 tsp, Vanilla extract: 1/2 tsp**Cooking Time:** 10 minutes**Steps:** In a bowl, mash the banana and mix with eggs, baking powder, cinnamon, and vanilla. Heat a non-stick skillet and pour in the pancake batter to form small pancakes. Cook for 2-3 minutes on each side, then serve warm.**Cuisine:** General**Diet Type:** Vegetarian

Recipe ID: 458**Recipe Name:** Toasted English Muffin with Cheese and Ham**Ingredients:** English muffin, Ham, Cheddar cheese, Olive oil, Salt, Black pepper**Quantities (for 1 person):** English muffin: 1, Ham: 1 slice, Cheddar cheese: 2 slices, Olive oil: 1 tsp, Salt: pinch, Black pepper: pinch**Cooking Time:** 10 minutes**Steps:** Preheat the oven to 180°C. Slice the English muffin in half and toast it in the oven for 5 minutes. Top each half with a slice of ham and cheese, then return to the oven for another 5 minutes, until cheese is melted.**Cuisine:** General**Diet Type:** Non-Vegetarian

Recipe ID: 459**Recipe Name:** Veggie Omelette**Ingredients:** Eggs, Bell pepper, Onion, Tomato, Olive oil, Salt, Black pepper**Quantities (for 1 person):** Eggs: 2, Bell pepper: 1/4 (chopped), Onion: 1/4 (chopped), Tomato: 1/4 (chopped), Olive oil: 1 tsp, Salt: pinch, Black pepper: pinch**Cooking Time:** 10 minutes**Steps:** Heat olive oil in a skillet and sauté the vegetables for 2-3 minutes. In a bowl, whisk eggs with salt and pepper, then pour over the vegetables in the skillet. Cook for 3-4 minutes, then flip and cook for another 2 minutes.**Cuisine:** General**Diet Type:** Vegetarian

Recipe ID: 460

Recipe Name: Greek Yogurt Parfait

Ingredients: Greek yogurt, Honey, Granola, Strawberries, Blueberries

Quantities (for 1 person): Greek yogurt: 1/2 cup, Honey: 1 tsp, Granola: 2 tbsp, Strawberries: 3 (sliced), Blueberries: 1/4 cup

Cooking Time: 5 minutes

Steps: Layer Greek yogurt with honey, granola, and fresh berries in a bowl or glass. Serve immediately as a quick and healthy breakfast.

Cuisine: General

Diet Type: Vegetarian

Recipe ID: 461

Recipe Name: Toasted Bagel with Cream Cheese and Smoked Salmon

Ingredients: Bagel, Cream cheese, Smoked salmon, Capers, Lemon

Quantities (for 1 person): Bagel: 1, Cream cheese: 2 tbsp, Smoked salmon: 50 grams, Capers: 1 tsp, Lemon: 1/4 (sliced)

Cooking Time: 10 minutes

Steps: Toast the bagel halves. Spread cream cheese on the toasted bagel, top with smoked salmon, capers, and a squeeze of lemon juice.

Cuisine: American

Diet Type: Non-Vegetarian

Recipe ID: 462

Recipe Name: Smoothie Bowl

Ingredients: Frozen berries, Banana, Almond milk, Chia seeds, Granola

Quantities (for 1 person): Frozen berries: 1/2 cup, Banana: 1/2 (sliced), Almond milk: 1/2 cup, Chia seeds: 1 tsp, Granola: 2 tbsp

Cooking Time: 5 minutes

Steps: Blend frozen berries, banana, and almond milk until smooth. Pour into a bowl and top with chia seeds and granola.

Cuisine: General

Diet Type: Vegan

Recipe ID: 463

Recipe Name: Poached Eggs on Avocado Toast

Ingredients: Bread, Avocado, Egg, Olive oil, Salt, Black pepper

Quantities (for 1 person): Bread: 1 slice, Avocado: 1/2, Egg: 1, Olive oil: 1 tsp, Salt: 1/4 tsp, Black pepper: 1/4 tsp

Cooking Time: 10 minutes

Steps: Toast the bread. In a pot, bring water to a simmer and poach the egg for 3-4 minutes. Mash the avocado with olive oil, salt, and pepper, then spread on the toasted bread. Top with the poached egg and serve immediately.

