# A

AÇAI

Category: Fruits

agave nectar

bananas

berries

cassava

[desserts] desserts, cheesecake

[desserts] desserts, ice cream

[desserts] desserts, sorbet

desserts

[drinks] drinks, cocktails

[drinks] drinks, lemonade

drinks

granola

ice cream

jellies

juices

pomegranates

raspberries

SMOOTHIES

sorbets

South American cuisine

yogurt

ACHIOTE SEEDS

Category: Spices

beans

Caribbean cuisine

[chiles] chiles, habanero

[chiles] chiles, jalapeño

chiles

cilantro

[citrus] citrus, sour orange

citrus

cloves

coriander

cumin

garlic

gravies

Latin American cuisines

lime

marinades

MEXICAN CUISINE

[oil] oil, corn

[oil] oil, olive

[oil] oil, vegetable

oil

onions

ORANGES

[sour oranges] sour oranges, juice

sour oranges

oregano

pastes

pepper, black

polenta

potatoes

Puerto Rican cuisine

RICE

sauces

seitan

sofritos

soups

South American cuisines

[squash, winter] squash, winter, butternut

squash, winter

stews

tacos

tofu

tomatoes

[vinegar] vinegar, wine

vinegar

yuca

ADOBO SAUCE

Category: Sauces

MatchShares: Chiles, Chipotle

avocado

[beans] beans, black

beans

burritos

Caribbean cuisines [+ cumin + garlic + orange juice + oregano]

cauliflower

[chiles] chiles, chipotle

[chiles] chiles, or

chiles

chili powder

enchiladas

Filipino cuisine [+ annatto seeds + coconut milk + garlic]

guacamole

Latin American cuisines

lemon

lime

marinades

Mexican cuisine [+ chipotle chiles + cinnamon + garlic + orange juice + oregano]

[orange] orange, juice

orange

polenta

[potatoes] potatoes, baked

[potatoes] potatoes, fried

potatoes

sauces

soups

stews

[stock] stock, vegetable

stock

tortilla chips

AFRICAN CUISINES (see also ETHIOPIAN CUISINE and MOROCCAN CUISINE)

bananas

beans

bell peppers

black-eyed peas

braised dishes

cabbage

coconut

curries

[fruit, tropical] fruit, tropical, pineapple

fruit, tropical

garlic

[grains] grains, millet

[grains] grains, teff

grains

[greens] greens, stewed

greens

lentils

okra

peanuts

peanut butter

plantains

[salad dressings] salad dressings, peanut

salad dressings

[salads] salads, bean

[salads] salads, lentil

salads

[sauces] sauces, peanut

sauces

[soups] soups, bean

[soups] soups, black-eyed pea

[soups] soups, peanut

[soups] soups, yam

soups

[stews] stews, peanut

[stews] stews, vegetable

stews

sweet potatoes

tomatoes

yams, esp. west African

AGAR-AGAR

Category: Other

[apple] apple, cider

[apple] apple, juice

apple

apricots, dried or fresh

aspics

bananas

beans, adzuki

[berries] berries, blueberries

berries

coconut

coconut milk

desserts, gelled

fruit juice

Japanese cuisine

jellies

kanten

kiwi fruit

lemon

macrobiotic cuisine

[melon] melon, cantaloupe

melon

milk, coconut

“panna cotta,” vegan

peaches

pears

pomegranates

puddings

soups

strawberries

sugar

vanilla

watermelon

[yogurt] yogurt, vegan

yogurt

AGAVE NECTAR

Category: Other

[baked goods] baked goods, breads

baked goods

cereals, hot breakfast

cinnamon

[cocktails] cocktails, tequila-based

cocktails

[desserts] desserts, fruit

desserts

drinks

fruits

ice cream

pancakes, as a topping (esp. amber or dark)

pears

pumpkin (esp. amber or dark)

salad dressings

[sauces] sauces, barbecue

[sauces] sauces, caramel

sauces

smoothies

squash, winter (esp. amber or dark)

waffles, as a topping (esp. amber or dark)

ALLSPICE

Category: Spices

[baked goods] baked goods, cakes

[baked goods] baked goods, cookies

baked goods

[beans] beans, baked beans

[beans] beans, black

beans

beets

berbere, the Ethiopian spice blend

[beverages] beverages, chai

[beverages] beverages, cocoa

beverages

[caribbean cuisine] caribbean cuisine, jerk seasoning

caribbean cuisine

carrots

[chiles] chiles, habanero

chiles

chocolate

cinnamon

cloves

coconut

compotes, fruit

cucumbers

cumin

[curry powder] curry powder, indian

[curry powder] curry powder, jamaican;

curry powder

[curries] curries, caribbean

curries

[desserts] desserts, crumbles

desserts

English cuisine

Ethiopian cuisine

[fruits] fruits, apples

[fruits] fruits, bananas

[fruits] fruits, mangoes

[fruits] fruits, peaches

[fruits] fruits, pears

[fruits] fruits, pineapple

fruits

ginger

[grains] grains, quinoa

grains

[gravies] gravies, mushroom

gravies

ice cream

Indian cuisine

[jamaican cuisine] jamaican cuisine, jerk dishes

jamaican cuisine

ketchup

marinades

Mexican cuisine

Middle Eastern cuisines

Moroccan cuisine

nutmeg

[nuts] nuts, pecans

nuts

oats

onions

pepper, black

[pickled vegetables] pickled vegetables, broccoli

[pickled vegetables] pickled vegetables, cauliflower

[pickled vegetables] pickled vegetables, cucumber

[pickled vegetables] pickled vegetables, green beans

pickled vegetables

[pies] pies, apple

[pies] pies, fruit

pies

pilafs

puddings

pumpkin

punch

ras el hanout

rum

salad dressings

[sauces] sauces, barbecue

[sauces] sauces, jerk

[sauces] sauces, mole

sauces

[soups] soups, fruit

[soups] soups, tomato

soups

[squash, winter] squash, winter, kabocha

squash, winter

stews

sugar

sweet potatoes

tamarind

teas

vegetables, esp. root

[vinegar] vinegar, apple cider

[vinegar] vinegar, red wine

vinegar

wine, mulled

Flavor Affinities

allspice + black pepper + rum

ALMONDS

Category: Nuts

amaretto

anise

apples

apricots

arugula

[baked goods] baked goods, cookies

[baked goods] baked goods, pie crusts

[baked goods] baked goods, quick breads

baked goods

bananas

barley

[beans, green] beans, green, french

beans, green

[bell peppers] bell peppers, red or yellow

[bell peppers] bell peppers, esp. roasted

bell peppers

[berries] berries, blackberries

[berries] berries, blueberries

[berries] berries, strawberries

berries

[beverages] beverages, chocolate

beverages

biryanis

brandy

bread/toast, seven-grain

broccoli

Brussels sprouts

bulgur

cabbage, napa

candies

caramel

caraway seeds

cardamom

carrots

cauliflower

cayenne

celery

celery root

CHERRIES

[chiles] chiles, ancho

chiles

chili powder

CHOCOLATE

COCOA

CACAO NIBS

cinnamon

citrus

coconut

coffee

cornmeal

couscous

cranberries

cumin

[currants] currants, black

currants

curries

DATES

[desserts] desserts, mousses

[desserts] desserts, puddings

desserts

dips

figs

[fruits] fruits, dried

[fruits] fruits, fresh

[fruits] fruits, roasted

fruits

GARLIC

ginger

granola

grapes

[greens] greens, bitter

[greens] greens, salad

greens

hazelnuts

hiziki

ice cream

[icings] icings, for cakes

[icings] icings, cupcakes

[icings] icings, etc.

icings

Indian cuisine

kale

lavender

leeks

[lemon] lemon, juice

[lemon] lemon, zest

lemon

[lime] lime, juice

[lime] lime, zest

lime

liqueurs, fruit (e.g., orange)

MAPLE SYRUP

mascarpone

Mediterranean cuisines

Middle Eastern cuisines

milk

molasses

Moroccan cuisine

muesli

[mushrooms] mushrooms, chanterelle

[mushrooms] mushrooms, portobello

mushrooms

mustard powder

nectarines

noodles, soba

[nuts, other] nuts, other, walnuts

nuts, other

oats

oatmeal

[oil] oil, olive

oil

olives

[onions] onions, red

onions

[orange] orange, juice

[orange] orange, zest

orange

paprika

passion fruit

PEACHES

pears

pecans

[pepper] pepper, black

pepper

“pestos”

pilafs

pine nuts

pistachios

[plums] plums, dried

[plums] plums, fresh

plums

polenta

praline

quinces

raisins

raspberries

rhubarb

[rice] rice, sweet

rice

rose water

rosemary

rum

salads

[salt] salt, kosher

[salt] salt, sea

salt

[sauces] sauces, mole

[sauces] sauces, romesco

sauces

[sesame] sesame, seeds

sesame

sherry

smoothies

[soups] soups, white gazpacho

soups

soy sauce

Spanish cuisine

spiced almonds

spinach

spreads

strawberries

stuffings

[sugar] sugar, brown

sugar

thyme

tofu

tomatoes

trail mix

Turkish cuisine

VANILLA

[vinegar] vinegar, champagne

[vinegar] vinegar, sherry

vinegar

watercress

yogurt

zucchini

ALMONDS, MARCONA

Category: Nuts

baked goods

[beans] beans, green

beans

beets

chickpeas

dates

desserts

figs

garlic

lemon

maple syrup

[oil] oil, olive

[oil] oil, sunflower

oil

paprika, smoked

parsnips

quince paste

rosemary

[salads] salads, green

[salads] salads, vegetable

salads

salt

Spanish cuisine

squash, summer

winter

thyme

vegetables, root

vinegar, sherry

AMARANTH (GRAIN)

Category: Grains

almonds

apples

apple juice

[baked goods] baked goods, breads

[baked goods] baked goods, cookies

baked goods

[beans] beans, black

[beans] beans, cannellini

[beans] beans, pinto

beans

blueberries

cabbage

cardamom

casseroles

[cereals] cereals, hot breakfast

cereals

chia seeds

chickpeas

chili

chocolate, dark

cinnamon

corn

garlic

ginger

[grains, other milder] grains, other milder, buckwheat

[grains, other milder] grains, other milder, bulgur

[grains, other milder] grains, other milder, millet

[grains, other milder] grains, other milder, quinoa

[grains, other milder] grains, other milder, rice

[grains, other milder] grains, other milder, wild rice

grains, other milder

greens

lemon

maple syrup

Mexican cuisine

milk

[oil] oil, olive

oil

onions

[orange] orange, juice

[orange] orange, zest

orange

parsley

persimmons

pistachios

“polenta”

“popcorn”

porridges

puddings

raisins

salads, when popped or sprouted

scallions

[soups] soups, bean

[soups] soups, clear (used as a thickener or as a garnish when popped)

soups

South American cuisines

soy sauce

spinach

stews

stock, vegetable

tamari

[tomatoes] tomatoes, stuffed

tomatoes

veggie burgers

walnuts

yams

yogurt

AMERICAN CUISINE (see also CAJUN/CREOLE CUISINE, SOUTHERN CUISINE, TEX-MEX CUISINE, etc.)

beans

blueberries

chives

corn

cranberries

grapes, Concord

maple syrup

peanuts

pecans

popcorn

pumpkin

pumpkin seeds

rice, wild

squash

sunflower seeds

vinegar, apple cider

walnuts

ANISE SEEDS

Category: Spices

allspice

almonds

apples

applesauce

Asian cuisines

[baked goods] baked goods, biscotti

[baked goods] baked goods, breads (esp. rye)

[baked goods] baked goods, cakes

[baked goods] baked goods, cookies

[baked goods] baked goods, pies

[baked goods] baked goods, shortbread

baked goods

beets

cabbage

cardamom

carrots

cauliflower

celery

chestnuts

Chinese cuisine

cinnamon

cloves

coffee

compotes

cranberries

cumin

curry powder

curries (e.g., Indian)

dates

desserts

drinks

fennel

fennel seeds

FIGS

French cuisine, esp. Provençal

[fruits] fruits, cooked

[fruits] fruits, dried

fruits

garlic

ginger

hazelnuts

Italian cuisine

lemon

lentils

maple syrup

marinades

mayonnaise

[Eastern] Mediterranean cuisines

melon

Middle Eastern cuisines

Moroccan cuisine

nutmeg

[nuts] nuts, almonds

nuts

orange

parsnips

peaches

pears

[pepper] pepper, black

pepper

pickles

pineapple

pine nuts

plums, fresh or dried

Portuguese cuisine

pumpkin

quince

raisins

rhubarb

rice

salad dressings

salads, fruit

[sauces] sauces, cream

[sauces] sauces, mole

[sauces] sauces, tomato

sauces

sauerkraut

Scandinavian cuisine

[soups] soups, sweet potato

soups

Southeast Asian cuisines

star anise

[stews] stews, vegetable

stews

strawberries

sugar

sweet potatoes

teas

tomatoes

tomato sauce

vanilla

[vegetables] vegetables, root

vegetables

Vietnamese cuisine

walnuts

wine

ANISE HYSSOP

Category: Spices

apricots

[baked goods] baked goods, cookies

[baked goods] baked goods, scones

baked goods

basil

[beans] beans, green

beans

beets

[berries] berries, blackberries

[berries] berries, blueberries

[berries] berries, raspberries

berries

beverages

carrots

cherries

chervil

chocolate

currants

[desserts] desserts, crisps

[desserts] desserts, custards

[desserts] desserts, pies

desserts

fennel

fruit, esp. summer

[grains] grains, bulgur

[grains] grains, couscous

grains

ices

ice creams

lavender

lemon

lychees

[melons] melons, cantaloupe

[melons] melons, honeydew

melons

mint

nectarines

oranges

parsley

parsnips

peaches

pears

raspberries

rhubarb

rice

[salads] salads, fruit

[salads] salads, grain

[salads] salads, green

salads

[sauces] sauces, crème anglaise

[sauces] sauces, custard

sauces

[soups] soups, melon

soups

spinach

squash, winter

sweet potatoes

“tabboulehs”

teas

tomatoes

vegetables, root

watermelon

[wine] wine, sparkling and/or sweet

wine

zucchini

APPLES

Category: Fruits

agave nectar

allspice

almonds

apple butter

applesauce

apricots

BAKED APPLES

[baked goods] baked goods, cakes

[baked goods] baked goods, muffins

[baked goods] baked goods, pies

baked goods

bananas

beets

blackberries

blueberries

[brandy] brandy, apple

brandy

[cabbage] cabbage, red

cabbage

Calvados

caramel

cardamom

carrots

cashews

cayenne

celery

celery root

cherries

chestnuts

[chiles] chiles, chipotle

[chiles] chiles, jalapeños

chiles

chutneys

[cider] cider, apple

cider

\*CINNAMON

cloves

coconut

[compotes, fruit] compotes, fruit, apple

compotes, fruit

coriander

CRANBERRIES, dried or fresh

crepes

cucumbers

[currants] currants, black

currants

custards

flans

dates

[desserts] desserts, cobblers

[desserts] desserts, crisps

[desserts] desserts, crumbles

desserts

endive

fennel

fennel seeds

figs

[fruit, dried] fruit, dried, raisins

fruit, dried

GINGER

[grains] grains, amaranth

[grains] grains, farro

[grains] grains, kasha

[grains] grains, millet

[grains] grains, oats

[grains] grains, quinoa

[grains] grains, wheat berries

grains

granola (esp. dried apples)

grapes

greens, salad

horseradish

jícama

juices

kale

lamb’s lettuce

lavender

[lemon] lemon, juice

[lemon] lemon, zest

lemon

lentils

[lettuce] lettuce, romaine

lettuce

mace

MAPLE SYRUP

mascarpone

mint

molasses

muesli

mustard

mustard seeds

nutmeg

[nuts] nuts, almonds

[nuts] nuts, hazelnuts

[nuts] nuts, peanuts

[nuts] nuts, pecans

[nuts] nuts, pistachios

[nuts] nuts, walnuts

nuts

OATS

OATMEAL

[oil, nut] oil, nut, hazelnut

[oil, nut] oil, nut, peanut

[oil, nut] oil, nut, walnut

oil, nut

onions

[oranges] oranges, juice

[oranges] oranges, zest

oranges

parsnips

pears

pepper, black

phyllo dough

pine nuts

[plums] plums, dried

[plums] plums, fresh

plums

puddings

pumpkin

quince

RAISINS

raspberries

rhubarb

[rice] rice, basmati

[rice] rice, brown

[rice] rice, wild

rice

rosemary

sage

[salads] salads, fennel

[salads] salads, fruit

[salads] salads, grain

[salads] salads, green

[salads] salads, waldorf

salads

sauerkraut

[seeds] seeds, caraway

[seeds] seeds, sesame

[seeds] seeds, sunflower

seeds

slaws

sorrel

[soups] soups, butternut squash

[soups] soups, sweet potato

soups

sour cream

spinach

[spirits] spirits, apple brandy

[spirits] spirits, applejack

[spirits] spirits, armagnac

[spirits] spirits, calvados

[spirits] spirits, cognac

[spirits] spirits, cointreau

[spirits] spirits, kirsch

[spirits] spirits, madeira

[spirits] spirits, rum

[spirits] spirits, sherry

[spirits] spirits, vermouth

spirits

[squash, winter] squash, winter, acorn

[squash, winter] squash, winter, butternut

[squash, winter] squash, winter, delicata

squash, winter

stuffings

[sugar] sugar, brown

sugar

sumac

SWEET POTATOES

trail mix, esp. dried apples

vanilla

verjus

[vinegar] vinegar, cider

vinegar

WALNUTS

watercress

wine, red

yogurt

zucchini

APRICOTS

Category: Fruits

ALMONDS

apples

arugula

basil

bay leaf

beets

[berries] berries, blueberries

berries

brandy

caramel

cardamom

carrots

[cereals] cereals, hot breakfast

cereals

cherries

[chocolate] chocolate, dark

chocolate

chutneys

cinnamon

cloves

coconut

compotes

coriander

couscous

cranberries

cumin

curry powder

curry spices

[desserts] desserts, crisps

[desserts] desserts, crumbles

[desserts] desserts, custards

desserts

fennel

fennel seeds

figs

fruit, dried

garlic

ginger

[grains] grains, barley

[grains] grains, bulgur

[grains] grains, quinoa

[grains] grains, rice

[grains] grains, wheat berries

grains

granola

grapefruit

hazelnuts

ice cream

jícama

juices

juices, fruit

Kirsch

[lemon] lemon, juice

[lemon] lemon, zest

lemon

lemongrass

lemon thyme

lime

mangoes

maple syrup

mascarpone

Middle Eastern cuisines

mint

nectarines

nutmeg

[nuts] nuts, walnuts

nuts

onions

[orange] orange, juice

[orange] orange, liqueur

[orange] orange, zest

orange

peaches

pecans

[pepper] pepper, black

[pepper] pepper, white

pepper

pilafs, rice

pineapple

pine nuts

pistachios

[plums] plums, dried

[plums] plums, fresh

plums

preserves

[puddings] puddings, rice

puddings

raisins

raspberries

[rice] rice, brown

rice

saffron

[salads] salads, fruit

[salads] salads, rice

salads

salsas

[sesame] sesame, seeds

sesame

smoothies

sorbets

[soups] soups, fruit

soups

sour cream

strawberries

[sugar] sugar, brown

[sugar] sugar, powdered

sugar

tagines, i.e., Moroccan stews

tarragon

[tarts] tarts, fruit

tarts

thyme

VANILLA

[vinegar] vinegar, balsamic

[vinegar] vinegar, white wine

vinegar

yogurt

[wine] wine, sweet

[wine] wine, white

[wine] wine, e.g.

[wine] wine, moscato d’asti

wine

APRICOTS, DRIED

Category: Fruits

MatchShare: Apricots

allspice

apples

[baked goods] baked goods, breads

[baked goods] baked goods, cakes

[baked goods] baked goods, cookies

[baked goods] baked goods, muffins

[baked goods] baked goods, pies

baked goods

bananas

brandy

[cabbage] cabbage, napa

cabbage

cayenne

cereals, cold or hot breakfast

chestnuts

[chiles] chiles, green

[chiles] chiles, serrano

chiles

chocolate

cinnamon

coconut

Cognac

compotes

couscous

cranberries

curry powder

[desserts] desserts, custards

desserts

[dried fruit, other] dried fruit, other, cherries

[dried fruit, other] dried fruit, other, currants

[dried fruit, other] dried fruit, other, plums

[dried fruit, other] dried fruit, other, raisins

dried fruit, other

French toast

ginger

[grains] grains, bulgur

grains

jams

preserves

kale

[lemon] lemon, juice

[lemon] lemon, zest

lemon

[lettuce] lettuce, iceberg

[lettuce] lettuce, romaine

lettuce

lime

maple syrup

mascarpone

Middle Eastern cuisines

Moroccan cuisine

mint

[nuts] nuts, almonds

[nuts] nuts, hazelnuts

[nuts] nuts, pecans

[nuts] nuts, pine nuts

[nuts] nuts, pistachios

nuts

oats

oatmeal

[orange] orange, juice

[orange] orange, zest

orange

pancakes

crepes

parsley

pears

porridges

[puddings] puddings, rice

puddings

raspberries

rice

wild rice

[salads] salads, fruit

[salads] salads, grain

salads

sauces

[seeds] seeds, pumpkin

seeds

stews

stuffings

[sugar] sugar, brown

sugar

sweet potatoes

tamarind paste

vanilla

[vinegar] vinegar, champagne

[vinegar] vinegar, rice

vinegar

walnuts

[wine, sweet] wine, sweet, madeira

[wine, sweet] wine, sweet, muscat

wine, sweet

zucchini

ARAME

Category: Vegetables

MatchShare: Sea Vegetables

almonds

apple juice

[baked goods] baked goods, breads

[baked goods] baked goods, savory pastries

[baked goods] baked goods, strudels

[baked goods] baked goods, tarts

[baked goods] baked goods, turnovers

baked goods

[bell peppers] bell peppers, red

bell peppers

broccoli

buckwheat

[cabbage] cabbage, chinese

[cabbage] cabbage, red

cabbage

CARROTS

casseroles

cilantro

citrus

coriander

corn

cucumbers

dill

edamame

garlic

ginger, fresh

gomashio

[greens, salad, esp. asian] greens, salad, esp. asian, baby bok choy

[greens, salad, esp. asian] greens, salad, esp. asian, mizuna

[greens, salad, esp. asian] greens, salad, esp. asian, tatsoi

greens, salad, esp. asian

horseradish

Japanese cuisine

kale

lettuce

lotus root

mirin

miso

[mushrooms] mushrooms, shiitake

mushrooms

[mustard] mustard, spicy

mustard

[noodles, asian] noodles, asian, soba

[noodles, asian] noodles, asian, udon

noodles, asian

[oil] oil, olive

[oil] oil, sesame

oil

[onions] onions, green

[onions] onions, red

onions

quiches

radishes

rice, brown

[salads] salads, ucumber

[salads] salads, pasta

salads

scallions

[sea vegetables, other] sea vegetables, other, hiziki

[sea vegetables, other] sea vegetables, other, wakame

sea vegetables, other

[sesame] sesame, oil

[sesame] sesame, paste

[sesame] sesame, seeds

sesame

[shoots] shoots, snow pea

shoots

snow peas

[soups] soups, split pea

soups

soy sauce

[squash, winter] squash, winter, buttercup

[squash, winter] squash, winter, butternut

squash, winter

stews

stir-fries

[strudels] strudels, phyllo dough

strudels

stuffed cabbage

stuffed peppers

[sweeteners] sweeteners, agave nectar

[sweeteners] sweeteners, maple syrup

sweeteners

tahini

tamari

tempeh

tofu

tofu scrambles

turmeric

turnips

vegetables

[vinegar] vinegar, brown rice

[vinegar] vinegar, rice wine

vinegar

wasabi

ARROWROOT STARCH

Category: Other

Flavor: virtually none

Volume: very quiet

What it is: a thickening agent, less processed than cornstarch, made from the

arrowroot plant (a tuber grown in the tropics)

Gluten-free: yes

Tips: Dissolve in a little cold water before adding to sauces; or dissolve

about one tablespoon of powder per cup of cold liquid before bringing it to a

simmer. It becomes clear as it cooks. Stir constantly, do not overheat, which makes arrowroot lose its thickening power.

Brand: Authentic Foods, Bob’s Red Mill

Possible substitutes: cornstarch, flour, kuzu, tapioca starch

[baked goods] baked goods, biscuits

[baked goods] baked goods, breads

[baked goods] baked goods, cakes

[baked goods] baked goods, cookies

[baked goods] baked goods, muffins

[baked goods] baked goods, pies

[baked goods] baked goods, scones

baked goods

crepes

custards

desserts

flours, other

gravies

ice creams

[milk] milk, coconut

milk

pie fillings

puddings

[sauces] sauces, fruit

[sauces] sauces, sweet-and-sour

sauces

soups

stews

stir-fries

ARTICHOKE HEARTS

Category: Vegetables

MatchShare: Artichokes

almonds

arugula

basil

[beans] beans, cannellini

[beans] beans, fava

[beans] beans, white

beans

[bell peppers] bell peppers, red

bell peppers

bread crumbs

bulgur

capers

[casseroles] casseroles, rice

casseroles

chickpeas

couscous

crostini

crudités

dill

DIPS

eggplant

focaccia

fritters

garlic

gratins

horseradish

Italian cuisine

leeks

[lemon] lemon, juice

[lemon] lemon, zest

lemon

[mushrooms] mushrooms, porcini

[mushrooms] mushrooms, shiitake

[mushrooms] mushrooms, wild

mushrooms

[oil] oil, olive

oil

[olives] olives, black

olives

[onions] onions, red

[onions] onions, white

onions

oregano

palm, hearts of

parsley

[pastas] pastas, fettuccine

[pastas] pastas, penne

pastas

peas

pepper, black

pesto

pine nuts

PIZZAS

potatoes

relishes

rice

risotto

[salads] salads, green

[salads] salads, pasta

[salads] salads, potato

salads

scallions

soups

sorrel

SPINACH

thyme

tomatoes

tomatoes, sun-dried

Turkish cuisine

walnuts

wheat berries

[wine] wine, dry white

wine

zucchini

ARTICHOKES

Category: Vegetables

MatchShare: Artichoke Hearts

asparagus

basil

BAY LEAF

[beans] beans, fava

[beans] beans, green

[beans] beans, white

beans

[bell peppers] bell peppers, red

[bell peppers] bell peppers, yellow

bell peppers

bouquet garni

[bread crumbs] bread crumbs, panko

bread crumbs

brown butter

capers

carrots

casseroles

celery

celery root

chervil

chickpeas

chili pepper flakes

cilantro

cloves

coriander

curry

endive

FENNEL

fennel seeds

fines herbes

French cuisine

GARLIC

gratins

greens

gremolata

herbs

Italian cuisine

leeks

[lemon] lemon, juice

[lemon] lemon, oil

[lemon] lemon, preserved

[lemon] lemon, zest

lemon

lentils

lime

marjoram

mayonnaise

mint

[mushrooms] mushrooms, dried

[mushrooms] mushrooms, porcini

[mushrooms] mushrooms, trumpet

mushrooms

[mustard] mustard, dijon

mustard

nutmeg

[nuts] nuts, hazelnuts

[nuts] nuts, walnuts

nuts

[oil, nut] oil, nut, hazelnut

[oil, nut] oil, nut, walnut

oil, nut

OIL, OLIVE

[olives] olives, black

[olives] olives, green

[olives] olives, kalamata

olives

[onions] onions, spanish

[onions] onions, sweet

[onions] onions, yellow

onions

oranges

blood oranges

paprika

PARSLEY

pasta

peas

[pepper] pepper, black

pepper

pesto

pine nuts

pizza

[potatoes] potatoes, new

potatoes

Provençal cuisine

ragouts

rice

risotto

rosemary

rutabagas

saffron

sage

[salads] salads, green

[salads] salads, tomato

salads

salsify

[salt] salt, sea

salt

savory

scallions

shallots

sorrel

[soups] soups, artichoke

soups

soy sauce

spinach

stews

stock, vegetable

stuffed artichokes

tahini

tarragon

THYME

lemon thyme

tomatoes

vinaigrette

[vinegar] vinegar, balsamic

[vinegar] vinegar, cider

[vinegar] vinegar, rice wine

[vinegar] vinegar, sherry

[vinegar] vinegar, white wine

vinegar

walnuts

[wine] wine, dry white

wine

yogurt

za’atar

ARTICHOKES, JERUSALEM

Category: Vegetables

almonds

(Native) American cuisine

apples

artichoke hearts

basil

bay leaf

broccoli

brown butter

capers

cardamom

cardoons

carrots

celery

celery root

chard, Swiss

chervil

chestnuts

chips, fried

chives

[citrus] citrus, juice

citrus

coconut

crème fraîche

[croutons] croutons, whole grain

croutons

cumin

dill

fennel

French cuisine

GARLIC

ginger

[grains, whole] grains, whole, quinoa

grains, whole

grapefruit

[gratins] gratins, potato

gratins

[greens] greens, arugula

[greens] greens, mâche

greens

HAZELNUTS

herbs

Italian cuisine

kale

LEEKS

[lemon] lemon, juice

lemon

lentils

[lime] lime, juice

lime

maple syrup

“mashed potatoes”

mint

[mushrooms] mushrooms, chanterelle

mushrooms

[mustard] mustard, dijon

mustard

nutmeg

[oil] oil, canola

[oil] oil, grapeseed

[oil] oil, hazelnut

[oil] oil, nut

[oil] oil, olive

[oil] oil, peanut

[oil] oil, pecan

[oil] oil, pumpkin seed

[oil] oil, safflower

[oil] oil, sunflower seed

[oil] oil, truffle

[oil] oil, walnut

oil

[olives] olives, kalamata

olives

[onions] onions, spring

[onions] onions, white

onions

oranges

pancakes

PARSLEY

[pastas] pastas, linguini

[pastas] pastas, ravioli

[pastas] pastas, spaghetti

pastas

[pepper] pepper, black

pepper

pine nuts

polenta

POTATOES

[purees] purees, potato

[purees] purees, root vegetable

[purees] purees, turnip

purees

radicchio

radishes

rice, wild

risotto

rosemary

sage

[salads] salads, green

[salads] salads, spinach

[salads] salads, wild rice

salads

[salt] salt, sea

salt

scallions

[seeds] seeds, sesame

[seeds] seeds, sunflower

seeds

shallots

[soups] soups, jerusalem artichoke

[soups] soups, potato

[soups] soups, vegetable

soups

soy sauce

spelt

spinach

[sprouts] sprouts, sunflower

sprouts

[squash, winter] squash, winter, butternut

squash, winter

stews

stir-fries

STOCK, VEGETABLE

[sugar] sugar, brown

sugar

sweet potatoes

tamari

tarragon

tarts

tempura

thyme

[tomatoes] tomatoes, cherry

[tomatoes] tomatoes, tomato paste

tomatoes

turnips

vegetables, root

vermouth

vinaigrette

[vinegar] vinegar, apple cider

[vinegar] vinegar, sherry

[vinegar] vinegar, white wine

vinegar

walnuts

WATERCRESS

[wine] wine, dry white

wine

yogurt

ARUGULA

Category: Vegetables

apples

apricots

asparagus

avocado

basil

[beans] beans, black

[beans] beans, cannellini

[beans] beans, fava

[beans] beans, green

[beans] beans, white

beans

beets

[bell peppers] bell peppers, roasted

[bell peppers] bell peppers, green or red

bell peppers

carrots

cashews

chervil

chickpeas

[chiles] chiles, chipotle

[chiles] chiles, piquillo

[chiles] chiles, chili pepper flakes

chiles

cilantro

corn

[croutons] croutons, whole grain

croutons

cucumbers

daikon

dates

eggplant

[endive] endive, belgian

endive

FENNEL

fennel seeds

FIGS

GARLIC

ginger

[grains, whole] grains, whole, bulgur

[grains, whole] grains, whole, millet

grains, whole

grapefruit

gratins

GREENS, milder

[softer salad] softer salad, bibb

softer salad

hazelnuts

horseradish

Italian cuisine

jícama

leeks

[lemon] lemon, juice

[lemon] lemon, zest

lemon

lentils

[lettuce] lettuce, romaine

lettuce

lime

maple syrup

Mediterranean cuisine

[melon] melon, honeydew

melon

mint

[mushrooms] mushrooms, porcini

[mushrooms] mushrooms, portobello

[mushrooms] mushrooms, shiitake

mushrooms

[mustard] mustard, dijon

mustard

[nuts] nuts, macadamia

nuts

[oil] oil, canola

[oil] oil, hazelnut

[oil] oil, lemon

[oil] oil, nut

[oil] oil, olive

[oil] oil, walnut

oil

[olives] olives, black

[olives] olives, kalamata

olives

onions, green

[onions] onions, red

onions

ORANGES

[pasta] pasta, linguini

[pasta] pasta, penne

[pasta] pasta, spaghetti

pasta

peaches

PEARS

peas

pecans

pesto

“*PESTOS”* (*arugula + garlic + Parmesan + pine nuts*)

pine nuts

pizza

pomegranate seeds

[potatoes] potatoes, fingerling

[potatoes] potatoes, new

potatoes

pumpkin seeds

quinoa

radicchio

raisins

[rice] rice, brown

rice

risotto

[salads] salads, arugula

[salads] salads, endive

[salads] salads, green

[salads] salads, mesclun

[salads] salads, radicchio

[salads] salads, tricolore salad

salads

salt, sea

[sandwiches] sandwiches, grilled cheese

sandwiches

scallions

shallots

[soups] soups, arugula

[soups] soups, leek

[soups] soups, potato

soups

[sprouts] sprouts, sunflower

sprouts

spinach

[squash] squash, summer

[squash] squash, winter (e.g.

