

# Mediterranean Pantry Items

The following items are categorized by where they are found in grocery stores.

## **Baking**

Active dry yeast  
Agave nectar  
Almond extract  
Baking powder  
Baking soda  
Cocoa powder, unsweetened  
Cornmeal  
Cornstarch  
Flour, all-purpose, unbleached; barley; bread;  
chickpea; semolina; spelt; whole-wheat;  
whole-wheat pastry  
Polenta  
Salt, kosher  
Sea salt, unrefined  
Sugar, natural  
Vanilla extract

## **Beans and Legumes**

*"I prefer using dried beans and legumes, but if you are not used to using them, or might need them to be ready to use in a pinch, I recommend keeping canned varieties on hand as well," says Riolo.*

Black beans, canned, reduced-sodium  
Cannellini beans, canned, reduced-sodium  
Chickpeas, canned, low-sodium  
Lentils (brown), canned or dried, no-salt-added

## **Herbes de Provence (Dried)**

Basil  
Lavender  
Marjoram  
Oregano  
Rosemary  
Sage  
Tarragon  
Thyme

### **Italian Specialty**

Anchovy fillets, packed in olive oil  
Artichoke hearts, canned  
Bread crumbs, plain  
Capers, packed in water  
Espresso coffee  
Ladyfingers  
Olives, green, black, Kalamata, Niçoise, and Gaeta  
Roasted red peppers, jar  
Tomato paste  
Tomato purée  
Tomatoes, canned, low-sodium  
(diced and fire-roasted)  
Tuna, canned, packed in water

### **Miscellaneous**

Dijon mustard  
Garlic  
Granola, low-fat, almond  
Honey

### **Nuts and Dried Fruit**

Almonds, blanched  
Chestnuts, jar, whole, roasted or steamed  
Dates  
Pine nuts  
Pistachios, shelled  
Raisins  
Walnuts

### **Oils and Vinegars**

Corn or vegetable oil, expeller-pressed  
Nonstick cooking spray  
Olive oil, extra-virgin  
Vinegar, apple cider, balsamic, white, distilled

### **Pasta and Grains**

Bulgur wheat  
Couscous  
Orzo  
Quinoa  
Rice, arborio, basmati, medium-grain, wild

Whole-wheat pasta, spaghetti, penne rigate

### **Spices and Seeds**

Allspice  
Anise seeds  
Caraway seeds  
Cayenne pepper  
Chili powder  
Cinnamon and cinnamon sticks  
Cloves, whole and ground  
Coriander, ground  
Crushed red pepper  
Cumin  
Fennel seeds  
Flaxseeds  
Ginger, ground  
Green cardamom, ground and pods  
Juniper berries  
Mint  
Nutmeg  
Paprika  
Peppercorns  
Saffron  
Seafood seasoning  
Sesame seeds  
Sumac  
Turmeric  
Za'atar

### **Stocks**

"I prefer making homemade stocks and freezing them for future use," says Riolo.

"However, it's also good to keep a few boxes on hand in a pinch."

Chicken stock, reduced-sodium

Vegetable stock, reduced-sodium

### **Items for the Fridge**

(Use local and organic if possible)

Carrots

Celery

Cheese, Parmesan, Romano, mozzarella, feta, and goat

Eggs

**Fresh Seasonal Produce**

Herbs, fresh

Lemons

Lettuces, assorted

Milk, skim

Onions

Potatoes

Shallots

Sweet potatoes

Yogurt, plain, fat-free