

Stocking the Global Pantry... For Health, Flavor, Convenience

Healthy eating with an ethnic flavor isn't a world away. A global adventure can be as close as your own well-stocked pantry.

Consider where ingredients you keep handy might take you with a little time or effort. Start with your ethnic pantry, then add a few basics for three recipes to assemble in minutes.

Easy Asian...

Asian stir-fry: Drain *canned shrimp*, stir-fry vegetables and water chestnuts; stir-fry in a little oil with green onion and ginger. Toss with drained, *canned Mandarin oranges* and a little soy sauce or hoisin sauce. Serve with cooked rice.

Your idea: _____

Quick Mediterranean...

Easy pizza: Spread *canned pizza sauce* on a store-bought pizza crust. Drain *canned cannellini beans* or *tuna*, artichokes, black olives and mushrooms. Sprinkle with dry spaghetti herb seasoning or oregano, and shredded mozzarella cheese. Bake in a 400°F oven for about 15 minutes until the crust is golden brown.

Your idea: _____

Effortless Latino...

Soft chicken tacos: Drain *canned chicken*, then brown with chopped onion in oil. Add *canned diced tomatoes*, jalapeños and salsa verde; cook for several minutes until thick. Combine with fresh, chopped cilantro. Spoon into a soft wheat tortilla; add chopped lettuce and cheese shreds.

Your idea: _____

The Global Pantry

Asian Pantry

Baby corn	Prepared sauces (sweet and sour, beef pepper)
Bean sprouts	Oriental, beef and chicken
Chop suey vegetables	chow mein, hoisin)
Coconut milk (light)	Rice
Curry paste (red, green)	Shrimp
Evaporated milk (fat free)	Soybeans
Lychees	Stir-fry vegetables
Mandarin oranges	Sweetened condensed milk
Noodles	Water chestnuts

Italian/Mediterranean Pantry

Anchovies	Pasta
Artichoke hearts	Pizza and pasta sauce
Black olives	Spinach
Clams (minced)	Stuffed grape leaves
Fava beans	Tomato paste
Garbanzos (chickpeas)	Tomato sauce
Italian wedding soup	Tomatoes (whole)
Minestrone soup	Tuna (packed in olive oil or water)
Mushrooms	White kidney (cannellini) beans

Nuevo Latino Pantry

Beans (black, red, pinto)	Nacho cheese sauce
Black bean soup	Refried beans (pinto, red, black, vegetarian)
Chiles (green, chipotle)	Rice
Enchilada sauce	Salsa verde
Garbanzos (chickpeas)	Tomatillos
Green pigeon peas	Tomatoes
Jalapeños (red, green)	Tortillas
Mango	
Mole sauce	

Anywhere

Apricots	Mixed vegetables
Baked beans	Mushrooms
Beans (black, green, garbanzo, red kidney, navy, white)	Mandarin oranges
Berries (blueberries, blackberries, raspberries)	Peaches
Broth (beef, chicken, vegetable)	Pears
Chicken	Peas
Chili	Pineapple
Corn	Pumpkin
Crabmeat	Salmon (pink, red)
Dark cherries	Soups (creamed, other)
Ham	Soybeans
Milk (evaporated, condensed)	Sweet potatoes
	Tomatoes (whole, diced, puréed)
	Tomato paste
	Whole berry cranberry sauce