[squash] squash, butternut

[squash] squash, delicata)

squash

stir-fries

strawberries

sweet potatoes

TOMATOES

sun-dried tomatoes

[vinegar] vinegar, apple cider

[vinegar] vinegar, balsamic

[vinegar] vinegar, fig balsamic

[vinegar] vinegar, raspberry

[vinegar] vinegar, red wine

[vinegar] vinegar, sherry

[vinegar] vinegar, white balsamic

[vinegar] vinegar, white wine

vinegar

WALNUTS

watermelon

ASAFOETIDA POWDER

Category: Spices

[beans] beans, dried

beans

cabbage

cauliflower

chaat masala

chutneys

cumin

curries

Indian vegetarian cuisines

legumes

[lentils] lentils, red

[lentils] lentils, yellow

lentils

mushrooms

potatoes

[rice] rice, basmati

rice

spinach

vegetables, assorted

ASPARAGUS

Category: Vegetables

artichokes

artichoke hearts

arugula

avocado

basil

bay leaf

[beans] beans, fava

[beans] beans, green

[beans] beans, haricots verts

[beans] beans, white

beans

bell peppers, red, esp. roasted

bread crumbs

capers

chervil

chili paste

chili pepper flakes

chives

cilantro

corn

crème fraîche

custards

dill

fennel

fennel seeds

French cuisine

GARLIC

green garlic

ginger

[grains, whole] grains, whole, barley

[grains, whole] grains, whole, couscous

[grains, whole] grains, whole, farro

[grains, whole] grains, whole, quinoa

grains, whole

greens, salad

hoisin sauce

horseradish

LEEKS

[lemon] lemon, juice

[lemon] lemon, zest

lemon

[lemon, meyer] lemon, meyer, juice

[lemon, meyer] lemon, meyer, zest

lemon, meyer

mayonnaise

mint

miso

[mushrooms] mushrooms, chanterelle

[mushrooms] mushrooms, cremini

[mushrooms] mushrooms, morel

[mushrooms] mushrooms, oyster

[mushrooms] mushrooms, porcini

[mushrooms] mushrooms, shiitake

[mushrooms] mushrooms, wild

mushrooms

[mustard] mustard, dijon

mustard

[noodles] noodles, japanese

noodles

[nuts] nuts, almonds

[nuts] nuts, hazelnuts

[nuts] nuts, pecans

[nuts] nuts, pistachios

[nuts] nuts, walnuts

nuts

[oil] oil, canola

[oil] oil, olive

[oil] oil, peanut (esp. roasted)

[oil] oil, pumpkin seed

[oil] oil, sesame

[oil] oil, vegetable

oil

[olives] olives, black

olives

[onions] onions, green

[onions] onions, red

[onions] onions, spring

[onions] onions, yellow

onions

[orange] orange, juice

[orange] orange, zest

orange

PARSLEY

[pasta] pasta, farfalle

[pasta] pasta, fettuccine

[pasta] pasta, pappardelle

pasta

peanuts

peanut sauce

[peas] peas, spring

peas

[pepper] pepper, black

[pepper] pepper, white

pepper

pine nuts

pizza

polenta

[potatoes] potatoes, new

potatoes

[rice] rice, basmati

[rice] rice, wild

rice

RISOTTO

rosemary

sage

[salad dressing] salad dressing, vinaigrette

salad dressing

[salads] salads, asparagus

[salads] salads, green

[salads] salads, potato

[salads] salads, vegetable

salads

[salt] salt, kosher

[salt] salt, sea

salt

[sauces] sauces, romesco

[sauces] sauces, tahini

sauces

scallions

[sesame] sesame, oil

[sesame] sesame, paste

[sesame] sesame, seeds (black

[sesame] sesame, white)

sesame

SHALLOTS

sorrel

soufflés

SOUPS

soy sauce

spinach

stir-fries

[stock] stock, vegetable

stock

sushi, vegetarian

TARRAGON

[tarts] tarts, asparagus

[tarts] tarts, vegetable

tarts

thyme

tofu

tomatoes

vinaigrette

[vinegar] vinegar, balsamic

[vinegar] vinegar, champagne

[vinegar] vinegar, red wine

[vinegar] vinegar, sherry

[vinegar] vinegar, tarragon

[vinegar] vinegar, white

vinegar

wine

watercress

wine, dry white

yogurt

ASPARAGUS, WHITE

Category: Vegetables

asparagus, green

Austrian cuisine

basil

chervil

chili pepper sauce

corn

dill

French cuisine, esp. Alsatian

garlic

German cuisine

hazelnuts

herbs

Italian cuisine

[lemon] lemon, juice

[lemon] lemon, zest

lemon

mayonnaise

[mushrooms] mushrooms, morel

[mushrooms] mushrooms, porcini

[mushrooms] mushrooms, portobello

mushrooms

mustard

[oil] oil, olive

[oil] oil, truffle

oil

onions, yellow

parsley

peas

[pepper] pepper, black

[pepper] pepper, white

pepper

pesto

[potatoes] potatoes, new

potatoes

risottos

[salads] salads, bean

[salads] salads, green

salads

[salt] salt, sea

salt

[sauces] sauces, hollandaise

[sauces] sauces, mayonnaise

[sauces] sauces, romesco

sauces

shallots

[soups] soups, white asparagus

soups

Spanish cuisine

sugar

Swiss cuisine

tarragon

terrines

tofu

vinaigrette

[vinegar] vinegar, champagne

[vinegar] vinegar, white wine

vinegar

[wine] wine, riesling

wine

AUSTRIAN CUISINE

asparagus, esp. white

cabbage

cauliflower

cinnamon

coffee

cucumbers

dill

dumplings

goulash

marjoram

oil, pumpkin seed

paprika

parsley

pastries

pickles

potatoes

pumpkin

schnitzel

[soups] soups, dumpling

[soups] soups, noodle

soups

spinach

stews

strudels

[wine] wine, grüner veltliner

wine

AUTUMN

allspice

almonds

apples

artichokes

basil

[beans] beans, green

beans

beets

bell peppers

bok choy

broccoli

broccoli rabe

Brussels sprouts

[cabbage] cabbage, red

[cabbage] cabbage, savoy

cabbage

cakes, esp. served warm

caramel

cardoons

cauliflower

celery

celery root

chard

chestnuts

chiles

cinnamon

coconut

corn

cranberries

crosnes

cucumbers

daikon

dates

eggplant

eggplant, Japanese

endive, Belgian

escarole

fennel

figs

frisée

garlic

goji berries

grains

grapes

[greens] greens, beet

[greens] greens, bitter

[greens] greens, turnip

greens

guava

heavier dishes

horseradish

huckleberries

kale

kohlrabi

lentils

[lettuce] lettuce, green leaf

[lettuce] lettuce, red leaf

lettuce

lovage

lychees

miso, dark

[mushrooms] mushrooms, chanterelle

[mushrooms] mushrooms, chicken of the woods

[mushrooms] mushrooms, hedgehog

[mushrooms] mushrooms, hen of the woods

[mushrooms] mushrooms, lobster

[mushrooms] mushrooms, matsutake

[mushrooms] mushrooms, porcini

[mushrooms] mushrooms, shiitake

[mushrooms] mushrooms, wild

mushrooms

nutmeg

nuts

okra

onions

oranges, blood

papaya

parsnips

passion fruit

pears

pecans

persimmons

pistachios

plums

polenta

pomegranates

potatoes

pumpkin

quince

radicchio

rice, wild

rutabagas

sage

salsify

[seeds] seeds, pumpkin

[seeds] seeds, sunflower

seeds

slow-cooked dishes

snow peas

[spices, warming] spices, warming, black pepper

[spices, warming] spices, warming, cayenne

[spices, warming] spices, warming, cinnamon

[spices, warming] spices, warming, chili powder

[spices, warming] spices, warming, cloves

[spices, warming] spices, warming, cumin

[spices, warming] spices, warming, mustard powder

spices, warming

spinach

squash—e.g., acorn, buttercup, butternut, delicata, Hubbard, kabocha

stuffings

sweet potatoes

todok

tomatoes

[truffles] truffles, black

[truffles] truffles, white

truffles

turnips

vegetables, root

vinegar, red wine

walnuts

watercress

yams

AVOCADO

Category: Vegetables

artichoke, Jerusalem

arugula

asparagus

basil

[beans] beans, black

[beans] beans, fava

beans

beets

bell peppers, red

[breads] breads, sprouted grain

[breads] breads, whole wheat

breads

bulgur

burritos

cabbage

California cuisine

carrots

cashews

cayenne

celery

Central American cuisine

chickpeas

[chiles] chiles, chipotle

[chiles] chiles, jalapeño

[chiles] chiles, poblano

[chiles] chiles, serrano; chili pepper flakes

chiles

chili powder

chili, vegetarian

chives

CILANTRO

citrus

coffee

coriander

corn

couscous

CUCUMBERS

cumin

[desserts] desserts, chocolate mousses

desserts

dips

endive

fajitas

fennel

galangal

garlic

ginger

GRAPEFRUIT

[greens] greens, bitter

[greens] greens, collard

[greens] greens, dandelion

[greens] greens, mesclun

[greens] greens, salad

greens

\*GUACAMOLE

ice cream

jícama

kumquats

leeks

[lemon] lemon, juice

[lemon] lemon, zest

lemon

lemongrass

lemon verbena

[lettuces] lettuces, romaine

lettuces

[lime] lime, juice

[lime] lime, zest

lime

mangoes

mayonnaise

melon

milk

mint

miso

[mushrooms] mushrooms, shiitake

mushrooms

mustard, Dijon

nachos

nori

[oil] oil, avocado

[oil] oil, canola

[oil] oil, olive

[oil] oil, sunflower

oil

olives

olive paste

[onions] onions, green

[onions] onions, red

[onions] onions, spring

[onions] onions, white

onions

[oranges, esp. blood oranges] oranges, esp. blood oranges, juice

oranges, esp. blood oranges

oregano

papaya

paprika

parsley

pears

pecans

pepper, black

persimmons

pineapple

pistachios

pomegranates

pomelo

pumpkin seeds

quesadillas

quinoa

radishes

relishes

[rice] rice, brown

[rice] rice, red

rice

rum

[salad dressings] salad dressings, green goddess

salad dressings

SALADS

SALSAS

[salt] salt, kosher

[salt] salt, sea

salt

[sandwiches] sandwiches, cheese

sandwiches

sauces

scallions

[sesame] sesame, seeds

sesame

shallots

shiso

smoothies

sorbets

sorrel

[soups] soups, avocado

[soups] soups, cold

[soups] soups, tortilla

soups

sour cream

spinach

spreads

[sprouts] sprouts, alfalfa

[sprouts] sprouts, mung bean

sprouts

stock, vegetable

stuffed avocados

[sushi, vegetarian] sushi, vegetarian, hand rolls

[sushi, vegetarian] sushi, vegetarian, nori rolls

sushi, vegetarian

tacos

tempeh

tofu

tomatillos

TOMATOES

[veggie burgers] veggie burgers, as a topping

veggie burgers

vinegar, esp. balsamic, fruit, rice, wine

walnuts

wasabi

YOGURT

zucchini

# B

BAMBOO SHOOTS

Category: Vegetables

Asian cuisines

basil

[beans] beans, long

beans

bell peppers

bok choy

[cabbage] cabbage, chinese

[cabbage] cabbage, napa

cabbage

carrots

[chiles] chiles, red

chiles

Chinese cuisine

cilantro

[curries] curries, green

[curries] curries, red

[curries] curries, thai

curries

daikon

dashi

dill

garlic

ginger

jícama

kombu

lime

lotus root

mirin

miso

[mushrooms] mushrooms, enoki

[mushrooms] mushrooms, oyster

[mushrooms] mushrooms, portobello

[mushrooms] mushrooms, shiitake

[mushrooms] mushrooms, white noodles

[mushrooms] mushrooms, asian

[mushrooms] mushrooms, e.g.

[mushrooms] mushrooms, shirataki

mushrooms

[oil] oil, peanut

[oil] oil, sesame

[oil] oil, vegetable

oil

onions

pineapple

pumpkin seeds

rice

sake

[salads] salads, asian

[salads] salads, green

salads

scallions

[sea vegetables] sea vegetables, hiziki

[sea vegetables] sea vegetables, wakame

sea vegetables

seitan

shallots

slaws

snow peas

[soups] soups, hot-and-sour

[soups] soups, mushroom

[soups] soups, noodle

[soups] soups, vegetable

soups

soy sauce

spinach

stews

stir-fries

sugar snap peas

tamari

tempeh

Thai cuisine

tofu

Vietnamese cuisine

vinegar, rice

wasabi

water chestnuts

wine, rice

zucchini

BANANAS

Category: Fruits

agave nectar

apples

apple juice

[apricots] apricots, dried

[apricots] apricots, fresh

apricots

Armagnac

[baked goods] baked goods, breads

[baked goods] baked goods, cakes

[baked goods] baked goods, cookies

[baked goods] baked goods, muffins

[baked goods] baked goods, pies

[baked goods] baked goods, quickbreads

baked goods

[berries] berries, blackberries

[berries] berries, blueberries

[berries] berries, raspberries

[berries] berries, strawberries

berries

bourbon

bread

toast, whole grain

Calvados

caramel

cardamom

cereals, breakfast

cherries

chiles

[chocolate] chocolate, dark

[chocolate] chocolate, white

chocolate

cilantro

cinnamon

COCONUT

COCONUT MILK

cognac

ICE CREAM

cumin

curry powder

dates

figs

flax seeds

French toast

fruit, other tropical

ginger

granola

Kirsch

lassis

lemon

lime

malt

[mangoes] mangoes, green

[mangoes] mangoes, ripe

mangoes

MAPLE SYRUP

nectarines

nutmeg

NUTS

[nut butters] nut butters, almonds

[nut butters] nut butters, cashews

[nut butters] nut butters, macadamia

[nut butters] nut butters, peanut

[nut butters] nut butters, pecans

nut butters

oats

oatmeal

[oil] oil, olive

oil

onions

oranges

pancakes

papaya

passion fruit

peaches

pears

PINEAPPLE

raisins

RUM

salads, fruit

[sesame seeds] sesame seeds, black

[sesame seeds] sesame seeds, white

sesame seeds

SMOOTHIES

[sugar] sugar, brown

sugar

sunflower seeds

sweet potatoes

tamarind

vanilla

walnuts

yogurt

yuzu

BARLEY

Category: Grains

almonds

apples

arugula

avocados

basil

bay leaf

[beans] beans, kidney

[beans] beans, lima

[beans] beans, white

beans

beer

beets

[bell peppers] bell peppers, red

[bell peppers] bell peppers, yellow

bell peppers

black-eyed peas

breads

broccoli de Cicco

broccoli rabe

burdock

cabbage

capers

cardamom

CARROTS

cashews

casseroles

cauliflower

celery

cereals, hot breakfast

[chiles] chiles, jalapeños

chiles

chives

cilantro

cinnamon

coconut

corn

currants

curry powder

dill

eggplant

fennel

figs

fruits, dried

GARLIC

gratins

greens

herbs, fresh

kale

leeks

[lemon] lemon, juice

[lemon] lemon, zest

lemon

lentils

loaves

maple syrup

marjoram

[milk, dairy or non-dairy] milk, dairy or non-dairy, rice or soy

milk, dairy or non-dairy

mint

miso

\*MUSHROOMS, esp. cremini, porcini, portobello, shiitake, trumpet, wild

nutmeg

[oil] oil, grapeseed

[oil] oil, olive

[oil] oil, sesame

[oil] oil, sunflower

oil

[olives] olives, black

[olives] olives, green

[olives] olives, kalamata

olives

[onions] onions, spring

[onions] onions, white

onions

oranges

oregano

“paellas”

PARSLEY

peas

pepper, black

pilafs

pomegranates

pomegranate molasses

puddings

quinoa

raisins

[rice] rice, brown

rice

“RISOTTOS”

sage

[salads] salads, barley

[salads] salads, grain

[salads] salads, green

salads

salt, sea

scallions

[seeds] seeds, sesame

[seeds] seeds, sunflower

seeds

[sesame] sesame, oil

[sesame] sesame, seeds

sesame

shallots

[soups] soups, mushroom

soups

sour cream

soy sauce

spelt

spinach

[squash] squash, butternut

squash

stews

stir-fries

[stock] stock, mushroom or vegetable

stock

stuffed peppers

stuffings

sweet potatoes

tamari

tarragon

thyme

tomatoes

sun-dried tomatoes

vegetables, root

veggie burgers

[vinegar] vinegar, umeboshi

vinegar

yogurt

zucchini

BARLEY MALT

Category: Other

[baked goods] baked goods, breads

[baked goods] baked goods, cakes

[baked goods] baked goods, cookies

[baked goods] baked goods, gingerbread

[baked goods] baked goods, muffins

baked goods

[beans] beans, baked

beans

cereals, hot breakfast

[desserts] desserts, custards

desserts

macrobiotic cuisine

maple syrup

nuts

pancakes

popcorn

caramel corn

pumpkin

[squash] squash, winter

squash

sweet potatoes

BARLEY, PEARLED

Category: Grains

allspice

asparagus

basil

[beans] beans, black

[beans] beans, kidney

[beans] beans, white

beans

beets

[bell peppers] bell peppers, green

bell peppers

black-eyed peas

cabbage

carrots

casseroles

celery

cereal, hot breakfast

chard, Swiss

chili pepper flakes

chili, vegetarian

cinnamon

corn

crème fraîche

cucumbers

cumin

currants

dill

fennel

garlic

grains, other

gratins

hazelnuts

herbs, fresh

kale

leeks

[lemon] lemon, juice

[lemon] lemon, zest

lemon

[lentils] lentils, red

lentils

[lime] lime, juice

[lime] lime, zest

lime

[loaves] loaves, mock “meatloaf”

loaves

milk

mint

[mushrooms] mushrooms, button

[mushrooms] mushrooms, oyster

[mushrooms] mushrooms, porchini

[mushrooms] mushrooms, white

[mushrooms] mushrooms, wild

mushrooms

nutmeg

[nuts] nuts, pecans

nuts

[oil] oil, hazelnut

[oil] oil, olive

[oil] oil, sunflower

[oil] oil, walnut

oil

[onions] onions, red

[onions] onions, white

[onions] onions, yellow

onions

orange

parsley, flat-leaf

[peas] peas, split

peas

pepper, black

pilafs

pistachios

porridges

potatoes

raisins

“RISOTTOS”

rosemary

saffron

sage

salads

salsify

salt

shallots

[soups] soups, barley

[soups] soups, lentil

[soups] soups, scotch broth

[soups] soups, vegetable

soups

squash, butternut

[stews] stews, vegetable

stews

[stock] stock, mushroom

[stock] stock, vegetable

stock

[stuffed vegetables] stuffed vegetables, peppers

[stuffed vegetables] stuffed vegetables, tomatoes

stuffed vegetables

stuffings

tarragon

thyme

tomatoes

tomato paste

turnips

vanilla

[vinegar] vinegar, balsamic

vinegar

walnuts

watercress

wine, dry red or white

zucchini

BASIL

Category: Spices

aioli

almonds

artichoke hearts

artichokes

asparagus

avocados

[beans] beans, fava

[beans] beans, green

beans

beans, summer

[beans, white] beans, white, cannellini

beans, white

[bell peppers] bell peppers, red

[bell peppers] bell peppers, roasted

[bell peppers] bell peppers, yellow

bell peppers

[beverages] beverages, cocktails

[beverages] beverages, lemonade

beverages

breads

broccoli rabe

bulgur

capers

cauliflower

chickpeas

cilantro

corn

couscous

Cuban cuisine

cucumbers

curries

EGGPLANT

French cuisine

galangal

\*GARLIC

gazpacho

ginger

Greek cuisine

[greens] greens, salad

greens

hazelnuts

Indian cuisine

ITALIAN CUISINE

jícama

kale

leeks

lemon

lemongrass

marjoram

Mediterranean cuisines

Mexican cuisine

millet

mint

[mushrooms] mushrooms, portobello

mushrooms

nectarines

[noodles, asian rice] noodles, asian rice, pad thai

noodles, asian rice

nuts

OIL, OLIVE

olives

[onions] onions, yellow

onions

oregano

parsley

[pastas] pastas, cannelloni

[pastas] pastas, fettuccine

[pastas] pastas, lasagna

[pastas] pastas, penne

[pastas] pastas, spaghetti

pastas

peaches

peanuts

peas

[pepper] pepper, black

[pepper] pepper, white

pepper

\**PESTOS*

PINE NUTS

pistachios

pistou

PIZZAS

polenta

potatoes, esp. new

quinoa

ratatouille

rice

risotto

rosemary

sage

salad dressings

[salads] salads, pasta

salads

[salt] salt, kosher

[salt] salt, sea

salt

[sandwiches] sandwiches, panini

sandwiches

[sauces] sauces, pasta

[sauces] sauces, tomato

sauces

[soups] soups, asian

[soups] soups, bean

[soups] soups, chowder

[soups] soups, corn

[soups] soups, minestrone

[soups] soups, tomato

[soups] soups, vegetable

soups

Southeast Asian cuisines

spinach

[squash] squash, spaghetti

[squash] squash, summer

squash

stews

sweet potatoes

[thai cuisine] thai cuisine, green curries

thai cuisine

tofu

\*TOMATOES

TOMATO SAUCE

tomatoes, sun-dried

[vegetables, summer] vegetables, summer, corn

[vegetables, summer] vegetables, summer, tomatoes

[vegetables, summer] vegetables, summer, zucchini

vegetables, summer

[vinegar] vinegar, balsamic

[vinegar] vinegar, sherry

vinegar

walnuts

watermelon

ZUCCHINI

BASIL, THAI

Category: Spices

Asian cuisines

bamboo shoots

cashews

chiles

chili pepper paste (e.g., Thai)

cilantro

coconut milk

corn

[curries] curries, green

[curries] curries, indian red

[curries] curries, thai

curries

eggplant

garlic

ginger

Kaffir lime leaves

lemongrass

lime

mango

marinades

mint

[mushrooms] mushrooms, shiitake

mushrooms

[noodles] noodles, asian

noodles

[oil] oil, grape seed

[oil] oil, pumpkin seed

oil

papaya, green

peanuts

salads

scallions

shallots

[soups] soups, asian

[soups] soups, coconut milk–based

[soups] soups, vegetarian pho

soups

Southeast Asian cuisines

soy sauce

stir-fries

stock, vegetable

[sugar] sugar, maple

[sugar] sugar, palm

sugar

Thai cuisine

tofu

Vietnamese cuisine

zucchini

BAY LEAF

Category: Spices

apples, baked

[beans—in general] beans—in general, broad

[beans—in general] beans—in general, dried

[beans—in general] beans—in general, white

beans—in general

bell peppers

black-eyed peas

bouquets garnis

chili, vegetarian

custards

French cuisine

garlic

grains, whole

Greek cuisine

Indian cuisine

lentils

marinades

Mediterranean cuisines

milk

Moroccan cuisine

onions

parsley

pâtés

peas, split

pickles

plums, dried

potatoes

[puddings] puddings, rice

puddings

pumpkin

[rice] rice, basmati

rice

risottos

salad dressings

[sauces] sauces, white

sauces

[soups] soups, bean

soups

[squash, winter] squash, winter, acorn

squash, winter

STEWS

stocks, vegetable

thyme

tomatoes

tomato sauce

vegetables

BEANS — IN GENERAL

Category: Legumes

MatchShare: Beans, Adzuki; Beans, Anasazi;, Beans, Black; Beans, Cannellini; Beans, Cranberry; Beans, Fava; Beans, Flageolet; French Green Beans; Beans, Gigante; Green Beans; Beans, Kidney; Beans, Lima; Beans, Long; Beans, Mung; Beans, Navy; Beans, Pinto; Beans, Red; Beans, White

