



Recipe Creator Swarm

OpenAI API Key Source:

- ☒ Use .env file
☐ Enter manually

API key loaded from .env file

Select OpenAI Model:

gpt-4o-mini

Temperature:

0.00 0.70 1.00

About this app

[View source on GitHub](#)



Recipe Creator Swarm

Enter a recipe idea and let our AI swarm create a complete recipe with instructions and nutritional information.

Recipe Idea:

Healthy vegetarian pasta dish with seasonal vegetables

Cuisine Type:

Italian

Dietary Restrictions:

Choose an option

Maximum Cooking Time (minutes):

10 30 120

Create Recipe

Enter your recipe idea and click 'Create Recipe' to start the AI swarm.

Example Recipe

Recipe Planner Chef Nutritionist Final Recipe

Mediterranean Vegetable Pasta

Ingredients:

- 8 oz whole wheat pasta
- 1 zucchini, diced
- 1 red bell pepper, sliced
- 1 yellow bell pepper, sliced
- 1 cup cherry tomatoes, halved
- 1/4 cup kalamata olives, pitted and sliced
- 3 cloves garlic, minced
- 2 tbsp olive oil
- 1 tsp dried oregano
- 1/2 tsp red pepper flakes
- 1/4 cup fresh basil, chopped
- 2 tbsp fresh parsley, chopped
- 2 oz feta cheese, crumbled (optional)
- Salt and pepper to taste

Equipment:

- Large pot for pasta
- Large skillet or wok
- Cutting board and knife
- Colander

Cooking Instructions:

1. Bring a large pot of salted water to a boil. Add pasta and cook according to package directions until al dente (approximately 8-10 minutes).
2. While pasta is cooking, heat olive oil in a large skillet over medium-high heat.
3. Add minced garlic and sauté for 30 seconds until fragrant.
4. Add zucchini and bell peppers to the skillet. Cook for 5-6 minutes, stirring occasionally, until vegetables begin to soften.
5. Add cherry tomatoes, olives, dried oregano, and red pepper flakes. Cook for another 2-3 minutes until tomatoes begin to burst.
6. Drain pasta, reserving 1/4 cup of pasta water.
7. Add pasta to the skillet with vegetables. Toss to combine. If mixture seems dry, add a splash of reserved pasta water.
8. Remove from heat and stir in fresh basil and parsley.
9. Season with salt and pepper to taste.
10. Serve immediately, topped with crumbled feta cheese if desired.

Total cooking time: Approximately 25 minutes

Nutritional Information:

Per Serving (Makes 4 servings):

- Calories: ~320 per serving
- Protein: 10g
- Carbohydrates: 45g
- Fiber: 7g
- Fat: 12g (mostly healthy unsaturated fats)
- Sodium: ~300mg (varies with added salt)

Health Benefits:

- Whole wheat pasta provides complex carbohydrates and additional fiber
- Bell peppers are high in vitamins A and C
- Olive oil contains heart-healthy monounsaturated fats
- Tomatoes provide lycopene, an antioxidant
- Herbs add flavor without sodium or calories

Substitution Options:

- For vegan diets: Omit feta cheese or replace with nutritional yeast
- For gluten-free diets: Use gluten-free pasta made from rice, corn, or legumes
- For lower-carb diets: Reduce pasta portion and increase vegetables

Serving Suggestions:

- Serve with a simple side salad for additional vegetables
- Portion size is approximately 1.5 cups per serving
- Leftovers can be enjoyed cold as a pasta salad

[Download Example Recipe](#)