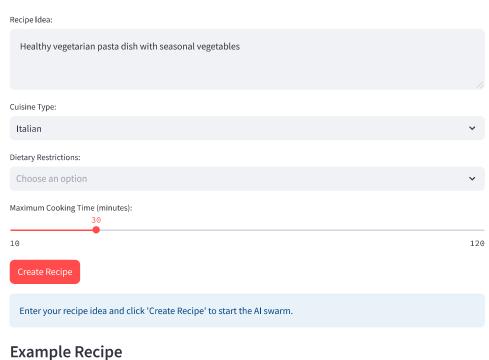


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Mediterranean Vegetable Pasta

Ingredients:

Recipe Planner Chef Nutritionist Final Recipe

- 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
- 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

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