avocado

basil

bay leaf

bell peppers

carrots

cassoulet, vegetarian

cayenne

celery

chervil

chiles

chili powder

cilantro

cloves

coriander

cumin

dips

epazote

fennel

GARLIC

ginger

grains, whole

greens

KOMBU

[lemon] lemon, juice

lemon

[lime] lime, juice

lime

marjoram

mayonnaise

mint

oil, olive

onions

oregano

paprika

smoked paprika

PARSLEY

pastas

pesto

quesadillas

[rice] rice, brown

rice

rosemary

saffron

sage

[salads] salads, bean

[salads] salads, green

salads

salsa, tomato

[salt] salt, sea

salt

\*SAVORY

soups

thyme

tomatoes

tortillas, whole wheat

turmeric

[vinegar] vinegar, rice

vinegar

BEANS, ADZUKI

Category: Legumes

almonds

apples

arame

Asian cuisines

barley

basil

bay leaf

bean cakes

[beans, other] beans, other, mung

[beans, other] beans, other, red

beans, other

[bell peppers] bell peppers, green

bell peppers

carrots

casseroles

celery

[chiles] chiles, anaheim

[chiles] chiles, fresno

[chiles] chiles, jalapeño

[chiles] chiles, poblano; chili pepper flakes

chiles

chili powder

chili, vegetarian

Chinese cuisine

cilantro

cinnamon

cloves

cocoa

coconut

coconut milk

[corn] corn, summer sweet

corn

cumin

[desserts, esp. japanese] desserts, esp. japanese, yōkan

desserts, esp. japanese

[dips] dips, bean

dips

garlic

GINGER

[grains] grains, barley

[grains] grains, millet

[grains] grains, quinoa

grains

ice cream

JAPANESE CUISINE

kale

kombu

[lemon] lemon, juice

lemon

lime

macrobiotic cuisine

maple syrup

mirin

miso

mochi

[mushrooms] mushrooms, oyster

[mushrooms] mushrooms, shiitake

mushrooms

mustard

[noodles] noodles, asian

noodles

nori

[oil] oil, canola

[oil] oil, olive

[oil] oil, sesame

oil

[onions] onions, green

[onions] onions, red

onions

[orange] orange, zest

orange

oregano

pancakes

parsley

[pepper] pepper, black

[pepper] pepper, white

pepper

pilafs

porridges

posole

pumpkin

raisins

red bean paste

[rice] rice, basmati

[rice] rice, brown

[rice] rice, sticky

[rice] rice, sushi

[rice] rice, white short-grain

[rice] rice, wild

rice

[salads] salads, bean

[salads] salads, grain

[salads] salads, green

salads

salt, sea

sauces

scallions

[sesame] sesame, oil

[sesame] sesame, seeds

sesame

shallots

[soups] soups, vegetable

soups

soy sauce

spinach

spreads

[squash, summer] squash, summer, zucchini

squash, summer

[squash, winter] squash, winter, acorn

[squash, winter] squash, winter, buttercup

[squash, winter] squash, winter, butternut

[squash, winter] squash, winter, kabocha

squash, winter

[stews] stews, bean

[stews] stews, vegetable

stews

stir-fries

stock, vegetable

sugar

sweets, Japanese

tamari

teas

[tempeh] tempeh, smoked

tempeh

Thai cuisine

thyme

tomatillos

tomatoes

tomato puree

turmeric

veggie burgers

[vinegar] vinegar, apple cider

[vinegar] vinegar, rice

[vinegar] vinegar, umeboshi

vinegar

wakame

BEANS, ANASAZI

Category: Legumes

avocado

baked beans

[beans, other] beans, other, black

beans, other

bell peppers

bread crumbs

carrots

casseroles

cayenne

celery

[chiles] chiles, anaheim

[chiles] chiles, ancho

[chiles] chiles, chipotle

[chiles] chiles, jalapeno

chiles

chili powder

chili, vegetarian

cilantro

cinnamon

cloves

coriander

corn

cumin

[dips] dips, bean

dips

epazote

garlic

kombu

Latin American cuisines

Mexican cuisine

molasses

Native American cuisine

[oil] oil, olive

oil

[onions] onions, green

[onions] onions, yellow

onions

oregano

parsley

potatoes

pumpkin

quinoa

refried beans

salsas

[soups] soups, ean

[soups] soups, vegetable

soups

sour cream

Southwestern (U.S.) cuisine

stews

stock, vegetable

[tomatoes] tomatoes, fresh

[tomatoes] tomatoes, sun-dried

tomatoes

veggie burgers

[vinegar] vinegar, red wine

vinegar

BEANS, BLACK

Category: Legumes

avocado

basil

bay leaf

[bell peppers] bell peppers, green

[bell peppers] bell peppers, red

[bell peppers] bell peppers, yellow

[bell peppers] bell peppers, esp. roasted

bell peppers

black bean cakes

Brazilian cuisine

BURRITOS

CARIBBEAN CUISINE

carrots

casseroles

cayenne

celery

Central American cuisines

chickpeas

chilaquiles

[chiles] chiles, anaheim

[chiles] chiles, ancho

[chiles] chiles, chipotle

[chiles] chiles, jalapeño

[chiles] chiles, poblano

[chiles] chiles, serrano

[chiles] chiles, chili pepper flakes

[chiles] chiles, chili powder

[chiles] chiles, chili pepper sauce

chiles

CHILI, VEGETARIAN

chives

chocolate

CILANTRO

citrus

coffee

coriander

CORN

cucumbers

Cuban cuisine

CUMIN

dips

empanadas

enchiladas

epazote

GARLIC

ginger

grains

Jamaican cuisine

jícama

kombu

Latin American cuisines

[lemon] lemon, juice

lemon

[lime] lime, juice

[lime] lime, zest

lime

liquid smoke

MANGOES

Mexican cuisine

mint

miso

mushrooms

mustard

nachos

[oil] oil, olive

[oil] oil, peanut

[oil] oil, sesame

[oil] oil, vegetable

oil

[olives] olives, green

olives

[onions] onions, green

[onions] onions, red

[onions] onions, white

[onions] onions, yellow

onions

ORANGE

[oregano] oregano, mexican

oregano

paprika

parsley

pâtés

[pepper] pepper, black

[pepper] pepper, white

pepper

plantains

potatoes

Puerto Rican cuisine

purees

quesadillas

quinoa

refried beans

[rice] rice, brown

rice

rosemary

[salads] salads, bean

[salads] salads, corn

[salads] salads, taco

salads

salsa

[salt] salt, kosher

[salt] salt, sea

salt

savory

scallions

sherry, dry

[soups] soups, black bean

soups

sour cream

South American cuisines

Southwestern (U.S.) cuisine

soy sauce

spinach

spreads

[squash] squash, acorn

[squash] squash, spaghetti

[squash] squash, winter

squash

stews

stock, vegetable

sweet potatoes

tacos

tempeh

Tex-Mex cuisine

thyme

TOMATOES

tomato paste

[tortillas] tortillas, whole wheat

tortillas

tostadas

VEGGIE BURGERS

[vinegar] vinegar, apple cider

[vinegar] vinegar, red wine

[vinegar] vinegar, sherry

vinegar

BEANS, CANNELLINI

Category: Legumes

MatchShare: Beans, White

artichokes

artichoke hearts

arugula

BASIL

bay leaf

[bell peppers] bell peppers, red

[bell peppers] bell peppers, roasted

bell peppers

broccoli rabe

bruschetta

carrots

“cassoulets,” vegetarian

celery

[chard] chard, swiss

chard

[chiles] chiles, jalapeño

chiles

chili, vegetarian

chives

cilantro

cloves

couscous

cumin

[dips] dips, bean

dips

escarole

fennel

GARLIC

[greens, bitter] greens, bitter, beet

greens, bitter

ITALIAN CUISINE

KALE

kombu

leeks

[lemon] lemon, juice

[lemon] lemon, zest

lemon

lime

mushrooms

[oil] oil, grapeseed

[oil] oil, olive

oil

[olives] olives, kalamata

olives

[onions] onions, red

[onions] onions, spanish

[onions] onions, spring

onions

oregano

paprika

parsley

[pastas] pastas, fettuccine

[pastas] pastas, linguini

[pastas] pastas, pasta e fagioli

pastas

[pepper] pepper, black

pepper

pesto

pistou

potatoes

purees

[rice] rice, brown

rice

rosemary

SAGE

[salads] salads, bean

[salads] salads, green

[salads] salads, tomato

salads

[salt] salt, kosher

[salt] salt, sea

salt

savory

shallots

[soups] soups, minestrone

[soups] soups, pasta e fagioli

[soups] soups, tomato

soups

spelt

spinach

spreads

stews

stock, vegetable

sweet potatoes

thyme

TOMATOES

tomatoes, sun-dried

[vinegar] vinegar, balsamic

[vinegar] vinegar, sherry

vinegar

walnuts

BEANS, CRANBERRY

Category: Legumes

bay leaf

beans, baked

[bell peppers] bell peppers, red

bell peppers

“brandade”

broccoli rabe

carrots

casseroles

celery

chard, Swiss

chili, vegetarian

cinnamon

dips

farro

garlic

gratins

herbs

hummus

ITALIAN CUISINE

lemon juice

oil, olive

olives

[onions] onions, yellow

onions

oregano

parsley

PASTAS

Portuguese cuisine

quinoa

rosemary

sage

salads

scallions

[soups] soups, bean

[soups] soups, minestrone

[soups] soups, pasta e fagioli

soups

Spanish cuisine

spinach

stews

stock, vegetable

succotash

thyme

tomatoes

walnuts

zucchini

BEANS, FAVA

Category: Legumes

artichokes

artichoke hearts

arugula

ASPARAGUS

avocado

basil

[beans, other] beans, other, green

beans, other

beets

bell peppers

bread crumbs

broccoli rabe

bruschetta

carrots

cayenne

celery

chervil

chicory

[chiles] chiles, dried

[chiles] chiles, jalapeño

[chiles] chiles, chili pepper flakes

[chiles] chiles, chili powder

[chiles] chiles, chili sauce

chiles

chives

cilantro

couscous

crostini

cumin

dill

dips

epazote

“falafel”

fennel

GARLIC

spring garlic

ginger

Greek cuisine

[greens] greens, bitter

[greens] greens, salad

greens

“hummus”

Italian cuisine

kale

leeks

[lemon] lemon, juice

[lemon] lemon, zest

lemon

lemon, Meyer

lettuce

lime

lovage

marjoram

MEDITERRANEAN CUISINES

Middle Eastern cuisines

MINT

Moroccan cuisine

[mushrooms] mushrooms, lobster

[mushrooms] mushrooms, morel

mushrooms

nettles

nutmeg

[oil] oil, olive

[oil] oil, sesame

[oil] oil, walnut

oil

olives

[onions] onions, red

[onions] onions, spring

onions

parsley

[pastas] pastas, orecchiette

[pastas] pastas, spaghetti

pastas

peas

pesto

pistachios

Portuguese cuisine

potatoes

purees

quinoa

radishes

ramps

rice

risottos

rosemary

sage

[salads] salads, beet

salads

[salt] salt, kosher

[salt] salt, sea

salt

[savory] savory, summer

savory

scallions

snap peas

SOUPS

Spanish cuisine

spinach

spreads

stews

tahini

thyme

tomatoes, esp. sun-dried

vinaigrette

walnuts

yogurt

zucchini

FERMENTED BLACK BEAN SAUCE

Category: Sauces

arame

asparagus

basil

[beans] beans, green

[beans] beans, long

[beans] beans, mung

beans

bell peppers

bok choy

broccoli

[cabbage] cabbage, chinese

cabbage

cauliflower

[chiles] chiles, serrano

chiles

chili oil, chili paste, chili pepper flakes

Chinese cuisine

cilantro

[eggplant] eggplant, asian

eggplant

GARLIC

GINGER

[greens, asian] greens, asian, bok choy

greens, asian

hoisin

[kale] kale, black

[kale] kale, green

kale

ketchup

leeks

[lemon] lemon, juice

lemon

lime

[mushrooms] mushrooms, shiitake

mushrooms

[noodles] noodles, asian

[noodles] noodles, rice

[noodles] noodles, soba

[noodles] noodles, udon

noodles

[oil] oil, peanut

[oil] oil, scallion

[oil] oil, sesame

oil

onions

[orange] orange, zest

orange

[pepper] pepper, black

pepper

[rice] rice, brown

rice

rice syrup

[salads] salads, onion

[salads] salads, spinach

salads

sauces

scallions

seitan

[sesame] sesame, oil

[sesame] sesame, seeds

sesame

sherry

soups

soy sauce

spinach

star anise

STIR-FRIES

[stock] stock, vegetable

stock

[sugar] sugar, brown

sugar

tamari

tofu

[vinegar] vinegar, balsamic

[vinegar] vinegar, rice

[vinegar] vinegar, sherry

vinegar

[wine] wine, dry white

[wine] wine, rice

wine

yogurt

zucchini

BEANS, FLAGEOLET

Category: Legumes

arugula

asparagus

basil

bay leaf

[beans, other] beans, other, anasazi

[beans, other] beans, other, fava

[beans, other] beans, other, green

beans, other

carrots

cassoulets

celery

chervil

[citrus] citrus, lemon

[citrus] citrus, lime

[citrus] citrus, orange

citrus

couscous

cucumbers

fines herbes

FRENCH CUISINE

garlic

gratins

herbs

Italian cuisine

leeks

lemon

mint

[oil] oil, olive

oil

olives

[onions] onions, red

[onions] onions, sweet

[onions] onions, yellow

onions

parsley

pastas

pesto

pistachios

[rice] rice, wild

rice

rosemary

[salads] salads, tomato

salads

salt

[sauces] sauces, butter

[sauces] sauces, tomato

sauces

savory

shallots

soups

stews

tarragon

thyme

tomatoes

tomato sauce

[wine] wine, dry white

wine

GREEN BEANS, FRENCH

Category: Vegetables

MatchShare: Green Beans

almonds

arugula

avocados

basil

[bell peppers, red] bell peppers, red, roasted

bell peppers, red

carrots

chervil

chives

crème fraîche

dill

French cuisine

garlic

[greens] greens, mesclun

greens

hazelnuts

lemon

mint

[oil] oil, hazelnut

[oil] oil, olive

[oil] oil, walnut

oil

[olives] olives, black

[olives] olives, kalamata

[olives] olives, niçoise

olives

onions

orange

parsley

[pepper] pepper, black

pepper

pesto

[potatoes] potatoes, new

potatoes

[salads] salads, niçoise

salads

savory, summer

scallions

shallots

soups

stir-fries

tarragon

thyme

tomatoes

[vinegar] vinegar, apple cider

[vinegar] vinegar, balsamic

[vinegar] vinegar, herb

[vinegar] vinegar, red wine

[vinegar] vinegar, sherry

[vinegar] vinegar, tarragon

vinegar

walnuts

BEANS, GIGANTE

Category: Legumes

anise seeds

bay leaf

bread crumbs

carrots

casseroles

cassoulet, vegetarian

celery

chili pepper flakes

coriander

dill

fennel

GARLIC

grains

GREEK CUISINE

[lemon] lemon, juice

[lemon] lemon, zest

lemon

oil, olive

olives

[onions] onions, cippolini

onions

[oregano] oregano, greek

oregano

parsley

[pepper] pepper, black

pepper

rice

rosemary

[salads] salads, bean

salads

salt

soups

spinach

[stock] stock, vegetable

stock

thyme

TOMATOES

[vinegar] vinegar, red wine

vinegar

GREEN BEANS

Category: Legumes

MatchShare: Green Beans, French

ALMONDS

arugula

barley

BASIL

[beans, other] beans, other, cannellini

[beans, other] beans, other, shell

[beans, other] beans, other, white

beans, other

[bell peppers] bell peppers, red

bell peppers

capers

carrots

cashews

casseroles

cauliflower

cayenne

celery

chervil

chickpeas

chiles

chili pepper flakes

chives

cilantro

coconut

corn

crème fraîche

cucumbers

cumin

curry

curries

dill

fennel

French cuisine

frisée

GARLIC

ginger

[greens] greens, mesclun

[greens] greens, salad

greens

hazelnuts

hiziki

Indian cuisine

kale

kasha

leeks

[lemon] lemon, juice

[lemon] lemon, preserved

[lemon] lemon, zest

lemon

lentils

[lettuce] lettuce, boston

lettuce

lime

maple syrup

marjoram

millet

mint

miso, esp. white

[mushrooms] mushrooms, chanterelle

[mushrooms] mushrooms, cremini

[mushrooms] mushrooms, shiitake

mushrooms

[mustard] mustard, dijon or seeds

mustard

nutmeg

nuts

[oil] oil, canola

[oil] oil, nut

[oil] oil, olive

[oil] oil, peanut

[oil] oil, sesame

[oil] oil, walnut

oil

okra

[olives] olives, black

[olives] olives, niçoise

olives

[onions] onions, green

[onions] onions, pearl

[onions] onions, red

onions

orange

oregano

PARSLEY

[pastas] pastas, farfalle

pastas

peanuts

pecans

[pepper] pepper, black

pepper

pesto

pilafs

pine nuts

pistachios

POTATOES

pumpkin seeds

quinoa

[rice] rice, brown

[rice] rice, wild

rice

risotto

rosemary

[salads] salads, bean

[salads] salads, chickpea

[salads] salads, niçoise

[salads] salads, tomato

salads

[salt] salt, kosher

[salt] salt, sea

salt

savory

scallions

[sesame] sesame, sauce

[sesame] sesame, seeds

sesame

SHALLOTS

[soups] soups, bean

[soups] soups, vegetable

soups

soy sauce

spinach

stews

stir-fries

stock, vegetable

succotash

sunflower seeds

TARRAGON

tempeh

thyme

tofu

[tomatoes] tomatoes, cherry

[tomatoes] tomatoes, plum

tomatoes

turmeric

[vinegar] vinegar, balsamic

[vinegar] vinegar, cider

[vinegar] vinegar, red wine

[vinegar] vinegar, sherry

[vinegar] vinegar, tarragon

vinegar

WALNUTS

watercress

zucchini

BEANS, KIDNEY

Category: Legumes

MatchShare: Beans, Red

anise seeds

avocados

barley

basil

bay leaf

[bell peppers] bell peppers, green

[bell peppers] bell peppers, red

bell peppers

black-eyed peas

Cajun cuisine

Caribbean cuisine

carrots

casseroles

cayenne

celery

Central American cuisines

[chiles] chiles, chipotle

[chiles] chiles, jalapeño

chiles

CHILI, VEGETARIAN

chili pepper sauce

chili powder

chives

cilantro

corn

Creole cuisine

cumin

[dips] dips, bean

dips

epazote

fennel

GARLIC

ginger

greens

[gumbo] gumbo, vegetarian

gumbo

Jamaican cuisine

kamut

[lemon] lemon, zest

lemon

lime

“meatballs,” e.g., with pasta

Mexican cuisine

[oil] oil, olive

[oil] oil, sunflower

oil

[onions] onions, red

[onions] onions, sweet

[onions] onions, white

onions

orange

oregano

paprika

PARSLEY

parsnips

pasta

peanuts

peas

potatoes

pumpkin seeds

quinoa

red beans

rice

refried beans

[rice] rice, brown

rice

rice

beans

sage

[salads] salads, bean

[salads] salads, green

salads

[sauces] sauces, pasta

sauces

SAVORY

scallions

[soups] soups, minestrone

[soups] soups, pasta

[soups] soups, vegetable

soups

South American cuisines

soy sauce

spreads

[stews] stews, vegetable

stews

stock, vegetable

tarragon

thyme

tofu

[tomatoes] tomatoes, juice

[tomatoes] tomatoes, paste

tomatoes

veggie burgers

[vinegar] vinegar, red wine

[vinegar] vinegar, sherry

[vinegar] vinegar, white wine

vinegar

walnuts

wheat berries

zucchini

BEANS, LIMA

Category: Legumes

basil

bay leaf

beans, green

[bell peppers] bell peppers, green

[bell peppers] bell peppers, red

bell peppers

carrots

casseroles

chervil

chili pepper flakes

chives

cilantro

CORN

cucumber

dill

dips

eggplant

fennel

fennel seeds

garlic

[herbs] herbs, basil

[herbs] herbs, cilantro

[herbs] herbs, rosemary

[herbs] herbs, sage

[herbs] herbs, thyme

herbs

horseradish

kale

leeks

[lemon] lemon, juice

lemon

lettuce

marjoram

mint

molasses

mushrooms

nutmeg

OIL, OLIVE

olives

[onions] onions, red

[onions] onions, yellow

onions

oregano

PARSLEY

[pepper] pepper, black

pepper

purees

quinoa

rosemary

sage

[salads] salads, three-bean

salads

salt, sea

scallions

sorrel

soups

Southern (U.S.) cuisine

spinach

spreads

[squash] squash, hubbard

[squash] squash, summer

squash

stews

SUCCOTASH

sumac

tamari

thyme

TOMATOES

tomato paste

[vinegar] vinegar, cider

[vinegar] vinegar, red wine

vinegar

wine, dry white

yogurt

BEANS, LONG

Category: Legumes

Asian cuisines

[beans] beans, fermented black

beans

[bell peppers] bell peppers, red

bell peppers

[chiles] chiles, jalapeño

[chiles] chiles, thai

chiles

chili paste

chili sauce

cilantro

coconut

coconut milk

coriander

cumin

curry powder

fennel

fennel seeds

fenugreek

garlic

ginger

[lemon] lemon, juice

[lemon] lemon, zest

lemon

[liqueur, anise-flavored] liqueur, anise-flavored, pernod

liqueur, anise-flavored

mint

mushrooms

nuts

[oil] oil, canola

[oil] oil, peanut

[oil] oil, vegetable

oil

onions

paprika

pasta

[pepper] pepper, black

[pepper] pepper, szechuan

pepper

pesto

salads

[salt] salt, sea

salt

[sesame] sesame, oil

[sesame] sesame, paste

[sesame] sesame, seeds

sesame

shallots

soy sauce

stir-fries

sugar

tahini

tamarind

tomatoes

[vinegar] vinegar, rice wine

[vinegar] vinegar, sherry

[vinegar] vinegar, white wine

vinegar

walnuts

water chestnuts

BEANS, MUNG

Category: Legumes

asafoetida powder

Asian cuisines

bay leaf

bell peppers

bok choy

cabbage, napa

carrots

casseroles

cayenne

[chiles] chiles, jalapeño

[chiles] chiles, red

chiles

Chinese cuisine

chives

cilantro

cinnamon

coconut

coconut milk

coriander

CUMIN

CURRIES

dals

dill

garam masala

GARLIC

GINGER

[grains] grains, bulgur

grains

gravies

greens

hummus

Indian cuisine

leeks

[lemon] lemon, juice

lemon

lentils

lime

millet

moong dal

mujadura

mushrooms

mustard seeds

noodles, Asian

[oil] oil, coconut

[oil] oil, mustard

[oil] oil, olive

oil

[onions] onions, red

onions

pancakes

parsley

[peas] peas, split

peas

pho, vegetarian

pilafs

purees

[rice] rice, basmati

[rice] rice, brown

[rice] rice, long-grain

rice

salads

[salt] salt, sea

salt

sauces

[soups] soups, miso

[soups] soups, mung bean

soups

Southeast Asian cuisines

spinach

sprouts, mung bean

stews

sugar snap peas

tempeh

tofu

tomatoes

turmeric

vegetables

yogurt

BEANS, NAVY

Category: Legumes

MatchShare: Beans, White

arugula

asparagus

BAKED BEANS

barley

basil

beets

Boston cuisine

broccoli rabe

[cabbage] cabbage, red

cabbage

carrots

casseroles

cauliflower

celery

celery root

chiles

chili, vegetarian

cloves

corn

dips

fennel

garlic

ketchup

leeks

maple syrup

molasses

mushrooms

[mustard] mustard, dijon

[mustard] mustard, yellow

mustard

[onions] onions, white

[onions] onions, yellow

onions

orange

parsley

[pastas] pastas, pasta e fagioli

pastas

[pepper] pepper, black

pepper

pilafs

potatoes

purees

quinoa

rice

rosemary

[salads] salads, tomato

[salads] salads, vegetable

salads

[salt] salt, kosher

[salt] salt, sea

salt

savory

shallots

[soups] soups, bean

[soups] soups, tomato

soups

spreads

squash, summer

stews

[sugar] sugar, brown

sugar

sweet potatoes

thyme

tomatoes

tomato paste

[vinegar] vinegar, cider

vinegar

BEANS, PINTO

Category: Legumes

anise seeds

avocado

barbecue sauce

bay leaf

[beans, other] beans, other, black

[beans, other] beans, other, kidney

beans, other

burritos

casseroles

[chiles] chiles, ancho

[chiles] chiles, chipotle

[chiles] chiles, jalapeño

[chiles] chiles, poblano

[chiles] chiles, serrano

[chiles] chiles, chili powder

chiles

CHILI, VEGETARIAN

chips, tortilla

cilantro

corn

CUMIN

dips

epazote

fennel

[frijoles] frijoles, refritos

frijoles

GARLIC

kale

kombu

lemon

lime

liquid smoke

maple syrup

MEXICAN CUISINE

[mushrooms] mushrooms, portobello

mushrooms

mustard

nachos

oil, olive

ONIONS

oregano

parsley

pâtés

pepper, black

purees

quinoa

REFRIED BEANS

[rice] rice, brown

rice

sage

[salads] salads, taco

salads

salsas

[salt] salt, sea

salt

savory

scallions

soups

Southwestern (U.S.) cuisine

spelt

spreads

STEWS, vegetarian

[stock] stock, vegetable

stock

tacos

Tex-Mex cuisine

thyme

tomatoes

tomato puree

tortillas

tostadas

veggie burgers

BEANS, RED

Category: Legumes

MatchShare: Beans, Kidney

casseroles

chilaquiles

[chiles] chiles, ancho

chiles

chili, vegetarian

coffee

Creole cuisine

jambalaya

Mexican cuisine

parsley

red beans

rice

RICE

[salads] salads, bean

[salads] salads, green

salads

savory

soups

Southwestern (U.S.) cuisine

BEANS, WHITE

Category: Legumes

MatchShare: Beans, Cannellini; Beans, Navy

artichokes

arugula

asparagus

baked beans

barley

BASIL

bay leaf

bell peppers, red, esp. roasted

bread crumbs

bruschetta

[cabbage] cabbage, savoy

cabbage

capers

carrots

casseroles

cassoulets

cauliflower

celery

celery root

[chard] chard, swiss

chard

chervil

chickpeas

[chiles] chiles, green chili pepper flakes

[chiles] chiles, chili pepper sauce

[chiles] chiles, chili powder

chiles

chili, vegetarian

chives

couscous

croutons, whole grain

cumin

dates

dill

dips

escarole

fennel, fennel pollen, fennel seeds

French cuisine

frisée

GARLIC

[greens, bitter] greens, bitter, beet

[greens, bitter] greens, bitter, mustard

greens, bitter

“*hummus,” i.e., white bean*

Italian cuisine

kale, esp. black

kombu

leeks

[lemon] lemon, juice

[lemon] lemon, zest

lemon

[lettuce] lettuce, butter

lettuce

maple syrup

molasses

[mushrooms] mushrooms, cremini

[mushrooms] mushrooms, oyster

[mushrooms] mushrooms, portobello

[mushrooms] mushrooms, shiitake

mushrooms

[mustard] mustard, dijon

[mustard] mustard, dry

mustard

[oil] oil, olive

[oil] oil, peanut

oil

[olives] olives, green

olives

[onions] onions, red

[onions] onions, sweet

[onions] onions, white

onions

orange

oregano

parsley

PASTAS

peas

[pepper] pepper, black

[pepper] pepper, white

pepper

pesto

potatoes

pumpkin

purees

ROSEMARY

SAGE

[salads] salads, bean

[salads] salads, fennel

[salads] salads, green

salads

[salt] salt, kosher

[salt] salt, sea

salt

[sauces] sauces, tomato

sauces

sauerkraut

sausages, vegan

savory

scallions

shallots

[soups] soups, white bean

soups

spelt

spinach

spreads

[squash] squash, butternut

squash

stews

stock, vegetable

[sugar] sugar, brown

sugar

sweet potatoes

tahini

tarragon

thyme

TOMATOES

tomatoes, sun-dried

Tuscan cuisine

vegetables, root

[vinegar] vinegar, balsamic

[vinegar] vinegar, cider

[vinegar] vinegar, red wine

[vinegar] vinegar, rice

[vinegar] vinegar, umeboshi

[vinegar] vinegar, white wine

vinegar

wheat berries

wine, dry red

BEETS

Category: Vegetables

agave nectar

allspice

anise hyssop

anise seeds

APPLES

apple juice

arame

ARUGULA

asparagus

avocado

[baked goods] baked goods, cakes

baked goods

basil

bay leaf

[beans] beans, fava

[beans] beans, green

beans

[bell peppers] bell peppers, green

[bell peppers] bell peppers, red

[bell peppers] bell peppers, yellow

bell peppers

blackberries

black-eyed peas

[breads] breads, dark

[breads] breads, rye

breads

[cabbage] cabbage, green

[cabbage] cabbage, red

[cabbage] cabbage, savoy

cabbage

capers

CARAWAY SEEDS

cardamom

“carpaccio”

CARROTS

cauliflower

celery

celery leaves

celery root

chard, Swiss

chervil

chickpeas

chicory

chiles

chili pepper flakes

[chips] chips, fried

chips

CHIVES

chocolate

cocoa

chutneys

cilantro

cinnamon

[citrus] citrus, juice

citrus

cloves

coriander

couscous

cranberries

crème fraîche

crudités

cucumbers

cumin

curry powder

[desserts] desserts, “red velvet”

desserts

DILL

edamame

endive

escarole hearts

falafel

FENNEL, fennel fronds, fennel seeds

frisée

fruit, dried

GARLIC

GINGER

grains

[grapefruit] grapefruit, juice

grapefruit

[greens] greens, baby

[greens] greens, beet

[greens] greens, bitter

[greens] greens, collard

[greens] greens, dandelion

[greens] greens, mesclun

[greens] greens, mixed

[greens] greens, mustard

greens

harissa

[hash] hash, red flannel

hash

herbs

hiziki

HORSERADISH

[juices] juices, beets + carrots + celery

juices

kale

kumquats

lavender

leeks

[lemon] lemon, juice

[lemon] lemon, zest

lemon

lemon, preserved

lemongrass

[lentils] lentils, green

[lentils] lentils, red

lentils

[lettuce] lettuce, butter

lettuce

lime

mace

mâche

mangoes

maple syrup

marjoram

mascarpone

mayonnaise

milk

MINT

mizuna

mushrooms

[mustard] mustard, dijon

mustard

nutmeg

[nuts] nuts, hazelnuts

[nuts] nuts, macadamia

[nuts] nuts, pecans

[nuts] nuts, pine nuts

[nuts] nuts, pistachios

[nuts] nuts, walnuts

nuts

[oil] oil, canola

[oil] oil, hazelnut

[oil] oil, macadamia nut

[oil] oil, mustard

[oil] oil, nut

[oil] oil, olive

[oil] oil, peanut

[oil] oil, safflower

[oil] oil, vegetable

[oil] oil, walnut

oil

[olives] olives, black

[olives] olives, kalamata

olives

[onions] onions, green

[onions] onions, red

[onions] onions, white

[onions] onions, yellow

onions

[orange] orange, juice

[orange] orange, zest

orange

oregano

paprika

PARSLEY

parsnips

pasta

pears

[pepper] pepper, black

[pepper] pepper, white

pepper

[pomegranate] pomegranate, molasses

[pomegranate] pomegranate, seeds

pomegranate

poppy seeds

potatoes

pumpkin seeds

purslane

quinoa

radishes

raisins

relishes

rhubarb

[risottos] risottos, beet

risottos

Russian cuisine

[rye] rye, bread

rye

sage

[salads] salads, beet

[salads] salads, carrot

[salads] salads, green

salads

salsa verde

[salt] salt, kosher

[salt] salt, sea

salt

savory

scallions

[sea vegetables] sea vegetables, arame

[sea vegetables] sea vegetables, wakame

sea vegetables

[seeds] seeds, poppy

[seeds] seeds, sunflower

seeds

SHALLOTS

sorrel

[soups] soups, borscht

soups

SOUR CREAM

soy sauce

spinach

star anise

stews

stock, vegetable

[sugar] sugar, brown

sugar

sunflower seeds

TARRAGON

“tartares,” e.g., beet (resembling steak tartare)

thyme

tofu

tomatoes

turnips

vegetables, root

[veggie burgers] veggie burgers, beet-lentil

veggie burgers

verjus

[vinaigrette] vinaigrette, citrus

vinaigrette

[vinegar] vinegar, balsamic

[vinegar] vinegar, champagne

[vinegar] vinegar, cider

[vinegar] vinegar, fruit

[vinegar] vinegar, raspberry

[vinegar] vinegar, red

vinegar

WINE, rice, sherry, tarragon, white balsamic, white wine

wakame

wasabi

WATERCRESS

watermelon

wine, dry red

YOGURT

za’atar

BELL PEPPERS

Category: Vegetables

anise

arame

artichokes

arugula

barley

BASIL

bay leaf

[beans] beans, black

[beans] beans, fava

[beans] beans, red

beans

bok choy

bread

broccoli

broccoli rabe

bruschetta

bulgur

cabbage

capers

carrots

casseroles

cauliflower

cayenne

celery

celery seeds

chard

chervil

chickpeas

chiles, chili flakes, chili powder

chili, vegetarian

chives

cilantro

coconut milk

coriander

corn

corn bread

coulis

couscous

cucumbers

cumin

curries

dips

eggplant

fennel

GARLIC

gazpacho

ginger

grains, whole

gratins

greens, salad

harissa

hash

jícama

leeks

[lemon] lemon, juice

[lemon] lemon, zest

lemon

lemons, preserved

lentils

lime

mango

marjoram

“meatloaf,” vegetarian

Mediterranean cuisines

Mexican cuisine

millet

mint

miso

[mushrooms] mushrooms, button

[mushrooms] mushrooms, portobello

[mushrooms] mushrooms, shiitake

mushrooms

[noodles, asian] noodles, asian, pad thai

noodles, asian

[oil] oil, canola

[oil] oil, corn

[oil] oil, olive

[oil] oil, peanut

[oil] oil, sesame

oil

[olives] olives, black

[olives] olives, green

[olives] olives, kalamata

olives

[onions] onions, red

[onions] onions, sweet

[onions] onions, yellow

onions

oregano

[paprika] paprika, smoked

[paprika] paprika, sweet

paprika

PARSLEY

[pastas] pastas, lasagna

[pastas] pastas, linguini

[pastas] pastas, orzo

[pastas] pastas, spaghetti

pastas

peaches

pears

pepper, black

pilafs

pineapple

pine nuts

[pizzas] pizzas, mushroom

pizzas

polenta

pomegranate molasses

potatoes

purees

quesadillas

quinoa

raisins

ratatouille

relishes

[rice] rice, brown

[rice] rice, wild

rice

risottos

romesco sauce

saffron

sage

[salads] salads, bean

[salads] salads, green

[salads] salads, pasta

[salads] salads, potato

[salads] salads, tomato

[salads] salads, vegetable

salads

salt

[sandwiches] sandwiches, grilled cheese

[sandwiches] sandwiches, italian

sandwiches

sauces

sesame seeds

shallots

slaws

snow peas

sofritos

[soups] soups, bean

[soups] soups, gazpacho

[soups] soups, gumbo

[soups] soups, red pepper

[soups] soups, tomato

[soups] soups, vegetable

soups

South American cuisines

spreads

squash, summer

stews

stir-fries

stock, vegetable

STUFFED PEPPERS

[stuffings] stuffings, israeli couscous

[stuffings] stuffings, quinoa

[stuffings] stuffings, rice

stuffings

sweet potatoes

tahini

tempeh

Tex-Mex cuisine

Thai cuisine

thyme

tofu

[tomatoes] tomatoes, green

[tomatoes] tomatoes, sun-dried

tomatoes

\*TOMATOES, tomato paste, tomato sauce

Turkish cuisine

vegetables, summer

[vinegar] vinegar, balsamic

[vinegar] vinegar, red wine

[vinegar] vinegar, sherry

vinegar

walnuts

wine, dry red or white

yogurt

zucchini

BERRIES — IN GENERAL

Category: Fruits

MatchShare: Açai, Blackberries; Blueberries; Cranberries; Goji Berries; Grapes; Huckleberries; Raspberries; Strawberries

almonds

apricots

basil

cereals, breakfast

chamomile

[chocolate] chocolate, dark

[chocolate] chocolate, milk

[chocolate] chocolate, white

chocolate

cinnamon

crème fraîche

[desserts] desserts, tarts

[desserts] desserts, trifles

desserts

elderflower syrup

ginger

granola

lemon

lime

[liqueurs] liqueurs, crème de cassis

[liqueurs] liqueurs, crème de menthe

[liqueurs] liqueurs, grand marnier

[liqueurs] liqueurs, kirsch

liqueurs

maple syrup

mascarpone

meringue

mint

nectarines

orange

peaches

pepper, black

pie fillings

[puddings] puddings, summer

puddings

salads, fruit

[seeds] seeds, poppy

seeds

smoothies

sour cream

[sugar] sugar, brown

sugar

vanilla

[vinegar] vinegar, balsamic

vinegar

[wine] wine, sparkling

[wine] wine, sweet

[wine] wine, e.g.

