

**Recipe ID:** 1981

**Recipe Name:** Guacamole with Tortilla Chips

**Ingredients:** Avocado, lime, cilantro, salt, tortilla chips

**Quantities (for 1 person):** Avocado: 1, lime: 1/2, cilantro: 1 tbsp, salt: a pinch, tortilla chips: 1/2 cup

**Cooking Time:** 5 minutes

**Steps:** Mash the avocado and mix with lime juice, chopped cilantro, and a pinch of salt. Serve with tortilla chips.

**Cuisine:** Mexican

**Diet Type:** Vegan

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**Recipe ID:** 1982

**Recipe Name:** Caprese Skewers

**Ingredients:** Cherry tomatoes, mozzarella balls, basil, balsamic vinegar

**Quantities (for 1 person):** Cherry tomatoes: 6, mozzarella balls: 6, basil leaves: 6, balsamic vinegar: 1 tbsp

**Cooking Time:** 5 minutes

**Steps:** Skewer cherry tomatoes, mozzarella balls, and basil leaves. Drizzle with balsamic vinegar before serving.

**Cuisine:** Italian

**Diet Type:** Vegetarian

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**Recipe ID:** 1983

**Recipe Name:** Hummus with Carrot Sticks

**Ingredients:** Hummus, carrots

**Quantities (for 1 person):** Hummus: 1/4 cup, carrots: 2

**Cooking Time:** 5 minutes

**Steps:** Cut the carrots into sticks and serve with hummus for dipping.

**Cuisine:** Middle Eastern

**Diet Type:** Vegan

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**Recipe ID:** 1984

**Recipe Name:** Stuffed Mushrooms

**Ingredients:** Mushrooms, cream cheese, garlic, parsley

**Quantities (for 1 person):** Mushrooms: 4 large, cream cheese: 2 tbsp, garlic: 1 clove, parsley: 1 tbsp

**Cooking Time:** 10 minutes

**Steps:** Remove the stems from mushrooms and fill with a mixture of cream cheese,

minced garlic, and chopped parsley.

**Cuisine:** General

**Diet Type:** Vegetarian

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**Recipe ID:** 1985

**Recipe Name:** Spinach and Feta Stuffed Phyllo Pastry

**Ingredients:** Phyllo dough, spinach, feta cheese, olive oil

**Quantities (for 1 person):** Phyllo dough: 3 sheets, spinach: 1/4 cup, feta cheese: 1/4 cup, olive oil: 1 tbsp

**Cooking Time:** 10 minutes

**Steps:** Layer spinach and feta between phyllo dough sheets and drizzle with olive oil. Bake at 375°F for 10 minutes.

**Cuisine:** Mediterranean

**Diet Type:** Vegetarian

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**Recipe ID:** 1986

**Recipe Name:** Cucumber and Tomato Bites

**Ingredients:** Cucumber, cherry tomatoes, olive oil, salt

**Quantities (for 1 person):** Cucumber: 1/2, cherry tomatoes: 6, olive oil: 1 tsp, salt: a pinch

**Cooking Time:** 5 minutes

**Steps:** Slice cucumber and top with halved cherry tomatoes. Drizzle with olive oil and a pinch of salt.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1987

**Recipe Name:** Bruschetta with Tomato and Basil

**Ingredients:** Bread, tomatoes, basil, olive oil, garlic

**Quantities (for 1 person):** Bread: 2 slices, tomatoes: 1, basil leaves: 2, olive oil: 1 tbsp, garlic: 1 clove

**Cooking Time:** 5 minutes

**Steps:** Toast the bread, rub with garlic, and top with diced tomatoes, basil, and olive oil.

**Cuisine:** Italian

**Diet Type:** Vegetarian

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**Recipe ID:** 1988

**Recipe Name:** Mini Quesadillas

**Ingredients:** Tortilla, cheese, salsa

**Quantities (for 1 person):** Tortilla: 1, cheese: 1/4 cup, salsa: 2 tbsp

**Cooking Time:** 5 minutes

**Steps:** Place cheese between tortillas and cook on a skillet for 2 minutes per side until golden. Serve with salsa.

**Cuisine:** Mexican

**Diet Type:** Vegetarian

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**Recipe ID:** 1989

**Recipe Name:** Baked Zucchini Fries

**Ingredients:** Zucchini, breadcrumbs, Parmesan cheese, olive oil

**Quantities (for 1 person):** Zucchini: 1, breadcrumbs: 1/4 cup, Parmesan cheese: 2 tbsp, olive oil: 1 tbsp

**Cooking Time:** 15 minutes

**Steps:** Slice zucchini into fries, dip in breadcrumbs and Parmesan, drizzle with olive oil, and bake at 400°F for 15 minutes.

**Cuisine:** General

**Diet Type:** Vegetarian

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**Recipe ID:** 1990

**Recipe Name:** Greek Yogurt and Cucumber Dip

**Ingredients:** Greek yogurt, cucumber, garlic, olive oil

**Quantities (for 1 person):** Greek yogurt: 1/4 cup, cucumber: 1/2, garlic: 1 clove, olive oil: 1 tsp

**Cooking Time:** 5 minutes

**Steps:** Grate cucumber and mix with Greek yogurt, minced garlic, and olive oil. Serve as a dip.

**Cuisine:** Greek

**Diet Type:** Vegetarian

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**Recipe ID:** 1991

**Recipe Name:** Sweet Potato Fries

**Ingredients:** Sweet potatoes, olive oil, salt, pepper

**Quantities (for 1 person):** Sweet potatoes: 1, olive oil: 1 tbsp, salt: a pinch, pepper: a pinch

**Cooking Time:** 20 minutes

**Steps:** Slice sweet potatoes into fries, toss with olive oil, salt, and pepper. Bake at 425°F for 20 minutes until crispy.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1992

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

**Ingredients:** Roasted red pepper, hummus, olive oil

**Quantities (for 1 person):** Roasted red pepper: 1/2, hummus: 1/4 cup, olive oil: 1 tsp

**Cooking Time:** 5 minutes

**Steps:** Blend roasted red pepper and hummus together. Drizzle with olive oil before serving.

**Cuisine:** Middle Eastern

**Diet Type:** Vegan

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**Recipe ID:** 1993

**Recipe Name:** Cucumber Rolls

**Ingredients:** Cucumber, cream cheese, dill, smoked salmon

**Quantities (for 1 person):** Cucumber: 1, cream cheese: 2 tbsp, dill: 1 tsp, smoked salmon: 1 oz

**Cooking Time:** 5 minutes

**Steps:** Slice cucumber into thin strips and spread with cream cheese, dill, and top with smoked salmon. Roll up and serve.

**Cuisine:** General

**Diet Type:** Keto

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**Recipe ID:** 1994

**Recipe Name:** Avocado Toast

**Ingredients:** Bread, avocado, lemon juice, salt

**Quantities (for 1 person):** Bread: 1 slice, avocado: 1/2, lemon juice: 1 tsp, salt: a pinch

**Cooking Time:** 5 minutes

**Steps:** Toast the bread, mash avocado with lemon juice and salt, then spread it on the toast.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1995

**Recipe Name:** Stuffed Bell Peppers

**Ingredients:** Bell peppers, quinoa, black beans, corn, cheese

**Quantities (for 1 person):** Bell peppers: 2 halves, quinoa: 1/4 cup, black beans: 1/4 cup, corn: 1/4 cup, cheese: 2 tbsp

**Cooking Time:** 15 minutes

**Steps:** Hollow out bell pepper halves, stuff with cooked quinoa, black beans, corn, and top with cheese. Bake at 375°F for 15 minutes.

**Cuisine:** Mexican

**Diet Type:** Vegetarian

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**Recipe ID:** 1996

**Recipe Name:** Eggplant Parmesan Bites

**Ingredients:** Eggplant, breadcrumbs, mozzarella cheese, marinara sauce

**Quantities (for 1 person):** Eggplant: 1/2, breadcrumbs: 1/4 cup, mozzarella cheese: 2 tbsp, marinara sauce: 2 tbsp

**Cooking Time:** 15 minutes

**Steps:** Slice eggplant, dip in breadcrumbs, bake at 400°F for 10 minutes, then top with mozzarella cheese and marinara sauce.

**Cuisine:** Italian

**Diet Type:** Vegetarian

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**Recipe ID:** 1997

**Recipe Name:** Mini Veggie Tacos

**Ingredients:** Small tortillas, black beans, corn, avocado, salsa

**Quantities (for 1 person):** Small tortillas: 2, black beans: 1/4 cup, corn: 1/4 cup, avocado: 1/4, salsa: 2 tbsp

**Cooking Time:** 5 minutes

**Steps:** Warm tortillas, then fill with black beans, corn, avocado slices, and salsa.

**Cuisine:** Mexican

**Diet Type:** Vegan

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**Recipe ID:** 1998

**Recipe Name:** Baked Parmesan Zucchini Chips

**Ingredients:** Zucchini, Parmesan cheese, breadcrumbs, olive oil

**Quantities (for 1 person):** Zucchini: 1, Parmesan cheese: 1/4 cup, breadcrumbs: 1/4 cup, olive oil: 1 tbsp

**Cooking Time:** 15 minutes

**Steps:** Slice zucchini into thin rounds, coat with Parmesan and breadcrumbs, drizzle with olive oil, and bake at 375°F for 15 minutes.

**Cuisine:** General

**Diet Type:** Vegetarian

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**Recipe ID:** 1999

**Recipe Name:** Veggie Spring Rolls

**Ingredients:** Rice paper, cucumber, carrot, avocado, cilantro

**Quantities (for 1 person):** Rice paper: 2 sheets, cucumber: 1/4, carrot: 1/2, avocado: 1/4, cilantro: 2 sprigs

**Cooking Time:** 10 minutes

**Steps:** Soften rice paper, fill with thinly sliced cucumber, carrot, avocado, and cilantro, then roll up.

**Cuisine:** Asian

**Diet Type:** Vegan

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**Recipe ID:** 2000

**Recipe Name:** Mini Spinach and Cheese Pies

**Ingredients:** Phyllo dough, spinach, feta cheese, olive oil

**Quantities (for 1 person):** Phyllo dough: 3 sheets, spinach: 1/4 cup, feta cheese: 2 tbsp, olive oil: 1 tbsp

**Cooking Time:** 10 minutes

**Steps:** Layer spinach and feta cheese between phyllo dough sheets, drizzle with olive oil, and bake at 375°F for 10 minutes.

**Cuisine:** Mediterranean

**Diet Type:** Vegetarian

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**Recipe ID:** 2001

**Recipe Name:** Caprese Skewers

**Ingredients:** Cherry tomatoes, mozzarella balls, basil, balsamic glaze

**Quantities (for 1 person):** Cherry tomatoes: 4, mozzarella balls: 4, basil leaves: 4, balsamic glaze: 1 tbsp

**Cooking Time:** 5 minutes

**Steps:** Skewer cherry tomatoes, mozzarella, and basil on small sticks. Drizzle with balsamic glaze before serving.

**Cuisine:** Italian

**Diet Type:** Vegetarian

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**Recipe ID:** 2002

**Recipe Name:** Guacamole with Tortilla Chips

**Ingredients:** Avocado, lime, cilantro, onion, tortilla chips

**Quantities (for 1 person):** Avocado: 1, lime: 1, cilantro: 1 tbsp, onion: 2 tbsp, tortilla chips: 1 handful

**Cooking Time:** 5 minutes

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

**Cuisine:** Mexican

**Diet Type:** Vegan

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**Recipe ID:** 2003

**Recipe Name:** Crispy Chickpeas

**Ingredients:** Canned chickpeas, olive oil, paprika, salt

**Quantities (for 1 person):** Canned chickpeas: 1/2 can, olive oil: 1 tbsp, paprika: 1 tsp, salt: a pinch

**Cooking Time:** 25 minutes

**Steps:** Toss chickpeas with olive oil, paprika, and salt, then bake at 400°F for 25 minutes until crispy.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 2004

**Recipe Name:** Smoked Salmon Canapés

**Ingredients:** Cucumber, smoked salmon, cream cheese, dill

**Quantities (for 1 person):** Cucumber: 1/2, smoked salmon: 2 slices, cream cheese: 2 tbsp, dill: 1 tsp

**Cooking Time:** 5 minutes

**Steps:** Slice cucumber, spread with cream cheese, top with smoked salmon and a sprinkle of dill.

**Cuisine:** General

**Diet Type:** Keto

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**Recipe ID:** 2005

**Recipe Name:** Roasted Brussels Sprouts with Balsamic Glaze

**Ingredients:** Brussels sprouts, olive oil, balsamic vinegar, salt

**Quantities (for 1 person):** Brussels sprouts: 1 cup, olive oil: 1 tbsp, balsamic vinegar: 1 tbsp, salt: a pinch

**Cooking Time:** 25 minutes

**Steps:** Roast Brussels sprouts with olive oil and salt at 400°F for 20 minutes. Drizzle with balsamic vinegar and bake for 5 more minutes.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 2006

**Recipe Name:** Stuffed Mushrooms

**Ingredients:** Mushrooms, cream cheese, garlic, breadcrumbs

**Quantities (for 1 person):** Mushrooms: 4 large, cream cheese: 2 tbsp, garlic: 1 clove, breadcrumbs: 1 tbsp

**Cooking Time:** 15 minutes

**Steps:** Hollow out mushroom caps, mix cream cheese, minced garlic, and breadcrumbs. Stuff the mushrooms and bake at 375°F for 15 minutes.

**Cuisine:** Italian

**Diet Type:** Vegetarian

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**Recipe ID:** 2007

**Recipe Name:** Veggie Samosas

**Ingredients:** Potatoes, peas, onion, curry powder, phyllo dough

**Quantities (for 1 person):** Potatoes: 1, peas: 1/4 cup, onion: 1/4, curry powder: 1 tsp, phyllo dough: 4 sheets

**Cooking Time:** 20 minutes

**Steps:** Cook potatoes and peas, then mix with curry powder and chopped onion. Stuff into phyllo dough and bake at 375°F for 20 minutes.

**Cuisine:** Indian

**Diet Type:** Vegan

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**Recipe ID:** 2008

**Recipe Name:** Spinach Artichoke Dip

**Ingredients:** Spinach, artichokes, cream cheese, Parmesan cheese

**Quantities (for 1 person):** Spinach: 1/4 cup, artichokes: 1/4 cup, cream cheese: 2 tbsp, Parmesan cheese: 2 tbsp

**Cooking Time:** 15 minutes

**Steps:** Mix spinach, chopped artichokes, cream cheese, and Parmesan. Bake at 375°F for 15 minutes.



**Cuisine:** American

**Diet Type:** Vegetarian

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**Recipe ID:** 2009

**Recipe Name:** Cucumber and Hummus Bites

**Ingredients:** Cucumber, hummus, cherry tomatoes, olive oil

**Quantities (for 1 person):** Cucumber: 1/2, hummus: 2 tbsp, cherry tomatoes: 2, olive oil: 1 tsp

**Cooking Time:** 5 minutes

**Steps:** Slice cucumber, spread with hummus, and top with cherry tomatoes. Drizzle with olive oil before serving.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 2010

**Recipe Name:** Buffalo Cauliflower Bites

**Ingredients:** Cauliflower, hot sauce, olive oil, breadcrumbs

**Quantities (for 1 person):** Cauliflower: 1/2 head, hot sauce: 2 tbsp, olive oil: 1 tbsp, breadcrumbs: 1/4 cup

**Cooking Time:** 20 minutes

**Steps:** Coat cauliflower florets with olive oil and breadcrumbs, bake at 400°F for 20 minutes. Toss in hot sauce before serving.

**Cuisine:** American

**Diet Type:** Vegan

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**Recipe ID:** 2011

**Recipe Name:** Greek Tzatziki with Pita Chips

**Ingredients:** Greek yogurt, cucumber, garlic, lemon, pita bread

**Quantities (for 1 person):** Greek yogurt: 2 tbsp, cucumber: 1/4, garlic: 1 clove, lemon: 1 tbsp, pita bread: 2 pieces

**Cooking Time:** 10 minutes

**Steps:** Grate cucumber and mix with Greek yogurt, minced garlic, and lemon juice. Cut pita bread into triangles, brush with olive oil, and bake at 375°F for 10 minutes.

**Cuisine:** Greek

**Diet Type:** Vegetarian

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**Recipe ID:** 2012

**Recipe Name:** Baked Zucchini Fries

**Ingredients:** Zucchini, breadcrumbs, Parmesan cheese, egg, garlic powder

**Quantities (for 1 person):** Zucchini: 1 medium, breadcrumbs: 1/4 cup, Parmesan cheese: 2 tbsp, egg: 1, garlic powder: 1 tsp

**Cooking Time:** 20 minutes

**Steps:** Cut zucchini into fries, dip in beaten egg, then coat with a mixture of breadcrumbs, Parmesan, and garlic powder. Bake at 400°F for 20 minutes.

**Cuisine:** Italian

**Diet Type:** Vegetarian

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**Recipe ID:** 2013

**Recipe Name:** Sweet Potato Wedges with Spicy Mayo

**Ingredients:** Sweet potatoes, olive oil, paprika, cayenne pepper, mayo, sriracha

**Quantities (for 1 person):** Sweet potatoes: 1 large, olive oil: 1 tbsp, paprika: 1 tsp, cayenne pepper: 1/2 tsp, mayo: 2 tbsp, sriracha: 1 tsp

**Cooking Time:** 25 minutes

**Steps:** Slice sweet potatoes into wedges, toss with olive oil, paprika, and cayenne, and bake at 400°F for 25 minutes. Mix mayo with sriracha for dipping.

**Cuisine:** American

**Diet Type:** Vegan

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**Recipe ID:** 2014

**Recipe Name:** Caponata (Sicilian Eggplant Stew)

**Ingredients:** Eggplant, tomatoes, olives, capers, onions, red wine vinegar

**Quantities (for 1 person):** Eggplant: 1/2, tomatoes: 1, olives: 1 tbsp, capers: 1 tsp, onions: 1/4, red wine vinegar: 1 tbsp

**Cooking Time:** 25 minutes

**Steps:** Dice eggplant, tomatoes, and onions. Sauté onion and eggplant, then add tomatoes, olives, capers, and vinegar. Simmer for 20 minutes.

**Cuisine:** Italian

**Diet Type:** Vegan

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**Recipe ID:** 2015

**Recipe Name:** Mini Avocado Toasts

**Ingredients:** Avocado, lemon, whole grain bread, cherry tomatoes, chili flakes

**Quantities (for 1 person):** Avocado: 1/2, lemon: 1 tbsp, whole grain bread: 2 slices, cherry tomatoes: 2, chili flakes: a pinch

**Cooking Time:** 5 minutes

**Steps:** Toast the bread. Mash avocado with lemon juice, spread on toast, top with sliced cherry tomatoes, and sprinkle with chili flakes.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 2016

**Recipe Name:** Spicy Roasted Nuts

**Ingredients:** Almonds, cashews, olive oil, chili powder, smoked paprika

**Quantities (for 1 person):** Almonds: 1/4 cup, cashews: 1/4 cup, olive oil: 1 tbsp, chili powder: 1/2 tsp, smoked paprika: 1/2 tsp

**Cooking Time:** 15 minutes

**Steps:** Toss almonds and cashews in olive oil, chili powder, and smoked paprika. Roast at 375°F for 15 minutes.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 2017

**Recipe Name:** Cucumber Rolls with Cream Cheese

**Ingredients:** Cucumber, cream cheese, dill, smoked salmon

**Quantities (for 1 person):** Cucumber: 1, cream cheese: 2 tbsp, dill: 1 tsp, smoked salmon: 2 slices

**Cooking Time:** 5 minutes

**Steps:** Slice cucumber thinly, spread with cream cheese, add smoked salmon, and roll them up. Sprinkle with dill.

**Cuisine:** General

**Diet Type:** Keto

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**Recipe ID:** 2018

**Recipe Name:** Mango and Avocado Salsa

**Ingredients:** Mango, avocado, lime, red onion, cilantro

**Quantities (for 1 person):** Mango: 1/2, avocado: 1/2, lime: 1 tbsp, red onion: 1 tbsp, cilantro: 1 tbsp

**Cooking Time:** 5 minutes

**Steps:** Dice mango and avocado, mix with lime juice, chopped red onion, and cilantro. Serve with chips or as a side.

**Cuisine:** Mexican

**Diet Type:** Vegan

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**Recipe ID:** 2019

**Recipe Name:** Spinach and Cheese Stuffed Mushrooms

**Ingredients:** Mushrooms, spinach, cream cheese, mozzarella

**Quantities (for 1 person):** Mushrooms: 4, spinach: 1/4 cup, cream cheese: 2 tbsp, mozzarella: 2 tbsp

**Cooking Time:** 15 minutes

**Steps:** Stuff mushroom caps with spinach, cream cheese, and mozzarella. Bake at 375°F for 15 minutes.

**Cuisine:** General

**Diet Type:** Vegetarian

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**Recipe ID:** 2020

**Recipe Name:** Roasted Garlic Hummus

**Ingredients:** Chickpeas, tahini, garlic, olive oil, lemon

**Quantities (for 1 person):** Chickpeas: 1/2 can, tahini: 2 tbsp, garlic: 2 cloves, olive oil: 1 tbsp, lemon: 1 tbsp

**Cooking Time:** 5 minutes

**Steps:** Blend chickpeas, tahini, roasted garlic, olive oil, and lemon juice in a food processor until smooth.

**Cuisine:** Middle Eastern

**Diet Type:** Vegan

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**Recipe ID:** 2021

**Recipe Name:** Guacamole with Tortilla Chips

**Ingredients:** Avocado, lime, cilantro, onion, tomato, tortilla chips

**Quantities (for 1 person):** Avocado: 1, lime: 1 tbsp, cilantro: 1 tbsp, onion: 1 tbsp, tomato: 1/2, tortilla chips: 1 cup

**Cooking Time:** 5 minutes

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

**Cuisine:** Mexican

**Diet Type:** Vegan

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**Recipe ID:** 2022

**Recipe Name:** Bruschetta with Tomato and Basil

**Ingredients:** Baguette, tomato, basil, garlic, olive oil

**Quantities (for 1 person):** Baguette: 2 slices, tomato: 1/2, basil: 1 tbsp, garlic: 1 clove, olive oil: 1 tbsp

**Cooking Time:** 10 minutes

**Steps:** Toast baguette slices. Dice tomato and mix with chopped basil, minced garlic, and olive oil. Top toast with the mixture.

