

The Cooking Matters Pantry

This list shows commonly used pantry items for making Cooking Matters recipes. If you want to stock your pantry for healthy cooking, this list is a good place to start.



Seasonings, Dried Herbs, and Spices

- Basil, dried
- Black pepper, ground
- Cayenne pepper
- Chili powder
- Cinnamon, ground
- Cumin, ground
- Garlic powder
- Ginger, ground
- Oregano, dried
- Paprika
- Parsley, dried
- Salt
- Soy sauce, low-sodium
- Thyme leaves, dried

Baking Staples

- Baking powder
- Baking soda
- Cocoa powder
- Flour: all-purpose, whole wheat
- Rolled oats
- Sugar: brown, granulated
- Vanilla extract

Cooking Staples

- Barley, pearled and/or quick-cooking
- Brown rice
- Canned beans: black, cannellini, kidney, pinto, chickpeas
- Canned corn (no salt added)
- Canned pineapple
- Canned tomatoes (no salt added): crushed, diced, tomato sauce
- Canola oil
- Chicken broth, low-sodium
- Cornstarch
- Non-stick cooking spray
- Nuts: almonds, peanuts, other favorites
- Peanut butter
- Raisins or other dried fruit
- Tuna or salmon, canned in water
- Vinegar: white, cider
- Whole grain cereal
- Whole grain pasta: spaghetti, macaroni, penne, lasagna noodles

Pantry Tip! To keep brown sugar soft, store opened bags in a zip-top bag or other airtight container. If already hard, soften in microwave on Low for 1-2 minutes. Check often to make sure it doesn't melt. Or, in an airtight container, place brown sugar and a slice of bread. Let sit 1-2 days. Remove bread once brown sugar has softened.