[wine] wine, moscato d’asti

wine

yogurt

BLACKBERRIES

Category: Fruits

almonds

apples

bananas

blueberries

caramel

cinnamon

coulis

ICE CREAM

[desserts] desserts, cobblers

[desserts] desserts, crisps

[desserts] desserts, crumbles

desserts

endive

figs

ginger

hazelnuts

LEMON

[lemon herbs] lemon herbs, lemon balm

[lemon herbs] lemon herbs, lemon verbena

lemon herbs

lime

mangoes

maple syrup

mascarpone

[melon] melon, honeydew

melon

[milk] milk, almond

milk

mint

muesli

nectarines

nutmeg

oats

[oranges] oranges, juice

[oranges] oranges, zest

oranges

papaya

pecans

peaches

[pepper] pepper, black

pepper

pies

pumpkin seeds

raspberries

rhubarb

rose geranium

[salads] salads, fruit

salads

sauces

smoothies

sorbets

[soups] soups, fruit

soups

strawberries

[sugar] sugar, brown

sugar

vanilla

watermelon

[wine] wine, fruity

[wine] wine, red

wine

yogurt

BLACK-EYED PEAS

Category: Legumes

AFRICAN CUISINE

agave nectar

allspice

arugula

barbecue sauce

barley

basil

BAY LEAF

[beans] beans, green

[beans] beans, kidney

beans

[bell peppers] bell peppers, green

[bell peppers] bell peppers, red

[bell peppers] bell peppers, roasted

bell peppers

burritos

cabbage

Cajun cuisine

capers

Caribbean cuisine

carrots

casseroles

celery

chard, Swiss

[chiles] chiles, chipotle

[chiles] chiles, habenero

[chiles] chiles, jalapeño; chili pepper flakes

[chiles] chiles, chili pepper sauce

[chiles] chiles, chili powder

chiles

chili, vegetarian

cilantro

[coconut] coconut, butter

[coconut] coconut, milk

coconut

coriander

corn

corn bread

Creole cuisine

cumin

dill

dips

GARLIC

ginger

[greens, bitter] greens, bitter, collard

[greens, bitter] greens, bitter, mustard

[greens, bitter] greens, bitter, or turnip

greens, bitter

gumbo

[herbs] herbs, fresh

herbs

HOPPIN’ JOHN

“hummus”

Indian cuisine

kombu

[lemon] lemon, juice

lemon

marjoram

[mushrooms] mushrooms, cremini

[mushrooms] mushrooms, shiitake

mushrooms

[oil] oil, olive

[oil] oil, safflower

[oil] oil, sunflower

oil

olives

[onions] onions, red

[onions] onions, yellow

onions

oregano

parsley

pepper, black

potatoes

[rice] rice, brown

[rice] rice, long-grain

[rice] rice, sticky

rice

sage

[salads] salads, bean

[salads] salads, green

[salads] salads, hoppin’ john

[salads] salads, tomato

salads

salt

scallions

shallots

soul food

[soups] soups, collard green

soups

SOUTHERN (U.S.) CUISINE

spinach

stews

stock, vegetable

succotash

tahini

tamari

tamarind

“Texas caviar”

thyme

TOMATOES

[vinegar] vinegar, apple cider

[vinegar] vinegar, balsamic

vinegar

yogurt

BLUEBERRIES

Category: Fruits

agave nectar

almonds

(North) American cuisine

apples

apple juice

apricots

[baked goods] baked goods, breads

[baked goods] baked goods, muffins

[baked goods] baked goods, pies

[baked goods] baked goods, quick breads

[baked goods] baked goods, scones

[baked goods] baked goods, tarts

baked goods

bananas

blackberries

cereals, breakfast

CINNAMON

corn

corn cakes

ice cream

crème fraîche

crepes

cucumbers

currants

[desserts] desserts, clafoutis

[desserts] desserts, cobblers

[desserts] desserts, crisps

[desserts] desserts, crumbles

desserts

[drinks] drinks, cocktails

drinks

fennel

fruit, tropical

ginger

[grains, whole] grains, whole, spelt

grains, whole

granola

hazelnuts

lavender

[lemon] lemon, juice

[lemon] lemon, zest

lemon

[lime] lime, juice

[lime] lime, zest

lime

mango

MAPLE SYRUP

MASCARPONE

[melon] melon, cantaloupe

melon

mint

nectarines

nutmeg

nuts

oats

oatmeal

[orange] orange, juice

[orange] orange, zest

orange

PANCAKES

PEACHES

pecans

pies

pineapple

raspberries

rhubarb

rice, brown

[salads] salads, fruit

[salads] salads, green

salads

salsas

sauces, fruit

SMOOTHIES

soups, fruit

sour cream

strawberries

[sugar] sugar, brown

sugar

thyme

vanilla

watermelon

yogurt

BOK CHOY

Category: Vegetables

MatchShare: Cabbage, Napa

agave nectar

[almonds] almonds, roasted or smoked

almonds

Asian cuisines

beans, black

fermented black bean sauce

bell peppers, red

broccoli

broccoli rabe

[cabbage] cabbage, napa

[cabbage] cabbage, purple

cabbage

cardamom

carrots

cashews

casseroles

cauliflower

celery

[chiles] chiles, jalapeños

chiles

chili pepper flakes, chili paste, chili sauce

Chinese cuisine

cilantro

cinnamon

coconut milk

curry powder

curries

five-spice powder

GARLIC

GINGER

[greens] greens, asian

[greens] greens, dandelion

greens

hoisin

leeks

lemon

lemongrass

lime

lotus root

mirin

miso

[mushrooms] mushrooms, chinese

[mushrooms] mushrooms, shiitake

mushrooms

[noodles] noodles, asian

[noodles] noodles, soba

[noodles] noodles, udon

noodles

[oil] oil, canola

[oil] oil, chili

[oil] oil, grapeseed

[oil] oil, olive

[oil] oil, peanut

[oil] oil, sesame

[oil] oil, sunflower

oil

[onions] onions, yellow

onions

peanuts

peanut sauce

ponzu

potatoes

quinoa

[rice] rice, brown

[rice] rice, short-grain

rice

salads, when leaves are young

salt, sea

scallions

sesame seeds

shallots

slaws

SOUPS

soybeans, black

SOY SAUCE

sprouts, bean

squash, butternut

stews

STIR-FRIES

[stock] stock, mushroom or vegetable

stock

sugar, brown

tahini

tamari

tempeh

Thai cuisine

TOFU

turmeric

turnips

vinaigrette

[vinegar] vinegar, brown rice

[vinegar] vinegar, rice

[vinegar] vinegar, or umeboshi

vinegar

water chestnuts

[wine] wine, dry sherry

wine

zucchini

BORAGE

Category: Spices

chervil

chickpeas

chives

[cocktails] cocktails, gin-based

[cocktails] cocktails, e.g.

[cocktails] cocktails, pimm’s cup

cocktails

cucumbers

dill

[drinks] drinks, fruit

[drinks] drinks, iced

drinks

European cuisines

fennel

garlic

German cuisine

gin

[lemon] lemon, juice

lemon

mint

mustard

[oil] oil, olive

[oil] oil, vegetable

[oil] oil, walnut

oil

parsley

[pasta] pasta, ravioli

pasta

[pepper] pepper, white

pepper

potatoes

[rice] rice, arborio

rice

risottos

salad dressings

[salads] salads, bread

[salads] salads, chickpea

[salads] salads, fruit

[salads] salads, green

salads

[sauces] sauces, green

[sauces] sauces, herb

sauces

scallions

sorrel

[soups] soups, cold

[soups] soups, cucumber

[soups] soups, vegetable

soups

sour cream

stocks, vegetable

teas

thyme

tomatoes

vegetables

[vinegar] vinegar, fruit

[vinegar] vinegar, rice wine

vinegar

watercress

wine, white

yogurt

BRAGG LIQUID AMINOS

Category: Sauces

beans

carrots

casseroles

cauliflower

celery

cilantro

daikon

eggplant

garlic

ginger

grains, whole

gravies

[greens] greens, collard

greens

[juices] juices, carrot

juices

kale

[lemon] lemon, juice

lemon

lentils

[mushrooms] mushrooms, shiitake

mushrooms

[oil] oil, olive

[oil] oil, sesame

oil

onions

parsley

popcorn

potatoes

raw cuisine

[rice] rice, brown

rice

[salad dressings] salad dressings, caesar

salad dressings

salads

sauces

scallions

seitan

[soups] soups, gazpacho

soups

spreads

stews

stir-fries

stock, vegetable

tofu

tomatoes

[vegetables] vegetables, steamed

vegetables

veggie burgers

BRAZILIAN CUISINE

beans, black

cardamom

chiles

cilantro

cloves

coconut milk

feijoada

garlic

ginger

[greens] greens, collard

greens

kale

nutmeg

onions

orange

parsley

pepper, black

peppers, Brazilian

pumpkin

rice

saffron

salsa

thyme

BREAD CRUMBS

Category: Grains

arugula

asparagus

[beans] beans, green

beans

[breadings] breadings, for seitan

breadings

casseroles

cassoulets

cauliflower

endive

fennel

garlic

gratins

Italian cuisine

[legumes] legumes, lentils

legumes

macaroni

marjoram

mushrooms

[nuts] nuts, pistachios

nuts

oil, olive

onions

parsley

[pastas] pastas, linguini

[pastas] pastas, macaroni

[pastas] pastas, spaghetti

pastas

pesto

radicchio

rosemary

[salads] salads, bean

[salads] salads, caesar

[salads] salads, green

[salads] salads, mushroom

salads

[soups] soups, gazpacho

[soups] soups, white bean

soups

stuffings

thyme

[tomatoes] tomatoes, broiled

tomatoes

veggie burgers

watercress

zucchini

BREAD CRUMBS, PANKO

Category: Grains

artichokes

asparagus

baked dishes

breadings

crusts

deep-fried dishes

eggplant

[herbs] herbs, basil

[herbs] herbs, parsley

herbs

Japanese cuisine

lemon

“meatballs”

[mushrooms] mushrooms, oyster

mushrooms

[nuts] nuts, pecans

nuts

seitan

[squash] squash, kabocha

squash

[stuffings] stuffings, for artichokes

stuffings

tofu

BROCCOLI

Category: Vegetables

almonds

avocado

[basil] basil, italian or thai

basil

[beans] beans, black

[beans] beans, cannellini

[beans] beans, green

[beans] beans, white

beans

[bell peppers] bell peppers, red

[bell peppers] bell peppers, esp. roasted

bell peppers

bread crumbs

bulgur

brown butter

capers

cashews

casseroles

cauliflower

cayenne

chickpeas

[chiles] chiles, green

[chiles] chiles, red;

chiles

chili pepper flakes

chives

cilantro

coconut

coconut milk

coriander

crepes

crudités

curries

[curry] curry, paste

[curry] curry, powder

[curry] curry, spices

curry

dill

flax seeds

GARLIC

ginger

gomashio

gratins

greens, mesclun

“guacamole”

hazelnuts

“hummus”

leeks

[lemon] lemon, juice

[lemon] lemon, zest

lemon

lime

marjoram

mayonnaise

[miso] miso, barley

miso

[mushrooms] mushrooms, oyster

[mushrooms] mushrooms, shiitake

mushrooms

[mustard] mustard, dijon

[mustard] mustard, mustard seeds

mustard

[noodles] noodles, asian

[noodles] noodles, rice

[noodles] noodles, soba

[noodles] noodles, udon

noodles

[nuts] nuts, peanuts

[nuts] nuts, pecans

nuts

[oil] oil, olive

[oil] oil, peanut

[oil] oil, sesame

[oil] oil, walnut

oil

[olives] olives, black

olives

[onions] onions, red

[onions] onions, yellow

onions

orange

oregano

[parsley] parsley, italian

parsley

[pasta] pasta, fettuccine

[pasta] pasta, linguini

[pasta] pasta, penne

[pasta] pasta, spaghetti

pasta

[pepper] pepper, black

pepper

pestos

pine nuts

pizzas

[potatoes] potatoes, baked potatoes

[potatoes] potatoes, red

potatoes

pumpkin seeds

[rice] rice, brown

rice

rosemary

sage

[salads] salads, green

[salads] salads, pasta

[salads] salads, tomato

[salads] salads, vegetable

salads

salsify

salt, esp. sea

[sauces] sauces, hollandaise

sauces

savory

scallions

seitan

[sesame] sesame, oil

[sesame] sesame, seeds

sesame

shallots

slaws

soufflés

[soups] soups, broccoli

[soups] soups, creamy

soups

soybeans

soy sauce

spinach

sprouts, mung bean

[squash] squash, spaghetti

squash

stews

stir-fries

stock, vegetable

tahini

tamari

tarragon

tempura

thyme

tofu

tomatoes

tomatoes, sun-dried

turmeric

vinaigrette

[vinegar] vinegar, balsamic

[vinegar] vinegar, rice

[vinegar] vinegar, tarragon

vinegar

walnuts

watercress

wheat berries

wine, dry white

yogurt

BROCCOLI, CHINESE

Category: Vegetables

beets

carrots

chives

citrus

five-spice powder

GARLIC

GINGER

grains

leeks

[lemon] lemon, juice

[lemon] lemon, zest

lemon

mirin

miso

[mushrooms] mushrooms, shiitake

mushrooms

mustard

[oil] oil, chili

[oil] oil, grapeseed

[oil] oil, olive

[oil] oil, peanut

[oil] oil, or sesame

oil

olives

pasta

peanuts

raisins

[sauces] sauces, black bean

[sauces] sauces, hoisin

sauces

scallions

soy sauce

squash, winter

stir-fries

sugar

tofu

tomatoes

[vinegar] vinegar, balsamic or rice

vinegar

[wine] wine, rice

wine

BROCCOLI RABE

Category: Vegetables

almonds

barley

basil

[beans] beans, fava

[beans] beans, shell

[beans] beans, white

beans

[bell peppers] bell peppers, red or yellow

[bell peppers] bell peppers, esp. roasted

bell peppers

bread crumbs

bruschetta

capers

carrots

chestnuts

chickpeas

[chiles] chiles, jalapeño

[chiles] chiles, chili pepper flakes

chiles

Chinese cuisine

chives

cilantro

citrus

currants

eggplant

\*GARLIC

ginger

[grains] grains, barley

grains

hazelnuts

Italian cuisine

lemon

lemon, Meyer

mushrooms

mustard seeds

noodles, rice

[oil] oil, olive

[oil] oil, peanut

oil

olives

[onions] onions, yellow

onions

oregano

[paprika] paprika, smoked

paprika

[pasta, esp. whole grain] pasta, esp. whole grain, fettuccine

[pasta, esp. whole grain] pasta, esp. whole grain, orecchiette

[pasta, esp. whole grain] pasta, esp. whole grain, penne

[pasta, esp. whole grain] pasta, esp. whole grain, spaghettini

pasta, esp. whole grain

peanuts

pepper, black

pesto

pine nuts

pizza

polenta

potatoes

raisins

[rice] rice, brown

rice

risotto

[salad dressing] salad dressing, lemon vinaigrette

salad dressing

salads

salt, sea

scallions

shallots

[soups] soups, bean

[soups] soups, broccoli rabe

soups

soy sauce

squash, summer

stews

stir-fries

stock, vegetable

tempeh

tofu

tomatoes

turmeric

[vinegar] vinegar, balsamic

[vinegar] vinegar, red wine

[vinegar] vinegar, sherry

[vinegar] vinegar, white wine

vinegar

walnuts

wine, dry white

BROCCOLINI

Category: Vegetables

almonds

basil

[bell peppers] bell peppers, red

bell peppers

bread crumbs

broccoli

broccoli rabe

[chiles] chiles, dried

[chiles] chiles, chili paste

[chiles] chiles, chili pepper flakes

[chiles] chiles, chili sauce

chiles

cilantro

garlic

ginger

[lemon] lemon, juice

[lemon] lemon, zest

lemon

[mushrooms] mushrooms, porcini

mushrooms

[mustard] mustard, dijon

mustard

[oil] oil, olive

[oil] oil, porcini

[oil] oil, sesame

[oil] oil, vegetable

oil

olives

[onions] onions, red

onions

[orange] orange, juice

[orange] orange, zest

orange

parsley

[pastas] pastas, fettuccine

pastas

peanuts

peanut sauce

[pepper] pepper, black

pepper

potatoes

salads

salt, sea

[sesame] sesame, oil

[sesame] sesame, seeds

sesame

shallots

soups

soy sauce

[stock] stock, vegetable

stock

tofu

tomatoes

[vinegar] vinegar, balsamic

[vinegar] vinegar, cider

vinegar

BROWN RICE SYRUP

Category: Other

[baked goods] baked goods, cakes

[baked goods] baked goods, cookies

[baked goods] baked goods, muffins

baked goods

coffee

cookies, esp. crisp

ice cream

marinades

pancakes

[popcorn] popcorn, “caramel corn”

popcorn

salad dressings

waffles

BRUSSELS SPROUTS

Category: Vegetables

almonds

apples (dried

fresh), **apple cider**, **apple juice**

artichokes, Jerusalem

basil

bay leaf

[bell peppers] bell peppers, red

bell peppers

bread crumbs

brown butter

capers

caraway seeds

carrots

cashews

cauliflower

celery

celery root

CHESTNUTS (traditional)

chili pepper flakes

chives

coconut milk

coriander

cranberries, dried

crème fraîche

crudités

cumin

curry powder

dill

[endive] endive, belgian

endive

fennel

fennel seeds

GARLIC

ginger

[grains, whole] grains, whole, buckwheat

grains, whole

grapefruit

grapes

hazelnuts

juniper berries

kale

kasha

[lemon] lemon, juice

[lemon] lemon, zest

lemon

[lentils] lentils, french

lentils

lime

maple syrup

marjoram

mint

mirin

miso

[mushrooms] mushrooms, shiitake

mushrooms

[mustard] mustard, dijon

[mustard] mustard, mustard powder

[mustard] mustard, mustard seeds

mustard

nutmeg

[oil] oil, canola

[oil] oil, hazelnut

[oil] oil, mustard

[oil] oil, nut

[oil] oil, olive

[oil] oil, peanut

[oil] oil, pumpkin seed

[oil] oil, sesame

[oil] oil, walnut

oil

[onions] onions, green

[onions] onions, red

onions

[orange] orange, juice

orange

oregano

[paprika] paprika, smoked

paprika

parsley

parnips

[pasta] pasta, whole grain

pasta

pears

pecans

[pepper] pepper, black

[pepper] pepper, white

pepper

pine nuts

pistachios

potatoes

raisins

[rice] rice, basmati

rice

rosemary

rutabagas

salads

[salt] salt, kosher

[salt] salt, sea

[salt] salt, smoked

salt

scallions

sesame seeds

shallots

slaws

[soups] soups, chestnut

[soups] soups, vegetable

soups

sour cream

soy sauce

[sprouts] sprouts, bean

[sprouts] sprouts, mung bean

sprouts

[squash] squash, winter

squash

stir-fries

stock, vegetable

sugar

sunflower seeds

tamari

thyme

[tofu] tofu, smoked

tofu

turnips

vegetables, root

vermouth

vinaigrette

[vinegar] vinegar, apple

[vinegar] vinegar, balsamic

[vinegar] vinegar, rice wine

[vinegar] vinegar, sherry

[vinegar] vinegar, tarragon

[vinegar] vinegar, white wine

vinegar

WALNUTS

water chestnuts

[wine] wine, dry white

[wine] wine, rice

wine

yogurt

BUCKWHEAT

Category: Grains

MatchShare: Noodles, Soba; Kasha

almonds

almond butter

[apples] apples, cider

[apples] apples, fruit

[apples] apples, juice

apples

arame

asparagus

bananas

basil

bay leaf

[beans] beans, black

beans

[bell peppers] bell peppers, red

bell peppers

[berries] berries, blueberries

berries

Brazil nuts

cabbage

cardamom

carrots

cashews

casseroles

celery

cereals, hot breakfast

chard, Swiss

chickpeas

chives

cinnamon

corn

crepes

dates

Eastern European cuisine

flax seeds

(Northern) French cuisine

fruit, dried

garlic

ginger

[grains, other milder] grains, other milder, cracked wheat

[grains, other milder] grains, other milder, millet

[grains, other milder] grains, other milder, rice

grains, other milder

herbs

ice cream

KASHA

kohlrabi

leeks

[lemon] lemon, juice

[lemon] lemon, zest

lemon

maple syrup

“*meat loaf,” made with grains, nuts, and/or vegetables*

[mushrooms] mushrooms, wild

mushrooms

[noodles] noodles, soba

noodles

oil, olive

[onions] onions, caramelized

onions

PANCAKES

parsley

[pastas] pastas, farfalle

pastas

pears

pepper, black

pilafs

pine nuts

“polentas”

porridges

potatoes

quinces

Russian cuisine

sage

salads

salt, sea

scallions

[sesame] sesame, oil

[sesame] sesame, sauce

[sesame] sesame, seeds

sesame

[soups] soups, black bean

[soups] soups, potato

soups

sour cream

soy sauce

spinach

squash

[stock] stock, mushroom

[stock] stock, vegetable

stock

[stuffed vegetables] stuffed vegetables, cabbage

[stuffed vegetables] stuffed vegetables, mushrooms

[stuffed vegetables] stuffed vegetables, winter squash

stuffed vegetables

stuffings

thyme

tofu

tomatoes

vanilla

[vegetables] vegetables, root

vegetables

veggie burgers

walnuts

yogurt

BULGUR

Category: Grains

MatchShare: Wheat Berries

almonds

apples

apple juice

[apricots] apricots, dried

apricots

arugula

[beans] beans, cannellini

[beans] beans, fava bell peppers

[beans] beans, e.g.

[beans] beans, green

beans

broccoli

[cabbage] cabbage, red

cabbage

carrots

casseroles

cauliflower

cereals, hot breakfast

celery

chard

CHICKPEAS

[chiles] chiles, ancho

[chiles] chiles, chili powder

chiles

chili, vegetarian

cilantro

cinnamon

[citrus] citrus, zest

citrus

coriander

corn

cranberries, dried

cucumbers

cumin

currants

dill

eggplant

falafel

figs

fruit, dried

garlic

grape leaves

grapes

[greens] greens, collard

greens

herbs, fresh

kibbeh, vegetarian (use fine grain)

leeks

[lemon] lemon, juice

[lemon] lemon, zest

lemon

[lentils] lentils, green

[lentils] lentils, red

lentils

[lettuce] lettuce, bibb

[lettuce] lettuce, romaine

lettuce

lime

“meatballs”

“meat sauce”

Mediterrean cuisines

Middle Eastern cuisines

MINT

[mushrooms] mushrooms, cremini

mushrooms

mustard

nuts

[oil] oil, olive

[oil] oil, sesame

[oil] oil, walnut

oil

olives

[onions] onions, green

[onions] onions, red

[onions] onions, sweet

[onions] onions, white

onions

orange

PARSLEY

peas

pepper, black or white

PILAFS (use large grain)

pine nuts

pistachios

plums

pomegranates

puddings

pumpkin

radishes

raisins

rice

“risottos”

[salads] salads, grain

[salads] salads, tomato

[salads] salads, vegetable

salads

[salsa] salsa, tomato

salsa

[salt] salt, sea

salt

sauces

scallions

[seeds] seeds, sesame

[seeds] seeds, sunflower

seeds

[sesame] sesame, oil

[sesame] sesame, seeds

sesame

shallots

soups

spinach

[squash] squash, spaghetti

[squash] squash, summer

[squash] squash, winter

[squash] squash, yellow

squash

stews

stock, vegetable

[stuffed vegetables] stuffed vegetables, bell peppers

[stuffed vegetables] stuffed vegetables, cabbage

[stuffed vegetables] stuffed vegetables, grape leaves

[stuffed vegetables] stuffed vegetables, tomatoes

stuffed vegetables

stuffings

TABBOULEH (use fine grain)

tamari

tangerines

tarragon

thyme

tofu

TOMATOES

tomato paste

tomatoes, sun-dried

[vinegar] vinegar, balsamic

vinegar

walnuts

yogurt

za’atar

zucchini

BURDOCK ROOT

Category: Vegetables

[apples] apples, cider

[apples] apples, juice

apples

arame

artichokes, Jerusalem

barley

brown rice syrup

[cabbage] cabbage, savoy

cabbage

CARROTS

celery

celery leaves

[chiles] chiles, jalapeño

[chiles] chiles, thai;

chiles

chili pepper flakes

dashi

dates

fennel seeds

garlic

GINGER

[grains] grains, millet

grains

[greens] greens, dandelion

greens

hiziki

JAPANESE CUISINE

kale

kinpira

leeks

[lemon] lemon, juice

[lemon] lemon, zest

lemon

lime

lotus root

macrobiotic cuisine

marinades

mirin

miso

[mushrooms] mushrooms, shiitake

mushrooms

mustard

[noodles, asian] noodles, asian, shirataki

noodles, asian

nuts

[oil] oil, canola

[oil] oil, corn

[oil] oil, safflower

[oil] oil, sesame

[oil] oil, sunflower

[oil] oil, vegetable

oil

[onions] onions, yellow

onions

parsnips

potatoes

[rice] rice, basmati

[rice] rice, brown

[rice] rice, wild

rice

sake

salads

salsify

scallions

[sesame] sesame, oil

[sesame] sesame, seeds

sesame

soups

SOY SAUCE

spinach

squash, winter

stews

stir-fries

[stock] stock, mushroom

[stock] stock, vegetable

stock

sugar

tahini

tamari

tarragon

tempura

kinpira

teriyaki sauce

tofu

tomatoes

[vinegar] vinegar, umeboshi

vinegar

walnuts

watercress

BURMESE CUISINE

[beans] beans, long

beans

[chiles] chiles, dried

[chiles] chiles, red;

chiles

chili paste

cilantro

coconut

curries

eggplant

flour, chickpea

garlic

ginger

[greens] greens, asian

greens

lemongrass

lime

[noodles, asian] noodles, asian, rice noodles

noodles, asian

[oil] oil, peanut

oil

peanuts

rice

scallions

shallots

soy sauce

sprouts, bean

sweet potatoes

tofu

turmeric

# C

CABBAGE – IN GENERAL

Category: Vegetables

MatchShare: Cabbage, Chinese; Cabbage, Green; Cabbage, Red; Cabbage, Savoy

APPLES, APPLE JUICE, APPLE CIDER

bell peppers

brown butter

CARAWAY SEEDS

CARROTS

celery

cilantro

cole slaw

dill

garlic

ginger

horseradish

juniper berries

leeks

[lemon] lemon, juice

[lemon] lemon, zest

lemon

[lime] lime, juice

lime

mushrooms

[mustard] mustard, dijon

[mustard] mustard, dry

[mustard] mustard, prepared; mustard seeds

mustard

nutmeg

[oil] oil, flax seed

[oil] oil, hemp

[oil] oil, mustard

[oil] oil, nut

[oil] oil, olive

[oil] oil, safflower

[oil] oil, sesame

[oil] oil, vegetable

[oil] oil, walnut

oil

[onions] onions, green

[onions] onions, red

[onions] onions, white

onions

parsley

[pepper] pepper, black

[pepper] pepper, white

pepper

POTATOES

rice

salads

[salt] salt, kosher

[salt] salt, sea

[salt] salt, smoked

salt

[seeds] seeds, hemp

[seeds] seeds, poppy

[seeds] seeds, sesame

[seeds] seeds, sunflower

seeds

[sesame] sesame, oil

[sesame] sesame, seeds

sesame

SLAWS

soups

soy sauce

stuffed cabbage

turnips

[vinegar] vinegar, apple cider

[vinegar] vinegar, champagne

[vinegar] vinegar, rice wine

[vinegar] vinegar, sherry

[vinegar] vinegar, wine

vinegar

CABBAGE, NAPA

Category: Vegetables

MatchShare: Bok Choy

almonds

arame

arugula

Asian cuisines

bamboo shoots

basil

Thai basil

beans, black, black bean sauce

beans, green

beets

bell peppers

brown rice syrup

[cabbage, other] cabbage, other, green

[cabbage, other] cabbage, other, savoy

cabbage, other

CARROTS

cayenne

chicory

[chiles] chiles, dried red

[chiles] chiles, jalapeño; chili pepper flakes

[chiles] chiles, chili pepper paste

chiles

chili powder

Chinese cuisine

cilantro

cloves

cornstarch

cucumbers

cumin

dill

fennel seeds

garlic

GINGER

greens, louder

hiziki

kimchi

lemon

[lettuce] lettuce, mizuna

lettuce

lime

lotus root

mint

mirin

miso

[mushrooms] mushrooms, black

[mushrooms] mushrooms, shiitake

[mushrooms] mushrooms, wild

mushrooms

mustard seeds

[noodles, asian] noodles, asian, mung bean

[noodles, asian] noodles, asian, udon

noodles, asian

[oil] oil, chili

[oil] oil, coconut

[oil] oil, olive

[oil] oil, peanut

[oil] oil, safflower

[oil] oil, sesame

[oil] oil, vegetable

oil

[onions] onions, green

onions

parsley

peanuts

peanut butter

pears

peas

pepper, black

pickles

pine nuts

radicchio

radishes

raisins

[rice] rice, brown

rice

[salads] salads, asian

[salads] salads, cabbage

salads

[salt] salt, sea

salt

scallions

[seeds] seeds, sesame

[seeds] seeds, sunflower

seeds

seitan

[sesame] sesame, oil

[sesame] sesame, sauce

[sesame] sesame, seeds

sesame

[slaws] slaws, asian

slaws

snow peas

[soups] soups, asian

[soups] soups, cabbage

[soups] soups, vegetable

soups

soy sauce

spring rolls

stews

stir-fries

[stock] stock, vegetable

stock

stuffed cabbage

sugar

sugar snap peas

tamari

tofu

turmeric

vegetables, Asian

[vinegar] vinegar, apple cider

[vinegar] vinegar, balsamic

[vinegar] vinegar, black

[vinegar] vinegar, brown rice

[vinegar] vinegar, rice wine

vinegar

walnuts

watercress

wine, rice

CABBAGE, GREEN

Category: Vegetables

apples

apple cider/juice

bay leaf

[beans] beans, green

beans

[bell peppers] bell peppers, red

bell peppers

[bread] bread, rye

bread

bread crumbs, whole grain

cabbage rolls

caraway seeds

cardamom

carrots

celery

celery root

celery salt / seeds

cilantro

coriander

[croutons] croutons, pumpernickel

[croutons] croutons, rye

croutons

cumin

curries, curry powder, curry spices

dill

fennel

garlic

ginger

Hungarian cuisine

juniper berries

leeks

lentils, brown

lime

milk

[mustard] mustard, dijon

mustard

oil, olive

[onions] onions, yellow

onions

parsley

[pepper] pepper, black

pepper

potatoes

relishes

[rice] rice, brown or white

rice

risottos

rosemary

[salads] salads, cabbage

salads

[salt] salt, sea

salt

slaws

[soups] soups, borscht

[soups] soups, cabbage

soups

sour cream

[stock] stock, vegetable

stock

stuffed cabbage

tamari

thyme

tomatoes

tomato paste

[vinegar] vinegar, apple cider

[vinegar] vinegar, red wine

[vinegar] vinegar, white wine

vinegar

walnuts

CABBAGE, RED

Category: Vegetables

\*APPLES

APPLE JUICE

bay leaf

broccoli

caraway seeds

carrots

celery seeds

chestnuts

cider, apple or pear

cinnamon

cloves

[cranberries] cranberries, dried

[cranberries] cranberries, fresh

[cranberries] cranberries, juice

cranberries

cumin

dill

dulse

fennel

fennel seeds

[fruit] fruit, sour

fruit

garlic

ginger

greens, salad

juniper berries

kale

[lemon] lemon, juice

lemon

[lime] lime, juice

lime

lovage

marjoram

mint

[mustard] mustard, dijon

[mustard] mustard, dried

[mustard] mustard, seeds

mustard

nutmeg

[oil] oil, canola

[oil] oil, grapeseed

[oil] oil, nut

[oil] oil, olive

[oil] oil, peanut

[oil] oil, walnut

oil

[onions] onions, red

[onions] onions, white

onions

pears

Asian pears

pecans

[pepper] pepper, black

pepper

pomegranates

raisins

[salads] salads, cabbage (cold or warm)