Cuisine: General

Diet Type: Vegetarian

Recipe ID: 464

Recipe Name: Peanut Butter Banana Toast

Ingredients: Bread, Peanut butter, Banana, Honey, Cinnamon

Quantities (for 1 person): Bread: 1 slice, Peanut butter: 1 tbsp, Banana: 1/2 (sliced), Honey: 1 tsp, Cinnamon: pinch

Cooking Time: 5 minutes

Steps: Toast the bread. Spread peanut butter on the toasted bread. Top with banana slices, a drizzle of honey, and a pinch of cinnamon.

Cuisine: General

Diet Type: Vegetarian

Recipe ID: 465

Recipe Name: Chia Pudding with Almond Milk

Ingredients: Chia seeds, Almond milk, Honey, Vanilla extract, Berries

Quantities (for 1 person): Chia seeds: 2 tbsp, Almond milk: 1/2 cup, Honey: 1 tsp, Vanilla extract: 1/4 tsp, Berries: 1/4 cup

Cooking Time: 5 minutes (overnight soaking)

Steps: Mix chia seeds, almond milk, honey, and vanilla extract in a jar or bowl. Refrigerate overnight. In the morning, top with fresh berries before serving.

Cuisine: General

Diet Type: Vegan

Recipe ID: 466

Recipe Name: Egg and Avocado Breakfast Wrap

Ingredients: Tortilla, Eggs, Avocado, Salsa, Salt, Black pepper

Quantities (for 1 person): Tortilla: 1, Eggs: 2, Avocado: 1/2, Salsa: 2 tbsp, Salt: pinch, Black pepper: pinch

Cooking Time: 10 minutes

Steps: Scramble the eggs with salt and pepper in a skillet. Mash the avocado and spread it on the tortilla. Add the scrambled eggs and salsa, then roll up the tortilla to form a wrap.

Cuisine: General

Diet Type: Vegetarian

Recipe ID: 467

Recipe Name: Oatmeal with Almond Butter and Banana

Ingredients: Rolled oats, Almond butter, Banana, Honey, Cinnamon

Quantities (for 1 person): Rolled oats: 1/4 cup, Almond butter: 1 tbsp, Banana: 1/2 (sliced), Honey: 1 tsp, Cinnamon: pinch

Cooking Time: 10 minutes

Steps: Cook oats according to package instructions. Top with almond butter, banana slices, a drizzle of honey, and a sprinkle of cinnamon.

Cuisine: General

Diet Type: Vegan

Recipe ID: 468

Recipe Name: Breakfast Burrito

Ingredients: Tortilla, Eggs, Bell pepper, Onion, Cheese, Salsa

Quantities (for 1 person): Tortilla: 1, Eggs: 2, Bell pepper: 1/4 (chopped), Onion: 1/4 (chopped), Cheese: 2 tbsp (shredded), Salsa: 2 tbsp

Cooking Time: 10 minutes

Steps: Scramble the eggs with chopped bell pepper and onion in a skillet. Warm the tortilla and add the scrambled egg mixture. Top with cheese and salsa, then wrap and serve.

Cuisine: Mexican

Diet Type: Vegetarian

Recipe ID: 469

Recipe Name: Greek Yogurt with Honey and Walnuts

Ingredients: Greek yogurt, Honey, Walnuts, Cinnamon

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

Cooking Time: 5 minutes

Steps: Spoon the Greek yogurt into a bowl. Drizzle with honey, sprinkle with cinnamon, and top with chopped walnuts.

Cuisine: Greek

Diet Type: Vegetarian

Recipe ID: 470

Recipe Name: Breakfast Quesadilla

Ingredients: Tortilla, Eggs, Cheese, Salsa, Olive oil

Quantities (for 1 person): Tortilla: 1, Eggs: 2, Cheese: 1/4 cup (shredded), Salsa: 2 tbsp, Olive oil: 1 tsp

Cooking Time: 10 minutes

Steps: Heat olive oil in a skillet and scramble the eggs. Place a tortilla in the skillet, sprinkle cheese on one half, add the scrambled eggs, and fold the tortilla. Cook for 2-3 minutes on each side until crispy. Serve with salsa.

Cuisine: Mexican

Diet Type: Vegetarian

Recipe ID: 471

Recipe Name: Fruit Salad with Yogurt

Ingredients: Apple, Banana, Grapes, Greek yogurt, Honey

Quantities (for 1 person): Apple: 1/2, Banana: 1/2, Grapes: 1/4 cup, Greek yogurt: 1/4 cup, Honey: 1 tsp

Cooking Time: 5 minutes

Steps: Chop the apple and banana, and slice the grapes. Mix with Greek yogurt and drizzle with honey.

