

# PANTRY ESSENTIALS

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## OILS

- FOR COOKING: higher smoke point (so it does not burn) canola, grape seed, vegetable, peanut, coconut, sesame, or avocado.
- FOR DRESSINGS: or DIPPING: olive oil or walnut

**\*\* nut oils should be refrigerated to avoid them becoming rancid\*\***

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## VINEGARS

- Balsamic
  - red and white wine
  - apple cider
  - any fruit flavor vinegars you like for dressings or sauces.
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## SALTS & PEPPER

- kosher or sea salt, table salt can be used in baking, but stick with the kosher and sea for cooking.
  - Whole peppercorns in a pepper grinder
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## SWEETENERS

- Honey
  - Nectars
  - Syrups
  - your preference of sugars
  - extracts, like vanilla
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## HERBS & SPICES

- Herbs are generally the leafy part of the plant and spices are the seeds, or roots.
  - Fresh and dried herbs and spices are great to have on hand for roasted meats and vegetables, marinades, soups and dressings.
  - Our most common 10 herbs and spices are cinnamon, cayenne, oregano, basil, cumin, paprika, chile powder, cilantro, rosemary, and garlic powder .
  - You can build your spice list as you go, choose spices to experiment with, and chose spice blends too, those are blended for you and easy to use
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## GRAINS

- Rice long grain brown rice
  - Quinoa
  - Barley
  - For use in soups, salads, vegetarian dishes
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## PASTA

- Orzo (rice-like pasta)
  - elbow macaroni
  - penne
  - spaghetti noodles
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## NUTS

- peanut butter
  - walnuts
  - pinenuts
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## BEANS

- Beans, beans the magical fruit!
  - Canned beans help make dinner and lunch preparation easy during the week. Keep your favorites on hand.
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## OILS

- Garlic, onions (red, white, yellow), shallots. Many meals start with onions and garlic.
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## VINEGARS

- Eggs
  - Milk
  - Cheese: shredded and sliced; parmesan cheese
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## SALTS & PEPPER

- Stock or bullion
  - Tomato paste
  - Diced tomatoes
  - Flour – whole wheat and all-purpose
  - Dijon mustard – good for salad dressing bases and chicken and egg salads
  - Soy sauce
  - Mayonnaise
  - Ketchup
  - Hot sauce
  - Jam
  - Anchovy paste
  - capers
  - Worcestershire sauce
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## SWEETENERS

- Frozen veggies – when you cannot get fresh in-season frozen come darn close to fresh and easy meals on hand.
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