[salads] salads, green

salads

salt

scallions

[sesame] sesame, seeds

sesame

shallots

SLAWS

[soups] soups, borscht

[soups] soups, sweet-and-sour

soups

stews

[sugar] sugar, organic brown

sugar

tarragon

thyme

[vinegar] vinegar, apple cider

[vinegar] vinegar, balsamic

[vinegar] vinegar, red wine

[vinegar] vinegar, sherry

vinegar

walnuts

wine, esp. dry red

yogurt

CABBAGE, SAVOY

Category: Vegetables

apples

[beans] beans, white

beans

bell peppers

bread, rye

cabbage rolls

caraway seeds

carrots

celery

chard, Swiss

[chiles] chiles, serrano

chiles

corn

crème fraîche

cumin

dill

fennel

[fruits, dried] fruits, dried, dried apricots

[fruits, dried] fruits, dried, raisins

fruits, dried

garlic

ginger

[grains] grains, pearl barley

grains

grapefruit

juniper berries

kale

leeks

[lemon] lemon, juice

lemon

mint

miso

mushrooms

mustard

nutmeg

[nuts] nuts, cashews

[nuts] nuts, hazelnuts

[nuts] nuts, peanuts

[nuts] nuts, pecans

nuts

[oil] oil, canola

[oil] oil, grapeseed

[oil] oil, olive

[oil] oil, peanut

[oil] oil, sesame

[oil] oil, vegetable

oil

[onions] onions, red

[onions] onions, white

[onions] onions, yellow

onions

parsley

pastas

[pepper] pepper, black

pepper

pistachios

potatoes

[rice] rice, arborio

[rice] rice, long-grain

rice

rosemary

sage

salads

[salt] salt, kosher

salt

sauerkraut

[sesame] sesame, oil

[sesame] sesame, seeds

sesame

slaws, Asian

snow peas

[soups] soups, cabbage

[soups] soups, minestrone

[soups] soups, rice

soups

spinach

stews

stock, vegetable

stuffed cabbage

tamari

tarragon

tempeh

thyme

[vinegar] vinegar, cider

[vinegar] vinegar, red wine

[vinegar] vinegar, rice wine

[vinegar] vinegar, white wine

vinegar

yogurt

CACAO

Category: Other

MatchShare: Chocolate, Dark

[baked goods] baked goods, brownies

[baked goods] baked goods, cakes

[baked goods] baked goods, cookies

[baked goods] baked goods, muffins

baked goods

[beverages] beverages, hot chocolate

beverages

candies

[confections] confections, fudge

confections

caramel

cereals, breakfast

[chocolate] chocolate, dark

[chocolate] chocolate, milk

chocolate

desserts, esp. raw

granola

ice creams

gelatos

[nuts] nuts, almonds

[nuts] nuts, pecans

nuts

oatmeal

popcorn

puddings

salads, fruit

smoothies

spreads

sugar

trail mix

energy bars

vanilla

CAJUN CUISINE

bay leaf

[beans] beans, green

[beans] beans, kidney

beans

[bell peppers] bell peppers, green

bell peppers

black-eyed peas

Cajun seasoning

carrots

cayenne

celery

chiles

cumin

garlic

gumbos

jambalaya

okra

onions

oregano

paprika

peas

[rice] rice, dirty rice

rice

sweet potatoes

tomatoes

CAPERS

Category: Vegetables

artichokes

arugula

asparagus

basil

[beans] beans, green

[beans] beans, kidney

beans

beets

[bell peppers] bell peppers, roasted

bell peppers

Brussels sprouts

caponata

carrots

cauliflower

celery

chervil

chickpeas

couscous

dill

dips

eggplant

escarole

French cuisine

garlic

Greek cuisine

[greens] greens, collard

greens

gremolata

Italian cuisine

kale

[lemon] lemon, juice

[lemon] lemon, zest

lemon

marjoram

mayonnaise

Mediterranean cuisines

[mustard] mustard, dijon

mustard

[oil] oil, canola

[oil] oil, olive

oil

[olives] olives, black

[olives] olives, greek

[olives] olives, green

[olives] olives, italian

[olives] olives, kalamata

olives

onions

oregano

parsley

[pasta] pasta, farfalle

[pasta] pasta, linguini

pasta

pepper, black

pickles

pine nuts

pizza

polenta

[potatoes] potatoes, new

[potatoes] potatoes, red

potatoes

Provençal cuisine

raisins

[salad dressings] salad dressings, vinaigrettes

salad dressings

[salads] salads, bean

[salads] salads, caesar

[salads] salads, grain

salads

[sauces] sauces, butter

[sauces] sauces, piccata

[sauces] sauces, puttanesca

[sauces] sauces, tartar

[sauces] sauces, tomato

sauces

seitan

shallots

Spanish cuisine

spreads

tapenades

tarragon

tofu

TOMATOES

tomatoes, sun-dried

vegetables

[vinegar] vinegar, balsamic

[vinegar] vinegar, champagne or white wine

vinegar

wine, dry white

zucchini

CARAWAY SEEDS

Category: Spices

almonds

apples, apple cider, *applesauce*

aquavit

Austrian cuisine

[baked goods] baked goods, breads

[baked goods] baked goods, cakes

[baked goods] baked goods, crackers

baked goods

barley

beans, green

beets

[breads] breads, irish soda

[breads] breads, pumpernickel

[breads] breads, rye

breads

Brussels sprouts

[cabbage] cabbage, red

cabbage

carrots

cauliflower

[chiles] chiles, dried

chiles

cole slaw

cucumbers

[drinks] drinks, liqueurs

drinks

dukkah

Eastern European cuisines

fruits

garlic

German cuisine

harissa

hazelnuts

Hungarian cuisine

juniper berries

lemon

mushrooms

noodles

nutmeg

onions

orange

parsley

potatoes

pumpkin

rye breads

salt, sea

sauces

sauerkraut

[soups/bisques] soups/bisques, potato

[soups/bisques] soups/bisques, pumpkin

[soups/bisques] soups/bisques, sweet potato

soups/bisques

[spreads] spreads, vegan “cheese”

spreads

[squash] squash, winter

squash

stews

sweet potatoes

tempeh

[tofu] tofu, extra firm

tofu

vanilla

vegetables, esp. root

vinegar

CARDAMOM

Category: Spices

vanilla.

almonds

apples

[baked goods] baked goods, breads

[baked goods] baked goods, cakes

[baked goods] baked goods, coffee cakes

[baked goods] baked goods, cookies

[baked goods] baked goods, pastries

[baked goods] baked goods, pies

baked goods

[beans] beans, black

beans

cabbage

caramel

carrots

cereals, hot breakfast

chiles

chocolate

cilantro

cinnamon

cloves

coconut

coconut milk

[coffee] coffee, turkish coffee

coffee

coriander

cumin

CURRIES, curry leaves, curry powder, curry spices

custards

dates

desserts

[drinks] drinks, chai

drinks

Ethiopian cuisine

fenugreek

fruits

garam masala

garlic

ginger

grains

ice cream

INDIAN CUISINE

lemon

[lentils] lentils, red

lentils

mangoes

maple syrup

marinades

Middle Eastern cuisines

milk

mint

[orange] orange, juice

[orange] orange, zest

orange

parsley

pears

[pepper] pepper, black

pepper

pilafs

pistachios

[puddings] puddings, rice

puddings

quince

raisins

ras el hanout

rice

rose water

saffron

salads, fruit

Scandinavian cuisine

soups

Southeast Asian cuisines

stews

sweet potatoes

[tea] tea, chai

tea

tofu

Turkish cuisine

turmeric

vanilla

vegetables

yogurt

CARIBBEAN CUISINES (see also JAMAICAN CUISINE)

allspice

basil

bay leaf

chayote

[chiles] chiles, habanero

[chiles] chiles, scotch bonnet;

chiles

chili pepper sauce

cilantro

cinnamon

citrus

cloves

coconut milk

culantro (aka chadon beni)

curry

dill

fruit, tropical

garlic

ginger

Jamaican cuisine

jerk dishes

lemon

lime

mangoes

marjoram

molasses

nutmeg

[onions] onions, green

onions

orange

oregano

parsley

pineapple

plantains

[rum] rum, dark

rum

salsas

[sugar] sugar, brown

sugar

tamarind

thyme

yuca

CARROTS

Category: Vegetables

allspice

almonds

[apples] apples, cider

[apples] apples, fruit

[apples] apples, juice

apples

apricots

arame

[artichokes] artichokes, baby

[artichokes] artichokes, jerusalem

artichokes

asparagus

avocados

[baked goods] baked goods, cakes

[baked goods] baked goods, muffins

baked goods

basil

Thai basil

bay leaf

[beans] beans, black

[beans] beans, broad

[beans] beans, green

beans

beets

[bell peppers] bell peppers, red

bell peppers

broccoli

broccoli rabe

burdock

[cabbage] cabbage, green

[cabbage] cabbage, napa

[cabbage] cabbage, red

cabbage

caraway seeds

cardamom

cashews

celery

celery root

chervil

chickpeas

chiles, chili pepper flakes, and/or chili powder

chili, vegetarian

chives

cilantro

CINNAMON

citrus

cloves

coconut, coconut butter, coconut milk

coriander

crème fraîche

crudités

cucumbers

CUMIN

curries, curry powder, curry spices

daikon

dates

[desserts] desserts, cakes

[desserts] desserts, mousses

desserts

DILL

fennel

fennel seeds

fruit, dried

GARLIC

\*GINGER

[grains] grains, barley

[grains] grains, bulgur

[grains] grains, couscous

[grains] grains, farro

[grains] grains, millet

[grains] grains, quinoa

grains

[greens] greens, carrot

[greens] greens, collard

[greens] greens, salad

greens

leeks

[lemon] lemon, juice

[lemon] lemon, zest

lemon

lentils

[lime] lime, juice

[lime] lime, zest

lime

maple syrup

marjoram

mascarpone

mint

miso

Moroccan cuisine

[mushrooms] mushrooms, enoki

[mushrooms] mushrooms, lobster

mushrooms

[mustard] mustard, dijon

[mustard] mustard, mustard seeds

mustard

[noodle dishes, asian] noodle dishes, asian, pad thai

noodle dishes, asian

nutmeg

[nuts] nuts, hazelnuts

[nuts] nuts, macadamia

[nuts] nuts, pecans

[nuts] nuts, pine nuts

nuts

[oil] oil, coconut

[oil] oil, olive

[oil] oil, peanut

[oil] oil, sesame

oil

olives

[onions] onions, green

[onions] onions, pearl

[onions] onions, red

onions

[orange] orange, juice

[orange] orange, zest

orange

paprika

PARSLEY

parsnips

peanuts

peanut butter

peas

[pepper] pepper, black

[pepper] pepper, white

pepper

pesto

pineapple

POTATOES

[purees] purees, carrot

[purees] purees, root vegetable

purees

RAISINS

rice

risotto

rosemary

SALADS

salt, esp. kosher, sea, savory scallions

[seeds] seeds, anise

[seeds] seeds, caraway

[seeds] seeds, poppy

[seeds] seeds, sesame

[seeds] seeds, sunflower

seeds

[sesame] sesame, oil

[sesame] sesame, paste

[sesame] sesame, seeds

sesame

shallots

[slaws] slaws, cole

slaws

snap peas

[soups] soups, carrot

[soups] soups, onion

[soups] soups, vegetable

soups

soy sauce

spinach

[stews] stews, moroccan tagines

stews

stock, vegetable

[sugar] sugar, brown

sugar

tahini

tarragon

thyme

tofu

tomatoes

turmeric

turnips

vanilla

[vegetables] vegetables, other root

vegetables

[vinegar] vinegar, balsamic

[vinegar] vinegar, cider

[vinegar] vinegar, red wine

[vinegar] vinegar, rice wine

[vinegar] vinegar, white wine

vinegar

walnuts

walnut oil

watercress

yogurt

zucchini

CASHEWS

Category: Nuts

almonds

apricots

[baked goods] baked goods, cookies

baked goods

bananas

[beans] beans, green

beans

[bell peppers] bell peppers, roasted

bell peppers

blueberries

bok choy

cabbage

cardamom

carrots

cauliflower

cayenne

celery

celery root

Central American cuisines

chickpeas

[chiles] chiles, serrano

chiles

chili, vegetarian

Chinese cuisine

chocolate / cacao nibs

cilantro

cinnamon

cloves

COCONUT

COCONUT MILK

corn

cumin

CURRIES

curry powder

desserts

dips

dipping sauces

garam masala

garlic

ginger

GRANOLA

granola bars

hazelnuts

hoisin sauce

hummus

Indian cuisine

[lemon] lemon, juice

lemon

lime

mangoes

milk, coconut

miso

[mushrooms] mushrooms, portobello

[mushrooms] mushrooms, shiitake

mushrooms

mustard

nutmeg

oil, olive

onions

orange

papaya, green

pâtés

peanut butter

peas

[pepper] pepper, black

pepper

pineapple

pine nuts

potatoes

pumpkin

[rice] rice, basmati

[rice] rice, jasmine

[rice] rice, sushi

rice

risottos

salad dressings

salads

salt, sea

satays

[sauces] sauces, nut

sauces

[sesame] sesame, seeds

sesame

smoothies

snow peas

[soups] soups, carrot

[soups] soups, cauliflower

soups

sour cream

South American cuisines

soy sauce

spinach

[squash, winter] squash, winter, butternut

squash, winter

stews

stir-fries

stuffings

[sugar] sugar, brown

[sugar] sugar, maple

sugar

sugar snap peas

tahini

tempeh

thyme

tofu

tomatoes

sun-dried tomatoes

vanilla

veggie burgers

wasabi

wheat berries

yogurt

CAULIFLOWER

Category: Vegetables

aloo gobi

apples

asparagus

barley

basil

bay leaf

[beans] beans, black

[beans] beans, fermented black

[beans] beans, green

[beans] beans, white

beans

[bell pepper] bell pepper, green

[bell pepper] bell pepper, red

bell pepper

black-eyed peas

bok choy

[bread crumbs] bread crumbs, whole wheat

bread crumbs

broccoli

Brussels sprouts

bulgur

BROWN BUTTER

CAPERS

cardamom

carrots

cashews

cayenne

celery

chervil

chickpeas

[chiles] chiles, green

[chiles] chiles, red; chili pepper flakes

[chiles] chiles, chili pepper sauce

[chiles] chiles, chili powder

chiles

chili, vegetarian

chives

chowders

cilantro

cinnamon

citrus

coconut

coconut milk

coriander

corn

couscous

milk

[cress] cress, land

cress

crudités

CUMIN

CURRIES

[curry] curry, oil

[curry] curry, powder

[curry] curry, spices

curry

dill

fenugreek

frito misto

garam masala

GARLIC

ginger

gratins

[greens] greens, bitter

greens

hazelnuts

herbs

horseradish

Indian cuisine

kale

kasha

leeks

[lemon] lemon, juice

[lemon] lemon, zest

lemon

lentils

lime

mango

marjoram

mashed cauliflower, à la mashed potatoes

mayonnaise

Mediterranean cuisines

Middle Eastern cuisines

[milk, dairy or nondairy] milk, dairy or nondairy, cashew

milk, dairy or nondairy

millet

mint

[mushrooms] mushrooms, portobello

mushrooms

[mustard] mustard, dijon or seeds

mustard

[noodles, asian] noodles, asian, rice noodles

noodles, asian

nutmeg

nutritional yeast

nuts

[oil] oil, mustard

[oil] oil, olive

[oil] oil, walnut

oil

[olives] olives, black

[olives] olives, green

[olives] olives, kalamata

olives

[onions] onions, red

[onions] onions, yellow

onions

orange

oregano

paprika

PARSLEY

[pasta] pasta, farfalle

[pasta] pasta, lasagna

[pasta] pasta, linguini

[pasta] pasta, penne

[pasta] pasta, rigatoni

pasta

peas

[pepper] pepper, black

[pepper] pepper, white

pepper

pesto

pine nuts

pistachios

polenta

[potatoes] potatoes, red

potatoes

pumpkin

purees

raisins

[rice] rice, arborio

[rice] rice, basmati

[rice] rice, brown

rice

risottos

rosemary

saffron

sage

[salads] salads, cauliflower

[salads] salads, green

[salads] salads, pasta

salads

[salt] salt, kosher

[salt] salt, sea

salt

savory

scallions

[seeds] seeds, caraway

[seeds] seeds, poppy

[seeds] seeds, pumpkin

[seeds] seeds, sesame

seeds

[sesame] sesame, oil

[sesame] sesame, paste

[sesame] sesame, seeds

sesame

shallots

snow peas

soufflés

[soups] soups, cauliflower

[soups] soups, curry

[soups] soups, vegetable

soups

sour cream

soy sauce

spelt

spinach

squash

sriracha sauce

“steaks”

stews

stir-fries

[stock] stock, mushroom

[stock] stock, vegetable

stock

sweet potatoes

“tabbouleh”

tacos

tahini

tamarind

tarragon

thyme

tofu

TOMATOES

TOMATO SAUCE

tomatoes, sun-dried

truffles

turmeric

[vinegar] vinegar, balsamic

[vinegar] vinegar, rice

[vinegar] vinegar, white wine

vinegar

wakame

walnuts

watercress

[wine] wine, dry white

wine

yogurt

CAYENNE POWDER

Category: Spices

cooks.

allspice

almonds

[beans] beans, black

[beans] beans, green

[beans] beans, mung

[beans] beans, red

beans

bell peppers

Cajun cuisine

cashews

cauliflower

chickpeas

chili, vegetarian

chocolate

cocoa

cilantro

corn

cumin

curries

dill

[dips] dips, bean

[dips] dips, chickpea

dips

dulse

eggplant

enchiladas

garlic

lemon

lentils

lime

low-fat dishes

low-salt dishes

marinades

[onions] onions, white

onions

paprika

peas

pecans

pine nuts

plantains

potatoes

refried beans

[salads] salads, “egg,” potato

[salads] salads, tofu

salads

[sauces] sauces, barbecue

[sauces] sauces, nut

sauces

[seeds] seeds, pumpkin

[seeds] seeds, sunflower

seeds

[soups] soups, beet

[soups] soups, carrot

[soups] soups, legume

[soups] soups, mushroom

soups

sour cream

stews

sugar

tofu

tomatoes

veggie burgers

[walnuts] walnuts, spiced walnuts

walnuts

yogurt

CELERY

Category: Vegetables

almonds

almond butter

anise seeds

APPLES

artichokes

barley

basil

bay leaf

[beans] beans, black

[beans] beans, kidney

beans

beets

bell peppers, red

[bread crumbs] bread crumbs, whole grain

bread crumbs

bulgur

brown butter

cabbage

capers

caraway

CARROTS

casseroles

cauliflower

celery root, celery salt, celery seeds

chervil

chestnuts

chickpeas

chives

cloves

[cocktails] cocktails, bloody marys

cocktails

crudités

cucumbers

cumin

curries

dill

endive

fennel

garlic

grapes

gratins

greens, mesclun

hazelnuts

kohlrabi

leeks

[lemon] lemon, juice

lemon

lentils

lime

lovage

mâche

maple syrup

marjoram

mayonnaise

mirepoix (celery + carrots + onions)

[mushrooms] mushrooms, oyster

[mushrooms] mushrooms, wild

mushrooms

[mustard] mustard, dijon

mustard

[nuts] nuts, almonds

[nuts] nuts, hazelnuts

[nuts] nuts, walnuts

nuts

[oil] oil, nut

[oil] oil, olive

[oil] oil, walnut

oil

[olives] olives, green

olives

[onions] onions, red

onions

[oranges] oranges, fruit

[oranges] oranges, juice

oranges

PARSLEY

peanuts

peanut butter

pears

peas

pecans

[pepper] pepper, black

pepper

pineapple

pistachios

potatoes

purslane

radishes

raisins

rice

risotto

rosemary

[salads] salads, egg

[salads] salads, fruit

[salads] salads, pasta

[salads] salads, potato

[salads] salads, vegetable

salads

[salt] salt, sea

salt

sauces

scallions

seeds, celery

shallots

slaws

snow peas

[soups] soups, celery

[soups] soups, celery root

[soups] soups, potato

[soups] soups, vegetable

soups

soy sauce

squash

stews

stir-fries

[stocks] stocks, vegetable

stocks

stuffed celery

stuffings

tarragon

thyme

tomatoes

turmeric

turnips

umeboshi paste

vinegar

walnut oil

WALNUTS

water chestnuts

watercress

yogurt

CELERY ROOT

Category: Vegetables

\*APPLES, apple cider, apple juice

artichokes

[beans] beans, cannellini

[beans] beans, green

beans

beets

[bell peppers] bell peppers, green

[bell peppers] bell peppers, roasted

bell peppers

[bread crumbs] bread crumbs, whole grain

bread crumbs

[cabbage] cabbage, savoy

cabbage

capers

caraway seeds

carrots

cayenne

celery

celery leaves

celery seeds

chard, Swiss

chervil

chestnuts

chickpeas

chips, celery root (i.e., deep-fried)

chives

chowders

crème fraîche

dill

endive, Belgian

fennel

GARLIC

gratins

hazelnuts

kale

kohlrabi

leeks

[lemon] lemon, juice

lemon

[lentils] lentils, french

lentils

[lime] lime, juice

lime

mascarpone

mayonnaise

millet

mint

miso

[mushrooms] mushrooms, chanterelle

[mushrooms] mushrooms, cremini

[mushrooms] mushrooms, oyster

[mushrooms] mushrooms, porcini

mushrooms

[mustard] mustard, dijon

[mustard] mustard, pommery

[mustard] mustard, and/or whole-grain

mustard

nutmeg

[nuts] nuts, cashews

nuts

[oil] oil, hazelnut

[oil] oil, nut

[oil] oil, olive

[oil] oil, pecan

[oil] oil, sunflower

[oil] oil, truffle

[oil] oil, walnut

oil

[olives] olives, black

olives

onions

oranges, juice, zest

oranges, blood

[paprika] paprika, smoked

paprika

PARSLEY

parsnips

pears

peas

peas, split

pecans

pepper, black

pine nuts

[potatoes] potatoes, mashed

potatoes

[purees] purees, potato

purees

ramps

remoulades

[rice] rice, arborio

[rice] rice, wild

rice

risottos

[root vegetables, other] root vegetables, other, carrots

[root vegetables, other] root vegetables, other, turnips

[root vegetables, other] root vegetables, other, etc.