**Cuisine:** Italian

**Diet Type:** Vegetarian

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**Recipe ID:** 2023

**Recipe Name:** Roasted Chickpea Snacks

**Ingredients:** Chickpeas, olive oil, paprika, cumin, garlic powder

**Quantities (for 1 person):** Chickpeas: 1/2 can, olive oil: 1 tbsp, paprika: 1/2 tsp, cumin: 1/2 tsp, garlic powder: 1/2 tsp

**Cooking Time:** 25 minutes

**Steps:** Toss chickpeas in olive oil and spices. Roast at 400°F for 25 minutes, shaking halfway through.

**Cuisine:** Middle Eastern

**Diet Type:** Vegan

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**Recipe ID:** 2024

**Recipe Name:** Spicy Tuna Crostini

**Ingredients:** Canned tuna, mayo, sriracha, baguette, cucumber

**Quantities (for 1 person):** Canned tuna: 1 can, mayo: 2 tbsp, sriracha: 1 tsp, baguette: 2 slices, cucumber: 1/4

**Cooking Time:** 10 minutes

**Steps:** Mix tuna with mayo and sriracha. Toast baguette slices and top with tuna mixture and cucumber slices.

**Cuisine:** General

**Diet Type:** Low Carb

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**Recipe ID:** 2025

**Recipe Name:** Stuffed Mini Bell Peppers

**Ingredients:** Mini bell peppers, cream cheese, herbs, olives

**Quantities (for 1 person):** Mini bell peppers: 4, cream cheese: 2 tbsp, herbs: 1 tbsp, olives: 2

**Cooking Time:** 10 minutes

**Steps:** Slice mini bell peppers and remove seeds. Stuff with cream cheese mixed with chopped herbs and olives.

**Cuisine:** General

**Diet Type:** Vegetarian

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**Recipe ID:** 2026

**Recipe Name:** Avocado Cucumber Bites

**Ingredients:** Cucumber, avocado, lemon, garlic, salt

**Quantities (for 1 person):** Cucumber: 1, avocado: 1/2, lemon: 1 tbsp, garlic: 1 clove, salt: a pinch

**Cooking Time:** 5 minutes

**Steps:** Slice cucumber into rounds. Mash avocado with lemon juice, minced garlic, and salt. Top cucumber with avocado mash.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 2027

**Recipe Name:** Sweet and Sour Meatballs

**Ingredients:** Ground beef, breadcrumbs, egg, pineapple, soy sauce, vinegar

**Quantities (for 1 person):** Ground beef: 1/4 lb, breadcrumbs: 2 tbsp, egg: 1, pineapple chunks: 1/4 cup, soy sauce: 1 tbsp, vinegar: 1 tbsp

**Cooking Time:** 25 minutes

**Steps:** Mix ground beef, breadcrumbs, and egg to form meatballs. Bake at 375°F for 15 minutes. Mix pineapple, soy sauce, and vinegar for the sauce. Pour sauce over meatballs and bake for another 10 minutes.

**Cuisine:** Chinese

**Diet Type:** Non-Vegetarian

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**Recipe ID:** 2028

**Recipe Name:** Baked Avocado Fries

**Ingredients:** Avocado, breadcrumbs, egg, paprika, garlic powder

**Quantities (for 1 person):** Avocado: 1, breadcrumbs: 1/4 cup, egg: 1, paprika: 1/2 tsp, garlic powder: 1/2 tsp

**Cooking Time:** 15 minutes

**Steps:** Slice avocado into fries. Dip in beaten egg, coat with breadcrumbs mixed with paprika and garlic powder. Bake at 375°F for 15 minutes.

**Cuisine:** American

**Diet Type:** Vegan

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**Recipe ID:** 2029

**Recipe Name:** Hummus and Veggie Platter

**Ingredients:** Hummus, carrots, celery, cucumber, cherry tomatoes

**Quantities (for 1 person):** Hummus: 1/4 cup, carrots: 2 sticks, celery: 2 sticks, cucumber: 1/4, cherry tomatoes: 5

**Cooking Time:** 5 minutes

**Steps:** Slice veggies and arrange on a platter. Serve with hummus for dipping.

**Cuisine:** Middle Eastern

**Diet Type:** Vegan

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**Recipe ID:** 2030

**Recipe Name:** Shrimp and Avocado Cocktail

**Ingredients:** Shrimp, avocado, tomato, lime, cocktail sauce

**Quantities (for 1 person):** Shrimp: 5, avocado: 1/2, tomato: 1/2, lime: 1 tbsp, cocktail sauce: 2 tbsp

**Cooking Time:** 10 minutes

**Steps:** Boil shrimp and peel. Dice avocado and tomato, mix with lime juice. Serve shrimp with avocado-tomato mixture and cocktail sauce.

**Cuisine:** General

**Diet Type:** Low Carb

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**Recipe ID:** 2031

**Recipe Name:** Cucumber and Cream Cheese Rolls

**Ingredients:** Cucumber, cream cheese, dill, lemon, garlic

**Quantities (for 1 person):** Cucumber: 1, cream cheese: 2 tbsp, dill: 1 tsp, lemon: 1 tbsp, garlic: 1 clove

**Cooking Time:** 5 minutes

**Steps:** Slice cucumber into thin strips. Mix cream cheese with dill, lemon juice, and minced garlic. Spread cream cheese mixture on cucumber slices and roll them up.

**Cuisine:** General

**Diet Type:** Vegetarian

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**Recipe ID:** 2032

**Recipe Name:** Chicken Skewers with Peanut Sauce

**Ingredients:** Chicken breast, peanut butter, soy sauce, honey, lime, garlic

**Quantities (for 1 person):** Chicken breast: 1, peanut butter: 2 tbsp, soy sauce: 1 tbsp, honey: 1 tsp, lime: 1 tbsp, garlic: 1 clove

**Cooking Time:** 15 minutes

**Steps:** Cut chicken into cubes and skewer. Grill or pan-fry until cooked through. Mix peanut butter, soy sauce, honey, lime juice, and minced garlic to make the sauce. Serve the skewers with the peanut sauce.

**Cuisine:** Thai

**Diet Type:** Non-Vegetarian

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**Recipe ID:** 2033

**Recipe Name:** Caprese Salad Bites

**Ingredients:** Cherry tomatoes, mozzarella balls, basil, balsamic vinegar

**Quantities (for 1 person):** Cherry tomatoes: 5, mozzarella balls: 5, basil: 5 leaves, balsamic vinegar: 1 tbsp

**Cooking Time:** 5 minutes

**Steps:** Skewer cherry tomatoes, mozzarella balls, and basil leaves. Drizzle with balsamic vinegar.

**Cuisine:** Italian

**Diet Type:** Vegetarian

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**Recipe ID:** 2034

**Recipe Name:** Zucchini Fritters

**Ingredients:** Zucchini, flour, egg, garlic, parsley, salt, pepper

**Quantities (for 1 person):** Zucchini: 1, flour: 2 tbsp, egg: 1, garlic: 1 clove, parsley: 1 tbsp, salt: a pinch, pepper: a pinch

**Cooking Time:** 10 minutes

**Steps:** Grate zucchini and mix with flour, egg, minced garlic, chopped parsley, salt, and pepper. Fry spoonfuls of the mixture in a pan with oil until golden brown.

**Cuisine:** General

**Diet Type:** Vegetarian

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**Recipe ID:** 2035

**Recipe Name:** Mini Quiches

**Ingredients:** Eggs, spinach, cheese, bacon, milk

**Quantities (for 1 person):** Eggs: 2, spinach: 1/4 cup, cheese: 2 tbsp, bacon: 1 strip, milk: 2 tbsp

**Cooking Time:** 20 minutes

**Steps:** Cook bacon and chop. Whisk eggs, milk, and cheese together. Add cooked spinach and bacon. Pour into muffin tins and bake at 350°F for 15-20 minutes.

**Cuisine:** French

**Diet Type:** Non-Vegetarian



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**Recipe ID:** 2036

**Recipe Name:** Deviled Eggs

**Ingredients:** Eggs, mayo, mustard, vinegar, paprika

**Quantities (for 1 person):** Eggs: 2, mayo: 1 tbsp, mustard: 1 tsp, vinegar: 1 tsp, paprika: a pinch

**Cooking Time:** 10 minutes

**Steps:** Boil eggs and slice in half. Remove yolks and mix with mayo, mustard, vinegar, and paprika. Fill egg whites with the mixture.

**Cuisine:** American

**Diet Type:** Vegetarian

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**Recipe ID:** 2037

**Recipe Name:** Smoked Salmon Crostini

**Ingredients:** Baguette, smoked salmon, cream cheese, dill, capers

**Quantities (for 1 person):** Baguette: 2 slices, smoked salmon: 2 slices, cream cheese: 2 tbsp, dill: 1 tsp, capers: 1 tsp

**Cooking Time:** 5 minutes

**Steps:** Toast baguette slices. Spread cream cheese on the toast, top with smoked salmon, and garnish with dill and capers.

**Cuisine:** General

**Diet Type:** Non-Vegetarian

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**Recipe ID:** 2038

**Recipe Name:** Roasted Red Pepper Hummus

**Ingredients:** Hummus, roasted red peppers, garlic, olive oil, lemon juice

**Quantities (for 1 person):** Hummus: 1/4 cup, roasted red peppers: 2 tbsp, garlic: 1 clove, olive oil: 1 tbsp, lemon juice: 1 tsp

**Cooking Time:** 5 minutes

**Steps:** Blend hummus, roasted red peppers, garlic, olive oil, and lemon juice in a food processor until smooth.

**Cuisine:** Middle Eastern

**Diet Type:** Vegan

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**Recipe ID:** 2039

**Recipe Name:** Spinach and Artichoke Dip

**Ingredients:** Spinach, artichoke hearts, cream cheese, Parmesan cheese, garlic, sour

cream

**Quantities (for 1 person):** Spinach: 1/4 cup, artichoke hearts: 1/4 cup, cream cheese: 2 tbsp, Parmesan cheese: 1 tbsp, garlic: 1 clove, sour cream: 1 tbsp

**Cooking Time:** 15 minutes

**Steps:** Sauté spinach and garlic. Mix with chopped artichoke hearts, cream cheese, Parmesan, and sour cream. Bake at 375°F for 10 minutes.

**Cuisine:** American

**Diet Type:** Vegetarian

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**Recipe ID:** 2040

**Recipe Name:** Spicy Shrimp Tacos

**Ingredients:** Shrimp, corn tortillas, lettuce, avocado, sour cream, hot sauce

**Quantities (for 1 person):** Shrimp: 6-8 pieces, corn tortillas: 2, lettuce: 1 leaf, avocado: 1/2, sour cream: 1 tbsp, hot sauce: 1 tsp

**Cooking Time:** 10 minutes

**Steps:** Cook shrimp in a skillet with hot sauce for 3-5 minutes. Warm corn tortillas. Assemble tacos with lettuce, shrimp, avocado slices, and a dollop of sour cream.

**Cuisine:** Mexican

**Diet Type:** Non-Vegetarian

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**Recipe ID:** 2041

**Recipe Name:** Guacamole and Chips

**Ingredients:** Avocado, lime, onion, cilantro, tomatoes, salt, tortilla chips

**Quantities (for 1 person):** Avocado: 1, lime: 1, onion: 1 tbsp, cilantro: 1 tbsp, tomatoes: 2 tbsp, salt: to taste, tortilla chips: 1 handful

**Cooking Time:** 5 minutes

**Steps:** Mash avocado and mix with lime juice, chopped onion, cilantro, diced tomatoes, and salt. Serve with tortilla chips.

**Cuisine:** Mexican

**Diet Type:** Vegan

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**Recipe ID:** 2042

**Recipe Name:** Stuffed Mushrooms

**Ingredients:** Mushrooms, cream cheese, garlic, parsley, breadcrumbs

**Quantities (for 1 person):** Mushrooms: 4-5, cream cheese: 2 tbsp, garlic: 1 clove, parsley: 1 tbsp, breadcrumbs: 1 tbsp

**Cooking Time:** 15 minutes

**Steps:** Remove stems from mushrooms and stuff with a mixture of cream cheese,

minced garlic, parsley, and breadcrumbs. Bake at 375°F for 12-15 minutes.

**Cuisine:** Italian

**Diet Type:** Vegetarian

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**Recipe ID:** 2043

**Recipe Name:** Pigs in a Blanket

**Ingredients:** Cocktail sausages, puff pastry, mustard

**Quantities (for 1 person):** Cocktail sausages: 4-5, puff pastry: 1 sheet, mustard: 1 tbsp

**Cooking Time:** 15 minutes

**Steps:** Roll cocktail sausages in puff pastry and bake at 375°F for 12-15 minutes. Serve with mustard for dipping.

**Cuisine:** American

**Diet Type:** Non-Vegetarian

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**Recipe ID:** 2044

**Recipe Name:** Roasted Chickpeas

**Ingredients:** Chickpeas, olive oil, paprika, garlic powder, salt

**Quantities (for 1 person):** Chickpeas: 1/2 cup, olive oil: 1 tbsp, paprika: 1 tsp, garlic powder: 1/2 tsp, salt: to taste

**Cooking Time:** 20 minutes

**Steps:** Toss chickpeas with olive oil, paprika, garlic powder, and salt. Roast at 400°F for 15-20 minutes, stirring occasionally.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 2045

**Recipe Name:** Veggie Spring Rolls

**Ingredients:** Rice paper, carrots, cucumber, lettuce, mint, dipping sauce

**Quantities (for 1 person):** Rice paper: 2 sheets, carrots: 1/4, cucumber: 1/4, lettuce: 1 leaf, mint: 3-4 leaves, dipping sauce: 2 tbsp

**Cooking Time:** 10 minutes

**Steps:** Soak rice paper sheets in warm water. Fill with thinly sliced carrots, cucumber, lettuce, and mint. Roll tightly and serve with dipping sauce.

**Cuisine:** Vietnamese

**Diet Type:** Vegan

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**Recipe ID:** 2046

**Recipe Name:** Spinach and Ricotta Stuffed Puff Pastry

**Ingredients:** Puff pastry, spinach, ricotta cheese, garlic, egg

**Quantities (for 1 person):** Puff pastry: 1 sheet, spinach: 1/4 cup, ricotta cheese: 2 tbsp, garlic: 1 clove, egg: 1

**Cooking Time:** 20 minutes

**Steps:** Sauté spinach and garlic, then mix with ricotta cheese. Place the mixture in the center of puff pastry and fold. Brush with beaten egg and bake at 375°F for 15-20 minutes.

**Cuisine:** Italian

**Diet Type:** Vegetarian

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**Recipe ID:** 2047

**Recipe Name:** Sweet Potato Fries

**Ingredients:** Sweet potatoes, olive oil, paprika, garlic powder, salt

**Quantities (for 1 person):** Sweet potatoes: 1, olive oil: 1 tbsp, paprika: 1 tsp, garlic powder: 1/2 tsp, salt: to taste

**Cooking Time:** 25 minutes

**Steps:** Cut sweet potatoes into fries and toss with olive oil, paprika, garlic powder, and salt. Roast at 425°F for 20-25 minutes, flipping halfway.

**Cuisine:** American

**Diet Type:** Vegan

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**Recipe ID:** 2048

**Recipe Name:** Bacon-Wrapped Dates

**Ingredients:** Dates, bacon, almonds

**Quantities (for 1 person):** Dates: 4-5, bacon: 4-5 strips, almonds: 4-5

**Cooking Time:** 15 minutes

**Steps:** Pit dates and stuff with almonds. Wrap each date in bacon and secure with a toothpick. Bake at 375°F for 12-15 minutes.

**Cuisine:** American

**Diet Type:** Non-Vegetarian

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**Recipe ID:** 2049

**Recipe Name:** Caprese Skewers

**Ingredients:** Cherry tomatoes, fresh mozzarella, basil, balsamic glaze

**Quantities (for 1 person):** Cherry tomatoes: 5-6, fresh mozzarella: 5-6 balls, basil leaves: 4-5, balsamic glaze: 1 tbsp

**Cooking Time:** 5 minutes

**Steps:** Thread tomatoes, mozzarella, and basil onto skewers. Drizzle with balsamic glaze. Serve immediately.

**Cuisine:** Italian

**Diet Type:** Vegetarian

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**Recipe ID:** 2050

**Recipe Name:** Mini Quiches

**Ingredients:** Puff pastry, eggs, milk, spinach, cheddar cheese, salt, pepper

**Quantities (for 1 person):** Puff pastry: 1 sheet, eggs: 2, milk: 1/4 cup, spinach: 1/4 cup, cheddar cheese: 2 tbsp, salt: to taste, pepper: to taste

**Cooking Time:** 20 minutes

**Steps:** Line muffin tin with puff pastry. Whisk eggs and milk, add spinach, cheese, salt, and pepper. Pour into pastry and bake at 375°F for 15-20 minutes.

**Cuisine:** French

**Diet Type:** Vegetarian

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**Recipe ID:** 2051

**Recipe Name:** Hummus and Veggie Platter

**Ingredients:** Hummus, cucumber, carrots, bell peppers, cherry tomatoes

**Quantities (for 1 person):** Hummus: 2 tbsp, cucumber: 1/4, carrots: 1, bell peppers: 1/4, cherry tomatoes: 5-6

**Cooking Time:** 5 minutes

**Steps:** Slice veggies and arrange on a platter with hummus.

**Cuisine:** Middle Eastern

**Diet Type:** Vegan

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**Recipe ID:** 2052

**Recipe Name:** Cheese and Charcuterie Board

**Ingredients:** Assorted cheeses, cured meats, crackers, olives, grapes

**Quantities (for 1 person):** Assorted cheeses: 3-4 varieties, cured meats: 3-4 slices, crackers: 5-6, olives: 10-12, grapes: 5-6

**Cooking Time:** 5 minutes

**Steps:** Arrange cheeses, meats, crackers, olives, and grapes on a board. Serve immediately.

**Cuisine:** European

**Diet Type:** Non-Vegetarian

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**Recipe ID:** 2053

**Recipe Name:** Baked Zucchini Fries

**Ingredients:** Zucchini, breadcrumbs, parmesan cheese, egg, olive oil, salt, pepper

**Quantities (for 1 person):** Zucchini: 1, breadcrumbs: 1/4 cup, parmesan cheese: 2 tbsp, egg: 1, olive oil: 1 tbsp, salt: to taste, pepper: to taste

**Cooking Time:** 20 minutes

**Steps:** Slice zucchini into fries. Dip in beaten egg, then coat with breadcrumbs and parmesan. Drizzle with olive oil, season with salt and pepper, and bake at 400°F for 15-20 minutes.

**Cuisine:** American

**Diet Type:** Vegetarian

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**Recipe ID:** 2054

**Recipe Name:** Greek Salad Cups

**Ingredients:** Cucumber, cherry tomatoes, red onion, Kalamata olives, feta cheese, olive oil, lemon juice, herbs

**Quantities (for 1 person):** Cucumber: 1/4, cherry tomatoes: 5-6, red onion: 1 tbsp, Kalamata olives: 5-6, feta cheese: 2 tbsp, olive oil: 1 tsp, lemon juice: 1 tsp, herbs: 1/2 tsp

**Cooking Time:** 5 minutes

**Steps:** Dice cucumber, tomatoes, and onion. Toss with olives, crumbled feta, olive oil, lemon juice, and herbs. Serve in small cups.

