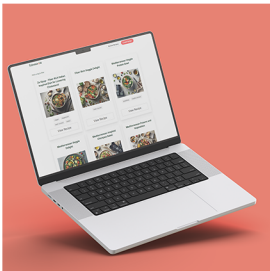


Eatwise AI



clouds and heart-healthy vegetable dish packed with soluble fiber, plant-based proteins, and healthy fats 1 aimed at lowering high cholesterol.

Prep: 15 minutes Cook time: 20 minutes Yields: 4 servings

Ingredients

tablespoon olive oil
onion, diced
cloves garlic, minced
red bell pepper, sliced
zucchini, sliced
cup cherry tomatoes, halved
can chickpeas, drained and rinsed
teaspoon cumin
teaspoon paprika
salt and pepper to taste
fresh parsley for garnish

Instructions

In a large skillet, heat olive oil over medium heat.
Add the onion and garlic, and sauté until fragrant.
Add the bell pepper, zucchini, cherry tomatoes, and chickpeas. Cook until vegetables are tender.
Stir in cumin, paprika, salt, and pepper. Cook for another 2-3 minutes.
Remove from heat and garnish with fresh parsley.
Serve hot as a main course or side dish.

Estimated Nutrition

Per serving

Calories
Protein (g)
Carbs (g)
Fiber (g)
Sugar (g)
Saturated fat (g)
Trans fat (g)
Sodium (mg)
Cholesterol

AI-powered recipes to fight high cholesterol

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What type of food would you like?

e.g. Chicken curry, Vegetable soup, Fish tacos

Preferred cuisine style

Select a cuisine style

Additional preferences or requirements

e.g. Low sodium, high fiber, quick to prepare, vegetarian

Include any dietary restrictions, preferences, or specific requirements

Generate Recipe