root vegetables, other

rosemary

rutabaga

saffron

sage

[salad dressings] salad dressings, creamy

[salad dressings] salad dressings, vinaigrette

salad dressings

[salads] salads, winter

salads

salsify

[salt] salt, kosher

[salt] salt, smoked

[salt] salt, truffle

salt

sauces

shallots

slaws

sorrel

[soups] soups, celery

[soups] soups, celery root

[soups] soups, leek

[soups] soups, tomato

soups

soy sauce

stews

stock, vegetable

[sugar] sugar, brown

sugar

tarragon

THYME

tomatoes

tomato paste

[truffles] truffles, black

[truffles] truffles, oil

[truffles] truffles, salt

truffles

[vegetables, root] vegetables, root, turnips

vegetables, root

[vinegar] vinegar, cider

[vinegar] vinegar, red wine

[vinegar] vinegar, sherry

[vinegar] vinegar, white wine

vinegar

walnuts

watercress

wild rice

wine, dry red or white

yogurt

CELERY SALT

Category: Spices

beets

Bloody Marys

cabbage

celery

chili pepper sauce

dill

dips

garlic

[juices] juices, tomato

[juices] juices, vegetable

juices

onions

salad dressings

[salads] salads, potato

salads

slaws, cole

soups, esp. bean, gazpacho, lentil, tomato

sour cream

stock, vegetable

tomatoes

CELERY SEEDS

Category: Spices

cabbage

carrots

celery

[cocktails] cocktails, bloody marys

cocktails

cucumbers

dill

dips

garlic

lemon

marinades

mayonnaise

[mustard] mustard, dijon

mustard

nuts

[oil] oil, almond

[oil] oil, olive

oil

onions

pepper, black

pickles

potatoes

SALAD DRESSINGS

[salads] salads, egg

[salads] salads, fruit

[salads] salads, macaroni

[salads] salads, potato

[salads] salads, vegetable

salads

sauces

sauerkraut

[slaws] slaws, cole

slaws

[soups] soups, celery

[soups] soups, noodle

[soups] soups, onion

[soups] soups, zucchini

soups

sour cream

spinach

[stews] stews, vegetable

stews

tomatoes

tomato juice

vegetables

vegetable juices

[vinegar] vinegar, apple cider

[vinegar] vinegar, white wine

vinegar

Worcestershire sauce, vegetarian

CHARD

Category: Vegetables

almonds

apples

basil

[beans] beans, dried

[beans] beans, white

beans

bell peppers

bread crumbs

bulgur

capers

carrots

CHICKPEAS

[chiles] chiles, chipotle

[chiles] chiles, dried

[chiles] chiles, red;

chiles

chili pepper flakes

cilantro

cinnamon

coconut

coriander

[crepes] crepes, buckwheat

crepes

cumin

currants

curries

dolmas

eggplant

fennel

fennel seeds

[french cuisine] french cuisine, niçoise

french cuisine

\*GARLIC

ginger

gratins

greens, other

kale

lamb’s quarters

leeks

[lemons] lemons, juice

[lemons] lemons, zest

lemons

LENTILS

[lime] lime, juice

[lime] lime, zest

lime

lovage

mascarpone

millet

mint

mirin

[mushrooms] mushrooms, porcini

[mushrooms] mushrooms, portobello

[mushrooms] mushrooms, shiitake

mushrooms

mustard

mustard seeds

nettles

[noodles] noodles, asian

[noodles] noodles, rice

noodles

nutmeg

[oil] oil, canola

[oil] oil, chili

[oil] oil, olive

[oil] oil, peanut

[oil] oil, sesame

oil

[olives] olives, kalamata

olives

[onions] onions, red

onions

[orange] orange, juice

[orange] orange, zest

orange

[paprika] paprika, smoked

[paprika] paprika, sweet

paprika

parsley

[pastas] pastas, cannelloni

[pastas] pastas, farfalle

[pastas] pastas, fusilli

[pastas] pastas, gnocchi

[pastas] pastas, lasagna

[pastas] pastas, orecchiette

[pastas] pastas, penne

[pastas] pastas, ravioli

[pastas] pastas, tortellini

pastas

pepper, black

PINE NUTS

polenta

[potatoes] potatoes, red

potatoes

quinoa

raisins

[rice] rice, basmati

[rice] rice, brown

rice

risottos

saffron

[salads] salads, green

[salads] salads, watercress

salads

[salt] salt, kosher

[salt] salt, sea

salt

scallions

[seeds] seeds, pumpkin

[seeds] seeds, sesame

seeds

shallots

sorrel

[soups] soups, chard

[soups] soups, lentil

[soups] soups, minestrone

[soups] soups, potato

soups

sour cream

soy sauce

stews

stir-fries

stock, vegetable

[stuffed chard] stuffed chard, with currants + pine nuts + rice

stuffed chard

tahini

tamari

thyme

tofu

TOMATOES

TOMATO SAUCE

tomatoes, sun-dried

[vinegar] vinegar, apple cider

[vinegar] vinegar, balsamic

[vinegar] vinegar, red wine

vinegar

walnuts

wheat berries

Worcestershire sauce, vegetarian

yogurt

zucchini

CHAYOTE

Category: Vegetables

almonds

apples

[bell peppers] bell peppers, red

bell peppers

bread crumbs

Caribbean cuisines

Central American cuisine

[chiles] chiles, chipotle

[chiles] chiles, jalapeño

chiles

cilantro

cinnamon

coconut milk

corn

Creole / Cajun cuisine, in which the chayote is known as mirliton

curries

enchiladas

fennel

fennel seeds

garlic

ginger

gratins

Jamaican cuisine

Latin American cuisines

lemon

lime

Louisiana cuisine, in which the chayote is known as mirliton

mango

Mexican cuisine

oil, olive

[onions] onions, spring

[onions] onions, white

[onions] onions, yellow

onions

orange

oregano

parsley

pumpkin seeds

[salads] salads, fruit

[salads] salads, green

[salads] salads, potato

salads

salsas

scallions

slaws

soups

sour cream

Southern (U.S.) cuisine

squash, acorn

stews

stir-fries

stock, vegetable

stuffed chayotes

[sushi] sushi, nori rolls

sushi

sweet potatoes

tarragon

thyme

[tofu] tofu, firm

tofu

tomatoes

tortillas, corn

tostadas

turmeric

vanilla

watercress

CHERRIES

Category: Fruits

ALMONDS

apples

apple juice

apricots

[baked goods] baked goods, cakes

[baked goods] baked goods, cookies

[baked goods] baked goods, crisps

baked goods

basil

blackberries

brandy

caramel

cardamom

cherries jubilee

[chiles] chiles, jalapeño

chiles

CHOCOLATE

chutneys

CINNAMON

[citrus] citrus, juice

citrus

clafoutis, cherry

cloves

coconut

compotes

corn / cornmeal

crème fraîche

crisp, fruit

currants, red

ginger

granola

hazelnuts

ice cream

\*KIRSCH

[lemon] lemon, juice

[lemon] lemon, zest

lemon

lemon verbena

mint

nectarines

nutmeg

nuts

oatmeal

oats

[orange] orange, juice

[orange] orange, zest

orange

peaches

pears

pecans

pepper, black

pies

pistachios

plums

rhubarb

[salads] salads, fruit

[salads] salads, green

salads

sauces, dessert

smoothies

sorbets

[soups] soups, fruit

soups

sour cream

star anise

sugar

tarts

VANILLA

[vinegar] vinegar, balsamic

[vinegar] vinegar, regular or white

vinegar

wine, esp. dry, red or port

yogurt

CHERRIES, DRIED

Category: Fruits

cherries

cherry juice

[chocolate] chocolate, dark

chocolate

compotes

dates

desserts

[fruit, other dried] fruit, other dried, apricots

fruit, other dried

ginger

[grains] grains, quinoa

[grains] grains, wild rice

grains

granola

[greens] greens, mesclun

[greens] greens, salad

greens

[lemon] lemon, juice

[lemon] lemon, zest

lemon

muesli

oats

oranges

pears

pilafs

popcorn

quince

salads

sauces

stuffings

trail mix

vanilla

[vinegar] vinegar, balsamic

vinegar

walnuts

CHERVIL

Category: Spices

almonds

artichokes

asparagus

basil

[beans] beans, fava

[beans] beans, green

[beans] beans, white

[beans] beans, yellow

beans

bouquets garnis

bulgur

carrots

chives

cilantro

cold dishes

couscous

crème fraîche

cucumbers

dill

FINES HERBES

FRENCH CUISINE

grains, whole

[greens] greens, dandelion

[greens] greens, salad

greens

leeks

lemon

lettuces

marjoram

mint

[mushrooms] mushrooms, morel

mushrooms

mustard

nuts

oil, olive

parsley

pastas

peas

pestos

[potatoes] potatoes, new

potatoes

rice

salad dressings

[salads] salads, egg

[salads] salads, green

[salads] salads, potato

salads

[sauces] sauces, creamy

sauces

shallots

sorrel

[soups] soups, creamy

[soups] soups, potato

[soups] soups, vegetable

soups

spinach

stuffings

tarragon

tomatoes, tomato sauces, sun-dried tomatoes

[vinegar] vinegar, champagne

[vinegar] vinegar, white wine

vinegar

zucchini

CHESTNUTS

Category: Nuts

apples, apple cider, apple juice

[baked goods] baked goods, cakes

[baked goods] baked goods, pies

baked goods

bay leaf

[beans] beans, white

beans

brandy

bread crumbs

broccoli

broccoli rabe

BRUSSELS SPROUTS

[cabbage] cabbage, red

cabbage

carrots

casseroles

cayenne

celery

celery root

chickpeas

[chiles] chiles, chipotle

chiles

chocolate

cinnamon

cloves

coffee

Cognac

cranberries

currants

DESSERTS

dips

farro

fennel

fennel seeds

garlic

ginger

grains, whole

grapes

greens, bitter

Italian cuisine

kale

leeks

[lemon] lemon, juice

lemon

[lentils] lentils, french

[lentils] lentils, red

lentils

madeira

maple syrup

milk

mirin

[mushrooms] mushrooms, button

[mushrooms] mushrooms, porcini

[mushrooms] mushrooms, white

mushrooms

nutmeg

[oil] oil, canola

[oil] oil, grapeseed

[oil] oil, olive

[oil] oil, sesame

oil

onions

[orange] orange, zest

orange

parsley

parsnips

[pastas] pastas, gnocchi

[pastas] pastas, pappardelle

[pastas] pastas, tortellini

pastas

[pâtés] pâtés, chestnut-lentil

pâtés

pears

pecans

[pepper] pepper, black

pepper

“pestos”

pine nuts

plums, dried

puddings

pumpkin

purees

raisins

raspberries

[rice] rice, glutinous

[rice] rice, medium- or short-grain

[rice] rice, wild

rice

risottos

rosemary

rum

sage

sake

salads

[salt] salt, sea

salt

sesame seeds, black

shallots

sherry

soufflés

[soups] soups, chestnut

[soups] soups, butternut squash

soups

Spanish cuisine

[squash, winter] squash, winter, butternut

[squash, winter] squash, winter, kabocha

squash, winter

stir-fries

stock, vegetable

[stuffings] stuffings, corn bread

stuffings

[sugar] sugar, brown

sugar

tarragon

vanilla

[vegetables, root] vegetables, root, beets

[vegetables, root] vegetables, root, celery root

[vegetables, root] vegetables, root, turnips

vegetables, root

[vinegar] vinegar, balsamic

[vinegar] vinegar, sherry

vinegar

[wine, red] wine, red, dry or sweet

[wine, red] wine, red, e.g.

[wine, red] wine, red, port

wine, red

CHIA SEEDS

Category: Nuts

apples

[baked goods] baked goods, biscuits

[baked goods] baked goods, breads

[baked goods] baked goods, cakes

[baked goods] baked goods, cookies

[baked goods] baked goods, muffins

baked goods

bananas

beans, black

[berries] berries, blueberries

berries

carob

cereals, breakfast

chili, vegetarian

chocolate

cocoa / cacao

cinnamon

coconut, coconut butter, coconut milk

dates

[drinks] drinks, limeade

drinks

flax seeds

ginger

[goji berries] goji berries, dried

goji berries

granola

kale

lemon

[lime] lime, juice

lime

maca

mango

maple syrup

[milk] milk, cashew

[milk] milk, coconut

[milk] milk, hemp seed

milk

mint

nutmeg

nuts

[nut butters] nut butters, brazil

nut butters

oatmeal, oats, oat bran

pears

pecans

porridge

PUDDINGS

raisins

sage

salads

smoothies

soups

squash, spaghetti

[sugar] sugar, coconut

sugar

tofu, silken

vanilla

veggie burgers

walnuts

yogurt

frozen yogurt

CHICKPEAS

Category: Legumes

(North) African cuisine

almonds

apples, apple cider, or apple juice

apricots, dried

artichokes

avocados

basil

Thai basil

bay leaf

beans, green

[bell peppers] bell peppers, roasted

bell peppers

Bragg Liquid Aminos

[bread] bread, pita

[bread] bread, whole grain

bread

bulgur

[cabbage] cabbage, napa

cabbage

capers

cardamom

carrots

cashews

cauliflower

cayenne

celery

chana masala

chard, Swiss

[chiles] chiles, chipotle

[chiles] chiles, jalapeño;

chiles

chili pepper flakes

chili, vegetarian

cilantro

cinnamon

[citrus] citrus, lemon

[citrus] citrus, lime

[citrus] citrus, orange

citrus

cloves

coconut

coconut milk

coriander

couscous

cucumbers

[cumin] cumin, toasted

cumin

currants

[curries] curries, indian

[curries] curries, curry powder

[curries] curries, curry spices

curries

dill

[dips] dips, hummus

dips

EGGPLANT

FALAFEL

fennel

GARLIC

ginger

[grains] grains, farro

[grains] grains, millet

[grains] grains, quinoa

[grains] grains, rice

[grains] grains, wheat berries

grains

Greek cuisine

[greens, bitter] greens, bitter, amaranth

[greens, bitter] greens, bitter, beet

greens, bitter

greens, salad

herbs

\**HUMMUS*

INDIAN CUISINE

Italian cuisine

kale

[lemon] lemon, juice

lemon

lemons, preserved

[lentils] lentils, green

lentils

lime

mangoes

mayonnaise

Mediterranean cuisines

Mexican cuisine

MIDDLE EASTERN CUISINES

mint

Moroccan cuisine

[mushrooms] mushrooms, porcini

[mushrooms] mushrooms, portobello

mushrooms

mustard seeds

[oil] oil, olive

[oil] oil, sesame

[oil] oil, sunflower

[oil] oil, vegetable

oil

[olives] olives, kalamata

[olives] olives, niçoise

olives

[onions] onions, red

[onions] onions, yellow

onions

oregano

[paprika] paprika, smoked

[paprika] paprika, sweet

paprika

PARSLEY

[pasta] pasta, whole grain

pasta

[pepper] pepper, black

[pepper] pepper, white

pepper

peppers, roasted red

pine nuts

pistachios

polenta

potatoes

pumpkin

quinoa

[rice] rice, basmati

[rice] rice, brown

[rice] rice, wild

rice

rosemary

saffron

sage

salad dressings

[salads] salads, bean

[salads] salads, chopped

[salads] salads, green

[salads] salads, vegetable

salads

[salt] salt, kosher

[salt] salt, sea

salt

scallions

[seeds] seeds, pumpkin

[seeds] seeds, sesame

seeds

[soups] soups, minestrone

[soups] soups, tomato

[soups] soups, vegetable

soups

SPINACH

spreads

[squash] squash, summer

[squash] squash, yellow

squash

[stews] stews, vegetable

stews

stock, vegetable

sumac

sweet potatoes

tabbouleh

tagines

TAHINI

tamari, low-sodium

tamarind

tarragon

thyme

TOMATOES, TOMATO PASTE, sun-dried tomatoes

tortillas, whole wheat

turmeric

veggie burgers

[vinegar] vinegar, balsamic

[vinegar] vinegar, red wine

[vinegar] vinegar, sherry

vinegar

walnuts

yogurt

zucchini

CHICORY

Category: Vegetables

MatchShare: Radicchio

almonds

[apples] apples, fuji

apples

artichokes, Jerusalem

arugula

[beans] beans, kidney

beans

beets

bread crumbs

capers

carrots

chili pepper flakes

chives

cranberries, dried

fennel

figs

garlic

grapefruit

grapes

gratins

greens, other

hazelnuts

lemon

[lettuces] lettuces, mesclun

[lettuces] lettuces, mixed

lettuces

mint

[mustard] mustard, dijon

mustard

nutmeg

[nuts] nuts, hazelnuts

[nuts] nuts, walnuts

nuts

[oil, nut] oil, nut, hazelnut

[oil, nut] oil, nut, walnut

oil, nut

oil, olive

[olives] olives, black

[olives] olives, green

olives

onions

[oranges] oranges, blood

oranges

parsley

parsnips

pastas

pears

pecans

[persimmons] persimmons, fuyu

persimmons

pine nuts

potatoes

raisins

rice

[salads] salads, bitter green

[salads] salads, mixed green

salads

scallions

shallots

sorrel

soufflés

soy sauce

[sugar] sugar, brown

sugar

tomatoes

vegetables, root

[vinegar] vinegar, balsamic

[vinegar] vinegar, red wine

[vinegar] vinegar, sherry

vinegar

walnuts

watercress

Worcestershire sauce, vegan

zucchini

CHILES—IN GENERAL

Category: Vegetables

Asian cuisines

avocados

[basil] basil, thai

basil

[beans] beans, black

[beans] beans, pinto

beans

bell peppers

Cajun cuisine

caraway seeds

Caribbean cuisines

Chinese cuisine

[chocolate] chocolate, bitter

[chocolate] chocolate, dark

chocolate

CILANTRO

cinnamon

coconut

coconut milk

coriander

corn

corn bread

cucumbers

cumin

curries

eggplant

galangal

GARLIC

GINGER

greens

guacamole

[indian cuisine] indian cuisine, south

indian cuisine

Latin American cuisines

[lemon] lemon, juice

lemon

lemongrass

lentils

[lime] lime, juice

lime

mangoes

marjoram

\**MEXICAN CUISINE*

moles

mushrooms

noodles

nuts

[oil] oil, olive

[oil] oil, sesame

[oil] oil, sunflower

oil

olives

[onions] onions, red

onions

[oregano] oregano, mexican

oregano

parsley

pasta

peanuts, esp. in Asian dishes

peas

pineapple

potatoes

relishes

rice

[salads] salads, bean

[salads] salads, thai

salads

SALSAS

[sauces] sauces, fruit

[sauces] sauces, moles

[sauces] sauces, salsas

sauces

[seeds] seeds, pumpkin

seeds

[sesame] sesame, oil

[sesame] sesame, seeds

[sesame] sesame, esp. in asian cuisines

sesame

shallots

soups

sour cream

South American cuisines

Southeast Asian cuisines

Southwestern (U.S.) cuisine

soy sauce

stews

stuffed chiles

[sugar] sugar, palm

sugar

tamarind

Tex-Mex cuisine

\**THAI CUISINE*

thyme

tomatillos

TOMATOES

TOMATO SAUCE

tortillas

tortilla chips

turmeric

[vegetables, sweet] vegetables, sweet, beets

[vegetables, sweet] vegetables, sweet, carrots

[vegetables, sweet] vegetables, sweet, corn

vegetables, sweet

[vinegar] vinegar, balsamic

[vinegar] vinegar, red wine

[vinegar] vinegar, rice wine

[vinegar] vinegar, sherry

vinegar

yogurt

CHILES, ANAHEIM

Category: Vegetables

[beans] beans, black

beans

chiles rellenos

[chiles, other] chiles, other, chipotle

chiles, other

chili, vegetarian

[chowders] chowders, corn

chowders

cilantro

coriander

corn

corn bread

cumin

dips

salads

salsas

salt

sauces

stews

stir-fries

stuffed peppers

tacos

tomatillos

tomatoes

veggie burgers

vinegar, rice

CHILES, ANCHO

Category: Spices

achiote seeds

bay leaf

[beans] beans, black

[beans] beans, kidney

[beans] beans, pinto

[beans] beans, red

beans

bulgur

cashews

[chiles, other] chiles, other, guajillo

chiles, other

chili, vegetarian

chocolate

cloves

coriander

corn

cumin

eggplant

epazote

garlic

[lentils] lentils, brown

lentils

[lime] lime, juice

lime

Mexican cuisine

[oil] oil, grapeseed

[oil] oil, vegetable

oil

onions

[oregano] oregano, dried

[oregano] oregano, mexican

oregano

[pepper] pepper, black

pepper

rice

salsas

[salt] salt, sea

salt

[sauces] sauces, adobo

[sauces] sauces, mole

sauces

[soups] soups, vegetable

soups

stews

[stock] stock, vegetable

stock

stuffed ancho chiles

tacos

tamales

tofu

tomatoes

CHILES, CASCABEL

Category: Vegetables

almonds

beans

casseroles

[chiles, other] chiles, other, chipotle

chiles, other

chili

cilantro

enchiladas

fajitas

grapefruit

lemon

lime

Mexican cuisine

mushrooms

orange

peaches

pumpkin

salsas, esp. raw

[sauces] sauces, mole

sauces

soups

[squash] squash, winter

squash

stews

tacos

tamales

tomatillos

tomatoes

CHILES, CHIPOTLE

Category: Spices

agave nectar

arugula

avocados

basil

[beans] beans, black

[beans] beans, pinto

beans

[bell peppers] bell peppers, red

bell peppers

carrots

casseroles

Central American cuisines

chilaquiles

chiles, other;

[chili sauce] chili sauce, thai sweet

chili sauce

CHILI, VEGETARIAN

chocolate

cilantro

corn

cumin

empanadas

GARLIC

[lemon] lemon, juice

[lemon] lemon, zest

lemon

[lime] lime, juice

[lime] lime, zest

lime

maple syrup

marinades

mayonnaise

Mexican cuisine

miso

molasses

[mushrooms] mushrooms, portobello

mushrooms

mustard

[oil] oil, canola

[oil] oil, olive

[oil] oil, vegetable

oil

[onions] onions, red

[onions] onions, white

onions

[orange] orange, juice

[orange] orange, zest

orange

oregano

paprika

[pepper] pepper, black

pepper

pizzas

pomegranates

posole

potatoes

quesadillas

quinoa

rice

salad dressings

salads

salsas

[salt] salt, kosher

[salt] salt, sea

salt

[sandwiches] sandwiches, grilled cheese

sandwiches

[sauces] sauces, dipping

sauces

sherry, dry

[soups] soups, black bean

soups

Southwestern (U.S.) cuisine

soy sauce

spinach

spreads

squash, butternut

STEWS

stock, vegetable

[sugar] sugar, brown

sugar

sweet potatoes

tacos

tamales

tamari

tempeh

Tex-Mex cuisine

tofu

tomatillos

TOMATOES (canned or fresh)

tomato paste, puree, sauce, etc.

tortillas

tortilla chips

[vinegar] vinegar, apple cider

[vinegar] vinegar, balsamic

[vinegar] vinegar, champagne

[vinegar] vinegar, rice wine

[vinegar] vinegar, white

vinegar

yams

CHILES, GUAJILLO

Category: Spices

achiote seeds

bay leaf

[chiles, other] chiles, other, ancho chiles

chiles, other

chili, vegetarian

cloves

coriander

cumin

epazote

garlic

jícama

lime

Mexican cuisine

[oil] oil, grapeseed

oil

oregano, Mexican

pepper, black

salt, sea

[sauces] sauces, pasta

sauces

soups

stews

tomatoes

CHILES, HABANERO

Category: Vegetables

allspice

apples

avocados

bell peppers, red

Caribbean cuisines

carrots

cilantro

cloves

fruit, tropical

guacamole

ketchup

[lemon] lemon, juice

lemon

lime

mangoes

mint

[oil, vegetable] oil, vegetable, olive

oil, vegetable

[onions] onions, red

[onions] onions, white

onions

oregano

papaya

pineapple

pumpkin

radishes

salsas

salt, sea

[sauces] sauces, hot

[sauces] sauces, jerk

sauces

sugar

tomatillos

tomatoes

vinegar, rice wine

CHILES, JALAPEÑO

Category: Vegetables

apples

avocados

[beans] beans, black

[beans] beans, pinto

beans

carrots

cayenne

chiles rellenos

chutneys

cilantro

cinnamon

coconut milk

corn

corn bread

corn muffins

cucumbers

cumin

curries

dips

figs

guacamole

jícama

[lemon] lemon, juice

lemon

LIME

mangoes

Mexican cuisine

mint

[oil] oil, olive

oil

[onions] onions, white

onions

palm, hearts of

peanut butter

“pesto”

pumpkin seeds

sage

[salad dressings] salad dressings, citrus

salad dressings

salads

[salsas] salsas, salsa verde

salsas

[salt] salt, sea

salt

[sauces] sauces, ranchero

sauces

soups

[squash] squash, butternut

[squash] squash, summer

squash

stews

tacos

tomatillos

tomatoes

vermouth

vinegar, champagne

CHILES, PASILLA

Category: Spices

avocado

bell peppers

cabbage

[chiles, other] chiles, other, ancho

chiles, other

chili, vegetarian

chocolate, Mexican

corn

crema

enchiladas

epazote

garlic

guacamole

lime

[mushrooms] mushrooms, button

[mushrooms] mushrooms, shiitake

mushrooms

oil, olive

onions

potatoes

salsas

[sauces] sauces, moles

sauces

scallions

slaws

[soups] soups, garlic

[soups] soups, pumpkin

[soups] soups, tomato

[soups] soups, tortilla

soups

stuffed peppers

tacos

tomatoes

CHILES, POBLANO

Category: Vegetables

avocado

[beans] beans, black

[beans] beans, pinto

[beans] beans, white

beans

[bell peppers, sweet] bell peppers, sweet, red

[bell peppers, sweet] bell peppers, sweet, yellow

bell peppers, sweet

carrots

casseroles

cayenne

chard, Swiss

[chiles, other] chiles, other, ancho

[chiles, other] chiles, other, chipotle

chiles, other

CHILES RELLENOS

chili pepper flakes

chili powder

chili, vegetarian

cilantro

CORN

cumin

enchiladas

fajitas

garlic

grains

hominy

leeks

lime

Mexican cuisine

[mushrooms] mushrooms, oyster

[mushrooms] mushrooms, portobello

[mushrooms] mushrooms, shiitake

mushrooms

oil, olive

[onions] onions, red

onions

orange

oregano

posole

potatoes

pumpkin

quesadillas

quinoa

[rice] rice, brown

rice

salad dressings

salads

salsas

scallions

[soups] soups, black bean

[soups] soups, corn

[soups] soups, mushroom

[soups] soups, potato

soups

sour cream

stews

stock, vegetable

stuffed peppers

tacos

tempeh

tofu

tomatillos

tomatoes

tortillas, corn

[vegetables] vegetables, roasted

vegetables

veggie burgers

zucchini

CHILES, SERRANO

Category: Vegetables

[beans] beans, pinto

beans

Bloody Marys

chili powder

chili, vegetarian

cilantro

coriander

corn

cucumbers

cumin

enchiladas

garlic

guacamole

jícama

lime

Mexican cuisine

molasses

[oil] oil, olive

[oil] oil, vegetable

oil

[onions] onions, yellow

onions

[orange] orange, juice

orange

pineapple

pumpkin

pumpkin seeds

salads

salsas

[sauces] sauces, ranchero

sauces

tomatillos

tomatoes

[vinegar] vinegar, white wine

vinegar

CHILES, THAI

Category: Vegetables

basil, Thai

[beans] beans, green

beans

bell peppers

bok choy

broccoli

cashews

cilantro

curries, Thai

garlic

ginger

Kaffir lime

lemongrass

[lime] lime, juice

[lime] lime, zest

lime

mushrooms

[noodles, asian] noodles, asian, rice

noodles, asian

[oil] oil, peanut

oil

[onions] onions, red

onions

oyster sauce, vegetarian

pad thai

[rice] rice, jasmine

rice

scallions

soy sauce

spinach

sprouts, bean

Thai cuisine

tofu

CHILI PEPPER FLAKES

Category: Spices

[baked goods] baked goods, breads

baked goods

bamboo shoots

bell peppers

broccoli

broccoli rabe

chickpeas

chili, vegetarian

garlic

Italian cuisine

lentils

marinades

mushrooms

[oil] oil, olive

oil

[pastas] pastas, spaghetti

pastas

pizzas

refried beans

salad dressings

salads

[sauces] sauces, dipping

[sauces] sauces, pasta

[sauces] sauces, tomato

sauces

soups

stews

stir-fries

tomatoes

tomato sauce

CHILI POWDER

Category: Spices

avocado

[beans] beans, black

[beans] beans, pinto

beans

chickpeas

chili pepper sauce

CHILI, VEGETARIAN

corn

corn bread

cumin

dips

enchiladas

garlic

guacamole

Italian cuisine

lime

marinades

mayonnaise

Mexican cuisine

nachos

[pecans] pecans, spiced

pecans

popcorn

refried beans

rice

salad dressings

[sauces] sauces, tomato

sauces

seeds

[soups] soups, black bean

soups

stews

stir-fries

tequila

Tex-Mex cuisine

tomatoes

tomato sauce

trail mix, spicy

[vegetables] vegetables, sautéed

vegetables

CHINESE CUISINE

asparagus

bamboo shoots

[cabbage] cabbage, chinese

cabbage

chiles

cinnamon

five-spice powder

garlic

ginger

hoisin sauce

[noodles, asian] noodles, asian, wheat

noodles, asian

peanuts

[rice] rice, brown

rice

scallions

[sesame] sesame, oil

[sesame] sesame, seeds

sesame

snow peas

SOY SAUCE

spring rolls

star anise

steamed dishes

stir-fries

sugar

tofu

vegetables

vinegar, rice wine

[wheat] wheat, noodles (esp. in northern china)

wheat

wine, rice

CHIVES

Category: Vegetables

asparagus

avocados

[beans] beans, black

[beans] beans, green

[beans] beans, navy

[beans] beans, pinto

beans

beets

bell peppers, red

carrots

celery

chervil

chiles, jalapeño

Chinese cuisine

cole slaws

corn

couscous

cucumbers

dips

FINES HERBES

[french cuisine] french cuisine, provençal

french cuisine

garlic

grains, whole

gratins

gravies

[herbs, other] herbs, other, basil

[herbs, other] herbs, other, mint

[herbs, other] herbs, other, parsley

[herbs, other] herbs, other, tarragon

herbs, other

[italian cuisine] italian cuisine, tuscan

italian cuisine

leeks

lemon

lentils

[lettuce] lettuce, romaine

lettuce

lime

[mushrooms] mushrooms, morel

mushrooms

mustard, Dijon

noodles, egg

oil, olive

olives

onions

parsley

[pasta] pasta, fettuccine

[pasta] pasta, spaghetti

pasta

peas

peas, split

pecans

[potatoes] potatoes, baked

[potatoes] potatoes, mashed

potatoes

salad dressings

[salads] salads, bean

[salads] salads, egg

[salads] salads, grain

[salads] salads, pasta

[salads] salads, potato

salads

sandwiches

[sauces] sauces, cheese

[sauces] sauces, cream

sauces

shallots

SOUPS

[chowders] chowders, cold

[chowders] chowders, cream-based

[chowders] chowders, cucumber

[chowders] chowders, vichyssoise

chowders

sour cream

[squash, winter] squash, winter, butternut

squash, winter

stews

stir-fries

[stock] stock, vegetable

stock

stuffings

tarragon

tomatoes

[vegetables] vegetables, root

vegetables

[vinegar] vinegar, white wine

vinegar

yogurt

zucchini

CHIVES, GARLIC

Category: Vegetables

chiles

Chinese cuisine

[dumplings] dumplings, asian

dumplings

eggplant, Japanese

garlic

ginger

lemon

miso

[mushrooms] mushrooms, shiitake

mushrooms

Japanese cuisine

[noodles] noodles, asian

noodles

oil, sesame

parsley

potatoes

rice

fried rice

salad dressings

shallots

[soups] soups, miso

soups

soy sauce

sprouts, bean

stir-fries

tofu

tomatoes

[vegetables] vegetables, root

[vegetables] vegetables, stir-fried

vegetables

vinegar

CHOCOLATE, DARK

Category: Other

MatchShare: Cacao; Cocoa Powder

achiote

allspice

apples

applesauce

apricots

[baked goods] baked goods, brownies

[baked goods] baked goods, cakes

[baked goods] baked goods, cookies

[baked goods] baked goods, muffins

baked goods

BANANAS

berries

[beverages] beverages, hot chocolate

beverages

brandy

Brazil nuts

brown rice syrup

candies

CARAMEL

cashews

[cherries] cherries, fresh

[cherries] cherries, dried

cherries

chestnuts

chiles

chili, vegetarian

CINNAMON

cloves

coconut

\*COFFEE

ESPRESSO

cookies

dates

DESSERTS

[figs] figs, dried

figs

fruit, dried

fresh

ginger

goji berries

graham crackers

granola

HAZELNUTS

hot chocolate / hot cocoa

ice cream

lemon

lemongrass

macadamia nuts

malt

maple syrup

marshmallows

Mexican cuisine

MILK

MINT

mocha

mole sauces

mousses

nutmeg

[nuts] nuts, almonds

[nuts] nuts, hazelnuts

[nuts] nuts, peanuts

[nuts] nuts, pecans

[nuts] nuts, pistachios

[nuts] nuts, walnuts

[nuts] nuts, nut butters

nuts

oats

[oil, nut] oil, nut, almond or walnut

oil, nut

orange

passion fruit

pears

plums, dried

popcorn

puddings

raisins

raspberries

rum

[sauces] sauces, dessert

[sauces] sauces, mole

sauces

sorbets

sour cream

strawberries

SUGAR or Sucanat

tofu

VANILLA

[wine, sweet] wine, sweet, banyuls

[wine, sweet] wine, sweet, port

[wine, sweet] wine, sweet, pedro ximénez sherry

wine, sweet

yogurt

CHOCOLATE, WHITE

Category: Other

apricots

[baked goods] baked goods, cookies

baked goods

[berries] berries, blackberries

[berries] berries, raspberries

[berries] berries, strawberries

berries

cherries

[chocolate, other] chocolate, other, dark

chocolate, other

cinnamon

citrus

coconut

[desserts] desserts, cheesecake

[desserts] desserts, mousses

desserts

ginger

hazelnuts

[lemon] lemon, juice

[lemon] lemon, zest

lemon

[lime] lime, juice

[lime] lime, zest

lime

mint

[nuts] nuts, hazelnuts

[nuts] nuts, macadamia

nuts

oatmeal

[orange] orange, juice

[orange] orange, zest

orange

pears

rhubarb

rum

vanilla

CILANTRO

Category: Spices

(North) African cuisines

almonds

ASIAN CUISINES (except Japanese)