**Cuisine:** Greek

**Diet Type:** Vegetarian

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**Recipe ID:** 2055

**Recipe Name:** Spicy Guacamole

**Ingredients:** Avocado, lime, jalapeno, cilantro, onion, tomatoes, salt

**Quantities (for 1 person):** Avocado: 1, lime: 1, jalapeno: 1/2, cilantro: 1 tbsp, onion: 1 tbsp, tomatoes: 2 tbsp, salt: to taste

**Cooking Time:** 5 minutes

**Steps:** Mash avocado and mix with lime juice, chopped jalapeno, cilantro, onion, tomatoes, and salt. Serve with tortilla chips.

**Cuisine:** Mexican

**Diet Type:** Vegan

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**Recipe ID:** 2056

**Recipe Name:** Deviled Eggs

**Ingredients:** Eggs, mayonnaise, mustard, paprika, salt, pepper

**Quantities (for 1 person):** Eggs: 2, mayonnaise: 2 tbsp, mustard: 1 tsp, paprika: 1/4 tsp, salt: to taste, pepper: to taste

**Cooking Time:** 10 minutes

**Steps:** Boil eggs, peel, and slice in half. Remove yolks and mix with mayonnaise, mustard, paprika, salt, and pepper. Spoon the mixture back into the egg whites.

**Cuisine:** American

**Diet Type:** Non-Vegetarian

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**Recipe ID:** 2057

**Recipe Name:** Bruschetta with Tomato and Basil

**Ingredients:** Baguette, tomatoes, basil, garlic, olive oil, balsamic vinegar, salt, pepper

**Quantities (for 1 person):** Baguette: 1-2 slices, tomatoes: 1/2, basil: 4-5 leaves, garlic: 1 clove, olive oil: 1 tsp, balsamic vinegar: 1 tsp, salt: to taste, pepper: to taste

**Cooking Time:** 10 minutes

**Steps:** Toast baguette slices. Dice tomatoes and mix with chopped basil, minced garlic, olive oil, balsamic vinegar, salt, and pepper. Spoon the mixture onto the toasted bread.

**Cuisine:** Italian

**Diet Type:** Vegetarian

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**Recipe ID:** 2058

**Recipe Name:** Sweet Potato Fries

**Ingredients:** Sweet potatoes, olive oil, paprika, garlic powder, salt, pepper

**Quantities (for 1 person):** Sweet potatoes: 1, olive oil: 1 tbsp, paprika: 1/2 tsp, garlic powder: 1/4 tsp, salt: to taste, pepper: to taste

**Cooking Time:** 25 minutes

**Steps:** Slice sweet potatoes into fries. Toss with olive oil, paprika, garlic powder, salt, and pepper. Bake at 400°F for 20-25 minutes, flipping halfway through.

**Cuisine:** American

**Diet Type:** Vegan

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**Recipe ID:** 2059

**Recipe Name:** Shrimp Cocktail

**Ingredients:** Shrimp, cocktail sauce, lemon wedges

**Quantities (for 1 person):** Shrimp: 6-8, cocktail sauce: 2 tbsp, lemon wedges: 1-2

**Cooking Time:** 5 minutes

**Steps:** Boil or steam shrimp until pink. Serve chilled with cocktail sauce and lemon wedges on the side.

**Cuisine:** American

**Diet Type:** Non-Vegetarian

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**Recipe ID:** 2060

**Recipe Name:** Spinach Artichoke Dip

**Ingredients:** Spinach, artichoke hearts, cream cheese, sour cream, parmesan cheese, garlic, salt, pepper

**Quantities (for 1 person):** Spinach: 1/4 cup, artichoke hearts: 2-3, cream cheese: 2 tbsp, sour cream: 1 tbsp, parmesan cheese: 2 tbsp, garlic: 1 clove, salt: to taste, pepper: to taste

**Cooking Time:** 15 minutes

**Steps:** Mix spinach, chopped artichoke hearts, cream cheese, sour cream, parmesan, minced garlic, salt, and pepper. Heat in a pan until warm and serve with crackers or bread.

**Cuisine:** American

**Diet Type:** Vegetarian

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**Recipe ID:** 2061

**Recipe Name:** Chicken Skewers with Peanut Sauce

**Ingredients:** Chicken breast, peanut butter, soy sauce, garlic, honey, lime juice, olive oil, skewers

**Quantities (for 1 person):** Chicken breast: 1, peanut butter: 2 tbsp, soy sauce: 1 tbsp, garlic: 1 clove, honey: 1 tsp, lime juice: 1 tsp, olive oil: 1 tsp

**Cooking Time:** 15 minutes

**Steps:** Cut chicken into bite-sized pieces and thread onto skewers. Mix peanut butter, soy sauce, minced garlic, honey, lime juice, and olive oil to make the sauce. Grill or pan-fry the chicken until cooked, then serve with the peanut sauce.

**Cuisine:** Thai

**Diet Type:** Non-Vegetarian

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**Recipe ID:** 2062

**Recipe Name:** Mozzarella Sticks

**Ingredients:** Mozzarella cheese, breadcrumbs, egg, flour, garlic powder, parsley, salt, oil for frying

**Quantities (for 1 person):** Mozzarella cheese: 2-3 sticks, breadcrumbs: 1/4 cup, egg: 1, flour: 1 tbsp, garlic powder: 1/4 tsp, parsley: 1 tbsp, salt: to taste



**Cooking Time:** 15 minutes

**Steps:** Coat mozzarella sticks in flour, dip in beaten egg, then coat with breadcrumbs mixed with garlic powder, parsley, and salt. Fry in hot oil until golden brown and serve with marinara sauce.

**Cuisine:** Italian

**Diet Type:** Vegetarian

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**Recipe ID:** 2063

**Recipe Name:** Vegan Spring Rolls

**Ingredients:** Rice paper, avocado, cucumber, carrots, lettuce, mint, soy sauce

**Quantities (for 1 person):** Rice paper: 2-3 sheets, avocado: 1/2, cucumber: 1/4, carrots: 1, lettuce: 2-3 leaves, mint: a few leaves, soy sauce: 2 tbsp

**Cooking Time:** 10 minutes

**Steps:** Soften rice paper in warm water. Fill with sliced avocado, cucumber, carrots, lettuce, and mint. Roll tightly and serve with soy sauce.

**Cuisine:** Vietnamese

**Diet Type:** Vegan

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**Recipe ID:** 2064

**Recipe Name:** Guacamole Stuffed Mini Bell Peppers

**Ingredients:** Mini bell peppers, avocado, lime, cilantro, onion, salt

**Quantities (for 1 person):** Mini bell peppers: 3-4, avocado: 1, lime: 1/2, cilantro: 1 tbsp, onion: 1 tbsp, salt: to taste

**Cooking Time:** 5 minutes

**Steps:** Slice mini bell peppers in half and remove seeds. Mash avocado and mix with lime juice, chopped cilantro, chopped onion, and salt. Stuff peppers with guacamole and serve.

**Cuisine:** Mexican

**Diet Type:** Vegan

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**Recipe ID:** 2065

**Recipe Name:** Stuffed Mushrooms

**Ingredients:** Mushrooms, cream cheese, garlic, spinach, parmesan cheese, breadcrumbs, olive oil

**Quantities (for 1 person):** Mushrooms: 4-5, cream cheese: 2 tbsp, garlic: 1 clove, spinach: 1/4 cup, parmesan cheese: 1 tbsp, breadcrumbs: 1 tbsp, olive oil: 1 tsp

**Cooking Time:** 15 minutes

**Steps:** Remove mushroom stems and chop them finely. Sauté garlic and spinach in

olive oil until wilted. Mix with cream cheese, parmesan, breadcrumbs, and chopped mushroom stems. Stuff mushrooms with the mixture and bake at 375°F for 10-12 minutes.

**Cuisine:** Italian

**Diet Type:** Vegetarian

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**Recipe ID:** 2066

**Recipe Name:** Hummus and Pita Chips

**Ingredients:** Hummus, pita bread, olive oil, paprika, salt

**Quantities (for 1 person):** Hummus: 3 tbsp, pita bread: 1, olive oil: 1 tsp, paprika: 1/4 tsp, salt: to taste

**Cooking Time:** 10 minutes

**Steps:** Cut pita bread into triangles and brush with olive oil. Sprinkle with salt and paprika, then bake at 375°F for 5-7 minutes until crispy. Serve with hummus for dipping.

**Cuisine:** Middle Eastern

**Diet Type:** Vegan

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**Recipe ID:** 2067

**Recipe Name:** Bacon-Wrapped Asparagus

**Ingredients:** Asparagus, bacon, olive oil, salt, pepper

**Quantities (for 1 person):** Asparagus: 4-5 spears, bacon: 2 slices, olive oil: 1 tsp, salt: to taste, pepper: to taste

**Cooking Time:** 20 minutes

**Steps:** Wrap each asparagus spear with a slice of bacon. Drizzle with olive oil, season with salt and pepper, then bake at 400°F for 15-20 minutes until bacon is crispy.

**Cuisine:** American

**Diet Type:** Non-Vegetarian

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**Recipe ID:** 2068

**Recipe Name:** Veggie and Cheese Quesadilla

**Ingredients:** Flour tortillas, cheese, bell peppers, onions, olive oil, salsa

**Quantities (for 1 person):** Flour tortillas: 2, cheese: 1/2 cup, bell peppers: 1/2, onions: 1/4, olive oil: 1 tsp, salsa: 2 tbsp

**Cooking Time:** 10 minutes

**Steps:** Sauté bell peppers and onions in olive oil until soft. Place one tortilla in a pan, sprinkle with cheese, and add sautéed veggies. Top with the second tortilla and cook on both sides until crispy. Serve with salsa.

**Cuisine:** Mexican

**Diet Type:** Vegetarian

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**Recipe ID:** 2069

**Recipe Name:** Caprese Salad Skewers

**Ingredients:** Cherry tomatoes, mozzarella balls, basil leaves, balsamic glaze, olive oil

**Quantities (for 1 person):** Cherry tomatoes: 5-6, mozzarella balls: 5-6, basil leaves: 3-4, balsamic glaze: 1 tsp, olive oil: 1 tsp

**Cooking Time:** 5 minutes

**Steps:** Skewer cherry tomatoes, mozzarella balls, and basil leaves alternately. Drizzle with olive oil and balsamic glaze before serving.

**Cuisine:** Italian

**Diet Type:** Vegetarian

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**Recipe ID:** 2070

**Recipe Name:** Crispy Chickpeas

**Ingredients:** Canned chickpeas, olive oil, paprika, garlic powder, salt, pepper

**Quantities (for 1 person):** Canned chickpeas: 1/2 cup, olive oil: 1 tsp, paprika: 1/2 tsp, garlic powder: 1/4 tsp, salt: to taste, pepper: to taste

**Cooking Time:** 15 minutes

**Steps:** Drain and rinse chickpeas. Toss with olive oil, paprika, garlic powder, salt, and pepper. Spread on a baking sheet and bake at 400°F for 12-15 minutes until crispy.

**Cuisine:** Middle Eastern

**Diet Type:** Vegan

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**Recipe ID:** 2071

**Recipe Name:** Mini Guacamole Tostadas

**Ingredients:** Mini tostada shells, guacamole, cilantro, lime, jalapeño (optional)

**Quantities (for 1 person):** Mini tostada shells: 2-3, guacamole: 2 tbsp, cilantro: 1 tbsp, lime: 1/4, jalapeño: 1 (optional)

**Cooking Time:** 5 minutes

**Steps:** Top each tostada shell with guacamole, a squeeze of lime juice, cilantro, and optional jalapeño slices.

**Cuisine:** Mexican

**Diet Type:** Vegan

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**Recipe ID:** 2072

**Recipe Name:** Sweet Potato Fries

**Ingredients:** Sweet potatoes, olive oil, paprika, garlic powder, salt, pepper

**Quantities (for 1 person):** Sweet potato: 1, olive oil: 1 tbsp, paprika: 1/2 tsp, garlic powder: 1/4 tsp, salt: to taste, pepper: to taste

**Cooking Time:** 25 minutes

**Steps:** Cut sweet potatoes into fries, toss with olive oil, paprika, garlic powder, salt, and pepper. Bake at 425°F for 20-25 minutes until crispy.

**Cuisine:** American

**Diet Type:** Vegan

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**Recipe ID:** 2073

**Recipe Name:** Cucumber Bites with Cream Cheese

**Ingredients:** Cucumbers, cream cheese, fresh dill, lemon juice, salt, pepper

**Quantities (for 1 person):** Cucumber: 1, cream cheese: 2 tbsp, fresh dill: 1 tsp, lemon juice: 1 tsp, salt: to taste, pepper: to taste

**Cooking Time:** 5 minutes

**Steps:** Slice cucumber into rounds. Mix cream cheese, dill, lemon juice, salt, and pepper. Top each cucumber slice with the cream cheese mixture.

**Cuisine:** American

**Diet Type:** Vegetarian

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**Recipe ID:** 2074

**Recipe Name:** Deviled Eggs

**Ingredients:** Eggs, mayonnaise, mustard, vinegar, paprika, salt, pepper

**Quantities (for 1 person):** Eggs: 2, mayonnaise: 1 tbsp, mustard: 1/2 tsp, vinegar: 1/2 tsp, paprika: pinch, salt: to taste, pepper: to taste

**Cooking Time:** 10 minutes

**Steps:** Boil eggs, peel, and slice in half. Mix yolks with mayonnaise, mustard, vinegar, salt, and pepper. Spoon or pipe the mixture back into egg whites. Sprinkle with paprika.

**Cuisine:** American

**Diet Type:** Non-Vegetarian

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**Recipe ID:** 2075

**Recipe Name:** Baked Zucchini Fries

**Ingredients:** Zucchini, breadcrumbs, parmesan cheese, olive oil, salt, pepper

**Quantities (for 1 person):** Zucchini: 1, breadcrumbs: 1/4 cup, parmesan cheese: 2 tbsp, olive oil: 1 tsp, salt: to taste, pepper: to taste

**Cooking Time:** 20 minutes

**Steps:** Cut zucchini into strips. Coat with olive oil, then dip in a mixture of breadcrumbs, parmesan, salt, and pepper. Bake at 400°F for 15-20 minutes until golden.

**Cuisine:** American

**Diet Type:** Vegetarian

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**Recipe ID:** 2076

**Recipe Name:** Roasted Red Pepper Hummus

**Ingredients:** Chickpeas, roasted red peppers, tahini, garlic, lemon juice, olive oil, salt

**Quantities (for 1 person):** Chickpeas: 1/4 cup, roasted red peppers: 1/4 cup, tahini: 1 tbsp, garlic: 1 clove, lemon juice: 1 tsp, olive oil: 1 tbsp, salt: to taste

**Cooking Time:** 10 minutes

**Steps:** Blend chickpeas, roasted red peppers, tahini, garlic, lemon juice, olive oil, and salt in a food processor until smooth. Serve with pita or veggies.

**Cuisine:** Middle Eastern

**Diet Type:** Vegan

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**Recipe ID:** 2077

**Recipe Name:** Spinach and Feta Stuffed Pitas

**Ingredients:** Pita bread, spinach, feta cheese, olive oil, garlic, salt, pepper

**Quantities (for 1 person):** Pita bread: 1, spinach: 1/2 cup, feta cheese: 2 tbsp, olive oil: 1 tsp, garlic: 1 clove, salt: to taste, pepper: to taste

**Cooking Time:** 10 minutes

**Steps:** Sauté garlic and spinach in olive oil until wilted. Stir in crumbled feta cheese, salt, and pepper. Stuff the mixture into pita bread pockets.

**Cuisine:** Mediterranean

**Diet Type:** Vegetarian

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**Recipe ID:** 2078

**Recipe Name:** Mini Caprese Salad Cups

**Ingredients:** Cherry tomatoes, mozzarella balls, basil, balsamic glaze

**Quantities (for 1 person):** Cherry tomatoes: 5-6, mozzarella balls: 5-6, basil: 3-4 leaves, balsamic glaze: 1 tsp

**Cooking Time:** 5 minutes

**Steps:** Thread cherry tomatoes, mozzarella balls, and basil leaves onto small skewers. Drizzle with balsamic glaze before serving.

**Cuisine:** Italian

**Diet Type:** Vegetarian

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**Recipe ID:** 2079

**Recipe Name:** Guacamole with Tortilla Chips

**Ingredients:** Avocados, lime juice, onion, tomato, cilantro, tortilla chips, salt, pepper

**Quantities (for 1 person):** Avocados: 1, lime juice: 1 tbsp, onion: 1/4 small, tomato: 1/4, cilantro: 1 tbsp, tortilla chips: 1 handful, salt: to taste, pepper: to taste

**Cooking Time:** 5 minutes

**Steps:** Mash avocado and mix with lime juice, chopped onion, tomato, and cilantro. Season with salt and pepper. Serve with tortilla chips.

**Cuisine:** Mexican

**Diet Type:** Vegan

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**Recipe ID:** 2080

**Recipe Name:** Stuffed Mushrooms

**Ingredients:** Mushrooms, cream cheese, garlic, parsley, breadcrumbs, olive oil

**Quantities (for 1 person):** Mushrooms: 4 large, cream cheese: 2 tbsp, garlic: 1 clove, parsley: 1 tsp, breadcrumbs: 1 tbsp, olive oil: 1 tsp

**Cooking Time:** 15 minutes

**Steps:** Remove stems from mushrooms and chop. Sauté garlic and mushroom stems in olive oil, then mix with cream cheese, parsley, and breadcrumbs. Stuff mushrooms with the mixture and bake at 375°F for 12-15 minutes.

**Cuisine:** Italian

**Diet Type:** Vegetarian

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**Recipe ID:** 2081

**Recipe Name:** Shrimp Cocktail

**Ingredients:** Shrimp, cocktail sauce, lemon

**Quantities (for 1 person):** Shrimp: 6-8, cocktail sauce: 3 tbsp, lemon: 1 wedge

**Cooking Time:** 10 minutes

**Steps:** Cook shrimp until pink, chill, and serve with cocktail sauce and a lemon wedge.

**Cuisine:** American

**Diet Type:** Non-Vegetarian

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**Recipe ID:** 2082

**Recipe Name:** Hummus with Veggie Sticks

**Ingredients:** Hummus, cucumber, carrot, celery

**Quantities (for 1 person):** Hummus: 3 tbsp, cucumber: 1/2, carrot: 1, celery: 1 stalk

**Cooking Time:** 5 minutes

**Steps:** Slice cucumber, carrot, and celery into sticks. Serve with hummus for dipping.

**Cuisine:** Middle Eastern

**Diet Type:** Vegan

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**Recipe ID:** 2083

**Recipe Name:** Cheese and Crackers

**Ingredients:** Cheese (cheddar, brie, or goat), crackers, grapes

**Quantities (for 1 person):** Cheese: 3-4 slices, crackers: 5-6, grapes: 5-6

**Cooking Time:** 5 minutes

**Steps:** Arrange cheese and crackers on a plate with grapes for a simple, quick appetizer.

**Cuisine:** French

**Diet Type:** Vegetarian

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**Recipe ID:** 2084

**Recipe Name:** Spicy Edamame

**Ingredients:** Edamame, soy sauce, chili flakes, sesame oil

**Quantities (for 1 person):** Edamame: 1 cup, soy sauce: 1 tbsp, chili flakes: 1/2 tsp, sesame oil: 1 tsp

**Cooking Time:** 5 minutes

**Steps:** Heat edamame and toss with soy sauce, chili flakes, and sesame oil. Serve warm.

**Cuisine:** Asian

**Diet Type:** Vegan

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**Recipe ID:** 2085

**Recipe Name:** Caprese Skewers

**Ingredients:** Cherry tomatoes, mozzarella balls, fresh basil, balsamic glaze

**Quantities (for 1 person):** Cherry tomatoes: 5-6, mozzarella balls: 5-6, fresh basil: 3-4 leaves, balsamic glaze: 1 tbsp

**Cooking Time:** 5 minutes

**Steps:** Skewer cherry tomatoes, mozzarella, and basil. Drizzle with balsamic glaze.

**Cuisine:** Italian

**Diet Type:** Vegetarian

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**Recipe ID:** 2086

**Recipe Name:** Avocado Toast with Poached Egg

**Ingredients:** Avocado, bread, egg, olive oil, salt, pepper, red pepper flakes

**Quantities (for 1 person):** Avocado: 1/2, bread: 1 slice, egg: 1, olive oil: 1 tsp, salt: to taste, pepper: to taste, red pepper flakes: a pinch

**Cooking Time:** 10 minutes

**Steps:** Toast bread, mash avocado with salt, pepper, and red pepper flakes. Poach the egg. Spread mashed avocado on toast and top with poached egg. Drizzle with olive oil.

