Mediterranean Pantry Essentials

A well-stocked pantry makes Mediterranean cooking simple, convenient, and enjoyable. Many recipes in this cookbook rely on a handful of wholesome staple ingredients that can be used in countless ways. Keeping these essentials on hand allows you to prepare flavorful, heart-conscious meals with minimal planning while staying true to the traditions of Mediterranean cuisine.

Olive Oil & Vinegars

- Extra-virgin olive oil
- Light olive oil (optional)
- Red wine vinegar
- Balsamic vinegar
- Apple cider vinegar
- Fresh lemons

Whole Grains & Pasta

- Brown rice
- Quinoa
- Bulgur
- Farro
- Barley
- Freekeh
- Whole wheat couscous
- Whole wheat pasta
- Rolled oats

Legumes

- Chickpeas
- Cannellini beans
- Butter beans
- Kidney beans
- Black beans
- Green lentils
- Brown lentils
- Red lentils

Herbs & Spices

Herbs

- Dried oregano
- Dried basil

- Thyme
- Rosemary
- Parsley
- Dill
- Mint
- Bay leaves

Spices
- Sea salt
- Black pepper
- Paprika
- Smoked paprika
- Ground cumin
- Ground coriander
- Turmeric
- Ground cinnamon
- Crushed red pepper flakes

Nuts & Seeds
- Almonds
- Walnuts
- Pistachios
- Pine nuts
- Sesame seeds

Canned & Jarred Staples
- Canned diced tomatoes
- Tomato paste
- Roasted red peppers
- Artichoke hearts
- Olives
- Capers
- Canned tuna

Everyday Flavor Builders
- Garlic
- Yellow onions
- Red onions
- Shallots

- Fresh parsley
- Fresh basil
- Fresh mint
- Low-sodium vegetable broth
- Low-sodium chicken broth

Honey & Natural Sweeteners
- Pure honey

Pantry Tip: Build your pantry gradually. Adding just a few of these staples with each shopping trip will make Mediterranean cooking easier, more convenient, and more enjoyable.