

Sweet Shirley Walker's Simple Suppers

Sweet Monday, October 4, 2010

PANTRY STAPLES

- . Extra Virgin Olive Oil (EVOO)
- . Garlic
- . Onions/shallots
- . Lemons
- . Fresh herbs = flavor with no calories
- . Pasta: short cut and spaghetti types
- . Canned beans: garbanzo, kidney (red and white), black, etc.
- . Sundried tomatoes
- . Roasted red peppers
- . Olives: pimento stuffed, black (ripe), calamata
- . Chicken stock or soup base/dry sherry
- . Dijon mustard: regular and whole/coarse grain
- . Vinegars: balsamic, apple cider, white wine
- . Nuts: pecans, pine nuts, hazelnuts, walnuts, pistachios – keep in freezer
- . Dried fruits: raisins, craisins, apricots, figs, dates
- . Pesto
- . Cheese: parmigiana reggiano, cheddar, smoked, cream, mascarpone, goat, feta, etc.
- . Chicken breasts, fish fillets, pancetta – keep in freezer