**Cuisine:** American

**Diet Type:** Vegetarian

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**Recipe ID:** 2087

**Recipe Name:** Greek Salad

**Ingredients:** Cucumber, tomato, red onion, Kalamata olives, feta cheese, olive oil, lemon, oregano

**Quantities (for 1 person):** Cucumber: 1/2, tomato: 1, red onion: 1/4, Kalamata olives: 5-6, feta cheese: 2 tbsp, olive oil: 1 tbsp, lemon: 1/2, oregano: a pinch

**Cooking Time:** 10 minutes

**Steps:** Chop cucumber, tomato, and onion. Toss with olives, feta cheese, olive oil, lemon juice, and oregano.

**Cuisine:** Greek

**Diet Type:** Vegetarian

---

**Recipe ID:** 2088

**Recipe Name:** Mini Quesadillas

**Ingredients:** Tortilla, cheese, salsa, bell peppers

**Quantities (for 1 person):** Tortilla: 2 small, cheese: 1/4 cup, salsa: 2 tbsp, bell peppers: 1/4

**Cooking Time:** 10 minutes

**Steps:** Heat tortilla on a pan, sprinkle with cheese and chopped bell peppers. Fold in half and cook until crispy. Serve with salsa.

**Cuisine:** Mexican

**Diet Type:** Vegetarian

---

**Recipe ID:** 2089

**Recipe Name:** Spinach and Artichoke Dip

**Ingredients:** Spinach, artichoke hearts, cream cheese, Parmesan, garlic, olive oil

**Quantities (for 1 person):** Spinach: 1/2 cup, artichoke hearts: 1/4 cup, cream cheese: 2



tbsp, Parmesan: 2 tbsp, garlic: 1 clove, olive oil: 1 tsp

**Cooking Time:** 15 minutes

**Steps:** Sauté garlic in olive oil, add spinach and artichoke hearts. Mix in cream cheese and Parmesan. Serve warm.

**Cuisine:** American

**Diet Type:** Vegetarian

---

**Recipe ID:** 2090

**Recipe Name:** Sweet Potato Fries

**Ingredients:** Sweet potato, olive oil, salt, pepper, paprika

**Quantities (for 1 person):** Sweet potato: 1, olive oil: 1 tbsp, salt: to taste, pepper: to taste, paprika: 1/2 tsp

**Cooking Time:** 20 minutes

**Steps:** Cut sweet potato into fries, toss with olive oil, salt, pepper, and paprika. Bake at 400°F for 20 minutes, flipping halfway.

**Cuisine:** American

**Diet Type:** Vegan

---

**Recipe ID:** 2091

**Recipe Name:** Roasted Red Pepper Hummus

**Ingredients:** Roasted red peppers, chickpeas, tahini, lemon juice, garlic, olive oil

**Quantities (for 1 person):** Roasted red peppers: 1/4 cup, chickpeas: 1/2 cup, tahini: 1 tbsp, lemon juice: 1 tbsp, garlic: 1 clove, olive oil: 1 tsp

**Cooking Time:** 10 minutes

**Steps:** Blend all ingredients in a food processor until smooth. Serve with crackers or veggies.

**Cuisine:** Middle Eastern

**Diet Type:** Vegan

---

**Recipe ID:** 2092

**Recipe Name:** Mozzarella Sticks

**Ingredients:** Mozzarella sticks, breadcrumbs, egg, flour, marinara sauce

**Quantities (for 1 person):** Mozzarella sticks: 4, breadcrumbs: 1/4 cup, egg: 1, flour: 2 tbsp, marinara sauce: 2 tbsp

**Cooking Time:** 15 minutes

**Steps:** Dip mozzarella sticks in flour, egg, and breadcrumbs. Bake at 375°F for 10 minutes. Serve with marinara sauce.

**Cuisine:** Italian

**Diet Type:** Vegetarian

---

**Recipe ID:** 2086

**Recipe Name:** Avocado Toast with Poached Egg

**Ingredients:** Avocado, bread, egg, olive oil, salt, pepper, red pepper flakes

**Quantities (for 1 person):** Avocado: 1/2, bread: 1 slice, egg: 1, olive oil: 1 tsp, salt: to taste, pepper: to taste, red pepper flakes: a pinch

**Cooking Time:** 10 minutes

**Steps:** Toast bread, mash avocado with salt, pepper, and red pepper flakes. Poach the egg. Spread mashed avocado on toast and top with poached egg. Drizzle with olive oil.

**Cuisine:** American

**Diet Type:** Vegetarian

---

**Recipe ID:** 2087

**Recipe Name:** Greek Salad

**Ingredients:** Cucumber, tomato, red onion, Kalamata olives, feta cheese, olive oil, lemon, oregano

**Quantities (for 1 person):** Cucumber: 1/2, tomato: 1, red onion: 1/4, Kalamata olives: 5-6, feta cheese: 2 tbsp, olive oil: 1 tbsp, lemon: 1/2, oregano: a pinch

**Cooking Time:** 10 minutes

**Steps:** Chop cucumber, tomato, and onion. Toss with olives, feta cheese, olive oil, lemon juice, and oregano.

**Cuisine:** Greek

**Diet Type:** Vegetarian

---

**Recipe ID:** 2088

**Recipe Name:** Mini Quesadillas

**Ingredients:** Tortilla, cheese, salsa, bell peppers

**Quantities (for 1 person):** Tortilla: 2 small, cheese: 1/4 cup, salsa: 2 tbsp, bell peppers: 1/4

**Cooking Time:** 10 minutes

**Steps:** Heat tortilla on a pan, sprinkle with cheese and chopped bell peppers. Fold in half and cook until crispy. Serve with salsa.

**Cuisine:** Mexican

**Diet Type:** Vegetarian

---

**Recipe ID:** 2089

**Recipe Name:** Spinach and Artichoke Dip

**Ingredients:** Spinach, artichoke hearts, cream cheese, Parmesan, garlic, olive oil

**Quantities (for 1 person):** Spinach: 1/2 cup, artichoke hearts: 1/4 cup, cream cheese: 2 tbsp, Parmesan: 2 tbsp, garlic: 1 clove, olive oil: 1 tsp

**Cooking Time:** 15 minutes

**Steps:** Sauté garlic in olive oil, add spinach and artichoke hearts. Mix in cream cheese and Parmesan. Serve warm.

**Cuisine:** American

**Diet Type:** Vegetarian

---

**Recipe ID:** 2090

**Recipe Name:** Sweet Potato Fries

**Ingredients:** Sweet potato, olive oil, salt, pepper, paprika

**Quantities (for 1 person):** Sweet potato: 1, olive oil: 1 tbsp, salt: to taste, pepper: to taste, paprika: 1/2 tsp

**Cooking Time:** 20 minutes

**Steps:** Cut sweet potato into fries, toss with olive oil, salt, pepper, and paprika. Bake at 400°F for 20 minutes, flipping halfway.

**Cuisine:** American

**Diet Type:** Vegan

---

**Recipe ID:** 2091

**Recipe Name:** Roasted Red Pepper Hummus

**Ingredients:** Roasted red peppers, chickpeas, tahini, lemon juice, garlic, olive oil

**Quantities (for 1 person):** Roasted red peppers: 1/4 cup, chickpeas: 1/2 cup, tahini: 1 tbsp, lemon juice: 1 tbsp, garlic: 1 clove, olive oil: 1 tsp

**Cooking Time:** 10 minutes

**Steps:** Blend all ingredients in a food processor until smooth. Serve with crackers or veggies.

**Cuisine:** Middle Eastern

**Diet Type:** Vegan

---

**Recipe ID:** 2092

**Recipe Name:** Mozzarella Sticks

**Ingredients:** Mozzarella sticks, breadcrumbs, egg, flour, marinara sauce

**Quantities (for 1 person):** Mozzarella sticks: 4, breadcrumbs: 1/4 cup, egg: 1, flour: 2 tbsp, marinara sauce: 2 tbsp

**Cooking Time:** 15 minutes

**Steps:** Dip mozzarella sticks in flour, egg, and breadcrumbs. Bake at 375°F for 10 minutes. Serve with marinara sauce.

**Cuisine:** Italian

**Diet Type:** Vegetarian

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**Recipe ID:** 2093

**Recipe Name:** Avocado and Tomato Salsa

**Ingredients:** Avocado, tomato, red onion, cilantro, lime, salt, pepper

**Quantities (for 1 person):** Avocado: 1/2, tomato: 1, red onion: 1/4, cilantro: 1 tbsp, lime: 1/2, salt: to taste, pepper: to taste

**Cooking Time:** 10 minutes

**Steps:** Dice avocado, tomato, and onion. Toss with chopped cilantro, lime juice, salt, and pepper.

**Cuisine:** Mexican

**Diet Type:** Vegan

---

**Recipe ID:** 2094

**Recipe Name:** Caprese Salad Skewers

**Ingredients:** Cherry tomatoes, mozzarella balls, basil leaves, balsamic vinegar

**Quantities (for 1 person):** Cherry tomatoes: 4, mozzarella balls: 4, basil leaves: 4, balsamic vinegar: 1 tsp

**Cooking Time:** 5 minutes

**Steps:** Skewer a tomato, mozzarella ball, and basil leaf on each skewer. Drizzle with balsamic vinegar.

**Cuisine:** Italian

**Diet Type:** Vegetarian

---

**Recipe ID:** 2095

**Recipe Name:** Cucumber Bites with Hummus

**Ingredients:** Cucumber, hummus, paprika, olive oil

**Quantities (for 1 person):** Cucumber: 1, hummus: 2 tbsp, paprika: a pinch, olive oil: 1 tsp

**Cooking Time:** 5 minutes

**Steps:** Slice cucumber into rounds. Top each slice with hummus, sprinkle with paprika, and drizzle with olive oil.

**Cuisine:** Middle Eastern

**Diet Type:** Vegan

---

**Recipe ID:** 2096

**Recipe Name:** Cheese and Herb Stuffed Mushrooms

**Ingredients:** Mushrooms, cream cheese, garlic, parsley, Parmesan cheese, breadcrumbs

**Quantities (for 1 person):** Mushrooms: 4, cream cheese: 2 tbsp, garlic: 1 clove, parsley: 1 tbsp, Parmesan cheese: 1 tbsp, breadcrumbs: 1 tbsp

**Cooking Time:** 15 minutes

**Steps:** Remove mushroom stems, stuff with cream cheese, garlic, parsley, and Parmesan. Top with breadcrumbs and bake at 375°F for 12 minutes.

**Cuisine:** American

**Diet Type:** Vegetarian

---

**Recipe ID:** 2097

**Recipe Name:** Roasted Chickpeas

**Ingredients:** Chickpeas, olive oil, cumin, paprika, salt

**Quantities (for 1 person):** Chickpeas: 1/2 cup, olive oil: 1 tbsp, cumin: 1/2 tsp, paprika: 1/2 tsp, salt: to taste

**Cooking Time:** 20 minutes

**Steps:** Toss chickpeas with olive oil, cumin, paprika, and salt. Roast at 400°F for 20 minutes, stirring halfway.

**Cuisine:** Middle Eastern

**Diet Type:** Vegan

---

**Recipe ID:** 2098

**Recipe Name:** Mini Cucumber Sandwiches

**Ingredients:** Cucumber, bread, cream cheese, dill, salt

**Quantities (for 1 person):** Cucumber: 1/2, bread: 2 slices, cream cheese: 2 tbsp, dill: 1 tsp, salt: to taste

**Cooking Time:** 5 minutes

**Steps:** Spread cream cheese on bread slices, add cucumber slices, and sprinkle with dill and salt.

**Cuisine:** British

**Diet Type:** Vegetarian

---

**Recipe ID:** 2099

**Recipe Name:** Spinach and Feta Phyllo Bites

**Ingredients:** Phyllo dough, spinach, feta cheese, garlic, olive oil

**Quantities (for 1 person):** Phyllo dough: 2 sheets, spinach: 1/2 cup, feta cheese: 2 tbsp, garlic: 1 clove, olive oil: 1 tsp

**Cooking Time:** 15 minutes

**Steps:** Sauté spinach and garlic in olive oil. Place mixture on phyllo sheets with feta. Fold and bake at 375°F for 10 minutes.

**Cuisine:** Greek

**Diet Type:** Vegetarian

---

**Recipe ID:** 2093

**Recipe Name:** Avocado and Tomato Salsa

**Ingredients:** Avocado, tomato, red onion, cilantro, lime, salt, pepper

**Quantities (for 1 person):** Avocado: 1/2, tomato: 1, red onion: 1/4, cilantro: 1 tbsp, lime: 1/2, salt: to taste, pepper: to taste

**Cooking Time:** 10 minutes

**Steps:** Dice avocado, tomato, and onion. Toss with chopped cilantro, lime juice, salt, and pepper.

**Cuisine:** Mexican

**Diet Type:** Vegan

---

**Recipe ID:** 2094

**Recipe Name:** Caprese Salad Skewers

**Ingredients:** Cherry tomatoes, mozzarella balls, basil leaves, balsamic vinegar

**Quantities (for 1 person):** Cherry tomatoes: 4, mozzarella balls: 4, basil leaves: 4, balsamic vinegar: 1 tsp

**Cooking Time:** 5 minutes

**Steps:** Skewer a tomato, mozzarella ball, and basil leaf on each skewer. Drizzle with

balsamic vinegar.

**Cuisine:** Italian

**Diet Type:** Vegetarian

---

**Recipe ID:** 2095

**Recipe Name:** Cucumber Bites with Hummus

**Ingredients:** Cucumber, hummus, paprika, olive oil

**Quantities (for 1 person):** Cucumber: 1, hummus: 2 tbsp, paprika: a pinch, olive oil: 1 tsp

**Cooking Time:** 5 minutes

**Steps:** Slice cucumber into rounds. Top each slice with hummus, sprinkle with paprika, and drizzle with olive oil.

**Cuisine:** Middle Eastern

**Diet Type:** Vegan

---

**Recipe ID:** 2096

**Recipe Name:** Cheese and Herb Stuffed Mushrooms

**Ingredients:** Mushrooms, cream cheese, garlic, parsley, Parmesan cheese, breadcrumbs

**Quantities (for 1 person):** Mushrooms: 4, cream cheese: 2 tbsp, garlic: 1 clove, parsley: 1 tbsp, Parmesan cheese: 1 tbsp, breadcrumbs: 1 tbsp

**Cooking Time:** 15 minutes

**Steps:** Remove mushroom stems, stuff with cream cheese, garlic, parsley, and Parmesan. Top with breadcrumbs and bake at 375°F for 12 minutes.

**Cuisine:** American

**Diet Type:** Vegetarian

---

**Recipe ID:** 2097

**Recipe Name:** Roasted Chickpeas

**Ingredients:** Chickpeas, olive oil, cumin, paprika, salt

**Quantities (for 1 person):** Chickpeas: 1/2 cup, olive oil: 1 tbsp, cumin: 1/2 tsp, paprika: 1/2 tsp, salt: to taste

**Cooking Time:** 20 minutes

**Steps:** Toss chickpeas with olive oil, cumin, paprika, and salt. Roast at 400°F for 20 minutes, stirring halfway.

**Cuisine:** Middle Eastern

**Diet Type:** Vegan

---

**Recipe ID:** 2098

**Recipe Name:** Mini Cucumber Sandwiches

**Ingredients:** Cucumber, bread, cream cheese, dill, salt

**Quantities (for 1 person):** Cucumber: 1/2, bread: 2 slices, cream cheese: 2 tbsp, dill: 1 tsp, salt: to taste

**Cooking Time:** 5 minutes

**Steps:** Spread cream cheese on bread slices, add cucumber slices, and sprinkle with dill and salt.

**Cuisine:** British

**Diet Type:** Vegetarian

---

**Recipe ID:** 2099

**Recipe Name:** Spinach and Feta Phyllo Bites

**Ingredients:** Phyllo dough, spinach, feta cheese, garlic, olive oil

**Quantities (for 1 person):** Phyllo dough: 2 sheets, spinach: 1/2 cup, feta cheese: 2 tbsp, garlic: 1 clove, olive oil: 1 tsp

**Cooking Time:** 15 minutes

**Steps:** Sauté spinach and garlic in olive oil. Place mixture on phyllo sheets with feta. Fold and bake at 375°F for 10 minutes.

**Cuisine:** Greek

**Diet Type:** Vegetarian

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**Recipe ID:** 2100

**Recipe Name:** Guacamole with Tortilla Chips

**Ingredients:** Avocado, lime, onion, tomato, cilantro, tortilla chips

**Quantities (for 1 person):** Avocado: 1, lime: 1/2, onion: 1/4, tomato: 1, cilantro: 1 tbsp,



tortilla chips: 1 handful

**Cooking Time:** 10 minutes

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

**Cuisine:** Mexican

**Diet Type:** Vegan

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**Recipe ID:** 2101

**Recipe Name:** Deviled Eggs

**Ingredients:** Eggs, mayonnaise, mustard, paprika, salt, pepper

**Quantities (for 1 person):** Eggs: 2, mayonnaise: 1 tbsp, mustard: 1 tsp, paprika: a pinch, salt: to taste, pepper: to taste

**Cooking Time:** 10 minutes

**Steps:** Hard boil eggs, remove yolks, and mix with mayonnaise, mustard, salt, and pepper. Fill egg whites with the mixture and sprinkle with paprika.

**Cuisine:** American

**Diet Type:** Vegetarian

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**Recipe ID:** 2102

**Recipe Name:** Bruschetta with Tomato and Basil

**Ingredients:** Baguette, tomato, basil, olive oil, garlic, balsamic vinegar

**Quantities (for 1 person):** Baguette: 1/2, tomato: 1, basil: 2 leaves, olive oil: 1 tsp, garlic: 1 clove, balsamic vinegar: 1 tsp

**Cooking Time:** 10 minutes

**Steps:** Toast baguette slices. Top with diced tomato, basil, olive oil, minced garlic, and a drizzle of balsamic vinegar.

**Cuisine:** Italian

**Diet Type:** Vegetarian

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**Recipe ID:** 2103

**Recipe Name:** Stuffed Bell Peppers

**Ingredients:** Bell pepper, rice, black beans, corn, cheese, salsa

**Quantities (for 1 person):** Bell pepper: 1, rice: 1/4 cup, black beans: 1/4 cup, corn: 1/4 cup, cheese: 2 tbsp, salsa: 1 tbsp

**Cooking Time:** 15 minutes

**Steps:** Cook rice and mix with black beans, corn, cheese, and salsa. Stuff bell pepper with mixture and bake at 375°F for 10 minutes.

**Cuisine:** Mexican

**Diet Type:** Vegetarian

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**Recipe ID:** 2104

**Recipe Name:** Sweet Potato Fries

**Ingredients:** Sweet potato, olive oil, paprika, salt

**Quantities (for 1 person):** Sweet potato: 1, olive oil: 1 tbsp, paprika: 1/2 tsp, salt: to taste

**Cooking Time:** 20 minutes

**Steps:** Cut sweet potato into fries, toss with olive oil, paprika, and salt. Bake at 400°F for 20 minutes, flipping halfway.

**Cuisine:** American

**Diet Type:** Vegan

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**Recipe ID:** 2105

**Recipe Name:** Cucumber and Hummus Bites

**Ingredients:** Cucumber, hummus, cherry tomatoes, dill

**Quantities (for 1 person):** Cucumber: 1, hummus: 2 tbsp, cherry tomatoes: 2, dill: 1 tsp

**Cooking Time:** 5 minutes

**Steps:** Slice cucumber into rounds, top with hummus, and garnish with cherry tomatoes and dill.

**Cuisine:** Middle Eastern

**Diet Type:** Vegan

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**Recipe ID:** 2106

**Recipe Name:** Caprese Salad on Skewers

**Ingredients:** Cherry tomatoes, mozzarella balls, fresh basil, olive oil, balsamic vinegar

**Quantities (for 1 person):** Cherry tomatoes: 4, mozzarella balls: 4, basil leaves: 4, olive oil: 1 tsp, balsamic vinegar: 1 tsp

**Cooking Time:** 5 minutes

**Steps:** Skewer a cherry tomato, mozzarella ball, and basil leaf on each skewer. Drizzle with olive oil and balsamic vinegar.

**Cuisine:** Italian

**Diet Type:** Vegetarian

---

**Recipe ID:** 2107

**Recipe Name:** Spinach and Feta Stuffed Mushrooms

**Ingredients:** Button mushrooms, spinach, feta cheese, garlic, olive oil, breadcrumbs

**Quantities (for 1 person):** Mushrooms: 4, spinach: 1/4 cup, feta cheese: 2 tbsp, garlic: 1 clove, olive oil: 1 tsp, breadcrumbs: 1 tbsp

**Cooking Time:** 15 minutes

**Steps:** Remove stems from mushrooms, sauté spinach and garlic in olive oil, mix with crumbled feta, and stuff mushrooms. Top with breadcrumbs and bake at 375°F for 10 minutes.

**Cuisine:** Mediterranean

**Diet Type:** Vegetarian

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**Recipe ID:** 2108

**Recipe Name:** Pita Chips with Yogurt Dip

**Ingredients:** Pita bread, olive oil, yogurt, garlic, lemon juice

**Quantities (for 1 person):** Pita bread: 1, olive oil: 1 tbsp, yogurt: 3 tbsp, garlic: 1 clove, lemon juice: 1 tsp

**Cooking Time:** 10 minutes

**Steps:** Cut pita bread into triangles, drizzle with olive oil, and bake at 375°F for 7-10 minutes. Mix yogurt, minced garlic, and lemon juice for dipping.

