

# STOCKING YOUR PLANT-BASED KITCHEN

## PRODUCE

Apples  
Bananas  
Beets  
Bell peppers  
Berries  
Broccoli  
Brussels sprouts  
Cabbage  
Carrots  
Cauliflower  
Celery  
Corn  
Cucumbers  
Fresh herbs (chives, cilantro, dill, parsley, rosemary, sage, thyme)  
Garlic  
Grapefruit  
Grapes  
Hot peppers  
Kiwis  
Pears  
Lemons  
Limes  
Leafy greens (chard, collard greens, kale, spinach, arugula)  
Melons (cantaloupe, honeydew, watermelon)  
Microgreens  
Mushrooms  
Mangoes  
Onion (green, red, white, yellow)  
Oranges  
Peaches  
Pineapple  
Salad greens (mixed greens, romaine, red leaf or green leaf lettuce)  
Sweet potatoes  
White potatoes (russet, new, yukon gold)  
Tomatoes  
Zucchini

## FROZEN

Edamame  
Fruits (berries, cherries, mango, pineapple)  
Prepared grains  
Vegetables (broccoli, corn, mixed vegetables, peas, peppers, riced cauliflower)

## REFRIGERATED

Hummus and bean dips  
Miso paste  
Plant-based milks (almond, cashew, oat, rice, soy)  
Tempeh  
Tofu

## BREADS & CRACKERS

Sprouted grain bread  
Whole grain bread  
Whole grain pita  
Whole grain tortillas (corn, brown rice, sprouted grain, whole wheat)  
Brown rice crackers  
Whole wheat crackers

## PANTRY STAPLES

Canned and dried beans and lentils  
Black  
Black-eyed peas  
Brown lentils  
Cannellini  
Garbanzo  
Green lentils  
Kidney  
Navy beans  
Pinto  
Red lentils



## STOCKING YOUR PLANT-BASED KITCHEN (CONT.)



### PANTRY STAPLES (CONT.)

#### Whole grains

- Amaranth
- Barley
- Brown rice
- Bulgur wheat
- Cornmeal
- Farro
- Millet
- Oats (groats, rolled, steel-cut)
- Popcorn
- Quinoa
- Wheat berries
- Wild rice

#### Pastas

- Bean pastas
- Brown rice noodles
- Soba noodles
- Whole wheat spaghetti
- Whole grain pastas

#### Sauces & Condiments

- Barbecue sauce
- Canned diced tomatoes
- Chili paste
- Curry paste
- Hot sauce
- Ketchup
- Low-sodium vegetable broth
- Low-sodium soy sauce/tamari
- Mustard
- Salsa
- Sriracha
- Vinegars (apple cider, balsamic, brown rice, red wine, white wine)

#### Herbs, Spices, & Seasonings

- Allspice
- Basil
- Bay leaves
- Cayenne pepper
- Chili powder

- Cinnamon
- Crushed red pepper flakes
- Cumin
- Curry powder
- Dill
- Garlic powder
- Ginger
- Marjoram
- Nutmeg
- Nutritional yeast
- Oregano
- Parsley
- Rosemary
- Sage
- Sea salt
- Tarragon
- Thyme
- Turmeric

#### Nuts & Seeds

- Almonds
- Brazil nuts
- Cashews
- Chia seeds
- Flax seeds
- Hemp seeds
- Peanuts
- Pecans
- Pistachios
- Pumpkin seeds (pepitas)
- Sesame seeds
- Walnuts
- Nut butters (peanut, almond, cashew)
- Seed butters (sunflower, tahini)

#### Other

- Canned jackfruit
- Dates
- Flours (almond, brown rice, chickpea, oat, spelt, whole wheat)
- Unsweetened dried fruits



# INGREDIENT 411

As you try new recipes, you will encounter new ingredients that may be unfamiliar to you. Here's everything you need to know about a few ingredients that might pop up in plant-based recipes. Give them a try!



## Nutritional Yeast

Nicknamed “nooch,” this light, flaky powder is commonly used to add a cheesy flavor to dishes. It is “deactivated” yeast, so it is different from the yeast used in baking. It’s very nutrient-dense, often fortified with various B vitamins and contains a moderate amount of protein. (Note: not all nutritional yeast brands are fortified).



## Flaxseeds

These tiny seeds pack a powerful nutritional punch. They are rich in healthy omega-3 fatty acids, fiber, antioxidants, and other vitamins and minerals. You can find them in whole seed form or ground. If you buy them whole, you must grind them before eating in order to absorb their nutritional benefits. It’s easy to grind them in a coffee grinder or with a mortar and pestle. Once ground, flaxseed can spoil quickly, so store both whole and ground flaxseed in the freezer to keep it fresh.

Add to smoothies, baked goods, or oatmeal, or use it as an egg-replacer in recipes where eggs serve as a binding agent (ex: veggie burgers, baked goods). To make a “flax egg”, simply combine 1 tablespoon ground flaxseed with 3 tablespoons water for every one egg. Let the mixture sit for five minutes to thicken before adding to a recipe.



## Chia seeds

Chia seeds are the edible seed of a plant in the same family as mint, found in Central America. They have similar nutritional benefits and culinary uses as flaxseeds. They possess a natural thickening quality when combined in a liquid medium, so you can use the same ratio for a “chia egg” as you would a “flax egg.” Chia is also used to make chia pudding or to thicken jams. Unlike flaxseeds, chia seeds can be eaten whole and does not need to be ground, so enjoy them sprinkled on any dish for a pleasant crunch!

**Tahini** is a paste made from toasted and ground sesame seeds.

**Tamari** is a Japanese soy sauce made by fermenting soybeans and usually gluten-free. Compared with most soy sauces, it’s darker, less salty, and has a strong umami flavor.



**Dulse** is a seaweed—a large category of edible saltwater plants and algae that also includes species such as nori and kelp.

## Miso paste

Miso is a fermented soybean paste most commonly seen in Japanese cooking. It comes in a variety of types and strengths, including white miso, red miso, and even soy-free chickpea miso. It has the consistency of nut butter and is a great way to boost ‘umami’ flavors, the savory flavor we traditionally associate with meat, in plant-based dishes. To prevent clumping, thin miso in a small amount of liquid before adding to the entire dish.



## Jackfruit

Jackfruit is a very large tropical fruit with a spiny outer-skin and a yellow-orange or green interior, depending on how ripe it is, that looks similar to the inside of a pineapple. It has become ever popular in plant-based cooking because of its ability to mimic the texture of shredded meat. Similar to tofu, green jackfruit takes on the flavor of whatever it is cooked in. You can find canned green jackfruit in most grocery stores. Try it sauteed with barbecue sauce or in tacos.



## Tofu

Tofu is made of soybeans. It is essentially soymilk that has been pressed into blocks. Tofu comes in many different firmnesses. Soft or silken tofus are best used to thicken sauces, for creamy desserts, and in smoothies. Firm tofus (medium, firm, extra firm, high protein) are best used for marinating, stir frying, baking, and grilling. Before cooking with firm tofus, unwrap them, drain any excess water, and press them between layers of paper towels or kitchen towels to remove as much water as possible.



## Tempeh

Tempeh is made from fermented soybeans and has an appealing crumbled texture similar to ground meat. Because of its firm, dry texture, it can be easily sliced, cubed, and crumbled for a wide array of culinary uses including ground beef, bacon slices, and kabobs.