# The Mediterranean Pantry

## Herbs & Spices
- Oregano
- Parsley
- Mint
- Basil
- Dill Weed
- Thyme
- Rosemary
- Sage
- Bay Leaves
- Smoked Paprika
- Cumin
- Cinnamon
- Cloves
- Red Pepper Flakes
- Turmeric
- Allspice
- Nutmeg
- Coriander
- Sumac
- Garlic Powder
- Onion Powder

## Oil, Vinegar, Cooking Wine
- Extra Virgin Olive Oil
- Red Wine Vinegar
- Balsamic Vinegar
- Red Wine
- White Wine

## Canned/Jarred Fruits & Vegetables
- Artichokes
- Capers
- Olives
- Crushed & Diced Tomatoes
- Olives

## Beans & Legumes
- Lentils
- Yellow Split Peas
- Navy Beans
- Chickpeas
- Black-eyed Peas
- Pinto Beans
- Cannellini Beans
- Black Beans

## Grains
- White Rice
- Brown Rice
- Couscous
- Bulgur Wheat
- Quinoa
- Barley
- Buckwheat
- Polenta
- Pasta

## Nuts & Seeds
- Pine Nuts
- Walnuts
- Almonds
- Sesame Seeds

## Condiments
- Tahini
- Honey
- Dijon Mustard