**Cuisine:** Mediterranean

**Diet Type:** Vegetarian

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**Recipe ID:** 2109

**Recipe Name:** Zucchini Fritters

**Ingredients:** Zucchini, egg, flour, garlic, salt, pepper, olive oil

**Quantities (for 1 person):** Zucchini: 1, egg: 1, flour: 2 tbsp, garlic: 1 clove, salt: to taste, pepper: to taste, olive oil: 1 tbsp

**Cooking Time:** 10 minutes

**Steps:** Grate zucchini, mix with egg, flour, garlic, salt, and pepper. Form into small patties and fry in olive oil until golden.

**Cuisine:** Mediterranean

**Diet Type:** Vegetarian

---

**Recipe ID:** 2110

**Recipe Name:** Roasted Chickpeas

**Ingredients:** Canned chickpeas, olive oil, paprika, garlic powder, salt

**Quantities (for 1 person):** Chickpeas: 1/2 cup, olive oil: 1 tbsp, paprika: 1/2 tsp, garlic powder: 1/2 tsp, salt: to taste

**Cooking Time:** 20 minutes

**Steps:** Rinse and dry chickpeas, toss with olive oil, paprika, garlic powder, and salt. Roast at 400°F for 20 minutes, shaking halfway.

**Cuisine:** Middle Eastern

**Diet Type:** Vegan

---

**Recipe ID:** 2111

**Recipe Name:** Veggie Spring Rolls

**Ingredients:** Rice paper, lettuce, carrots, cucumber, avocado, soy sauce

**Quantities (for 1 person):** Rice paper: 2 sheets, lettuce: 1 leaf, carrots: 1/4, cucumber: 1/4, avocado: 1/2, soy sauce: 1 tbsp

**Cooking Time:** 10 minutes

**Steps:** Soften rice paper in water, fill with lettuce, shredded carrots, cucumber, and avocado. Serve with soy sauce for dipping.

**Cuisine:** Asian

**Diet Type:** Vegan

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**Recipe ID:** 2112

**Recipe Name:** Cheese and Olives Platter

**Ingredients:** Cheddar cheese, goat cheese, olives, crackers

**Quantities (for 1 person):** Cheddar cheese: 2 oz, goat cheese: 2 oz, olives: 1/4 cup, crackers: 6

**Cooking Time:** 5 minutes

**Steps:** Arrange cheeses, olives, and crackers on a platter. Serve immediately.

**Cuisine:** Mediterranean

**Diet Type:** Vegetarian

---

**Recipe ID:** 2113

**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: to taste, pepper: to taste

**Cooking Time:** 5 minutes

**Steps:** Toast bread, mash avocado with lemon juice, salt, and pepper, and spread over toast.

**Cuisine:** American

**Diet Type:** Vegan

---

**Recipe ID:** 2114

**Recipe Name:** Roasted Red Pepper Hummus

**Ingredients:** Roasted red peppers, chickpeas, tahini, olive oil, garlic, lemon juice

**Quantities (for 1 person):** Roasted red peppers: 1/4 cup, chickpeas: 1/4 cup, tahini: 2 tbsp, olive oil: 1 tsp, garlic: 1 clove, lemon juice: 1 tsp

**Cooking Time:** 5 minutes

**Steps:** Blend roasted red peppers, chickpeas, tahini, olive oil, garlic, and lemon juice until smooth. Serve with pita or veggies.

**Cuisine:** Middle Eastern

**Diet Type:** Vegan

---

**Recipe ID:** 2115

**Recipe Name:** Cucumber Bites

**Ingredients:** Cucumber, cream cheese, smoked salmon, dill, lemon zest

**Quantities (for 1 person):** Cucumber: 1/2, cream cheese: 2 tbsp, smoked salmon: 2 slices, dill: 1 tsp, lemon zest: 1/2 tsp

**Cooking Time:** 5 minutes

**Steps:** Slice cucumber into rounds, spread cream cheese on top, add smoked salmon, sprinkle with dill and lemon zest.

**Cuisine:** American

**Diet Type:** Gluten-free, pescatarian

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**Recipe ID:** 2116

**Recipe Name:** Caprese Skewers

**Ingredients:** Cherry tomatoes, mozzarella balls, fresh basil, balsamic glaze

**Quantities (for 1 person):** Cherry tomatoes: 5, mozzarella balls: 3, basil leaves: 3, balsamic glaze: 1 tsp

**Cooking Time:** 5 minutes

**Steps:** Skewer a cherry tomato, mozzarella ball, and basil leaf. Drizzle with balsamic glaze before serving.

**Cuisine:** Italian

**Diet Type:** Vegetarian

---

**Recipe ID:** 2117

**Recipe Name:** Garlic Parmesan Roasted Potatoes

**Ingredients:** Baby potatoes, garlic, parmesan cheese, olive oil, rosemary, salt

**Quantities (for 1 person):** Baby potatoes: 5, garlic: 1 clove, parmesan cheese: 2 tbsp, olive oil: 1 tbsp, rosemary: 1 tsp, salt: to taste

**Cooking Time:** 25 minutes

**Steps:** Cut potatoes into halves, toss with minced garlic, olive oil, rosemary, and salt. Roast at 400°F for 20 minutes. Sprinkle with parmesan cheese before serving.

**Cuisine:** American

**Diet Type:** Vegetarian

---

**Recipe ID:** 2118

**Recipe Name:** Mini Guacamole Cups

**Ingredients:** Avocados, lime juice, cherry tomatoes, red onion, tortilla chips

**Quantities (for 1 person):** Avocados: 1, lime juice: 1 tsp, cherry tomatoes: 3, red onion: 1 tbsp, tortilla chips: 4

**Cooking Time:** 10 minutes

**Steps:** Mash avocado with lime juice, chop cherry tomatoes and red onion. Serve the guacamole in small cups, topped with chopped tomatoes and onions, with tortilla chips on the side.

**Cuisine:** Mexican

**Diet Type:** Vegan

---

**Recipe ID:** 2119

**Recipe Name:** Sweet Potato Fries

**Ingredients:** Sweet potatoes, olive oil, paprika, garlic powder, salt

**Quantities (for 1 person):** Sweet potatoes: 1, olive oil: 1 tbsp, paprika: 1/2 tsp, garlic powder: 1/2 tsp, salt: to taste

**Cooking Time:** 25 minutes

**Steps:** Cut sweet potatoes into fries, toss with olive oil, paprika, garlic powder, and salt. Bake at 400°F for 20-25 minutes, flipping halfway through.

**Cuisine:** American

**Diet Type:** Vegan

---

**Recipe ID:** 2120

**Recipe Name:** Roasted Red Pepper Crostini

**Ingredients:** Baguette, roasted red peppers, garlic, basil, olive oil

**Quantities (for 1 person):** Baguette: 1 slice, roasted red peppers: 2 tbsp, garlic: 1 clove, basil leaves: 1, olive oil: 1 tsp

**Cooking Time:** 10 minutes

**Steps:** Toast baguette slice, rub with garlic, top with roasted red peppers, drizzle with olive oil, and garnish with basil.

**Cuisine:** Mediterranean

**Diet Type:** Vegetarian

---

**Recipe ID:** 2121

**Recipe Name:** Avocado and Bacon Lettuce Cups

**Ingredients:** Avocados, bacon, lettuce leaves, cherry tomatoes, lime juice

**Quantities (for 1 person):** Avocados: 1/2, bacon: 2 slices, lettuce leaves: 2, cherry tomatoes: 3, lime juice: 1 tsp

**Cooking Time:** 10 minutes

**Steps:** Cook bacon until crispy, slice avocados and tomatoes. Fill lettuce leaves with avocado, bacon, and tomatoes, and drizzle with lime juice.

**Cuisine:** American

**Diet Type:** Gluten-free

---

**Recipe ID:** 2122

**Recipe Name:** Mini Meatball Skewers

**Ingredients:** Ground beef, breadcrumbs, egg, garlic, mozzarella cheese, olive oil

**Quantities (for 1 person):** Ground beef: 1/4 lb, breadcrumbs: 2 tbsp, egg: 1/4, garlic: 1 clove, mozzarella cheese: 1 oz, olive oil: 1 tsp

**Cooking Time:** 15 minutes

**Steps:** Mix ground beef, breadcrumbs, egg, and minced garlic. Shape into meatballs and insert a piece of mozzarella into each. Fry in olive oil until golden and cooked through.

**Cuisine:** Italian

**Diet Type:** Carnivore

---

**Recipe ID:** 2123

**Recipe Name:** Shrimp and Avocado Ceviche

**Ingredients:** Shrimp, avocado, lime juice, tomato, cilantro, red onion, salt, pepper

**Quantities (for 1 person):** Shrimp: 4-5 pieces, avocado: 1/2, lime juice: 1 tbsp, tomato: 1 small, cilantro: 1 tbsp, red onion: 1 tbsp, salt: to taste, pepper: to taste

**Cooking Time:** 10 minutes

**Steps:** Dice shrimp, avocado, tomato, and onion. Mix with lime juice, cilantro, salt, and pepper. Let sit for a few minutes to marinate.

**Cuisine:** Mexican

**Diet Type:** Pescatarian, Gluten-free

---

**Recipe ID:** 2124

**Recipe Name:** Hummus and Veggie Platter

**Ingredients:** Hummus, cucumber, carrot sticks, cherry tomatoes, bell peppers

**Quantities (for 1 person):** Hummus: 2 tbsp, cucumber: 1/2, carrot sticks: 4, cherry tomatoes: 5, bell peppers: 1/4

**Cooking Time:** 5 minutes

**Steps:** Arrange cucumber, carrot sticks, cherry tomatoes, and bell peppers on a plate. Serve with hummus for dipping.

**Cuisine:** Middle Eastern

**Diet Type:** Vegan, Gluten-free

---

**Recipe ID:** 2125

**Recipe Name:** Spinach and Artichoke Dip

**Ingredients:** Frozen spinach, canned artichoke hearts, cream cheese, sour cream, garlic, mozzarella cheese

**Quantities (for 1 person):** Spinach: 1/4 cup, artichoke hearts: 2, cream cheese: 2 tbsp, sour cream: 2 tbsp, garlic: 1 clove, mozzarella cheese: 2 tbsp

**Cooking Time:** 15 minutes

**Steps:** Sauté garlic, then add spinach and chopped artichoke hearts. Mix with cream cheese, sour cream, and mozzarella. Heat until cheese melts and serve warm.

**Cuisine:** American

**Diet Type:** Vegetarian

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**Recipe ID:** 2126

**Recipe Name:** Bacon-Wrapped Asparagus

**Ingredients:** Bacon, asparagus, olive oil, garlic powder, salt, pepper

**Quantities (for 1 person):** Bacon: 2 slices, asparagus: 4 stalks, olive oil: 1 tsp, garlic powder: 1/4 tsp, salt: to taste, pepper: to taste

**Cooking Time:** 20 minutes

**Steps:** Wrap asparagus with bacon, drizzle with olive oil, and season with garlic powder, salt, and pepper. Bake at 400°F for 15-20 minutes.

**Cuisine:** American

**Diet Type:** Keto, Gluten-free

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**Recipe ID:** 2127

**Recipe Name:** Veggie Spring Rolls

**Ingredients:** Rice paper, carrots, cucumber, bell peppers, cilantro, mint, hoisin sauce

**Quantities (for 1 person):** Rice paper: 2 sheets, carrots: 1/4, cucumber: 1/4, bell



peppers: 1/4, cilantro: 1 tbsp, mint: 1 tbsp, hoisin sauce: 1 tbsp

**Cooking Time:** 10 minutes

**Steps:** Soften rice paper in water. Fill with thinly sliced veggies and herbs. Roll tightly and serve with hoisin sauce for dipping.

**Cuisine:** Vietnamese

**Diet Type:** Vegan

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**Recipe ID:** 2128

**Recipe Name:** Roasted Chickpea Bites

**Ingredients:** Canned chickpeas, olive oil, paprika, garlic powder, salt

**Quantities (for 1 person):** Chickpeas: 1/4 cup, olive oil: 1 tsp, paprika: 1/4 tsp, garlic powder: 1/4 tsp, salt: to taste

**Cooking Time:** 25 minutes

**Steps:** Rinse and dry chickpeas. Toss with olive oil, paprika, garlic powder, and salt. Roast at 400°F for 20-25 minutes.

**Cuisine:** Middle Eastern

**Diet Type:** Vegan, Gluten-free

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**Recipe ID:** 2129

**Recipe Name:** Zucchini Fritters

**Ingredients:** Zucchini, egg, flour, garlic powder, onion powder, salt, pepper, olive oil

**Quantities (for 1 person):** Zucchini: 1, egg: 1, flour: 2 tbsp, garlic powder: 1/4 tsp, onion powder: 1/4 tsp, salt: to taste, pepper: to taste

**Cooking Time:** 10 minutes

**Steps:** Grate zucchini and mix with egg, flour, garlic powder, onion powder, salt, and pepper. Fry spoonfuls of the mixture in olive oil until crispy.

**Cuisine:** American

**Diet Type:** Vegetarian, Gluten-free

---

**Recipe ID:** 2130

**Recipe Name:** Guacamole and Tortilla Chips

**Ingredients:** Avocado, lime juice, cilantro, tomato, onion, garlic, tortilla chips

**Quantities (for 1 person):** Avocado: 1, lime juice: 1 tbsp, cilantro: 1 tbsp, tomato: 1/2, onion: 1 tbsp, garlic: 1 clove, tortilla chips: 1 handful

**Cooking Time:** 10 minutes

**Steps:** Mash avocado and mix with lime juice, cilantro, chopped tomato, onion, and garlic. Serve with tortilla chips for dipping.

**Cuisine:** Mexican

**Diet Type:** Vegan, Gluten-free

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**Recipe ID:** 2131

**Recipe Name:** Caprese Skewers

**Ingredients:** Cherry tomatoes, mozzarella balls, basil leaves, balsamic glaze

**Quantities (for 1 person):** Cherry tomatoes: 4-5, mozzarella balls: 4-5, basil leaves: 4-5, balsamic glaze: 1 tbsp

**Cooking Time:** 5 minutes

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

**Cuisine:** Italian

**Diet Type:** Vegetarian, Gluten-free

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**Recipe ID:** 2132

**Recipe Name:** Stuffed Mini Bell Peppers

**Ingredients:** Mini bell peppers, cream cheese, chives, garlic powder, salt, pepper

**Quantities (for 1 person):** Mini bell peppers: 3-4, cream cheese: 3 tbsp, chives: 1 tbsp, garlic powder: 1/4 tsp, salt: to taste, pepper: to taste

**Cooking Time:** 10 minutes

**Steps:** Cut the tops off mini bell peppers and remove seeds. Mix cream cheese with chives, garlic powder, salt, and pepper. Stuff the peppers with the mixture.

**Cuisine:** American

**Diet Type:** Vegetarian

---

**Recipe ID:** 2133

**Recipe Name:** Cucumber and Feta Bites

**Ingredients:** Cucumber, feta cheese, cherry tomatoes, olive oil, oregano, salt

**Quantities (for 1 person):** Cucumber: 1/2, feta cheese: 2 tbsp, cherry tomatoes: 2-3, olive oil: 1 tsp, oregano: 1/4 tsp, salt: to taste

**Cooking Time:** 5 minutes

**Steps:** Slice cucumber into thick rounds. Top with crumbled feta, halved cherry tomatoes, olive oil, oregano, and salt.

**Cuisine:** Greek

**Diet Type:** Vegetarian, Gluten-free

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**Recipe ID:** 2134

**Recipe Name:** Crispy Chickpea Tacos

**Ingredients:** Canned chickpeas, taco shells, avocado, salsa, lettuce, taco seasoning

**Quantities (for 1 person):** Chickpeas: 1/4 cup, taco shells: 2, avocado: 1/4, salsa: 2 tbsp, lettuce: 1 leaf, taco seasoning: 1 tsp

**Cooking Time:** 15 minutes

**Steps:** Roast chickpeas with taco seasoning at 400°F for 10-12 minutes. Fill taco shells with chickpeas, avocado, salsa, and lettuce.

**Cuisine:** Mexican

**Diet Type:** Vegan, Gluten-free

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**Recipe ID:** 2135

**Recipe Name:** Greek Yogurt and Cucumber Dip

**Ingredients:** Greek yogurt, cucumber, garlic, lemon juice, dill, salt

**Quantities (for 1 person):** Greek yogurt: 3 tbsp, cucumber: 1/4, garlic: 1 clove, lemon juice: 1 tsp, dill: 1 tsp, salt: to taste

**Cooking Time:** 5 minutes

**Steps:** Grate cucumber and mix with Greek yogurt, minced garlic, lemon juice, dill, and salt. Serve as a dip.

**Cuisine:** Greek

**Diet Type:** Vegetarian, Gluten-free

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**Recipe ID:** 2136

**Recipe Name:** Sweet Potato Fries

**Ingredients:** Sweet potato, olive oil, paprika, garlic powder, salt

**Quantities (for 1 person):** Sweet potato: 1 medium, olive oil: 1 tbsp, paprika: 1/4 tsp, garlic powder: 1/4 tsp, salt: to taste

**Cooking Time:** 25 minutes

**Steps:** Cut sweet potato into fries, toss with olive oil, paprika, garlic powder, and salt. Bake at 425°F for 20-25 minutes.

**Cuisine:** American

**Diet Type:** Vegan, Gluten-free

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**Recipe ID:** 2137

**Recipe Name:** Zucchini Fritters

**Ingredients:** Zucchini, flour, egg, garlic, onion, parsley, salt, pepper, olive oil

**Quantities (for 1 person):** Zucchini: 1 medium, flour: 2 tbsp, egg: 1, garlic: 1 clove, onion: 1/4, parsley: 1 tbsp, salt: to taste, pepper: to taste, olive oil: 1 tbsp

**Cooking Time:** 15 minutes

**Steps:** Grate zucchini and squeeze out excess moisture. Mix with flour, egg, minced garlic, chopped onion, parsley, salt, and pepper. Form into small patties and fry in olive oil until golden brown.

**Cuisine:** Mediterranean

**Diet Type:** Vegetarian

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**Recipe ID:** 2138

**Recipe Name:** Baked Parmesan Cauliflower Bites

**Ingredients:** Cauliflower florets, grated Parmesan, garlic powder, olive oil, salt, pepper

**Quantities (for 1 person):** Cauliflower florets: 1 cup, grated Parmesan: 2 tbsp, garlic powder: 1/4 tsp, olive oil: 1 tbsp, salt: to taste, pepper: to taste

**Cooking Time:** 20 minutes

**Steps:** Toss cauliflower florets with olive oil, Parmesan, garlic powder, salt, and pepper. Bake at 400°F for 15-20 minutes until crispy.

**Cuisine:** Italian

**Diet Type:** Vegetarian

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**Recipe ID:** 2139

**Recipe Name:** Tomato Basil Bruschetta

**Ingredients:** Baguette, tomatoes, basil, garlic, olive oil, balsamic vinegar, salt, pepper

**Quantities (for 1 person):** Baguette: 2-3 slices, tomatoes: 1 medium, basil: 2-3 leaves, garlic: 1 clove, olive oil: 1 tbsp, balsamic vinegar: 1 tsp, salt: to taste, pepper: to taste

**Cooking Time:** 10 minutes

**Steps:** Toast baguette slices. Top with chopped tomatoes, basil, minced garlic, olive oil, balsamic vinegar, salt, and pepper.

**Cuisine:** Italian

**Diet Type:** Vegetarian, Vegan

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**Recipe ID:** 2140

**Recipe Name:** Hummus and Veggie Platter

**Ingredients:** Hummus, cucumber, carrots, celery, bell peppers, cherry tomatoes

**Quantities (for 1 person):** Hummus: 3 tbsp, cucumber: 1/4, carrots: 2, celery: 2 stalks, bell peppers: 1/4, cherry tomatoes: 5

**Cooking Time:** 5 minutes

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

**Cuisine:** Middle Eastern

**Diet Type:** Vegan, Gluten-free

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**Recipe ID:** 2141

**Recipe Name:** Spinach and Artichoke Dip

**Ingredients:** Spinach, artichoke hearts, cream cheese, Greek yogurt, garlic, Parmesan, mozzarella, salt, pepper

**Quantities (for 1 person):** Spinach: 1/4 cup, artichoke hearts: 2 tbsp, cream cheese: 2 tbsp, Greek yogurt: 2 tbsp, garlic: 1 clove, Parmesan: 1 tbsp, mozzarella: 1 tbsp, salt: to taste, pepper: to taste

**Cooking Time:** 15 minutes

**Steps:** Sauté spinach and artichoke hearts with minced garlic. Mix with cream cheese, Greek yogurt, Parmesan, mozzarella, salt, and pepper. Bake at 375°F for 10-15 minutes until bubbly.