Cuisine: General

Diet Type: Vegan (with dairy-free yogurt)

Recipe ID: 472

Recipe Name: Spinach and Mushroom Breakfast Wrap

Ingredients: Tortilla, Spinach, Mushroom, Eggs, Cheese, Salt, Black pepper

Quantities (for 1 person): Tortilla: 1, Spinach: 1/2 cup, Mushroom: 1/4 cup (sliced), Eggs: 2, Cheese: 2 tbsp (shredded), Salt: pinch, Black pepper: pinch

Cooking Time: 10 minutes

Steps: Sauté spinach and mushrooms in a skillet. Scramble the eggs with salt and pepper, then add to the skillet and cook. Place the mixture on a tortilla, top with cheese, and roll up the wrap.

Cuisine: General

Diet Type: Vegetarian

Recipe ID: 473

Recipe Name: Cucumber and Tomato Toast

Ingredients: Bread, Cucumber, Tomato, Olive oil, Salt, Black pepper

Quantities (for 1 person): Bread: 1 slice, Cucumber: 1/4 (sliced), Tomato: 1/4 (sliced), Olive oil: 1 tsp, Salt: pinch, Black pepper: pinch

Cooking Time: 5 minutes

Steps: Toast the bread. Top with cucumber and tomato slices, drizzle with olive oil, and season with salt and pepper.

Cuisine: General

Diet Type: Vegan

Recipe ID: 474

Recipe Name: Smoothie with Spinach and Banana

Ingredients: Banana, Spinach, Almond milk, Honey, Ice cubes

Quantities (for 1 person): Banana: 1, Spinach: 1/2 cup, Almond milk: 1/2 cup, Honey: 1 tsp, Ice cubes: 4-5

Cooking Time: 5 minutes

Steps: Blend banana, spinach, almond milk, honey, and ice cubes until smooth. Serve immediately in a glass.

Cuisine: General

Diet Type: Vegan

Recipe ID: 475

Recipe Name: Grilled Chicken Salad

Ingredients: Chicken breast, Lettuce, Tomato, Cucumber, Olive oil, Lemon juice, Salt, Black pepper

Quantities (for 1 person): Chicken breast: 1 piece (150-200g), Lettuce: 1 cup, Tomato: 1/2, Cucumber: 1/2, Olive oil: 1 tbsp, Lemon juice: 1 tbsp, Salt: pinch, Black pepper: pinch

Cooking Time: 15 minutes

Steps: Grill the chicken breast on both sides until cooked through. Slice the chicken and toss with lettuce, tomato, and cucumber. Drizzle with olive oil, lemon juice, and season with salt and pepper.

Cuisine: General

Diet Type: Non-Vegetarian

Recipe ID: 476

Recipe Name: Stir-Fried Tofu and Vegetables

Ingredients: Tofu, Bell pepper, Carrot, Broccoli, Soy sauce, Olive oil, Garlic

Quantities (for 1 person): Tofu: 100g, Bell pepper: 1/2 (sliced), Carrot: 1/2 (julienned), Broccoli: 1/4 head (chopped), Soy sauce: 1 tbsp, Olive oil: 1 tsp, Garlic: 1 clove (minced)

Cooking Time: 15 minutes

Steps: Heat olive oil in a pan and sauté garlic until fragrant. Add tofu and vegetables, stir-fry for 5-7 minutes. Add soy sauce and cook for another 2 minutes. Serve hot.

Cuisine: Asian

Diet Type: Vegan

Recipe ID: 477

Recipe Name: Shrimp Stir Fry

Ingredients: Shrimp, Bell pepper, Zucchini, Soy sauce, Olive oil, Garlic, Ginger

Quantities (for 1 person): Shrimp: 150g, Bell pepper: 1/2 (sliced), Zucchini: 1/2 (sliced), Soy sauce: 1 tbsp, Olive oil: 1 tsp, Garlic: 1 clove (minced), Ginger: 1 tsp (grated)

Cooking Time: 15 minutes

Steps: Heat olive oil in a pan, sauté garlic and ginger until fragrant. Add shrimp and cook for 3-4 minutes. Add bell pepper and zucchini, stir-fry for another 5 minutes. Add soy sauce and cook for 1 more minute.