avocado

basil

[beans] beans, black

[beans] beans, fava

[beans] beans, pinto

[beans] beans, white

beans

beets

bell peppers

cardamom

Caribbean cuisines

carrots

cauliflower

cayenne

celery

chard

chickpeas

[chiles] chiles, ancho

[chiles] chiles, chipotle

[chiles] chiles, jalapeño

[chiles] chiles, serrano

chiles

chili, vegetarian

chimichurri sauce

Chinese cuisine

chutneys

cinnamon

citrus

coconut

coconut milk

coriander

CORN

corn bread

couscous

cucumbers

cumin

[curries] curries, indian

curries

dips

edamame

eggplant

enchiladas

epazote

fajitas

GARLIC

ginger

[greens] greens, mustard

greens

guacamole

INDIAN CUISINE

jícama

Latin American cuisines

[lemon] lemon, juice

lemon

lemongrass

lentils

[lime] lime, juice

lime

mangoes

marinades

[melon] melon, cantaloupe

melon

MEXICAN CUISINE

mint

miso

moles

[mushrooms] mushrooms, shiitake

mushrooms

mustard

[noodles, esp. asian] noodles, esp. asian, soba

noodles, esp. asian

nuts

[oil] oil, olive

[oil] oil, vegetable

oil

okra

[onions] onions, red

onions

oranges

[blood oranges] blood oranges, juice

blood oranges

pad thai

[papaya] papaya, red

papaya

parsley

[pasta] pasta, orzo

pasta

peanuts

pears

peas

pepper, black

“PESTOS”

posole

potatoes

pumpkin seeds

quinoa

[rice] rice, basmati

[rice] rice, brown

rice

salad dressings

[salads] salads, asian

[salads] salads, thai

salads

[salsas] salsas, green

[salsas] salsas, mexican

[salsas] salsas, tomato

salsas

sandwiches

sauces

scallions

sorrel

[soups] soups, chickpea

[soups] soups, gazpacho

[soups] soups, tortilla

soups

South American cuisines

Southeast Asian cuisines

soy sauce

[squash] squash, summer

[squash] squash, winter

squash

stews

sweet potatoes

tacos

tahini

tamarind

Tex-Mex cuisine

THAI CUISINE

tofu

tomatillos

TOMATOES

tortillas

vegetables

Vietnamese cuisine

[vinegar] vinegar, white wine

vinegar

wakame

walnuts

wheat berries

yogurt

zucchini

CINNAMON

Category: Spices

almonds

APPLES, apple cider

apple juice

[baked goods] baked goods, breads

[baked goods] baked goods, cakes

[baked goods] baked goods, cookies

[baked goods] baked goods, muffins

[baked goods] baked goods, pastries

[baked goods] baked goods, pies

baked goods

bananas

beans

beets

[beverages] beverages, cocoa

[beverages] beverages, eggnog

[beverages] beverages, hot chocolate

beverages

blueberries

[breakfast / brunch] breakfast / brunch, coffee cake

[breakfast / brunch] breakfast / brunch, french toast

[breakfast / brunch] breakfast / brunch, pancakes

breakfast / brunch

carrots

cauliflower

[cereals, breakfast] cereals, breakfast, hot

cereals, breakfast

chiles

chili, vegetarian

CHOCOLATE

COCOA

cloves

coconut

coffee

espresso

compotes, fruit

corn

couscous

[curries] curries, indian

curries

curry powder

custards

dates

[desserts] desserts, crisps

[desserts] desserts, custards

desserts

French toast

FRUITS

fruit desserts

garam masala

ginger

grapefruit

grapes

ice cream

Indian cuisine

[lemon] lemon, juice

lemon

maple syrup

Mediterranean cuisines

Mexican cuisines

Middle Eastern cuisines

milk

Moroccan cuisine

nutmeg

nuts

oatmeal

onions

orange flower water

oranges

[blood oranges] blood oranges, juice

blood oranges

pancakes

peaches

pears

pecans

popcorn

puddings

raisins

rhubarb

rice

rose water

[sauces] sauces, chocolate

sauces

stews

[stuffings] stuffings, rice

stuffings

[sugar] sugar, brown

sugar

sweet potatoes

teas

tomatoes

vanilla

[wine] wine, mulled

[wine] wine, red

wine

yogurt

CLOVES

Category: Spices

allspice

apples, apple cider, apple juice

[baked goods] baked goods, breads

[baked goods] baked goods, biscuits

[baked goods] baked goods, cakes

[baked goods] baked goods, cookies

[baked goods] baked goods, fruitcakes

[baked goods] baked goods, gingerbread

[baked goods] baked goods, muffins

[baked goods] baked goods, pastries

[baked goods] baked goods, pies

baked goods

[beets] beets, pickled

beets

cardamom

chiles

chocolate

cinnamon

coriander

cranberries

cumin

[desserts] desserts, custards

desserts

drinks

fenugreek

fruits, esp. cooked/stewed

garam masala

ginger

[lemon] lemon, zest

lemon

lentils

maple syrup

marinades

nutmeg

nuts

onions

[orange] orange, juice

[orange] orange, zest

orange

[pears] pears, poached

pears

[pepper] pepper, black

pepper

pilafs

puddings

pumpkin

quatres épices

ras el hanout

[relishes] relishes, cranberry

relishes

rice

salad dressings

[sauces] sauces, barbecue

[sauces] sauces, dessert

[sauces] sauces, mole

sauces

sloppy Joes, vegetarian

soups

soy sauce

squash, winter

stews

stock, vegetable

[sugar] sugar, brown

sugar

sweet potatoes

tamarind

teas

turmeric

vanilla

[wine] wine, mulled

wine

COCOA POWDER

Category: Other

MatchShares: Cacao; Chocolate, Dark

avocado

[baked goods] baked goods, brownies

[baked goods] baked goods, cakes

[baked goods] baked goods, cookies

baked goods

[beverages] beverages, hot chocolate

[beverages] beverages, hot cocoa

beverages

chili, vegetarian

coconut

coconut milk

[milk] milk, almond

[milk] milk, dairy

[milk] milk, hemp

[milk] milk, rice

[milk] milk, soy

milk

nuts

[nut butters] nut butters, almonds

nut butters

COCONUT

Category: Fruits

MatchShare: Coconut Butter; Coconut Milk; Coconut Water

almonds

apricots

“bacon”

[baked goods] baked goods, breads

[baked goods] baked goods, cakes

[baked goods] baked goods, cobblers

[baked goods] baked goods, cookies (e.g.

[baked goods] baked goods, oatmeal)

[baked goods] baked goods, macaroons

[baked goods] baked goods, muffins

[baked goods] baked goods, pie crusts

baked goods

bananas

basil

[beans] beans, green

beans

[bell peppers] bell peppers, red

bell peppers

beverages

[cabbage] cabbage, julienned

[cabbage] cabbage, napa

cabbage

caramel

Caribbean cuisines

carrots

cauliflower

[cereals, breakfast] cereals, breakfast, granola

[cereals, breakfast] cereals, breakfast, muesli

cereals, breakfast

cherries

[chiles] chiles, dried

[chiles] chiles, serrano

chiles

[chocolate] chocolate, dark

[chocolate] chocolate, white

chocolate

cilantro

cinnamon

coconut water

coriander

cranberries, dried

crème fraîche

cucumbers

cumin

[curries] curries, indian

[curries] curries, thai

[curries] curries, vegetable

curries

curry paste

curry powder

dates

[desserts] desserts, cakes

[desserts] desserts, custards

[desserts] desserts, ice creams

[desserts] desserts, pies

[desserts] desserts, puddings

[desserts] desserts, sorbets

desserts

eggplant

[fruits, esp. fresh, tropical] fruits, esp. fresh, tropical, guavas

[fruits, esp. fresh, tropical] fruits, esp. fresh, tropical, lychees

[fruits, esp. fresh, tropical] fruits, esp. fresh, tropical, mangoes

[fruits, esp. fresh, tropical] fruits, esp. fresh, tropical, papayas

[fruits, esp. fresh, tropical] fruits, esp. fresh, tropical, passion fruit

[fruits, esp. fresh, tropical] fruits, esp. fresh, tropical, pineapple

fruits, esp. fresh, tropical

galangal

garlic

ginger

graham crackers

grapefruit

icings

Indian cuisine

Kaffir lime leaves

kale

kiwi

LEMON

lemongrass

[lentils] lentils, red

lentils

[lettuce] lettuce, romaine

lettuce

LIME

macaroons

maple syrup

marinades

[melon] melon, honeydew

melon

[milk] milk, almond

[milk] milk, rice

milk

mint

miso

[nuts] nuts, brazil

[nuts] nuts, cashew

[nuts] nuts, hazelnuts

[nuts] nuts, macadamia

[nuts] nuts, peanuts

[nuts] nuts, pecans

[nuts] nuts, pistachios

[nuts] nuts, walnuts

nuts

oats / oatmeal

[oil] oil, sesame

oil

orange

paprika

parsnips

peas

[pepper] pepper, black

pepper

plantains

pomegranates

potatoes

raspberries

[rice] rice, jasmine

[rice] rice, sticky

rice

rum

[salads] salads, fruit

[salads] salads, green

salads

sauces

scallions

sesame seeds

SMOOTHIES

SOUPS

Southeast Asian cuisines

soy sauce

spinach

[squash] squash, butternut

squash

strawberries

[sugar] sugar, brown

[sugar] sugar, coconut

sugar

sweet potatoes

tapioca

tempeh

THAI CUISINE

tofu

tomatoes

trail mix

turmeric

VANILLA

vinegar, wine

watercress

yogurt

zucchini

COCONUT BUTTER

Category: Fruits

MatchShare: Coconut

apples

avocado

[baked goods] baked goods, cakes

[baked goods] baked goods, pie crusts

baked goods

bananas

breads

quick breads

chia seeds

chocolate

cinnamon

coconut

dates

[desserts] desserts, cheesecake

[desserts] desserts, flan

[desserts] desserts, ice cream

[desserts] desserts, pudding

desserts

dressings

frostings

goji berries

[lentils] lentils, red

lentils

[milk] milk, almond

[milk] milk, hemp

milk

muffins

pistachios

pumpkin

raw cuisine

sauces

sautéed dishes

smoothies

[soups] soups, lentil

soups

spreads

vanilla

COCONUT MILK, UNDILUTED

Category: Fruits

MatchShare: Coconut

cereals, breakfast

cheesecake

desserts

[nuts] nuts, almond

[nuts] nuts, macadamia

nuts

oatmeal

pancakes

peanut butter

raw cuisine

[sauces, fruit] sauces, fruit, raspberry

sauces, fruit

smoothies

waffles

COCONUT WATER

Category: Other

almonds

avocados

[beverages] beverages, cocktails

beverages

coconut

lemon

lime

mangoes

pineapple

puddings

rum

sauces

smoothies

sorbets

soups

COFFEE / ESPRESSO

Category: Other

allspice

baked goods

[beverages] beverages, lattes

beverages

caramel

cardamom

chicory

[chocolate] chocolate, dark

[chocolate] chocolate, white

chocolate

cinnamon

cocoa

coconut

coconut milk

[desserts] desserts, custards

desserts

fruits

ice cream

Kaffir lime leaf

lemon

lime

[liqueurs] liqueurs, brandy

[liqueurs] liqueurs, cognac

[liqueurs] liqueurs, irish whiskey

liqueurs

mango

[milk] milk, dairy

[milk] milk, nondairy (e.g.

[milk] milk, almond

[milk] milk, hemp

[milk] milk, soy)

milk

[nuts] nuts, almonds

[nuts] nuts, hazelnuts

[nuts] nuts, macadamia

nuts

[salsas] salsas, cooked

salsas

sauces

smoothies

sorbets

spices

[sugar] sugar, brown

sugar

tamarind

vanilla

walnuts

CORIANDER

Category: Spices

apples

Asian cuisines

[baked goods] baked goods, biscuits

[baked goods] baked goods, breads

[baked goods] baked goods, cookies

[baked goods] baked goods, pastries

[baked goods] baked goods, pies

baked goods

[beans] beans, red

beans

beets

bok choy

cakes

carrots

[chiles] chiles, green

chiles

chili, vegetarian

cinnamon

citrus

citrus zest

cloves

coconut milk

coffee

couscous

cumin

[curries] curries, indian

curries

curry powder

desserts

fennel

fenugreek

garam masala

ginger

grains

Indian cuisine

lemon

[lentils] lentils, red

lentils

marinades

Mediterranean cuisines

Middle Eastern cuisines

mushrooms

onions

orange

peas

[pepper] pepper, black

pepper

polenta

potatoes

pumpkin

salad dressings

salads

sesame seeds

[soups] soups, lentil

soups

squash, winter

stews

tofu

turmeric

vegetables

CORN

Category: Vegetables

American cuisine

arugula

avocados

[baked goods] baked goods, corn bread

[baked goods] baked goods, corn muffins

baked goods

barley

pearl barley

[basil] basil, lemon

[basil] basil, sweet

[basil] basil, thai

basil

[beans] beans, black

[beans] beans, fava

[beans] beans, green

[beans] beans, kidney

[beans] beans, lima

[beans] beans, pinto

beans

[bell peppers] bell peppers, green

[bell peppers] bell peppers, red

bell peppers

black-eyed peas

blueberries

bulgur

caraway seeds

carrots

casseroles

cauliflower

cayenne

celery

celery seeds

Central American cuisines

chayote

[chiles] chiles, anaheim

[chiles] chiles, chipotle

[chiles] chiles, jalapeño

[chiles] chiles, poblano

[chiles] chiles, red

[chiles] chiles, roasted

chiles

chili, vegetarian

chili pepper sauce

chili powder

chives

CILANTRO

coconut, coconut milk, coconut oil

coriander

corn on the cob

cumin

curries, curry powder, curry spices

dill

edamame

epazote

fennel

fritters

GARLIC

ginger

grits

[herbs] herbs, basil

[herbs] herbs, parsley

herbs

jícama

leeks

lemon

[lime] lime, juice

lime

lovage

maple syrup

marjoram

mayonnaise

Mexican cuisine

milk

millet

mint

[miso] miso, light

[miso] miso, white

miso

[mushrooms] mushrooms, chanterelle

[mushrooms] mushrooms, morels

[mushrooms] mushrooms, oyster

[mushrooms] mushrooms, porcini

[mushrooms] mushrooms, shiitake

[mushrooms] mushrooms, wild

mushrooms

mustard

mustard seeds

nectarines

nutmeg

[oil] oil, coconut

[oil] oil, olive

[oil] oil, sesame

oil

[onions] onions, green

[onions] onions, red

[onions] onions, yellow

onions

oregano

pancakes

parsley

pastas

[pepper] pepper, black

[pepper] pepper, white

pepper

[pepper] pepper, szechuan

pepper

pesto

pine nuts

polenta

POTATOES

puddings

pumpkin

pumpkin seeds

quinoa

relishes

rice, esp. wild

saffron

sage

[salads] salads, bean

[salads] salads, corn

[salads] salads, egg

[salads] salads, pasta

[salads] salads, potato

[salads] salads, vegetable

salads

salsas

[salt] salt, kosher

[salt] salt, sea

[salt] salt, smoked

salt

savory

scallions

sesame seeds

shallots

soufflés

SOUPS

[chowders] chowders, corn

[chowders] chowders, potato

[chowders] chowders, vegetable

chowders

Southwestern (U.S.) cuisine

soy sauce

[squash] squash, butternut

[squash] squash, summer

[squash] squash, yellow

squash

stews

stock, vegetable

succotash

sugar

sweet potatoes

tarragon

thyme

tomatillos

[tomatoes] tomatoes, cherry

[tomatoes] tomatoes, red

[tomatoes] tomatoes, yellow

tomatoes

[tortillas] tortillas, corn

tortillas

turmeric

[vinegar] vinegar, apple cider

[vinegar] vinegar, champagne

[vinegar] vinegar, rice wine

[vinegar] vinegar, white wine

vinegar

wheat berries

yogurt

zucchini

CORNMEAL

Category: Grains

MatchShare: Grits

almonds

almond milk

amaranth

apples

apple butter

artichokes

asparagus

[baked goods] baked goods, cakes

[baked goods] baked goods, corn bread

[baked goods] baked goods, corn muffins

baked goods

BASIL

[beans] beans, black

[beans] beans, kidney

beans

[berries] berries, blueberries

berries

[breading] breading, for mushrooms or tofu

breading

broccoli

broccoli rabe

carrots

casseroles

cereals, hot breakfast

cherries

[chiles] chiles, chipotle

[chiles] chiles, jalapeño

[chiles] chiles, chili powder

chiles

chives

cinnamon

coconut cream

coriander

corn

[cranberries] cranberries, dried

cranberries

milk

croquettes

[crusts] crusts, breads

[crusts] crusts, pizzas

crusts

dumplings

eggplant

escarole

fennel

[flours] flours, spelt

[flours] flours, whole wheat

flours

“fries,” e.g., baked

GARLIC

gratins

[greens] greens, dandelion

greens

hush puppies

(Northern) ITALIAN CUISINE

johnnycakes

kale

[lemon] lemon, juice

[lemon] lemon, zest

lemon

maple syrup

mascarpone

[milk, dairy or nondairy] milk, dairy or nondairy, soy

milk, dairy or nondairy

molasses

muffins

[mushrooms] mushrooms, chanterelle

[mushrooms] mushrooms, porcini

[mushrooms] mushrooms, portobello

[mushrooms] mushrooms, shiitake

[mushrooms] mushrooms, trumpet

[mushrooms] mushrooms, wild

mushrooms

nutmeg

nutritional yeast

[oils] oils, corn

[oils] oils, nut

[oils] oils, olive

[oils] oils, sesame

[oils] oils, truffle

[oils] oils, walnut

oils

[olives] olives, kalamata

olives

[onions] onions, green

[onions] onions, white

onions

orange

oregano

pancakes

waffles

parsley

pepper, black

pesto

POLENTA

porridges

rhubarb

ROSEMARY

SAGE

[salt] salt, sea

salt

[“sausage,” vegan] “sausage,” vegan, field roast italian

“sausage,” vegan

[seeds] seeds, poppy

[seeds] seeds, sesame

[seeds] seeds, sunflower

seeds

[sesame] sesame, oil

[sesame] sesame, seeds

sesame

sour cream

spinach

spoonbread

squash, winter

stock, vegetable

sugar, brown

thyme

TOMATOES, TOMATO SAUCE, sun-dried tomatoes

tortillas

truffles

vanilla

vegetables, root

[vinegar] vinegar, balsamic

vinegar

walnuts

yogurt

zucchini

CORNSTARCH

Category: Other

[baked goods] baked goods, cookies

baked goods

curries

custards

fondues

gravies

milk

pie fillings

[puddings] puddings, chocolate

[puddings] puddings, coconut

puddings

sauces

[soups] soups, fruit

soups

stir-fries

sugar

vanilla

COUSCOUS, ISRAELI

Category: Grains

agave nectar

allspice

almonds

apples

apricots, dried

artichokes

asparagus

basil

[beans] beans, black

[beans] beans, white

beans

[bell peppers] bell peppers, roasted

bell peppers

cardamom

carrots

cashews

cauliflower

celery

chickpeas

[chiles] chiles, poblano

chiles

chives

cinnamon

coconut

coconut milk

cranberries, dried

cucumbers

cumin

currants

curry

dill

eggplant

fennel

figs

fruit, dried

garlic

herbs

[lemon] lemon, juice

[lemon] lemon, preserved

[lemon] lemon, zest

lemon

[lentils] lentils, french

[lentils] lentils, red

lentils

[lettuce] lettuce, butter

lettuce

[lime] lime, juice

[lime] lime, zest

lime

[milk] milk, coconut

milk

mint

miso

[mushrooms] mushrooms, shiitake

mushrooms

[oil] oil, olive

oil

[olives] olives, kalamata

olives

[onions] onions, red

onions

oranges

[paprika] paprika, smoked

paprika

parsley

peas

[pepper] pepper, black

[pepper] pepper, white

pepper

pesto

pine nuts

pistachios

purslane

raisins

“risottos”

saffron

[salads] salads, grain

[salads] salads, green

salads

salt, sea

scallions

shallots

[soups] soups, tomato

[soups] soups, zucchini

soups

spinach

[squash] squash, butternut

squash

stews, vegetable

stock, vegetable

stuffed tomatoes

sugar, brown

tahini

tarragon

thyme

tofu

tomatoes

tomato sauce

turmeric

[vinegar] vinegar, balsamic or sherry

vinegar

watercress

[wine] wine, dry white

wine

yams

yogurt

COUSCOUS, WHOLE-WHEAT

Category: Grains

allspice

apples

apple juice

[apricots] apricots, dried

[apricots] apricots, fresh

apricots

arugula

asparagus

[beans] beans, broad

[beans] beans, white

beans

[bell peppers] bell peppers, green

[bell peppers] bell peppers, red

bell peppers

cabbage

cardamom

carrots

cauliflower

cayenne

celery

chervil

chickpeas

[chiles] chiles, poblano

chiles

chives

cilantro

CINNAMON

citrus

coriander

corn

cucumbers

cumin

currants

[curry] curry, powder

[curry] curry, spices

curry

dates

eggplant

fennel

[fruit] fruit, dried

[fruit] fruit, juice

fruit

garlic

ginger

[grapefruit] grapefruit, fruit

[grapefruit] grapefruit, juice

[grapefruit] grapefruit, zest

grapefruit

harissa

herbs

kale

[lemon] lemon, juice

[lemon] lemon, zest

lemon

lime

melon

[milk] milk, almond

[milk] milk, rice

milk

MINT

MOROCCAN CUISINE

mushrooms

NORTH AFRICAN CUISINES

[nuts] nuts, almonds

[nuts] nuts, hazelnuts

[nuts] nuts, pine nuts

[nuts] nuts, pistachios

[nuts] nuts, walnuts

nuts

oil, olive

[olives] olives, black

olives

onions, esp. red

[oranges] oranges, fruit

[oranges] oranges, juice

[oranges] oranges, zest

oranges

oregano

papaya

paprika

parsley

peas

pepper, black

peppers

pilafs

pomegranates

potatoes

pumpkin

radicchio

raisins

“risottos”

saffron

[salads] salads, grain

salads

salt, sea

sauces

scallions

shallots

spinach

[squash, summer] squash, summer, yellow

[squash, summer] squash, summer, zucchini;

squash, summer

[winter] winter, acorn

[winter] winter, butternut

winter

[stews] stews, vegetable tagines

stews

stock, vegetable

sugar

sweet potatoes

“tabbouleh”

tahini

tarragon

TOMATOES (including cherry tomatoes), tomato juice, tomato paste

turmeric

turnips

vegetables

zucchini

CRANBERRIES

Category: Fruits

agar-agar

agave nectar

allspice

American cuisine

APPLES, apple cider, apple juice

[apricots] apricots, dried

apricots

[baked goods] baked goods, breads

[baked goods] baked goods, cakes

[baked goods] baked goods, cookies

[baked goods] baked goods, muffins

[baked goods] baked goods, pies

[baked goods] baked goods, quick breads

[baked goods] baked goods, scones

baked goods

beets

caramel

chestnuts

[chiles] chiles, jalapeño or serrano

chiles

CINNAMON

cloves

cobblers

compotes

cornmeal

currants

dates

[desserts] desserts, fruit cobblers or crisps

desserts

[drinks] drinks, cocktails

[drinks] drinks, juices

[drinks] drinks, punches

drinks

figs

ginger

granola

hazelnuts

juices

kale

[lemon] lemon, juice

[lemon] lemon, zest

lemon

[lime] lime, juice

[lime] lime, zest

lime

maple syrup

miso

muffins

nutmeg

[nuts] nuts, almonds

[nuts] nuts, macadamias

[nuts] nuts, pecans

[nuts] nuts, pistachios

[nuts] nuts, walnuts

nuts

oats

oatmeal

[onions] onions, pearl

onions

[orange] orange, juice

[orange] orange, zest

orange

oranges, mandarin

pancakes

pears

PECANS

[pepper] pepper, black

pepper

persimmons

pomegranates

[puddings] puddings, bread

puddings

pumpkin

pumpkin seeds

raisins

raspberries

[relishes] relishes, cranberry

relishes

[rice] rice, rown

[rice] rice, wild

rice

salad dressings

[salads] salads, green

salads

salsas

salt, sea

[sauces] sauces, cranberry

sauces

sorbets

[soups] soups, fruit

soups

[squash, winter] squash, winter, acorn

[squash, winter] squash, winter, butternut

squash, winter

stuffings

[sugar] sugar, brown

sugar

sweet potatoes

tangerines

trail mix

vanilla

[vinegar] vinegar, balsamic

vinegar

vodka

watermelon

[wine] wine, port

wine

yogurt

CRANBERRIES, DRIED

Category: Fruits

allspice

almonds

almond butter

American cuisine

apples

apple juice

arugula

[baked goods] baked goods, breads

[baked goods] baked goods, cookies

[baked goods] baked goods, pastries

baked goods

beets

bread crumbs

Brussels sprouts

cereals, hot breakfast

cinnamon

desserts

[grains] grains, farro

[grains] grains, quinoa

grains

granola

hazelnuts

maple syrup

milk

mint

muesli

nutmeg

oatmeal

oats

[onions] onions, caramelized

onions

[oranges] oranges, juice

[oranges] oranges, zest

oranges

pears

pecans

persimmons

pilafs

pomegranates

popcorn

[puddings] puddings, rice

puddings

pumpkin seeds

[rice] rice, long-grain

[rice] rice, wild

rice

[salads] salads, grain

[salads] salads, green

salads

[sauces] sauces, cranberry

sauces

spinach

[stuffings] stuffings, corn bread

stuffings

sugar

trail mixes

vanilla

walnuts

CASHEW CREAM

Category: Other

[baked goods] baked goods, cakes

[baked goods] baked goods, muffins

baked goods

crepes

[desserts] desserts, mousses

[desserts] desserts, puddings

[desserts] desserts, semifreddos

desserts

fruit

gratins

gravies

ice cream

pancakes

[pastas] pastas, ravioli

pastas

[potatoes] potatoes, mashed

potatoes

[sauces] sauces, alfredo

[sauces] sauces, cream

[sauces] sauces, pasta

sauces

smoothies

[soups] soups, broccoli

[soups] soups, butternut squash

[soups] soups, creamy

[soups] soups, tomato

soups

CUBAN CUISINE

bay leaf

[beans] beans, black

[beans] beans, pinto

beans

bell peppers

cabbage

cilantro

corn

cucumbers

garlic

lettuce

lime

oranges

peanuts

plantains

pumpkin

RICE

scallions

[squash] squash, calabaza

squash

sweet potatoes

tomatoes

CUCUMBERS

Category: Vegetables

almonds

anise

anise hyssop

apples

apricots

arugula

avocado

basil

[beans] beans, black

beans

beets

[bell peppers] bell peppers, green

bell peppers

[beverages] beverages, sparkling water

beverages

borage

[cabbage] cabbage, chinese

cabbage

capers

caraway seeds

carrots

cayenne

celery

celery seeds

chervil

chickpeas

[chiles] chiles, anaheim

[chiles] chiles, jalapeño

[chiles] chiles, red

[chiles] chiles, serrano;

chiles

chili pepper sauce

CHIVES

garlic chives

CILANTRO

citrus

coconut

coconut milk

[couscous] couscous, israeli

couscous

[cress] cress, land

cress

crudités

CUMIN

curries, curry powder, curry spices

\*DILL

dips

[drinks] drinks, cocktails

[drinks] drinks, sparkling waters

drinks

eggplant

endive

escarole

fennel

galangal

GARLIC

ginger

[grains] grains, bulgur

[grains] grains, farro

[grains] grains, spelt

grains

[grapes] grapes, white

grapes

Greek cuisine

greens, salad

hibiscus

horseradish

Indian cuisine

jícama

kale

kefir

lamb’s lettuce

[lemon] lemon, juice

[lemon] lemon, zest

lemon

lemongrass

[lentils] lentils, red

lentils

[lettuce] lettuce, butter

[lettuce] lettuce, romaine

lettuce

[lime] lime, juice

[lime] lime, zest

lime

lovage

mangoes

marjoram

mayonnaise

[melon] melon, cantaloupe

[melon] melon, honeydew

melon

Middle Eastern cuisines

milk, soy

\*MINT, esp. spearmint

[mushrooms] mushrooms, shiitake

mushrooms

[mustard] mustard, dijon

[mustard] mustard, powder

mustard

[noodles, asian] noodles, asian, soba

[noodles, asian] noodles, asian, udon

noodles, asian

[oil] oil, avocado

[oil] oil, flaxseed

[oil] oil, grapeseed

[oil] oil, olive

[oil] oil, sesame

[oil] oil, sunflower

[oil] oil, vegetable

oil

[olives] olives, kalamata

olives

[onions] onions, green

[onions] onions, red

[onions] onions, spring

[onions] onions, white

onions

[orange] orange, juice

orange

oregano

palm, hearts of

papaya

paprika

PARSLEY

peaches

PEANUTS

pears

peas, green

[pepper] pepper, black

[pepper] pepper, white

pepper

pesto

pickles

pineapple

pine nuts

plums

pomegranates

potatoes

pumpernickel

quinoa

radishes

RAITAS

rice

saffron

salad dressings

[salads] salads, chopped

[salads] salads, cucumber

[salads] salads, greek

[salads] salads, green

[salads] salads, pasta

salads

salsify

[salt] salt, kosher

[salt] salt, sea

salt

sandwiches

[sauces] sauces, raita

[sauces] sauces, tzatziki

sauces

savory

scallions

sea vegetables

[seeds] seeds, poppy

[seeds] seeds, pumpkin

[seeds] seeds, sesame

seeds

[sesame] sesame, oil

[sesame] sesame, sauce

[sesame] sesame, seeds

sesame

shallots

shiso

[soups] soups, cold

[soups] soups, cucumber

[soups] soups, gazpacho

[soups] soups, summer

[soups] soups, vichyssoise

[soups] soups, white gazpacho

soups

SOUR CREAM

soy sauce

spinach

[sprouts] sprouts, radish

sprouts

stews

strawberries

stuffed cucumbers

sugar

summer rolls

[sushi] sushi, nori rolls

sushi

tabbouleh

tahini

tarragon

Thai cuisine

thyme

tofu, esp. silken

TOMATOES

turmeric

tzatziki sauce

[vinegar] vinegar, champagne

[vinegar] vinegar, cider

[vinegar] vinegar, red wine

[vinegar] vinegar, rice wine

[vinegar] vinegar, tarragon

[vinegar] vinegar, white balsamic

[vinegar] vinegar, white wine

vinegar

wakame

walnuts

wasabi

watercress

watermelon

\*YOGURT

za’atar

CUMIN

Category: Spices

(North) African cuisines

avocados

baba ghanoush

[baked goods] baked goods, breads

baked goods

[beans] beans, black

[beans] beans, kidney

[beans] beans, long

beans

bell peppers

bulgur

burritos

cabbage

carrots

cayenne

chickpeas

chiles

chili powder

CHILI, VEGETARIAN

chives

cilantro

cinnamon

cloves

cocoa

coriander

couscous

Cuban cuisine

[curries] curries, indian

curries

curry leaves

curry powder

dals

eggplant

enchiladas

fenugreek

garlic

ginger

grains

Greek cuisine

hummus

INDIAN CUISINE

kebabs

Latin American cuisines

lemon

[lentils] lentils, red

lentils

lime

marinades

Mediterranean cuisines

MEXICAN CUISINE

MIDDLE EASTERN CUISINES

mint

Moroccan cuisine

[mushrooms] mushrooms, oyster

mushrooms

onions

oregano

[paprika] paprika, sweet

paprika

peas

[pepper] pepper, black

pepper

potatoes

purees

[rice] rice, basmati

rice

salad dressings

[salads] salads, bean

[salads] salads, rice

salads

salsas

[sauces] sauces, tomato

sauces

sauerkraut

sesame seeds

[soups] soups, bean

[soups] soups, lentil

soups

Southeast Asian cuisines

Spanish cuisine

[squash] squash, kabocha

squash

stews

tacos

tamarind

Tex-Mex cuisine

tomatoes

tomato sauce

Turkish cuisine

turmeric

[vegetables] vegetables, root

vegetables

walnuts

yogurt

CURRY LEAVES

Category: Spices

Asian cuisines

beans

[breads] breads, naan

breads

cabbage

cardamom

carrots

cauliflower

chiles

chutneys

cinnamon

[citrus] citrus, lemon

[citrus] citrus, lime

citrus

cloves

coconut

coconut milk

coriander

cumin

[curries] curries, indian

[curries] curries, southeast asian

curries

dals

eggplant

fennel seeds

fenugreek

garlic

ginger

Indian cuisine

lentils

mustard seeds

okra

onions

peas

[pepper] pepper, black

pepper

potatoes

rice

[salad dressings] salad dressings, yogurt-based

salad dressings

soups

stews

sweet potatoes

tamarind

tomatoes

TURMERIC

vegetables

yogurt

THAI CURRY PASTE

Category: Spices

avocado

bamboo shoots

BASIL, THAI

[beans] beans, green

beans

BELL PEPPERS

carrots

cauliflower

chickpeas

chili pepper paste

cilantro

\*COCONUT MILK

CURRIES, THAI

edamame

eggplant

galangal

grains

Kaffir lime leaf

lemongrass

lime

“mock duck”