**Cuisine:** American

**Diet Type:** Vegetarian

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**Recipe ID:** 2142

**Recipe Name:** Bacon-Wrapped Dates

**Ingredients:** Dates, bacon

**Quantities (for 1 person):** Dates: 4-5, bacon: 2-3 slices

**Cooking Time:** 15 minutes

**Steps:** Stuff dates with a small piece of bacon, then wrap the bacon around the dates. Bake at 400°F for 10-12 minutes until crispy.

**Cuisine:** American

**Diet Type:** Non-vegetarian

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**Recipe ID:** 2143

**Recipe Name:** Pita Chips with Tzatziki

**Ingredients:** Pita bread, olive oil, salt, Greek yogurt, cucumber, garlic, lemon juice, dill

**Quantities (for 1 person):** Pita bread: 1, olive oil: 1 tbsp, salt: to taste, Greek yogurt: 3 tbsp, cucumber: 1/4, garlic: 1 clove, lemon juice: 1 tsp, dill: 1 tsp

**Cooking Time:** 10 minutes

**Steps:** Cut pita bread into triangles, brush with olive oil, sprinkle with salt, and bake at 375°F for 8-10 minutes until crispy. Mix Greek yogurt, grated cucumber, minced garlic, lemon juice, and dill to make tzatziki. Serve together.

**Cuisine:** Greek

**Diet Type:** Vegetarian

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**Recipe ID:** 2144

**Recipe Name:** Guacamole and Chips

**Ingredients:** Avocados, lime, onion, garlic, cilantro, salt, pepper, tortilla chips

**Quantities (for 1 person):** Avocados: 1, lime: 1/2, onion: 1/4, garlic: 1 clove, cilantro: 1 tbsp, salt: to taste, pepper: to taste, tortilla chips: 1 handful

**Cooking Time:** 5 minutes

**Steps:** Mash the avocado and mix with lime juice, finely chopped onion, minced garlic, chopped cilantro, salt, and pepper. Serve with tortilla chips.

**Cuisine:** Mexican

**Diet Type:** Vegan, Gluten-free

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**Recipe ID:** 2145

**Recipe Name:** Veggie Spring Rolls

**Ingredients:** Rice paper, lettuce, cucumber, carrots, bell peppers, mint, cilantro, peanut butter, soy sauce, garlic

**Quantities (for 1 person):** Rice paper: 2-3 sheets, lettuce: 1 leaf, cucumber: 1/4, carrots: 1, bell peppers: 1/4, mint: 5-6 leaves, cilantro: 5-6 leaves, peanut butter: 1 tbsp, soy sauce: 1 tsp, garlic: 1 clove

**Cooking Time:** 10 minutes

**Steps:** Soak rice paper in warm water, then fill with lettuce, cucumber, carrots, bell peppers, mint, and cilantro. Roll tightly. Mix peanut butter, soy sauce, and minced garlic to make a dipping sauce.

**Cuisine:** Asian

**Diet Type:** Vegan

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**Recipe ID:** 2146

**Recipe Name:** Caprese Skewers

**Ingredients:** Cherry tomatoes, fresh mozzarella, basil, balsamic glaze

**Quantities (for 1 person):** Cherry tomatoes: 5-6, fresh mozzarella: 2-3 balls, basil: 4-5 leaves, balsamic glaze: 1 tbsp

**Cooking Time:** 5 minutes

**Steps:** Assemble skewers with cherry tomatoes, mozzarella balls, and basil leaves. Drizzle with balsamic glaze.

**Cuisine:** Italian

**Diet Type:** Vegetarian

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**Recipe ID:** 2147

**Recipe Name:** Stuffed Mushrooms

**Ingredients:** Button mushrooms, cream cheese, garlic, spinach, Parmesan, breadcrumbs, olive oil

**Quantities (for 1 person):** Button mushrooms: 4-5, cream cheese: 2 tbsp, garlic: 1 clove, spinach: 1/4 cup, Parmesan: 1 tbsp, breadcrumbs: 1 tbsp, olive oil: 1 tsp

**Cooking Time:** 15 minutes

**Steps:** Remove stems from mushrooms and stuff with a mixture of cream cheese, minced garlic, sautéed spinach, Parmesan, and breadcrumbs. Drizzle with olive oil and bake at 375°F for 10-12 minutes.

**Cuisine:** Italian

**Diet Type:** Vegetarian

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**Recipe ID:** 2148

**Recipe Name:** Prawn Cocktail

**Ingredients:** Cooked prawns, lettuce, cherry tomatoes, cucumber, cocktail sauce

**Quantities (for 1 person):** Cooked prawns: 8-10, lettuce: 1 leaf, cherry tomatoes: 2-3, cucumber: 1/4, cocktail sauce: 2 tbsp

**Cooking Time:** 5 minutes

**Steps:** Arrange lettuce, cherry tomatoes, and cucumber on a plate. Top with prawns and serve with cocktail sauce.

**Cuisine:** American

**Diet Type:** Non-vegetarian

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**Recipe ID:** 2149

**Recipe Name:** Roasted Red Pepper Hummus

**Ingredients:** Hummus, roasted red peppers, olive oil, lemon juice, garlic

**Quantities (for 1 person):** Hummus: 3 tbsp, roasted red peppers: 2 tbsp, olive oil: 1 tsp, lemon juice: 1 tsp, garlic: 1 clove

**Cooking Time:** 5 minutes

**Steps:** Blend hummus with roasted red peppers, olive oil, lemon juice, and minced garlic until smooth.

**Cuisine:** Middle Eastern

**Diet Type:** Vegan, Gluten-free

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**Recipe ID:** 2150

**Recipe Name:** Cucumber and Cream Cheese Bites

**Ingredients:** Cucumber, cream cheese, dill, lemon juice, salt, pepper

**Quantities (for 1 person):** Cucumber: 1, cream cheese: 2 tbsp, dill: 1 tsp, lemon juice: 1 tsp, salt: to taste, pepper: to taste

**Cooking Time:** 5 minutes

**Steps:** Slice cucumber into rounds. Mix cream cheese with dill, lemon juice, salt, and pepper. Spread the mixture on cucumber slices.

**Cuisine:** American

**Diet Type:** Vegetarian

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**Recipe ID:** 2151

**Recipe Name:** Baked Zucchini Fries

**Ingredients:** Zucchini, breadcrumbs, Parmesan, olive oil, garlic powder, paprika, salt, pepper

**Quantities (for 1 person):** Zucchini: 1, breadcrumbs: 1/4 cup, Parmesan: 2 tbsp, olive oil: 1 tsp, garlic powder: 1/2 tsp, paprika: 1/2 tsp, salt: to taste, pepper: to taste

**Cooking Time:** 20 minutes

**Steps:** Cut zucchini into fries. Mix breadcrumbs, Parmesan, garlic powder, paprika, salt, and pepper. Dip zucchini in olive oil and coat with the breadcrumb mixture. Bake at 400°F for 15-20 minutes.

**Cuisine:** American

**Diet Type:** Vegetarian

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**Recipe ID:** 2152

**Recipe Name:** Mini Guacamole Bites

**Ingredients:** Mini tortilla chips, avocado, lime, salt, pepper, cherry tomatoes, cilantro

**Quantities (for 1 person):** Mini tortilla chips: 6-8, avocado: 1/2, lime: 1/2, salt: to taste, pepper: to taste, cherry tomatoes: 2-3, cilantro: 1 tsp

**Cooking Time:** 5 minutes

**Steps:** Mash avocado with lime juice, salt, and pepper. Spoon onto mini tortilla chips and top with chopped cherry tomatoes and cilantro.



**Cuisine:** Mexican

**Diet Type:** Vegan, Gluten-free

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**Recipe ID:** 2153

**Recipe Name:** Spinach and Artichoke Dip

**Ingredients:** Frozen spinach, artichoke hearts, cream cheese, Parmesan, mozzarella, garlic, olive oil

**Quantities (for 1 person):** Frozen spinach: 1/4 cup, artichoke hearts: 2-3, cream cheese: 2 tbsp, Parmesan: 2 tbsp, mozzarella: 2 tbsp, garlic: 1 clove, olive oil: 1 tsp

**Cooking Time:** 15 minutes

**Steps:** Sauté garlic in olive oil, then add spinach and artichokes. Mix in cream cheese, Parmesan, and mozzarella. Bake at 375°F for 10-15 minutes until bubbly.

**Cuisine:** American

**Diet Type:** Vegetarian

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**Recipe ID:** 2154

**Recipe Name:** Sweet Potato Fries

**Ingredients:** Sweet potatoes, olive oil, garlic powder, paprika, salt, pepper

**Quantities (for 1 person):** Sweet potatoes: 1, olive oil: 1 tbsp, garlic powder: 1/2 tsp, paprika: 1/2 tsp, salt: to taste, pepper: to taste

**Cooking Time:** 25 minutes

**Steps:** Slice sweet potatoes into fries. Toss in olive oil, garlic powder, paprika, salt, and pepper. Bake at 425°F for 20-25 minutes, flipping halfway.

**Cuisine:** American

**Diet Type:** Vegan, Gluten-free

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**Recipe ID:** 2155

**Recipe Name:** Cheese and Cracker Platter

**Ingredients:** Assorted cheeses (cheddar, brie, gouda), crackers, grapes, nuts

**Quantities (for 1 person):** Cheese: 2-3 varieties (small pieces), crackers: 5-6, grapes: 4-5, nuts: 1/4 cup

**Cooking Time:** No cooking required

**Steps:** Arrange cheese, crackers, grapes, and nuts on a platter.

**Cuisine:** International

**Diet Type:** Vegetarian

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**Recipe ID:** 2156

**Recipe Name:** Pita Bread with Hummus

**Ingredients:** Pita bread, hummus, olive oil, paprika, parsley

**Quantities (for 1 person):** Pita bread: 1 piece, hummus: 3 tbsp, olive oil: 1 tsp, paprika: 1/4 tsp, parsley: 1 tsp

**Cooking Time:** 5 minutes

**Steps:** Warm pita bread, cut into wedges. Serve with hummus topped with olive oil, paprika, and parsley.

**Cuisine:** Middle Eastern

**Diet Type:** Vegan, Gluten-free

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**Recipe ID:** 2157

**Recipe Name:** Tomato Basil Bruschetta

**Ingredients:** Cherry tomatoes, basil, garlic, balsamic vinegar, olive oil, baguette

**Quantities (for 1 person):** Cherry tomatoes: 5-6, basil: 2-3 leaves, garlic: 1 clove, balsamic vinegar: 1 tsp, olive oil: 1 tsp, baguette: 1 slice

**Cooking Time:** 5 minutes

**Steps:** Dice tomatoes and mix with chopped basil, minced garlic, balsamic vinegar, and olive oil. Spoon onto toasted baguette slices.

**Cuisine:** Italian

**Diet Type:** Vegetarian

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**Recipe ID:** 2158

**Recipe Name:** Veggie Quesadillas

**Ingredients:** Flour tortillas, bell peppers, onion, mushrooms, cheese, olive oil

**Quantities (for 1 person):** Flour tortillas: 2, bell peppers: 1/2, onion: 1/4, mushrooms: 1/4 cup, cheese: 1/4 cup, olive oil: 1 tsp

**Cooking Time:** 10 minutes

**Steps:** Sauté vegetables in olive oil. Place one tortilla in a skillet, add veggies and cheese, top with the second tortilla, and cook until golden on both sides.

**Cuisine:** Mexican

**Diet Type:** Vegetarian

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**Recipe ID:** 2159

**Recipe Name:** Caprese Skewers

**Ingredients:** Cherry tomatoes, fresh mozzarella, basil leaves, olive oil, balsamic glaze, salt, pepper

**Quantities (for 1 person):** Cherry tomatoes: 4-5, fresh mozzarella: 3-4 balls, basil

leaves: 2-3, olive oil: 1 tsp, balsamic glaze: 1 tsp, salt: to taste, pepper: to taste

**Cooking Time:** 5 minutes

**Steps:** Skewer cherry tomatoes, mozzarella, and basil. Drizzle with olive oil, balsamic glaze, and season with salt and pepper.

**Cuisine:** Italian

**Diet Type:** Vegetarian

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**Recipe ID:** 2160

**Recipe Name:** Guacamole and Chips

**Ingredients:** Avocado, lime, onion, cilantro, tomato, jalapeño, tortilla chips

**Quantities (for 1 person):** Avocado: 1, lime: 1/2, onion: 1/4, cilantro: 1 tbsp, tomato: 1/2, jalapeño: 1/2, tortilla chips: 1 handful

**Cooking Time:** 5 minutes

**Steps:** Mash avocado and mix with lime juice, finely chopped onion, cilantro, tomato, and jalapeño. Serve with tortilla chips.

**Cuisine:** Mexican

**Diet Type:** Vegan

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**Recipe ID:** 2161

**Recipe Name:** Stuffed Mushrooms

**Ingredients:** Button mushrooms, cream cheese, garlic, parsley, breadcrumbs, olive oil

**Quantities (for 1 person):** Button mushrooms: 4-5, cream cheese: 2 tbsp, garlic: 1 clove, parsley: 1 tsp, breadcrumbs: 1 tbsp, olive oil: 1 tsp

**Cooking Time:** 15 minutes

**Steps:** Remove mushroom stems and chop them. Sauté garlic and chopped stems in olive oil. Mix with cream cheese, parsley, and breadcrumbs. Stuff mushrooms and bake at 375°F for 10-12 minutes.

**Cuisine:** American

**Diet Type:** Vegetarian

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**Recipe ID:** 2162

**Recipe Name:** Roasted Chickpeas

**Ingredients:** Canned chickpeas, olive oil, paprika, garlic powder, salt, pepper

**Quantities (for 1 person):** Canned chickpeas: 1/2 can, olive oil: 1 tbsp, paprika: 1/2 tsp, garlic powder: 1/2 tsp, salt: to taste, pepper: to taste

**Cooking Time:** 20 minutes

**Steps:** Drain and dry chickpeas. Toss with olive oil, paprika, garlic powder, salt, and pepper. Roast at 400°F for 20 minutes, shaking halfway through.

**Cuisine:** Middle Eastern

**Diet Type:** Vegan, Gluten-free

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**Recipe ID:** 2163

**Recipe Name:** Spinach and Feta Stuffed Puff Pastry

**Ingredients:** Puff pastry, spinach, feta cheese, garlic, olive oil

**Quantities (for 1 person):** Puff pastry: 1 sheet, spinach: 1/4 cup, feta cheese: 2 tbsp, garlic: 1 clove, olive oil: 1 tsp

**Cooking Time:** 15 minutes

**Steps:** Sauté garlic and spinach in olive oil. Let cool, then mix with crumbled feta. Roll the mixture into puff pastry and bake at 375°F for 10-12 minutes.

**Cuisine:** Mediterranean

**Diet Type:** Vegetarian

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**Recipe ID:** 2164

**Recipe Name:** Cucumber Bites with Cream Cheese

**Ingredients:** Cucumber, cream cheese, dill, smoked salmon, lemon zest

**Quantities (for 1 person):** Cucumber: 1, cream cheese: 2 tbsp, dill: 1 tsp, smoked salmon: 1 slice, lemon zest: 1/4 tsp

**Cooking Time:** 5 minutes

**Steps:** Slice cucumber into rounds. Top with cream cheese, smoked salmon, dill, and lemon zest.

**Cuisine:** Scandinavian

**Diet Type:** Gluten-free

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**Recipe ID:** 2165

**Recipe Name:** Mini Tacos

**Ingredients:** Small tortillas, ground beef, taco seasoning, cheese, lettuce, salsa

**Quantities (for 1 person):** Small tortillas: 3, ground beef: 1/4 lb, taco seasoning: 1 tsp, cheese: 2 tbsp, lettuce: 1 leaf, salsa: 1 tbsp

**Cooking Time:** 10 minutes

**Steps:** Cook ground beef with taco seasoning. Fill mini tortillas with beef, cheese, lettuce, and salsa.

**Cuisine:** Mexican

**Diet Type:** Non-vegetarian

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**Recipe ID:** 2166

**Recipe Name:** Cheese Stuffed Jalapeños

**Ingredients:** Jalapeños, cream cheese, cheddar cheese, breadcrumbs

**Quantities (for 1 person):** Jalapeños: 3-4, cream cheese: 2 tbsp, cheddar cheese: 2 tbsp, breadcrumbs: 1 tbsp

**Cooking Time:** 15 minutes

**Steps:** Slice jalapeños in half and remove seeds. Mix cream cheese and cheddar, then stuff the jalapeños. Top with breadcrumbs and bake at 375°F for 10-12 minutes.

**Cuisine:** American

**Diet Type:** Vegetarian

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**Recipe ID:** 2167

**Recipe Name:** Crispy Zucchini Fries

**Ingredients:** Zucchini, breadcrumbs, Parmesan cheese, egg, olive oil, salt, pepper

**Quantities (for 1 person):** Zucchini: 1, breadcrumbs: 1/4 cup, Parmesan cheese: 2 tbsp, egg: 1, olive oil: 1 tsp, salt: to taste, pepper: to taste

**Cooking Time:** 20 minutes

**Steps:** Slice zucchini into fries. Dip in beaten egg, then coat with breadcrumbs and Parmesan. Bake at 400°F for 15-20 minutes, flipping halfway.

**Cuisine:** American

**Diet Type:** Vegetarian

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**Recipe ID:** 2168

**Recipe Name:** Avocado Toast with Egg

**Ingredients:** Bread, avocado, egg, olive oil, salt, pepper, chili flakes (optional)

**Quantities (for 1 person):** Bread: 2 slices, avocado: 1/2, egg: 1, olive oil: 1 tsp, salt: to taste, pepper: to taste, chili flakes: 1/4 tsp

**Cooking Time:** 10 minutes

**Steps:** Toast the bread. Mash avocado and spread on toast. Cook egg to desired style and place on top. Drizzle with olive oil, season with salt, pepper, and chili flakes.

**Cuisine:** American

**Diet Type:** Vegetarian

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**Recipe ID:** 2169

**Recipe Name:** Caponata

**Ingredients:** Eggplant, bell pepper, onion, tomatoes, olives, capers, olive oil, balsamic vinegar, sugar

**Quantities (for 1 person):** Eggplant: 1/2, bell pepper: 1/2, onion: 1/4, tomatoes: 2,

olives: 5, capers: 1 tsp, olive oil: 1 tbsp, balsamic vinegar: 1 tbsp, sugar: 1 tsp

**Cooking Time:** 20 minutes

**Steps:** Sauté chopped vegetables in olive oil until softened. Add tomatoes, olives, capers, vinegar, and sugar. Simmer until the mixture thickens.

**Cuisine:** Italian

**Diet Type:** Vegan

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**Recipe ID:** 2170

**Recipe Name:** Sweet Potato Fries

**Ingredients:** Sweet potatoes, olive oil, paprika, garlic powder, salt, pepper

**Quantities (for 1 person):** Sweet potatoes: 2, olive oil: 1 tbsp, paprika: 1/2 tsp, garlic powder: 1/2 tsp, salt: to taste, pepper: to taste

**Cooking Time:** 25 minutes

**Steps:** Slice sweet potatoes into fries. Toss with olive oil, paprika, garlic powder, salt, and pepper. Bake at 425°F for 20-25 minutes, flipping halfway.

**Cuisine:** American

**Diet Type:** Vegan

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**Recipe ID:** 2171

**Recipe Name:** Stuffed Avocados with Tuna

**Ingredients:** Avocados, canned tuna, mayonnaise, lemon juice, salt, pepper

**Quantities (for 1 person):** Avocados: 1, canned tuna: 1/4 can, mayonnaise: 2 tbsp, lemon juice: 1 tsp, salt: to taste, pepper: to taste

**Cooking Time:** 5 minutes

**Steps:** Cut avocado in half and remove the pit. Mix tuna with mayonnaise, lemon juice, salt, and pepper. Stuff the avocado halves with the tuna mixture.

**Cuisine:** American

**Diet Type:** Non-vegetarian

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**Recipe ID:** 2172

**Recipe Name:** Mini Quesadillas

**Ingredients:** Small tortillas, cheese, black beans, corn, bell peppers

**Quantities (for 1 person):** Small tortillas: 2, cheese: 1/4 cup, black beans: 2 tbsp, corn: 2 tbsp, bell peppers: 2 tbsp

**Cooking Time:** 10 minutes

**Steps:** Place cheese, black beans, corn, and bell peppers on one tortilla. Top with another tortilla and cook in a pan until golden and crispy.

**Cuisine:** Mexican

**Diet Type:** Vegetarian

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**Recipe ID:** 2173

**Recipe Name:** Hummus with Pita Bread

**Ingredients:** Hummus, pita bread, olive oil, paprika

**Quantities (for 1 person):** Hummus: 1/4 cup, pita bread: 1, olive oil: 1 tsp, paprika: 1/4 tsp

**Cooking Time:** 5 minutes

**Steps:** Warm pita bread and cut into wedges. Serve with hummus, drizzling with olive oil and sprinkling paprika.

**Cuisine:** Middle Eastern

**Diet Type:** Vegan

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**Recipe ID:** 2174

**Recipe Name:** Spinach Artichoke Dip

**Ingredients:** Spinach, artichoke hearts, cream cheese, Parmesan cheese, garlic, olive oil

**Quantities (for 1 person):** Spinach: 1/2 cup, artichoke hearts: 1/4 cup, cream cheese: 2 tbsp, Parmesan cheese: 2 tbsp, garlic: 1 clove, olive oil: 1 tsp

**Cooking Time:** 15 minutes

**Steps:** Sauté spinach and garlic in olive oil. Add chopped artichokes, cream cheese, and Parmesan. Simmer until creamy and heated through.