Cuisine: Asian

Diet Type: Non-Vegetarian

Recipe ID: 478

Recipe Name: Veggie Omelette

Ingredients: Eggs, Bell pepper, Onion, Spinach, Olive oil, Salt, Black pepper

Quantities (for 1 person): Eggs: 2, Bell pepper: 1/4 (chopped), Onion: 1/4 (chopped), Spinach: 1/2 cup, Olive oil: 1 tsp, Salt: pinch, Black pepper: pinch

Cooking Time: 10 minutes

Steps: Whisk eggs with salt and pepper. Heat olive oil in a pan, sauté onion and bell pepper until softened. Add spinach and cook for another 2 minutes. Pour the eggs into the pan, cook until set, then fold and serve.

Cuisine: General

Diet Type: Vegetarian

Recipe ID: 479

Recipe Name: Chicken and Rice Stir Fry

Ingredients: Chicken breast, Rice, Carrot, Bell pepper, Soy sauce, Olive oil, Garlic, Ginger

Quantities (for 1 person): Chicken breast: 1 piece (150-200g), Rice: 1/2 cup (cooked), Carrot: 1/2 (sliced), Bell pepper: 1/2 (sliced), Soy sauce: 1 tbsp, Olive oil: 1 tsp, Garlic: 1 clove (minced), Ginger: 1 tsp (grated)

Cooking Time: 15 minutes

Steps: Cook rice as per instructions. Slice the chicken and stir-fry in olive oil with garlic and ginger. Add carrot and bell pepper and cook for 5 minutes. Add rice and soy sauce, stir and cook for another 2 minutes.

Cuisine: Asian

Diet Type: Non-Vegetarian

Recipe ID: 480

Recipe Name: Grilled Salmon with Veggies

Ingredients: Salmon fillet, Zucchini, Cherry tomatoes, Olive oil, Lemon juice, Garlic, Salt, Black pepper

Quantities (for 1 person): Salmon fillet: 1 piece (150-200g), Zucchini: 1/2 (sliced), Cherry tomatoes: 1/4 cup, Olive oil: 1 tbsp, Lemon juice: 1 tbsp, Garlic: 1 clove (minced), Salt: pinch, Black pepper: pinch

Cooking Time: 15 minutes

Steps: Season the salmon with salt, pepper, and lemon juice. Grill for 4-5 minutes on each side. In a separate pan, sauté zucchini, cherry tomatoes, and garlic in olive oil for 5-7 minutes. Serve the salmon with the veggies.

Cuisine: General

Diet Type: Non-Vegetarian

Recipe ID: 481

Recipe Name: Veggie and Hummus Wrap

Ingredients: Tortilla, Hummus, Cucumber, Bell pepper, Lettuce, Olive oil

Quantities (for 1 person): Tortilla: 1, Hummus: 2 tbsp, Cucumber: 1/4 (sliced), Bell pepper: 1/4 (sliced), Lettuce: 1 leaf, Olive oil: 1 tsp

Cooking Time: 5 minutes

Steps: Spread hummus on the tortilla. Add cucumber, bell pepper, and lettuce. Drizzle with olive oil and roll up the tortilla to form a wrap.

Cuisine: General

Diet Type: Vegan

Recipe ID: 482**Recipe Name:** Quick Beef Stir Fry**Ingredients:** Beef strips, Bell pepper, Onion, Soy sauce, Olive oil, Garlic**Quantities (for 1 person):** Beef strips: 150g, Bell pepper: 1/2 (sliced), Onion: 1/4 (sliced), Soy sauce: 1 tbsp, Olive oil: 1 tsp, Garlic: 1 clove (minced)**Cooking Time:** 15 minutes**Steps:** Heat olive oil in a pan and sauté garlic. Add beef strips and cook for 3-4 minutes. Add bell pepper and onion, stir-fry for another 5 minutes. Add soy sauce and cook for another 2 minutes.**Cuisine:** Asian**Diet Type:** Non-Vegetarian

Recipe ID: 483**Recipe Name:** Tuna and Avocado Salad**Ingredients:** Canned tuna, Avocado, Lettuce, Cucumber, Olive oil, Lemon juice, Salt, Black pepper**Quantities (for 1 person):** Canned tuna: 1/2 can, Avocado: 1/2, Lettuce: 1 cup, Cucumber: 1/2 (sliced), Olive oil: 1 tbsp, Lemon juice: 1 tbsp, Salt: pinch, Black pepper: pinch**Cooking Time:** 10 minutes**Steps:** Drain the tuna and mix with chopped avocado, lettuce, and cucumber. Drizzle with olive oil, lemon juice, and season with salt and pepper.**Cuisine:** General**Diet Type:** Non-Vegetarian

Recipe ID: 484**Recipe Name:** Spaghetti Aglio e Olio**Ingredients:** Spaghetti, Olive oil, Garlic, Red chili flakes, Parsley, Salt**Quantities (for 1 person):** Spaghetti: 1/2 cup (uncooked), Olive oil: 1 tbsp, Garlic: 2 cloves (minced), Red chili flakes: pinch, Parsley: 1 tbsp (chopped), Salt: pinch**Cooking Time:** 15 minutes**Steps:** Cook spaghetti as per package instructions. Heat olive oil in a pan, sauté garlic until fragrant. Add red chili flakes and cooked spaghetti, toss to coat. Sprinkle with parsley and season with salt.**Cuisine:** Italian**Diet Type:** Vegetarian

Recipe ID: 485**Recipe Name:** Chickpea Salad**Ingredients:** Canned chickpeas, Cucumber, Tomato, Red onion, Olive oil, Lemon juice, Salt, Black pepper**Quantities (for 1 person):** Canned chickpeas: 1/2 can, Cucumber: 1/2 (diced), Tomato: 1/2 (diced), Red onion: 1/4 (finely chopped), Olive oil: 1 tbsp, Lemon juice: 1 tbsp, Salt: pinch, Black pepper: pinch**Cooking Time:** 10 minutes**Steps:** Drain and rinse the chickpeas. Mix with cucumber, tomato, and red onion in a bowl. Drizzle with olive oil and lemon juice, season with salt and pepper. Toss and serve.**Cuisine:** General**Diet Type:** Vegan

Recipe ID: 486**Recipe Name:** Quick Beef and Vegetable Stir Fry**Ingredients:** Beef strips, Carrot, Bell pepper, Broccoli, Soy sauce, Olive oil, Garlic, Ginger**Quantities (for 1 person):** Beef strips: 150g, Carrot: 1/2 (sliced), Bell pepper: 1/2 (sliced), Broccoli: 1/4 head, Soy sauce: 1 tbsp, Olive oil: 1 tsp, Garlic: 1 clove (minced), Ginger: 1 tsp (grated)**Cooking Time:** 15 minutes**Steps:** Heat olive oil in a pan and sauté garlic and ginger. Add beef strips and cook for 3-4 minutes. Add carrots, bell pepper, and broccoli, and stir-fry for 5-7 minutes. Add soy sauce and cook for another 2 minutes.**Cuisine:** Asian**Diet Type:** Non-Vegetarian

Recipe ID: 487**Recipe Name:** Veggie Quesadilla**Ingredients:** Tortilla, Cheddar cheese, Bell pepper, Onion, Olive oil, Canned corn**Quantities (for 1 person):** Tortilla: 1, Cheddar cheese: 1/2 cup (shredded), Bell pepper: 1/2 (sliced), Onion: 1/4 (sliced), Olive oil: 1 tsp, Canned corn: 1/4 cup**Cooking Time:** 10 minutes**Steps:** Heat olive oil in a pan and sauté bell pepper and onion until soft. Add corn and stir. Place tortilla on a flat surface, sprinkle with cheese, and top with the veggie mixture. Fold the tortilla and cook on both sides in the pan until golden and crispy.

Cuisine: Mexican

Diet Type: Vegetarian

Recipe ID: 488

Recipe Name: Spicy Tuna Salad

Ingredients: Canned tuna, Mayonnaise, Sriracha sauce, Cucumber, Lettuce, Green onions

Quantities (for 1 person): Canned tuna: 1/2 can, Mayonnaise: 1 tbsp, Sriracha sauce: 1 tsp, Cucumber: 1/4 (diced), Lettuce: 1 cup, Green onions: 1 (chopped)

Cooking Time: 5 minutes

Steps: Drain the tuna and mix with mayonnaise and sriracha sauce. Add cucumber and green onions, and toss together. Serve on a bed of lettuce.