**Cuisine:** American

**Diet Type:** Vegetarian

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**Recipe ID:** 2175

**Recipe Name:** Guacamole with Chips

**Ingredients:** Avocados, onion, cilantro, lime juice, tomato, salt, tortilla chips

**Quantities (for 1 person):** Avocados: 1, onion: 2 tbsp, cilantro: 1 tbsp, lime juice: 1 tbsp, tomato: 1/2, salt: to taste, tortilla chips: 1/2 cup

**Cooking Time:** 10 minutes

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

**Cuisine:** Mexican

**Diet Type:** Vegan

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**Recipe ID:** 2176

**Recipe Name:** Mozzarella Sticks

**Ingredients:** Mozzarella sticks, breadcrumbs, flour, egg, Parmesan cheese, marinara sauce

**Quantities (for 1 person):** Mozzarella sticks: 4, breadcrumbs: 1/4 cup, flour: 2 tbsp, egg: 1, Parmesan cheese: 2 tbsp, marinara sauce: 1/4 cup

**Cooking Time:** 15 minutes

**Steps:** Coat mozzarella sticks with flour, dip in egg, and roll in a mixture of breadcrumbs and Parmesan. Fry until golden brown and serve with marinara sauce.

**Cuisine:** American

**Diet Type:** Vegetarian

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**Recipe ID:** 2177

**Recipe Name:** Prawn Cocktail

**Ingredients:** Cooked prawns, mayonnaise, ketchup, Worcestershire sauce, lemon juice, lettuce

**Quantities (for 1 person):** Cooked prawns: 6, mayonnaise: 2 tbsp, ketchup: 2 tbsp, Worcestershire sauce: 1 tsp, lemon juice: 1 tsp, lettuce: 1 leaf

**Cooking Time:** 5 minutes

**Steps:** Mix mayonnaise, ketchup, Worcestershire sauce, and lemon juice to make the sauce. Arrange prawns on lettuce and drizzle with the sauce.

**Cuisine:** British

**Diet Type:** Non-vegetarian

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**Recipe ID:** 2178

**Recipe Name:** Cucumber Rolls

**Ingredients:** Cucumber, cream cheese, smoked salmon, dill

**Quantities (for 1 person):** Cucumber: 1, cream cheese: 2 tbsp, smoked salmon: 2 slices, dill: 1 tsp

**Cooking Time:** 5 minutes

**Steps:** Slice cucumber thinly and spread cream cheese on each slice. Top with smoked salmon and dill. Roll up and serve.

**Cuisine:** American

**Diet Type:** Non-vegetarian

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**Recipe ID:** 2179

**Recipe Name:** Roasted Chickpeas

**Ingredients:** Canned chickpeas, olive oil, paprika, cumin, garlic powder, salt



**Quantities (for 1 person):** Canned chickpeas: 1/2 can, olive oil: 1 tbsp, paprika: 1/2 tsp, cumin: 1/2 tsp, garlic powder: 1/4 tsp, salt: to taste

**Cooking Time:** 25 minutes

**Steps:** Toss chickpeas in olive oil, paprika, cumin, garlic powder, and salt. Roast at 400°F for 20-25 minutes, shaking halfway through.

**Cuisine:** Middle Eastern

**Diet Type:** Vegan

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**Recipe ID:** 2180

**Recipe Name:** Hummus Stuffed Mini Peppers

**Ingredients:** Mini bell peppers, hummus, olive oil

**Quantities (for 1 person):** Mini bell peppers: 4, hummus: 2 tbsp, olive oil: 1 tsp

**Cooking Time:** 5 minutes

**Steps:** Slice mini bell peppers in half and remove seeds. Fill with hummus and drizzle with olive oil.

**Cuisine:** Middle Eastern

**Diet Type:** Vegan

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**Recipe ID:** 2181

**Recipe Name:** Veggie Samosas

**Ingredients:** Potatoes, peas, carrots, onion, curry powder, pastry sheets, olive oil

**Quantities (for 1 person):** Potatoes: 1, peas: 2 tbsp, carrots: 1/4, onion: 1/4, curry powder: 1 tsp, pastry sheets: 2, olive oil: 1 tsp

**Cooking Time:** 20 minutes

**Steps:** Boil potatoes and mash with peas, carrots, onion, and curry powder. Fill pastry sheets with the mixture and fold into triangles. Bake at 375°F for 15-20 minutes.

**Cuisine:** Indian

**Diet Type:** Vegetarian

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**Recipe ID:** 2182

**Recipe Name:** Spinach and Feta Puffs

**Ingredients:** Spinach, feta cheese, puff pastry, garlic, olive oil

**Quantities (for 1 person):** Spinach: 1/2 cup, feta cheese: 1/4 cup, puff pastry: 2 sheets, garlic: 1 clove, olive oil: 1 tsp

**Cooking Time:** 15 minutes

**Steps:** Sauté spinach and garlic in olive oil until wilted. Mix with crumbled feta. Fill puff pastry squares with the mixture and bake at 400°F for 12-15 minutes.

**Cuisine:** Mediterranean

**Diet Type:** Vegetarian

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**Recipe ID:** 2183

**Recipe Name:** Baked Zucchini Fries

**Ingredients:** Zucchini, breadcrumbs, Parmesan cheese, egg, garlic powder, salt, olive oil

**Quantities (for 1 person):** Zucchini: 1, breadcrumbs: 1/4 cup, Parmesan cheese: 2 tbsp, egg: 1, garlic powder: 1/4 tsp, salt: to taste, olive oil: 1 tsp

**Cooking Time:** 25 minutes

**Steps:** Slice zucchini into fries. Dip in egg, then coat with a mixture of breadcrumbs, Parmesan, garlic powder, and salt. Bake at 425°F for 20-25 minutes, flipping halfway.

**Cuisine:** American

**Diet Type:** Vegetarian

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**Recipe ID:** 2184

**Recipe Name:** Stuffed Mushrooms

**Ingredients:** Mushrooms, cream cheese, spinach, garlic, breadcrumbs, Parmesan cheese

**Quantities (for 1 person):** Mushrooms: 6, cream cheese: 2 tbsp, spinach: 1/4 cup, garlic: 1 clove, breadcrumbs: 1 tbsp, Parmesan cheese: 2 tbsp

**Cooking Time:** 15 minutes

**Steps:** Remove stems from mushrooms. Mix cream cheese, spinach, garlic, breadcrumbs, and Parmesan. Stuff mushrooms and bake at 375°F for 12-15 minutes.

**Cuisine:** Italian

**Diet Type:** Vegetarian

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**Recipe ID:** 2185

**Recipe Name:** Baked Avocado Fries

**Ingredients:** Avocados, breadcrumbs, flour, egg, paprika, garlic powder, olive oil

**Quantities (for 1 person):** Avocados: 1, breadcrumbs: 1/4 cup, flour: 2 tbsp, egg: 1, paprika: 1/2 tsp, garlic powder: 1/4 tsp, olive oil: 1 tsp

**Cooking Time:** 20 minutes

**Steps:** Slice avocado into wedges. Dip in flour, then egg, and coat in breadcrumbs mixed with paprika and garlic powder. Bake at 400°F for 15-20 minutes.

**Cuisine:** American

**Diet Type:** Vegan

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**Recipe ID:** 2186

**Recipe Name:** Spinach Artichoke Dip

**Ingredients:** Spinach, artichokes, cream cheese, sour cream, Parmesan cheese, garlic, lemon juice

**Quantities (for 1 person):** Spinach: 1/2 cup, artichokes: 1/4 cup, cream cheese: 2 tbsp, sour cream: 2 tbsp, Parmesan cheese: 2 tbsp, garlic: 1 clove, lemon juice: 1 tsp

**Cooking Time:** 15 minutes

**Steps:** Mix spinach, artichokes, cream cheese, sour cream, Parmesan, garlic, and lemon juice. Bake at 375°F for 12-15 minutes.

**Cuisine:** American

**Diet Type:** Vegetarian

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**Recipe ID:** 2187

**Recipe Name:** Mini Caprese Skewers

**Ingredients:** Cherry tomatoes, mozzarella balls, basil, olive oil, balsamic vinegar

**Quantities (for 1 person):** Cherry tomatoes: 5, mozzarella balls: 5, basil: 5 leaves, olive oil: 1 tsp, balsamic vinegar: 1 tsp

**Cooking Time:** 5 minutes

**Steps:** Skewer tomatoes, mozzarella balls, and basil leaves. Drizzle with olive oil and balsamic vinegar.

**Cuisine:** Italian

**Diet Type:** Vegetarian

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**Recipe ID:** 2188

**Recipe Name:** Guacamole and Salsa Dip

**Ingredients:** Avocados, tomatoes, onion, cilantro, lime juice, tortilla chips

**Quantities (for 1 person):** Avocados: 1, tomatoes: 1/2, onion: 1/4, cilantro: 1 tbsp, lime juice: 1 tbsp, tortilla chips: 1/2 cup

**Cooking Time:** 10 minutes

**Steps:** Mash avocado and mix with chopped tomatoes, onion, cilantro, and lime juice. Serve with tortilla chips.

**Cuisine:** Mexican

**Diet Type:** Vegan

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**Recipe ID:** 2189

**Recipe Name:** Cucumber Hummus Bites

**Ingredients:** Cucumber, hummus, smoked paprika, olive oil

**Quantities (for 1 person):** Cucumber: 1, hummus: 2 tbsp, smoked paprika: 1/4 tsp, olive oil: 1 tsp

**Cooking Time:** 5 minutes

**Steps:** Slice cucumber and top with hummus. Sprinkle with smoked paprika and drizzle with olive oil.

**Cuisine:** Middle Eastern

**Diet Type:** Vegan

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**Recipe ID:** 2190

**Recipe Name:** Pita Bread Chips

**Ingredients:** Pita bread, olive oil, sea salt, garlic powder

**Quantities (for 1 person):** Pita bread: 1, olive oil: 1 tbsp, sea salt: 1/4 tsp, garlic powder: 1/4 tsp

**Cooking Time:** 10 minutes

**Steps:** Cut pita bread into triangles. Drizzle with olive oil, sprinkle with salt and garlic powder. Bake at 375°F for 8-10 minutes.

**Cuisine:** Mediterranean

**Diet Type:** Vegan

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**Recipe ID:** 2191

**Recipe Name:** Sweet Potato Fries

**Ingredients:** Sweet potatoes, olive oil, paprika, garlic powder, sea salt

**Quantities (for 1 person):** Sweet potatoes: 1, olive oil: 1 tbsp, paprika: 1/2 tsp, garlic powder: 1/4 tsp, sea salt: 1/4 tsp

**Cooking Time:** 25 minutes

**Steps:** Cut sweet potatoes into fries. Toss in olive oil, paprika, garlic powder, and salt. Bake at 425°F for 20-25 minutes.

**Cuisine:** American

**Diet Type:** Vegan

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**Recipe ID:** 2192

**Recipe Name:** Baked Falafel

**Ingredients:** Chickpeas, onion, garlic, parsley, cumin, coriander, flour, olive oil

**Quantities (for 1 person):** Chickpeas: 1/2 cup, onion: 1/4, garlic: 1 clove, parsley: 1 tbsp, cumin: 1/4 tsp, coriander: 1/4 tsp, flour: 1 tbsp, olive oil: 1 tsp

**Cooking Time:** 20 minutes

**Steps:** Blend chickpeas, onion, garlic, parsley, cumin, coriander, flour, and olive oil.

Form into balls and bake at 375°F for 15-20 minutes.

**Cuisine:** Middle Eastern

**Diet Type:** Vegan

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**Recipe ID:** 2193

**Recipe Name:** Greek Tzatziki Dip

**Ingredients:** Greek yogurt, cucumber, garlic, olive oil, lemon juice, dill

**Quantities (for 1 person):** Greek yogurt: 1/2 cup, cucumber: 1/4, garlic: 1 clove, olive oil: 1 tsp, lemon juice: 1 tbsp, dill: 1 tsp

**Cooking Time:** 5 minutes

**Steps:** Grate cucumber and mix with Greek yogurt, minced garlic, olive oil, lemon juice, and dill.

**Cuisine:** Greek

**Diet Type:** Vegetarian

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**Recipe ID:** 2194

**Recipe Name:** Spinach and Feta Stuffed Phyllo Pastry

**Ingredients:** Spinach, feta cheese, onion, garlic, phyllo pastry, olive oil

**Quantities (for 1 person):** Spinach: 1/2 cup, feta cheese: 2 tbsp, onion: 1/4, garlic: 1 clove, phyllo pastry: 2 sheets, olive oil: 1 tsp

**Cooking Time:** 20 minutes

**Steps:** Sauté spinach, onion, and garlic. Mix with feta cheese. Stuff phyllo pastry with mixture and bake at 375°F for 15-20 minutes.

**Cuisine:** Greek

**Diet Type:** Vegetarian

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**Recipe ID:** 2195

**Recipe Name:** Mini Quiches

**Ingredients:** Eggs, cream, cheese, spinach, mushrooms, pie crust

**Quantities (for 1 person):** Eggs: 2, cream: 2 tbsp, cheese: 2 tbsp, spinach: 2 tbsp, mushrooms: 2, pie crust: 1 small

**Cooking Time:** 20 minutes

**Steps:** Beat eggs with cream, add cheese, spinach, and mushrooms. Pour into pie crust and bake at 375°F for 15-20 minutes.

**Cuisine:** French

**Diet Type:** Vegetarian

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**Recipe ID:** 2196

**Recipe Name:** Prosciutto-Wrapped Asparagus

**Ingredients:** Asparagus, prosciutto, olive oil, garlic powder

**Quantities (for 1 person):** Asparagus: 4 spears, prosciutto: 2 slices, olive oil: 1 tsp, garlic powder: 1/4 tsp

**Cooking Time:** 15 minutes

**Steps:** Wrap asparagus with prosciutto and drizzle with olive oil and garlic powder. Bake at 375°F for 12-15 minutes.

**Cuisine:** Italian

**Diet Type:** Gluten-Free

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**Recipe ID:** 2197

**Recipe Name:** Roasted Red Pepper Hummus

**Ingredients:** Roasted red peppers, chickpeas, tahini, lemon juice, garlic, olive oil

**Quantities (for 1 person):** Roasted red peppers: 1/4 cup, chickpeas: 1/2 cup, tahini: 1 tbsp, lemon juice: 1 tbsp, garlic: 1 clove, olive oil: 1 tsp

**Cooking Time:** 5 minutes

**Steps:** Blend roasted red peppers, chickpeas, tahini, lemon juice, garlic, and olive oil until smooth.

**Cuisine:** Middle Eastern

**Diet Type:** Vegan

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**Recipe ID:** 2198

**Recipe Name:** Avocado Toast with Cherry Tomatoes

**Ingredients:** Avocado, cherry tomatoes, whole grain bread, olive oil, salt, pepper

**Quantities (for 1 person):** Avocado: 1/2, cherry tomatoes: 4, whole grain bread: 1 slice, olive oil: 1 tsp, salt: pinch, pepper: pinch

**Cooking Time:** 5 minutes

**Steps:** Toast the bread. Mash avocado with salt and pepper. Spread on toast. Top with halved cherry tomatoes and drizzle with olive oil.

**Cuisine:** American

**Diet Type:** Vegan

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**Recipe ID:** 2199

**Recipe Name:** Caprese Skewers

**Ingredients:** Cherry tomatoes, mozzarella balls, fresh basil, balsamic glaze

**Quantities (for 1 person):** Cherry tomatoes: 4, mozzarella balls: 4, fresh basil: 4 leaves, balsamic glaze: 1 tbsp

**Cooking Time:** 5 minutes

**Steps:** Skewer cherry tomatoes, mozzarella, and basil. Drizzle with balsamic glaze.

**Cuisine:** Italian

**Diet Type:** Vegetarian

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**Recipe ID:** 2200

**Recipe Name:** Stuffed Mushrooms

**Ingredients:** Mushrooms, cream cheese, garlic, breadcrumbs, Parmesan cheese

**Quantities (for 1 person):** Mushrooms: 4 large, cream cheese: 2 tbsp, garlic: 1 clove, breadcrumbs: 1 tbsp, Parmesan cheese: 1 tbsp

**Cooking Time:** 15 minutes

**Steps:** Remove mushroom stems. Mix cream cheese, minced garlic, breadcrumbs, and Parmesan. Stuff mushrooms and bake at 375°F for 12-15 minutes.

**Cuisine:** Italian

**Diet Type:** Vegetarian

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**Recipe ID:** 2201

**Recipe Name:** Spicy Roasted Chickpeas

**Ingredients:** Chickpeas, olive oil, cumin, paprika, chili powder, salt

**Quantities (for 1 person):** Chickpeas: 1/2 cup, olive oil: 1 tsp, cumin: 1/4 tsp, paprika: 1/4 tsp, chili powder: 1/4 tsp, salt: pinch

**Cooking Time:** 20 minutes

**Steps:** Toss chickpeas in olive oil and spices. Roast at 400°F for 15-20 minutes until crispy.

**Cuisine:** Middle Eastern

**Diet Type:** Vegan

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**Recipe ID:** 2202

**Recipe Name:** Guacamole

**Ingredients:** Avocado, lime juice, cilantro, garlic, onion, jalapeño, salt

**Quantities (for 1 person):** Avocado: 1, lime juice: 1 tbsp, cilantro: 1 tbsp, garlic: 1 clove, onion: 1/4, jalapeño: 1/2, salt: pinch

**Cooking Time:** 5 minutes

**Steps:** Mash avocado and mix with lime juice, chopped cilantro, garlic, onion, jalapeño, and salt.

**Cuisine:** Mexican

**Diet Type:** Vegan

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**Recipe ID:** 2203

**Recipe Name:** Cucumber and Hummus Bites

**Ingredients:** Cucumber, hummus, dill, olive oil

**Quantities (for 1 person):** Cucumber: 1, hummus: 2 tbsp, dill: 1 tsp, olive oil: 1 tsp

**Cooking Time:** 5 minutes

**Steps:** Slice cucumber and top with hummus. Drizzle with olive oil and sprinkle with dill.

**Cuisine:** Mediterranean

**Diet Type:** Vegan

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**Recipe ID:** 2204

**Recipe Name:** Pigs in a Blanket

**Ingredients:** Cocktail sausages, puff pastry, mustard

**Quantities (for 1 person):** Cocktail sausages: 4, puff pastry: 1 sheet, mustard: 1 tsp

**Cooking Time:** 20 minutes

**Steps:** Wrap sausages in puff pastry and bake at 375°F for 15-20 minutes. Serve with mustard.

**Cuisine:** American

**Diet Type:** Non-Vegan

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**Recipe ID:** 2205

**Recipe Name:** Shrimp Cocktail

**Ingredients:** Shrimp, cocktail sauce, lemon wedges

**Quantities (for 1 person):** Shrimp: 5-6, cocktail sauce: 2 tbsp, lemon wedges: 2

**Cooking Time:** 5 minutes

**Steps:** Boil shrimp and chill. Serve with cocktail sauce and lemon wedges.

**Cuisine:** American

**Diet Type:** Non-Vegan

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**Recipe ID:** 2213

**Recipe Name:** Sweet Potato Fries

**Ingredients:** Sweet potatoes, olive oil, paprika, salt, black pepper

**Quantities (for 1 person):** Sweet potatoes: 1 medium, olive oil: 1 tbsp, paprika: 1/2 tsp, salt: 1/4 tsp, black pepper: 1/4 tsp

**Cooking Time:** 20 minutes

**Steps:** Peel and cut sweet potatoes into fries. Toss with olive oil, paprika, salt, and



pepper. Bake at 425°F for 15-20 minutes.