Cuisine: General

Diet Type: Non-Vegetarian

Recipe ID: 489

Recipe Name: Garlic Shrimp with Veggies

Ingredients: Shrimp, Zucchini, Bell pepper, Garlic, Olive oil, Salt, Black pepper

Quantities (for 1 person): Shrimp: 150g, Zucchini: 1/2 (sliced), Bell pepper: 1/2 (sliced), Garlic: 2 cloves (minced), Olive oil: 1 tbsp, Salt: pinch, Black pepper: pinch

Cooking Time: 10 minutes

Steps: Heat olive oil in a pan, sauté garlic until fragrant. Add shrimp and cook for 3-4 minutes. Add zucchini and bell pepper, cook for another 4-5 minutes. Season with salt and pepper and serve.

Cuisine: General

Diet Type: Non-Vegetarian

Recipe ID: 490

Recipe Name: Grilled Veggie Wrap

Ingredients: Tortilla, Hummus, Zucchini, Bell pepper, Onion, Olive oil, Salt, Black pepper

Quantities (for 1 person): Tortilla: 1, Hummus: 2 tbsp, Zucchini: 1/2 (sliced), Bell pepper: 1/2 (sliced), Onion: 1/4 (sliced), Olive oil: 1 tsp, Salt: pinch, Black pepper: pinch

Cooking Time: 15 minutes

Steps: Grill zucchini, bell pepper, and onion with olive oil, salt, and pepper until tender. Spread hummus on the tortilla and add the grilled veggies. Roll it up and serve.

Cuisine: General

Diet Type: Vegan

Recipe ID: 491

Recipe Name: Chicken Caesar Salad

Ingredients: Chicken breast, Romaine lettuce, Caesar dressing, Parmesan cheese, Croutons

Quantities (for 1 person): Chicken breast: 1 (150-200g), Romaine lettuce: 1 cup, Caesar dressing: 2 tbsp, Parmesan cheese: 1 tbsp, Croutons: 1/4 cup

Cooking Time: 15 minutes

Steps: Grill or pan-cook the chicken breast. Slice it into strips. Toss the lettuce with Caesar dressing, add the chicken, sprinkle with Parmesan, and top with croutons.

Cuisine: General

Diet Type: Non-Vegetarian

Recipe ID: 492

Recipe Name: Avocado Toast with Poached Egg

Ingredients: Bread, Avocado, Egg, Salt, Black pepper, Olive oil

Quantities (for 1 person): Bread: 1 slice, Avocado: 1/2, Egg: 1, Salt: pinch, Black pepper: pinch, Olive oil: 1 tsp

Cooking Time: 10 minutes

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

Cuisine: General

Diet Type: Vegetarian

Recipe ID: 493

Recipe Name: Spaghetti with Garlic and Olive Oil

Ingredients: Spaghetti, Olive oil, Garlic, Red pepper flakes, Parsley, Salt

Quantities (for 1 person): Spaghetti: 1/2 cup (uncooked), Olive oil: 1 tbsp, Garlic: 2 cloves (minced), Red pepper flakes: pinch, Parsley: 1 tbsp (chopped), Salt: pinch

Cooking Time: 15 minutes

Steps: Cook spaghetti as per package instructions. In a pan, heat olive oil and sauté garlic until fragrant. Add red pepper flakes and cooked spaghetti. Toss with parsley and season with salt.

Cuisine: Italian

Diet Type: Vegetarian

Recipe ID: 494**Recipe Name:** Garlic Shrimp Stir-Fry**Ingredients:** Shrimp, Garlic, Bell pepper, Broccoli, Soy sauce, Olive oil, Sesame oil**Quantities (for 1 person):** Shrimp: 150g, Garlic: 2 cloves (minced), Bell pepper: 1/2 (sliced), Broccoli: 1/2 cup (florets), Soy sauce: 1 tbsp, Olive oil: 1 tsp, Sesame oil: 1 tsp**Cooking Time:** 12 minutes**Steps:** Heat olive oil and sesame oil in a pan, sauté garlic until fragrant. Add shrimp, cook until pink, then add bell pepper and broccoli. Stir-fry for 5-7 minutes. Add soy sauce and cook for 2 more minutes.**Cuisine:** Asian**Diet Type:** Non-Vegetarian