**Cuisine:** American

**Diet Type:** Vegan

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**Recipe ID:** 2214

**Recipe Name:** Guacamole and Chips

**Ingredients:** Avocados, lime juice, garlic, cilantro, salt, tortilla chips

**Quantities (for 1 person):** Avocados: 1, lime juice: 1 tbsp, garlic: 1 clove, cilantro: 1 tbsp, salt: 1/4 tsp, tortilla chips: 1/2 cup

**Cooking Time:** 5 minutes

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

**Cuisine:** Mexican

**Diet Type:** Vegan

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**Recipe ID:** 2215

**Recipe Name:** Caprese Skewers

**Ingredients:** Cherry tomatoes, mozzarella balls, basil leaves, balsamic glaze

**Quantities (for 1 person):** Cherry tomatoes: 5-6, mozzarella balls: 3, basil leaves: 3, balsamic glaze: 1 tbsp

**Cooking Time:** 5 minutes

**Steps:** Skewer cherry tomatoes, mozzarella, and basil leaves. Drizzle with balsamic glaze.

**Cuisine:** Italian

**Diet Type:** Vegetarian

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**Recipe ID:** 2216

**Recipe Name:** Mini Stuffed Peppers

**Ingredients:** Mini bell peppers, cream cheese, garlic, green onions, herbs (like thyme or basil)

**Quantities (for 1 person):** Mini bell peppers: 3, cream cheese: 2 tbsp, garlic: 1 clove, green onions: 1 stalk, herbs: 1 tbsp

**Cooking Time:** 10 minutes

**Steps:** Slice mini peppers and remove seeds. Mix cream cheese, garlic, green onions, and herbs. Stuff peppers with the mixture.

**Cuisine:** American

**Diet Type:** Vegetarian

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**Recipe ID:** 2217

**Recipe Name:** Bacon-Wrapped Asparagus

**Ingredients:** Asparagus, bacon, olive oil, salt, pepper

**Quantities (for 1 person):** Asparagus: 4-5 stalks, bacon: 2 slices, olive oil: 1 tsp, salt: 1/4 tsp, pepper: 1/4 tsp

**Cooking Time:** 15 minutes

**Steps:** Wrap asparagus with bacon slices. Drizzle with olive oil and season with salt and pepper. Bake at 400°F for 10-12 minutes.

**Cuisine:** American

**Diet Type:** Non-Vegan

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**Recipe ID:** 2218

**Recipe Name:** Avocado Toast

**Ingredients:** Bread, avocado, lemon juice, chili flakes, salt, pepper

**Quantities (for 1 person):** Bread: 1 slice, avocado: 1/2, lemon juice: 1 tsp, chili flakes: 1/4 tsp, salt: 1/4 tsp, pepper: 1/4 tsp

**Cooking Time:** 5 minutes

**Steps:** Toast the bread. Mash avocado with lemon juice, chili flakes, salt, and pepper. Spread on toast.

**Cuisine:** American

**Diet Type:** Vegan

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**Recipe ID:** 2219

**Recipe Name:** Spicy Cheese Balls

**Ingredients:** Cream cheese, shredded cheddar cheese, hot sauce, garlic powder, breadcrumbs

**Quantities (for 1 person):** Cream cheese: 2 tbsp, shredded cheddar cheese: 2 tbsp, hot sauce: 1 tsp, garlic powder: 1/4 tsp, breadcrumbs: 2 tbsp

**Cooking Time:** 10 minutes

**Steps:** Mix cream cheese, cheddar, hot sauce, and garlic powder. Shape into balls and coat with breadcrumbs. Fry or bake at 375°F for 8-10 minutes.

**Cuisine:** American

**Diet Type:** Vegetarian

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**Recipe ID:** 2220

**Recipe Name:** Veggie Spring Rolls

**Ingredients:** Rice paper, carrots, cucumber, avocado, lettuce, soy sauce

**Quantities (for 1 person):** Rice paper: 3 sheets, carrots: 1/4, cucumber: 1/4, avocado: 1/2, lettuce: 2-3 leaves, soy sauce: 1 tbsp

**Cooking Time:** 10 minutes

**Steps:** Soak rice paper in water for 10 seconds. Fill with sliced veggies and avocado, then roll. Serve with soy sauce.

**Cuisine:** Asian

**Diet Type:** Vegan

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**Recipe ID:** 2221

**Recipe Name:** Mini Quiches

**Ingredients:** Puff pastry, eggs, milk, cheese, spinach, salt, pepper

**Quantities (for 1 person):** Puff pastry: 2 squares, eggs: 1, milk: 1 tbsp, cheese: 2 tbsp, spinach: 2 tbsp, salt: 1/4 tsp, pepper: 1/4 tsp

**Cooking Time:** 20 minutes

**Steps:** Preheat oven to 375°F. Cut puff pastry into small squares and line muffin tin. Whisk eggs, milk, cheese, spinach, salt, and pepper. Pour into pastry cups. Bake for 15-20 minutes.

**Cuisine:** French

**Diet Type:** Vegetarian

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**Recipe ID:** 2222

**Recipe Name:** Hummus and Veggie Platter

**Ingredients:** Hummus, cucumber, carrots, bell peppers, cherry tomatoes, pita bread

**Quantities (for 1 person):** Hummus: 3 tbsp, cucumber: 1/4, carrots: 1, bell peppers: 1/2, cherry tomatoes: 6, pita bread: 1 small

**Cooking Time:** 5 minutes

**Steps:** Slice vegetables and arrange them with hummus and pita on a platter.

**Cuisine:** Middle Eastern

**Diet Type:** Vegan

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**Recipe ID:** 2223

**Recipe Name:** Cheese and Meat Platter

**Ingredients:** Cheddar cheese, brie cheese, salami, olives, crackers

**Quantities (for 1 person):** Cheddar cheese: 2 oz, brie cheese: 2 oz, salami: 3 slices, olives: 5, crackers: 5

**Cooking Time:** 5 minutes

**Steps:** Arrange cheese, salami, olives, and crackers on a platter.

**Cuisine:** European

**Diet Type:** Non-Vegan

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**Recipe ID:** 2224

**Recipe Name:** Baked Zucchini Chips

**Ingredients:** Zucchini, olive oil, garlic powder, Parmesan cheese, salt, pepper

**Quantities (for 1 person):** Zucchini: 1, olive oil: 1 tbsp, garlic powder: 1/4 tsp, Parmesan cheese: 2 tbsp, salt: 1/4 tsp, pepper: 1/4 tsp

**Cooking Time:** 15 minutes

**Steps:** Preheat oven to 400°F. Slice zucchini into thin rounds. Toss with olive oil, garlic powder, Parmesan, salt, and pepper. Bake for 12-15 minutes.

**Cuisine:** American

**Diet Type:** Vegetarian

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**Recipe ID:** 2225

**Recipe Name:** Stuffed Mushrooms

**Ingredients:** Mushrooms, cream cheese, garlic, spinach, breadcrumbs, Parmesan cheese

**Quantities (for 1 person):** Mushrooms: 4, cream cheese: 2 tbsp, garlic: 1 clove, spinach: 1 tbsp, breadcrumbs: 1 tbsp, Parmesan cheese: 1 tbsp

**Cooking Time:** 15 minutes

**Steps:** Preheat oven to 375°F. Remove mushroom stems and chop. Mix cream cheese, garlic, spinach, breadcrumbs, and Parmesan. Stuff mushrooms and bake for 12-15 minutes.

**Cuisine:** Italian

**Diet Type:** Vegetarian

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**Recipe ID:** 2226

**Recipe Name:** Spicy Avocado Toast

**Ingredients:** Bread, avocado, chili flakes, lime, salt, pepper

**Quantities (for 1 person):** Bread: 2 slices, avocado: 1/2, chili flakes: 1/4 tsp, lime: 1/2, salt: 1/4 tsp, pepper: 1/4 tsp

**Cooking Time:** 5 minutes

**Steps:** Toast the bread. Mash avocado with chili flakes, lime, salt, and pepper. Spread the avocado mixture on the toast.

**Cuisine:** American

**Diet Type:** Vegan

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**Recipe ID:** 2227

**Recipe Name:** Roasted Chickpeas

**Ingredients:** Canned chickpeas, olive oil, paprika, garlic powder, salt, pepper

**Quantities (for 1 person):** Canned chickpeas: 1/2 cup, olive oil: 1 tbsp, paprika: 1/4 tsp, garlic powder: 1/4 tsp, salt: 1/4 tsp, pepper: 1/4 tsp

**Cooking Time:** 20 minutes

**Steps:** Preheat oven to 400°F. Drain and dry chickpeas. Toss with olive oil, paprika, garlic powder, salt, and pepper. Roast for 20 minutes, shaking halfway.

**Cuisine:** Middle Eastern

**Diet Type:** Vegan

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**Recipe ID:** 2228

**Recipe Name:** Caprese Skewers

**Ingredients:** Cherry tomatoes, mozzarella balls, fresh basil, balsamic vinegar

**Quantities (for 1 person):** Cherry tomatoes: 6, mozzarella balls: 6, fresh basil: 6 leaves, balsamic vinegar: 1 tbsp

**Cooking Time:** 5 minutes

**Steps:** Thread tomatoes, mozzarella, and basil onto skewers. Drizzle with balsamic vinegar before serving.

**Cuisine:** Italian

**Diet Type:** Vegetarian

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**Recipe ID:** 2229

**Recipe Name:** Guacamole with Tortilla Chips

**Ingredients:** Avocado, onion, tomato, cilantro, lime, tortilla chips

**Quantities (for 1 person):** Avocado: 1, onion: 1/4, tomato: 1/2, cilantro: 1 tbsp, lime: 1/2, tortilla chips: 1 cup

**Cooking Time:** 5 minutes

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

**Cuisine:** Mexican

**Diet Type:** Vegan

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**Recipe ID:** 2230

**Recipe Name:** Veggie and Cheese Quesadilla

**Ingredients:** Tortilla, cheese, bell peppers, onion, olive oil

**Quantities (for 1 person):** Tortilla: 1, cheese: 1/4 cup, bell peppers: 1/4, onion: 1/4, olive oil: 1 tsp

**Cooking Time:** 10 minutes

**Steps:** Heat olive oil in a pan. Sauté chopped peppers and onions. Place tortilla in the pan, sprinkle with cheese, add veggies, and cook until golden brown on both sides.

**Cuisine:** Mexican

**Diet Type:** Vegetarian

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**Recipe ID:** 2231

**Recipe Name:** Shrimp Cocktail

**Ingredients:** Shrimp, cocktail sauce, lemon, parsley

**Quantities (for 1 person):** Shrimp: 6-8, cocktail sauce: 2 tbsp, lemon: 1/2, parsley: 1 tbsp

**Cooking Time:** 10 minutes

**Steps:** Boil shrimp for 3-4 minutes. Serve with cocktail sauce, lemon wedges, and parsley.

**Cuisine:** American

**Diet Type:** Non-Vegan

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**Recipe ID:** 2232

**Recipe Name:** Stuffed Mushrooms

**Ingredients:** Mushrooms, cream cheese, garlic, parsley, bread crumbs

**Quantities (for 1 person):** Mushrooms: 5 large, cream cheese: 2 tbsp, garlic: 1 clove, parsley: 1 tbsp, bread crumbs: 1 tbsp

**Cooking Time:** 15 minutes

**Steps:** Preheat oven to 375°F. Remove stems from mushrooms. Mix cream cheese, minced garlic, parsley, and bread crumbs. Stuff the mushrooms with the mixture and bake for 10-12 minutes.

**Cuisine:** American

**Diet Type:** Vegetarian

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**Recipe ID:** 2233

**Recipe Name:** Hummus and Veggie Platter

**Ingredients:** Hummus, carrot, cucumber, bell pepper, celery

**Quantities (for 1 person):** Hummus: 3 tbsp, carrot: 1/2, cucumber: 1/2, bell pepper: 1/2, celery: 1 stalk

**Cooking Time:** 5 minutes

**Steps:** Slice the vegetables and arrange them on a plate with hummus for dipping.

**Cuisine:** Middle Eastern

**Diet Type:** Vegan

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**Recipe ID:** 2234

**Recipe Name:** Mini Pizzas

**Ingredients:** English muffin, marinara sauce, cheese, pepperoni, basil

**Quantities (for 1 person):** English muffin: 1, marinara sauce: 2 tbsp, cheese: 1/4 cup, pepperoni: 4 slices, basil: 1 leaf

**Cooking Time:** 10 minutes

**Steps:** Preheat oven to 375°F. Split the English muffin in half and toast slightly. Spread marinara sauce, top with cheese, pepperoni, and basil. Bake for 7-10 minutes until cheese is melted.

**Cuisine:** Italian

**Diet Type:** Non-Vegan

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**Recipe ID:** 2235

**Recipe Name:** Cucumber Rolls

**Ingredients:** Cucumber, cream cheese, smoked salmon, dill

**Quantities (for 1 person):** Cucumber: 1, cream cheese: 2 tbsp, smoked salmon: 2 slices, dill: 1 tsp

**Cooking Time:** 5 minutes

**Steps:** Slice cucumber thinly. Spread cream cheese on each slice, top with smoked salmon, and roll them up. Garnish with dill.

**Cuisine:** Scandinavian

**Diet Type:** Non-Vegan

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**Recipe ID:** 2236

**Recipe Name:** Spinach and Feta Phyllo Rolls

**Ingredients:** Phyllo dough, spinach, feta cheese, olive oil, garlic

**Quantities (for 1 person):** Phyllo dough sheets: 4, spinach: 1/4 cup, feta cheese: 2 tbsp, olive oil: 1 tsp, garlic: 1 clove

**Cooking Time:** 15 minutes

**Steps:** Preheat oven to 375°F. Sauté spinach with garlic in olive oil. Place a spoonful of spinach and feta on each phyllo sheet, roll, and bake for 10-12 minutes.

**Cuisine:** Mediterranean

**Diet Type:** Vegetarian

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**Recipe ID:** 2237

**Recipe Name:** Guacamole Stuffed Mini Bell Peppers

**Ingredients:** Mini bell peppers, avocado, onion, tomato, cilantro, lime

**Quantities (for 1 person):** Mini bell peppers: 3, avocado: 1/2, onion: 1/4, tomato: 1/2, cilantro: 1 tbsp, lime: 1/2

**Cooking Time:** 10 minutes

**Steps:** Cut the tops off mini bell peppers and remove seeds. Mash avocado with onion, tomato, cilantro, and lime. Stuff the peppers with the guacamole mixture.

**Cuisine:** Mexican

**Diet Type:** Vegan

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**Recipe ID:** 2238

**Recipe Name:** Caprese Skewers

**Ingredients:** Cherry tomatoes, mozzarella balls, fresh basil, balsamic glaze

**Quantities (for 1 person):** Cherry tomatoes: 4, mozzarella balls: 4, fresh basil: 4 leaves, balsamic glaze: 1 tbsp

**Cooking Time:** 5 minutes

**Steps:** On a skewer, alternate cherry tomatoes, mozzarella balls, and basil leaves. Drizzle with balsamic glaze before serving.

**Cuisine:** Italian

**Diet Type:** Vegetarian

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**Recipe ID:** 2239

**Recipe Name:** Avocado Toast with Poached Egg

**Ingredients:** Bread, avocado, egg, lemon, salt, pepper

**Quantities (for 1 person):** Bread: 1 slice, avocado: 1/2, egg: 1, lemon: 1/4, salt: pinch, pepper: pinch

**Cooking Time:** 10 minutes

**Steps:** Toast the bread. Mash avocado with lemon, salt, and pepper. Spread on the toast. Poach the egg and place it on top.

**Cuisine:** American

**Diet Type:** Vegetarian

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**Recipe ID:** 2240

**Recipe Name:** Shrimp Cocktail

**Ingredients:** Shrimp, cocktail sauce, lemon, parsley

**Quantities (for 1 person):** Shrimp: 6, cocktail sauce: 3 tbsp, lemon: 1/4, parsley: 1 tbsp

**Cooking Time:** 5 minutes



**Steps:** Boil shrimp until cooked, then chill. Serve with cocktail sauce, a squeeze of lemon, and garnish with parsley.

**Cuisine:** American

**Diet Type:** Non-Vegan

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**Recipe ID:** 2241

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

**Ingredients:** Mini crackers, roasted red peppers, hummus

**Quantities (for 1 person):** Mini crackers: 5, roasted red peppers: 2 slices, hummus: 1 tbsp

**Cooking Time:** 5 minutes

**Steps:** Spread hummus on mini crackers and top with a slice of roasted red pepper.

**Cuisine:** Mediterranean

**Diet Type:** Vegan

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**Recipe ID:** 2242

**Recipe Name:** Veggie Spring Rolls

**Ingredients:** Rice paper, carrot, cucumber, avocado, cilantro, mint

**Quantities (for 1 person):** Rice paper: 3 sheets, carrot: 1/2, cucumber: 1/2, avocado: 1/4, cilantro: 1 tbsp, mint: 1 tbsp

**Cooking Time:** 10 minutes

**Steps:** Soak the rice paper in warm water. Lay the vegetables and herbs in the center, roll tightly, and serve with dipping sauce.

**Cuisine:** Asian

**Diet Type:** Vegan

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**Recipe ID:** 2243

**Recipe Name:** Cheese and Olive Skewers

**Ingredients:** Cheese cubes, green olives, cherry tomatoes

**Quantities (for 1 person):** Cheese cubes: 4, green olives: 4, cherry tomatoes: 2

**Cooking Time:** 5 minutes

**Steps:** On a skewer, alternate cheese cubes, green olives, and cherry tomatoes.

**Cuisine:** Mediterranean

**Diet Type:** Vegetarian

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**Recipe ID:** 2244

**Recipe Name:** Baked Zucchini Chips

**Ingredients:** Zucchini, olive oil, parmesan cheese, garlic powder, salt

**Quantities (for 1 person):** Zucchini: 1, olive oil: 1 tsp, parmesan cheese: 2 tbsp, garlic powder: 1/4 tsp, salt: pinch

**Cooking Time:** 20 minutes

**Steps:** Preheat oven to 400°F. Slice zucchini into thin rounds. Toss with olive oil, parmesan, garlic powder, and salt. Bake for 15-20 minutes until crispy.

**Cuisine:** American

**Diet Type:** Vegetarian

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**Recipe ID:** 2245

**Recipe Name:** Guacamole and Chips

**Ingredients:** Avocado, lime, cilantro, onion, salt, tortilla chips

**Quantities (for 1 person):** Avocado: 1/2, lime: 1/2, cilantro: 1 tbsp, onion: 2 tbsp, salt: pinch, tortilla chips: 1 handful

**Cooking Time:** 10 minutes

**Steps:** Mash the avocado and mix with lime, chopped cilantro, onion, and salt. Serve with tortilla chips.

**Cuisine:** Mexican

**Diet Type:** Vegan

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**Recipe ID:** 2246

**Recipe Name:** Stuffed Mushrooms

**Ingredients:** Mushrooms, cream cheese, garlic, parsley, breadcrumbs

**Quantities (for 1 person):** Mushrooms: 4, cream cheese: 2 tbsp, garlic: 1 clove, parsley: 1 tsp, breadcrumbs: 1 tbsp

**Cooking Time:** 15 minutes

**Steps:** Preheat oven to 375°F. Remove stems from mushrooms and stuff with a mixture of cream cheese, minced garlic, parsley, and breadcrumbs. Bake for 10-12 minutes.

**Cuisine:** Italian

**Diet Type:** Vegetarian

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**Recipe ID:** 2247

**Recipe Name:** Spicy Roasted Chickpeas

**Ingredients:** Chickpeas, olive oil, paprika, cumin, cayenne pepper, salt

**Quantities (for 1 person):** Chickpeas: 1/2 cup, olive oil: 1 tsp, paprika: 1/4 tsp, cumin: 1/4 tsp, cayenne pepper: pinch, salt: pinch

**Cooking Time:** 25 minutes

**Steps:** Preheat oven to 400°F. Toss chickpeas with olive oil and spices, and bake for 20-

25 minutes until crispy.

**Cuisine:** Middle Eastern

**Diet Type:** Vegan

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**Recipe ID:** 2248

**Recipe Name:** Caponata

**Ingredients:** Eggplant, onion, tomato, olives, capers, olive oil, vinegar

**Quantities (for 1 person):** Eggplant: 1/4, onion: 1/4, tomato: 1/2, olives: 3, capers: 1  
tbsp, olive oil: 1 tsp, vinegar: 1/2 tsp

**Cooking Time:** 25 minutes

**Steps:** Sauté the eggplant, onion, and tomato in olive oil until soft. Add olives, capers, and vinegar, and cook for another 10 minutes.

**Cuisine:** Sicilian

**Diet Type:** Vegan

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**Recipe ID:** 2249

**Recipe Name:** Mini Quesadillas

**Ingredients:** Tortillas, cheese, beans, salsa

**Quantities (for 1 person):** Tortillas: 2 small, cheese: 2 tbsp, beans: 2 tbsp, salsa: 1 tbsp

**Cooking Time:** 10 minutes

**Steps:** Place cheese and beans on one tortilla, top with another, and cook in a pan for 2-3 minutes on each side. Cut into wedges and serve with salsa.

**Cuisine:** Mexican

**Diet Type:** Vegetarian

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**Recipe ID:** 2250

**Recipe Name:** Cucumber and Hummus Bites

**Ingredients:** Cucumber, hummus, cherry tomatoes, parsley

**Quantities (for 1 person):** Cucumber: 1/2, hummus: 2 tbsp, cherry tomatoes: 2,  
parsley: 1 tsp

**Cooking Time:** 5 minutes

**Steps:** Slice cucumber into rounds. Top with hummus, a cherry tomato, and a sprinkle of parsley.

**Cuisine:** Mediterranean

**Diet Type:** Vegan

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