Recipe ID: 495**Recipe Name:** Quinoa Veggie Bowl**Ingredients:** Quinoa, Cucumber, Tomato, Avocado, Olive oil, Lemon juice, Salt, Pepper**Quantities (for 1 person):** Quinoa: 1/4 cup (uncooked), Cucumber: 1/2 (diced), Tomato: 1/2 (diced), Avocado: 1/2 (sliced), Olive oil: 1 tbsp, Lemon juice: 1 tbsp, Salt: pinch, Pepper: pinch**Cooking Time:** 15 minutes**Steps:** Cook quinoa as per package instructions. In a bowl, combine quinoa, cucumber, tomato, and avocado. Drizzle with olive oil and lemon juice, season with salt and pepper.**Cuisine:** General**Diet Type:** Vegan

Recipe ID: 496**Recipe Name:** Spicy Chicken Wrap**Ingredients:** Chicken breast, Lettuce, Tomato, Tortilla, Hot sauce, Olive oil, Salt, Black pepper**Quantities (for 1 person):** Chicken breast: 1 (150g), Lettuce: 1 leaf, Tomato: 1/2 (sliced), Tortilla: 1, Hot sauce: 1 tsp, Olive oil: 1 tsp, Salt: pinch, Black pepper: pinch**Cooking Time:** 15 minutes**Steps:** Cook chicken in olive oil, season with salt and pepper. Slice chicken into strips. Lay tortilla flat, add lettuce, tomato, and chicken strips. Drizzle with hot sauce and wrap it up.

Cuisine: Mexican

Diet Type: Non-Vegetarian

Recipe ID: 497

Recipe Name: Chickpea Salad

Ingredients: Canned chickpeas, Cucumber, Cherry tomatoes, Red onion, Olive oil, Lemon juice, Parsley

Quantities (for 1 person): Canned chickpeas: 1/2 cup, Cucumber: 1/2 (diced), Cherry tomatoes: 5 (halved), Red onion: 1/4 (sliced), Olive oil: 1 tbsp, Lemon juice: 1 tbsp, Parsley: 1 tbsp (chopped)

Cooking Time: 10 minutes

Steps: Rinse chickpeas and drain. Combine chickpeas, cucumber, cherry tomatoes, and red onion in a bowl. Drizzle with olive oil and lemon juice. Garnish with parsley.

Cuisine: Mediterranean

Diet Type: Vegan

Recipe ID: 498

Recipe Name: Beef Stir-Fry with Vegetables

Ingredients: Beef strips, Bell pepper, Carrot, Soy sauce, Garlic, Olive oil, Ginger

Quantities (for 1 person): Beef strips: 150g, Bell pepper: 1/2 (sliced), Carrot: 1 (julienned), Soy sauce: 1 tbsp, Garlic: 1 clove (minced), Olive oil: 1 tbsp, Ginger: 1 tsp (grated)

Cooking Time: 15 minutes

Steps: Heat olive oil in a pan, sauté garlic and ginger. Add beef and cook until browned. Add bell pepper and carrot, stir-fry for 5 minutes. Pour in soy sauce and cook for another 2 minutes.

Cuisine: Asian

Diet Type: Non-Vegetarian

Recipe ID: 499

Recipe Name: Eggplant and Tomato Pasta

Ingredients: Pasta, Eggplant, Tomato, Garlic, Olive oil, Basil, Parmesan cheese

Quantities (for 1 person): Pasta: 1/2 cup (uncooked), Eggplant: 1/2 (diced), Tomato: 1 (diced), Garlic: 1 clove (minced), Olive oil: 1 tbsp, Basil: 1 tbsp (chopped), Parmesan cheese: 1 tbsp (grated)

Cooking Time: 18 minutes

Steps: Cook pasta according to package instructions. In a pan, heat olive oil and sauté

garlic. Add eggplant and tomato, cook until tender. Toss cooked pasta in the pan, add basil, and top with Parmesan cheese.

Cuisine: Italian

Diet Type: Vegetarian

Recipe ID: 500

Recipe Name: Grilled Turkey Burger

Ingredients: Ground turkey, Lettuce, Tomato, Burger bun, Olive oil, Salt, Black pepper

Quantities (for 1 person): Ground turkey: 150g, Lettuce: 1 leaf, Tomato: 1 slice, Burger bun: 1, Olive oil: 1 tsp, Salt: pinch, Black pepper: pinch

Cooking Time: 15 minutes

Steps: Form turkey into a patty, season with salt and pepper. Grill the patty for 5-7 minutes on each side. Toast the burger bun. Assemble the burger with lettuce, turkey patty, and tomato.

Cuisine: American

Diet Type: Non-Vegetarian