[noodles] noodles, asian

noodles

onions

peanuts

pineapple

pistachios

[potatoes] potatoes, red

potatoes

[rice] rice, brown

[rice] rice, jasmine

rice

scallions

soups

soy sauce

stir-fries

[sugar] sugar, brown

[sugar] sugar, palm

sugar

sugar snap peas

sweet potatoes

THAI CUISINE

tofu

[vegetables] vegetables, mixed

vegetables

zucchini

# D

DAIKON

Category: Vegetables

agave nectar

apples

Asian cuisines

bamboo shoots

bell peppers

bok choy

[cabbage] cabbage, chinese

[cabbage] cabbage, napa

cabbage

CARROTS

[chiles] chiles, jalapeño; chili pepper flakes or chili powder

chiles

Chinese cuisine

cilantro

crudités

cucumbers

dashi

dulse

fatty foods

fried foods

garlic

ginger

grains

greens, daikon

JAPANESE CUISINE

kohlrabi

kombu

[lemon] lemon, juice

[lemon] lemon, zest

lemon

lettuce

lime

macrobiotic cuisine

maple syrup

mirin

[miso] miso, sweet white

miso

[mushrooms] mushrooms, porcini

[mushrooms] mushrooms, shiitake

mushrooms

mustard

[noodles, asian] noodles, asian, buckwheat

[noodles, asian] noodles, asian, soba

[noodles, asian] noodles, asian, udon

noodles, asian

[oil] oil, olive

[oil] oil, peanut

[oil] oil, sesame

oil

[onions] onions, green

[onions] onions, red

onions

[orange] orange, juice

[orange] orange, zest

orange

papaya

parsley

[pears] pears, asian

pears

persimmons

pickles

potatoes

quinoa

radishes

raitas

[rice] rice, brown

rice

sake

[salads] salads, fruit

[salads] salads, vegetable

salads

salsas

salt

[sandwiches] sandwiches, bánh mì

sandwiches

scallions

sea vegetables

[sesame] sesame, oil

[sesame] sesame, seeds

sesame

[sesame seeds] sesame seeds, black

sesame seeds

[slaws] slaws, asian

slaws

snow peas

[soups] soups, miso

[soups] soups, mushroom

soups

SOY SAUCE

spring rolls

stews

stir-fries

stock, vegetable

sugar

tamari

tofu

umeboshi paste

[vinegar] vinegar, balsamic

[vinegar] vinegar, cider

[vinegar] vinegar, rice

[vinegar] vinegar, sherry

[vinegar] vinegar, umeboshi

[vinegar] vinegar, wine

vinegar

wasabi

yogurt

[yuzu] yuzu, juice

[yuzu] yuzu, zest

yuzu

DASHI

Category: Vegetables

MatchShare: Vegetable Stock

cilantro

ginger

hiziki

kombu

mirin

miso

[mushrooms] mushrooms, shiitake

mushrooms

noodles, soba

nori

scallions

soups, miso

soy sauce

tofu

vinegar, brown rice

DATES

Category: Fruits

(North) African cuisine

amaranth

APPLES, dried or fresh;

apple juice

apricots

[baked goods] baked goods, breads

[baked goods] baked goods, cakes

[baked goods] baked goods, muffins

[baked goods] baked goods, pie crusts

[baked goods] baked goods, scones

baked goods

bananas

bourbon

bran

cabbage, red

caramel

cardamom

carrots

cherries

[chocolate] chocolate, dark

[chocolate] chocolate, white

chocolate

cinnamon

cloves coffee

coconut

[confections] confections, truffles

confections

cranberries

desserts

flax seeds

ginger

granola

LEMON

maple syrup

mascarpone

Middle Eastern cuisine

milk, almond or other nondairy

[miso] miso, light

[miso] miso, sweet

miso

nutmeg

[nuts] nuts, almonds

[nuts] nuts, pecans

[nuts] nuts, pine nuts

[nuts] nuts, pistachios

[nuts] nuts, walnuts

nuts

oat flour

OATS

OATMEAL

oil, olive

[onions] onions, caramelized

onions

[orange] orange, juice

[orange] orange, zest

orange

parsley

parsnips

peanuts

peanut butter

pears

pear juice

puddings

pumpkin

quinoa

rice

rum

salad dressings

salt, sea

sauces

[sesame] sesame, seeds

sesame

[smoothies] smoothies, fruit

smoothies

soups

spreads

[squash, winter] squash, winter, butternut

squash, winter

[sugar] sugar, brown

sugar

tahini

tamarind

toffee

tofu, silken

vanilla

[vinegar] vinegar, balsamic

vinegar

yogurt

DILL --- [PARENT]

Category: Spices

MatchShare: Dill Seeds; Dill Weed

artichokes

asparagus

[baked goods] baked goods, breads

baked goods

basil

[beans] beans, dried

[beans] beans, green

[beans] beans, lima

[beans] beans, white

beans

beets

[bell peppers] bell peppers, red

bell peppers

black-eyed peas

cabbage

capers

caraway seeds

CARROTS

cauliflower

celery

chickpeas

chives

cilantro

corn

\*CUCUMBERS

dips

Eastern European cuisines

eggplant

(Northern) European cuisines

fennel

garlic

German cuisine

ginger

[grains] grains, barley

grains

horseradish

kale

kasha

kohlrabi

[lemon] lemon, juice

lemon

mayonnaise

millet

miso

mushrooms

noodles

Northern European cuisines

oil, olive

onions

paprika

parsley

[pasta] pasta, farfalle

[pasta] pasta, fettuccine

[pasta] pasta, pappardelle

[pasta] pasta, penne

pasta

peas

[pepper] pepper, black

[pepper] pepper, green

pepper

PICKLES, esp. dill seeds + cucumbers

Polish cuisine

poppy seeds

POTATOES

pumpkin

rice

Russian cuisine

salad dressings

[salads] salads, egg

[salads] salads, potato

salads

[sauces] sauces, cheese

[sauces] sauces, tomato

[sauces] sauces, yogurt

sauces

sauerkraut

Scandinavian cuisines

slaws

soups

[chowders] chowders, cold

[chowders] chowders, spinach

[chowders] chowders, yogurt

chowders

SOUR CREAM

spinach

[squash] squash, summer

squash

stews

tahini

[tofu] tofu, soft

tofu

tomatoes

tomato sauces

Turkish cuisine

vegetables

[vinegar] vinegar, balsamic

vinegar

wheat berries

YOGURT

zucchini

DILL SEEDS

Category: Spices

MatchShare: Dill Weed

bay leaf

beets

[breads] breads, rye

breads

cabbage

carrots

chili powder

cucumbers

cumin

gravies

lemon

lentils

onions

paprika

parsley

PICKLES

potatoes

rice

salad dressings

sauces

[soups] soups, beet

[soups] soups, cucumber

[soups] soups, potato

soups

spinach

thyme

turmeric

[vegetables] vegetables, roasted

vegetables

vinegar

DILL WEED

Category: Spices

MatchShare: Dill Seeds

asparagus

[beans] beans, green

beans

beets

cabbage

carrots

cucumbers

Greek cuisine

Indian cuisine

lemon

mayonnaise

Middle Eastern cuisines

mustard

potatoes, esp. new

rice

Russian cuisine

[salads] salads, egg

[salads] salads, potato

salads

[sauces] sauces, creamy

[sauces] sauces, mustard

sauces

sour cream

yogurt

DULSE FLAKES

Category: Spices

apples

avocado

[beans] beans, black

beans

[cabbage] cabbage, chinese

[cabbage] cabbage, napa

[cabbage] cabbage, red

cabbage

capers

cashews

celery

chili, vegetarian

coconut

curry

dill

dips

ginger

gomashio

[grains] grains, oats

grains

[greens] greens, collard

greens

Irish cuisine

[lemon] lemon, juice

[lemon] lemon, zest

lemon

miso

[mushrooms] mushrooms, shiitake

mushrooms

[noodles] noodles, soba

noodles

[oil] oil, olive

[oil] oil, sesame

oil

[onions] onions, red

onions

parsley

pastas

[pâtés] pâtés, “fish”

pâtés

peanuts

peanut butter

pizza

popcorn

[potatoes] potatoes, baked

potatoes

[rice] rice, brown

rice

salads

[salt] salt, sea

salt

[sandwiches] sandwiches, “blts”

sandwiches

scallions

Scottish cuisine

[sesame] sesame, oil

[sesame] sesame, paste

[sesame] sesame, seeds

sesame

[soups] soups, bean

soups

spinach

sprouts, bean

stews

stir-fries

tahini

tofu

umeboshi paste

vegetables

wakame

walnuts

watercress

wraps

# E

EDAMAME

Category: Legumes

arugula

avocado

beans, green

beets

[bell peppers] bell peppers, red

[bell peppers] bell peppers, yellow

bell peppers

carrots

cashews

[chiles] chiles, jalapeño;

chiles

chili pepper flakes

cilantro

coconut

corn

cucumber

daikon

dips

dumplings

escarole

garlic

ginger

[grains] grains, bulgur

[grains] grains, couscous

[grains] grains, quinoa

[grains] grains, rice

grains

[greens] greens, mesclun

greens

herbs

hummus

Japanese cuisine

kombu

leeks

[lemon] lemon, juice

lemon

lime

mint

miso

[mushrooms] mushrooms, cremini

mushrooms

[noodles, asian] noodles, asian, rice

[noodles, asian] noodles, asian, soba

[noodles, asian] noodles, asian, udon

noodles, asian

[oil] oil, canola

[oil] oil, olive

[oil] oil, sesame

[oil] oil, white truffle

oil

[onions] onions, green

[onions] onions, red

[onions] onions, yellow

onions

parsley

[pastas] pastas, linguini

pastas

“pâtés”

peanuts

pepper, black

[potatoes] potatoes, new

potatoes

quinoa

radishes

[rice] rice, arborio

[rice] rice, black

[rice] rice, brown

rice

risottos

[salads] salads, asian

[salads] salads, corn

[salads] salads, green

[salads] salads, potato

salads

SALT, esp. SEA

sauces

scallions

sea vegetables

[seeds] seeds, umpkin

[seeds] seeds, sesame

seeds

shallots

[soups] soups, miso

soups

soy sauce

spinach

spreads

squash, butternut

stir-fries

stock, vegetable

sugar snap peas

tamari

tofu

[tomatoes] tomatoes, cherry

tomatoes

veggie burgers

vinegar, rice wine

wasabi

watercress

zucchini

EGGPLANT

Category: Vegetables

African cuisines

artichoke hearts

arugula

Asian cuisines

BABA GHANOUSH

BASIL, esp. Thai

bay leaf

[beans] beans, black

[beans] beans, butter

[beans] beans, cannellini

[beans] beans, white

beans

[bell peppers] bell peppers, roasted green

[bell peppers] bell peppers, red

[bell peppers] bell peppers, or yellow

bell peppers

bok choy

[bread crumbs] bread crumbs, panko

[bread crumbs] bread crumbs, whole-grain

bread crumbs

bulgur

capers

caponata

cardamom

carrots

cashews

casseroles

celery

chard

[cheese] cheese, asiago

[cheese] cheese, feta

[cheese] cheese, goat

[cheese] cheese, gruyère

[cheese] cheese, mozzarella

[cheese] cheese, parmesan

[cheese] cheese, ricotta

[cheese] cheese, ricotta salata

[cheese] cheese, sheep’s milk

[cheese] cheese, swiss

cheese

chervil

chickpeas

[chiles] chiles, green

[chiles] chiles, jalapeño

[chiles] chiles, red

[chiles] chiles, serrano

chiles

chili pepper flakes

chili pepper

sauce, chili powder

Chinese cuisine

cilantro

cinnamon

coconut

coconut milk

coriander

couscous

Israeli couscous

cumin

curries

curry powder

curry spices

custards

dashi

dill

dips

eggplant Parmesan

eggplant rollatini

eggplant, stuffed

fennel seeds

fenugreek

French cuisine

\*GARLIC

ginger

gratins

Greek cuisine

hoisin

INDIAN CUISINE

Italian cuisine

Japanese cuisine

kohlrabi

[lemon] lemon, juice

lemon

lemongrass

lentils

lime

mace

marjoram

Mediterranean cuisines

Middle Eastern cuisines

millet

mint

mirin

[miso] miso, white

[miso] miso, yellow

miso

Moroccan cuisine

moussaka

[mushrooms] mushrooms, portobello

mushrooms

[noodles, asian] noodles, asian, soba

noodles, asian

nutmeg

nuts

[oil] oil, olive

[oil] oil, peanut

[oil] oil, sesame

[oil] oil, sunflower

oil

okra

[olives] olives, black

[olives] olives, green

[olives] olives, niçoise

olives

[onions] onions, green

[onions] onions, red

[onions] onions, white

[onions] onions, yellow

onions

[orange] orange, juice

[orange] orange, zest

orange

oregano

paprika

smoked paprika

PARSLEY

[pasta] pasta, lasagna

[pasta] pasta, linguini

[pasta] pasta, orzo

[pasta] pasta, penne

[pasta] pasta, rigatoni

pasta

peanuts

peanut sauce

[pepper] pepper, black

[pepper] pepper, white

pepper

pesto

pine nuts

pizza

polenta

pomegranates

pomegranate molasses

potatoes

quinoa

radicchio

raisins

RATATOUILLE (+ bell peppers + garlic + onions + tomatoes + zucchini)

[rice] rice, brown

[rice] rice, jasmine

[rice] rice, wild

rice

risotto

rosemary

saffron

sage

sake

[salads] salads, asian

[salads] salads, mediterranean

salads

[salt] salt, sea

salt

[sandwiches] sandwiches, grilled mozzarella

sandwiches

savory

scallions

seitan

[sesame seeds] sesame seeds, white

sesame seeds

shallots

shiso leaves

soups

Southeast Asian cuisines

soy sauce

spinach

spreads

[sprouts] sprouts, bean

sprouts

“steaks”

stews

stir-fries

stock, vegetable

tagines

TAHINI

tamari

tarragon

tempeh

Thai cuisine

thyme

tofu

\*TOMATOES

TOMATO PASTE

TOMATO SAUCE

turmeric

[vinegar] vinegar, balsamic

[vinegar] vinegar, cider

[vinegar] vinegar, red wine

[vinegar] vinegar, sherry

vinegar

walnuts

yogurt

za’atar

zucchini

EGGPLANT, JAPANESE

Category: Vegetables

basil

Thai basil

bell peppers, red or yellow, esp. roasted

cabbage

capers

[chiles] chiles, red

chiles

Chinese cuisine

dips

five-spice powder

GARLIC

ginger

gomashio

Indian cuisine

Japanese cuisine

lemon

lime

mint

mirin

miso

[mushrooms] mushrooms, shiitake

mushrooms

oil, olive

olives

onions, red

[pastas] pastas, lasagna

pastas

peanuts

peanut sauce

pine nuts

pizzas

relishes

rice

sake

salads

salt

[sauces] sauces, oyster (vegetarian)

[sauces] sauces, peanut

sauces

scallions

[sesame] sesame, oil

[sesame] sesame, seeds

sesame

shiso

soy sauce

spinach

[sugar] sugar, brown

sugar

tamari

tofu

[vinegar] vinegar, apple cider

[vinegar] vinegar, balsamic

[vinegar] vinegar, red wine

[vinegar] vinegar, rice

[vinegar] vinegar, sherry

vinegar

yogurt

EGYPTIAN CUISINE

baba ghanoush

[beans] beans, fava

beans

chickpeas

coriander

cucumbers

cumin

dill

dukkah

fennel seeds

garlic

grape leaves

hummus

[lentils] lentils, red

lentils

marjoram

mint

[nuts] nuts, almonds

[nuts] nuts, hazelnuts

[nuts] nuts, pistachios

nuts

[oil] oil, olive

oil

[pasta] pasta, macaroni

pasta

pepper, black

pine nuts

rice

salt, sea

[seeds] seeds, sesame

seeds

[soups] soups, red lentil

soups

spinach

stuffed cabbage

tabbouleh

tahini

thyme

tomatoes

tomato sauce

yogurt

ENDIVE

Category: Vegetables

almonds

APPLES

artichokes, Jerusalem

arugula

avocado

basil

[beans] beans, broad

[beans] beans, white

beans

BEETS

[bell peppers] bell peppers, red

bell peppers

[berries] berries, blackberries

berries

[bread crumbs] bread crumbs, whole-grain

bread crumbs

capers

caraway seeds

celery

chervil

chiles

chili pepper flakes

chives

cilantro

citrus

clementines

crudités

cucumbers

dill

escarole

farro

fennel

figs

frisée

garlic

grapefruit

grapes

gratins

greens

hazelnuts

kumquats

leeks

[lemon] lemon, juice

[lemon] lemon, zest

lemon

[lettuce] lettuce, romaine

lettuce

mayonnaise

mint

[mushrooms] mushrooms, portobello

mushrooms

[mustard] mustard, dijon

[mustard] mustard, dry

mustard

nutmeg

nuts

[oil] oil, grapeseed

[oil] oil, hazelnut

[oil] oil, nut

[oil] oil, olive

[oil] oil, walnut

oil

[olives] olives, black

olives

onions, red

ORANGE

[blood orange] blood orange, juice

[blood orange] blood orange, zest

blood orange

oregano

palm, hearts of

papaya

parsley

PEARS

pecans

[pepper] pepper, black

pepper

pizzas

polenta

pomegranate

potatoes

RADICCHIO

radishes

rice

[salads] salads, spinach

[salads] salads, tricolore salad (i.e.

[salads] salads, endive + arugula + radicchio)

salads

scallions

shallots

soups

[stock] stock, vegetable

stock

stuffed endive leaves

sugar

sugar snap peas

tangerines

tarragon

thyme

[tomatoes] tomatoes, cherry

tomatoes

truffles, black

vinaigrette

[vinegar] vinegar, balsamic

[vinegar] vinegar, fruit

[vinegar] vinegar, sherry

[vinegar] vinegar, white balsamic

[vinegar] vinegar, wine

vinegar

WALNUTS

watercress

yogurt

EPAZOTE

Category: Spices

avocados

[beans] beans, black

[beans] beans, pinto

beans

beans, refried

Central American cuisines

chayote

chilaquiles

[chiles] chiles, chipotle; chili pepper flakes

[chiles] chiles, chili pepper sauce

[chiles] chiles, chili powder

chiles

chili, vegetarian

cilantro

corn

crema

cumin

garlic

huitlacoche

lime

MEXICAN CUISINE

mushrooms

onions

potatoes

[quesadillas] quesadillas, cheese

quesadillas

queso fundido

refried beans

rice

salads

salsas

[sauces] sauces, mole

sauces

[soups] soups, bean

[soups] soups, black bean

[soups] soups, garlic

[soups] soups, mushroom

[soups] soups, tortilla

soups

South American cuisines

Southwestern (U.S.) cuisine

squash, summer

stews

teas, Mexican

tomatillos

tomatoes

[tortillas] tortillas, corn

tortillas

zucchini

zucchini blossoms

ESCAROLE

Category: Vegetables

almonds

apples

artichokes

[beans] beans, borlotti

[beans] beans, cannellini

[beans] beans, white

beans

beets

[bell peppers] bell peppers, roasted

bell peppers

bread crumbs

croutons

bruschetta

[cabbage] cabbage, red

cabbage

capers

carrots

cauliflower

chickpeas

chiles

chile pepper flakes

citrus

crème fraîche

cucumbers

currants

dill

endive

fennel

fennel seeds

GARLIC

hazelnuts

ITALIAN CUISINE

kamut

leeks

[lemon] lemon, juice

lemon

lentils

[lettuce] lettuce, butter

lettuce

mint

[mushrooms] mushrooms, porcini

mushrooms

[mustard] mustard, dijon

mustard

nutritional yeast

[oil] oil, nut

[oil] oil, olive

oil

[olives] olives, black

[olives] olives, green

olives

[onions] onions, white

[onions] onions, yellow

onions

oranges

blood oranges

parsley

parsnips

[pasta] pasta, fettuccine

[pasta] pasta, orzo

[pasta] pasta, penne

[pasta] pasta, spaghetti

pasta

pears

[pepper] pepper, black

[pepper] pepper, white

pepper

persimmons

pine nuts

pizzas

polenta

pomegranates

potatoes

radicchio

raisins

[rice] rice, arborio

[rice] rice, brown

rice

salads

[salt] salt, kosher

[salt] salt, sea

salt

[sauces] sauces, pasta

sauces

shallots

[soups] soups, escarole

[soups] soups, minestrone

[soups] soups, potato

[soups] soups, white bean

soups

[squash] squash, yellow

squash

[stews] stews, white bean

stews

stock, vegetable

sumac

thyme

tofu

tomatoes

sun-dried tomatoes

[vinegar] vinegar, apple cider

[vinegar] vinegar, balsamic

[vinegar] vinegar, red

[vinegar] vinegar, sherry

[vinegar] vinegar, white wine

vinegar

walnuts

watercress

ETHIOPIAN CUISINE

beans, green

beets

bell pepper, red

berbere

cabbage

carrots

cloves

garlic

ginger

[greens] greens, collard

greens

INJERA

[legumes] legumes, chickpeas

[legumes] legumes, lentils

[legumes] legumes, split peas

legumes

onions

paprika

peas

potatoes

spices

tibs (i.e., sautés)

turmeric

vegetables, stewed

wats (i.e., stews)

# F

FARRO

Category: Grains

apples

apple juice

apricots, dried

artichokes

arugula

asparagus

basil

bay leaf

[beans] beans, cannellini

[beans] beans, fava

[beans] beans, white

beans

beets

bell peppers, esp. roasted

breads

[cabbage] cabbage, green

[cabbage] cabbage, savoy

cabbage

carrots

casseroles

celery

chicory

chickpeas

[chiles] chiles, guajillo

chiles

chives

citrus

coconut

coconut milk

corn

cucumbers

dates

dill

dukkah

eggplant

fennel

garlic

ginger

grapes

gratins

ITALIAN CUISINE

kale

kefir

leeks

[lemon] lemon, juice

[lemon] lemon, zest

lemon

lemon, preserved

lentils

lovage

mangoes

marjoram

Mediterranean cuisines

mint

[mushrooms] mushrooms, chanterelle

[mushrooms] mushrooms, cremini

[mushrooms] mushrooms, porcini

[mushrooms] mushrooms, shiitake

[mushrooms] mushrooms, white

[mushrooms] mushrooms, wild

mushrooms

nutmeg

[nuts] nuts, almonds

[nuts] nuts, cashews

[nuts] nuts, pistachios

nuts

OIL, nut, OLIVE

olives, black

[onions] onions, caramelized

[onions] onions, yellow

onions

[orange] orange, juice

[orange] orange, zest

orange

oregano

PARSLEY

parsnips

pastas

pears

pilaf

pine nuts

pomegranates

quinoa

radicchio

radishes

rice, brown

“risottos,” i.e., made with farro, aka FARROTTOS

rosemary

[salads] salads, grain

[salads] salads, green

salads

shallots

[soups] soups, hearty

[soups] soups, minestrone

[soups] soups, mushroom

[soups] soups, winter

soups

spinach

[squash, winter] squash, winter, acorn

[squash, winter] squash, winter, butternut

[squash, winter] squash, winter, kabocha

squash, winter

stews

[stock] stock, mushroom or vegetable

stock

[sugar] sugar, brown

sugar

thyme

tofu

tomatoes

[vinegar] vinegar, apple cider

[vinegar] vinegar, red wine

[vinegar] vinegar, sherry

vinegar

walnuts

wine, dry white

zucchini

FENNEL

Category: Vegetables

almonds

anise

[apples] apples, green

apples

artichokes

artichoke hearts

artichokes, Jerusalem

ARUGULA

asparagus

avocado

basil

bay leaf

[beans] beans, cannellini

[beans] beans, fava

[beans] beans, green

[beans] beans, white

beans

beets

beet juice

[bell peppers] bell peppers, red

[bell peppers] bell peppers, yellow

bell peppers

bread crumbs

capers

carrots

cashews

casseroles

cauliflower

celery

celery root

chard

[cherries] cherries, dried

cherries

chervil

chestnuts

chickpeas

chicory

[chiles] chiles, jalapeño;

chiles

chili pepper flakes

Chinese cuisine

chives

citrus

clementines

coriander

couscous

[cranberries] cranberries, dried

cranberries

cucumbers

curries

curry powder

curry spices

dill

edamame

eggplant

endive

escarole

fennel fronds

fennel pollen

FENNEL SEEDS

figs

French cuisine

frisée

GARLIC

ginger

[grains] grains, millet

[grains] grains, quinoa

[grains] grains, spelt

grains

grapefruit

gratins

[greens] greens, mesclun

[greens] greens, winter

greens

hazelnuts

Italian cuisine

leeks

[lemon] lemon, juice

[lemon] lemon, zest

lemon

lentils

[lettuce] lettuce, romaine

lettuce

lime

liqueurs with anise/licorice flavor, such as Pernod, Ricard, sambuca

mâche

mango

Mediterranean cuisines

mint

[mushrooms] mushrooms, porcini

[mushrooms] mushrooms, portobello

[mushrooms] mushrooms, white

[mushrooms] mushrooms, wild

mushrooms

[mustard] mustard, dijon

[mustard] mustard, mustard seeds

mustard

nuts

[oil] oil, canola

[oil] oil, hazelnut

[oil] oil, nut

[oil] oil, olive

[oil] oil, vegetable

[oil] oil, walnut

oil

[olives] olives, black

[olives] olives, green

[olives] olives, italian

olives

[onions] onions, cippolini

[onions] onions, red

[onions] onions, spring

onions

[orange] orange, juice

[orange] orange, zest

orange

orange, blood

oregano

palm, hearts of

parsley

[pasta] pasta, linguini

[pasta] pasta, orecchiette

[pasta] pasta, orzo

pasta

peaches

pears

pecans

[pepper] pepper, black

[pepper] pepper, white

pepper

Pernod

pistachios

pizza

pomegranates

potatoes

pumpkin seeds

radicchio

radishes

relishes

rice

wild rice

risottos

saffron

sage

[salads] salads, fennel

[salads] salads, grain

[salads] salads, green

[salads] salads, tomato

salads

[salt] salt, kosher

[salt] salt, sea

salt

[sauces] sauces, tomato

sauces

scallions

sesame seeds, white

shallots

slaws

snap peas

soufflés

[soups] soups, fennel

[soups] soups, potato

[soups] soups, tomato

[soups] soups, vegetable

soups

soy sauce

[squash] squash, spaghetti

[squash] squash, summer

[squash] squash, winter

squash

star anise

[stews] stews, vegetable

stews

stir-fries

[stock] stock, fennel

[stock] stock, vegetable

stock

stuffings

tamari

tarragon

thyme

TOMATOES

tomato sauce

turnips

vanilla

verjus

vermouth

[vinegar] vinegar, balsamic

[vinegar] vinegar, champagne

[vinegar] vinegar, cider

[vinegar] vinegar, raspberry

[vinegar] vinegar, sherry

[vinegar] vinegar, white wine

vinegar

WALNUTS

watercress

wine, dry white

zucchini

FENNEL FRONDS

Category: Spices

beans

cabbage

citrus

[cocktails] cocktails, vodka-based

cocktails

egg dishes

fennel

Italian cuisine

lemon

Mediterranean cuisines

oil

[onions] onions, red

onions

pastas

“pestos” (+ garlic + olive oil + Parmesan cheese + pine nuts)

rice

risottos

[salad dressings] salad dressings, citrus vinaigrettes

salad dressings

[salads] salads, carrot

[salads] salads, citrus

[salads] salads, fennel

[salads] salads, green

salads

salsas

sausages, vegetarian

[soups] soups, barley

[soups] soups, cucumber

soups

FENNEL POLLEN

Category: Spices

apricots

asparagus

[baked goods] baked goods, cakes

[baked goods] baked goods, cookies

baked goods

carrots

chocolate

cinnamon

citrus

crème fraîche

eggplant

fennel

fennel seeds

garlic

(Central and Northern) Italian cuisine

leeks

[lemon] lemon, juice

[lemon] lemon, zest

lemon

mushrooms

[nuts] nuts, almonds

[nuts] nuts, pistachios

nuts

oatmeal

orange

[pastas] pastas, ravioli

pastas

pepper, black

polentas

potatoes

rice

risottos

salads

[salt] salt, sea

salt

tomatoes

tomato sauce

[vegetables] vegetables, roasted

[vegetables] vegetables, spring

vegetables

yogurt

FENNEL SEEDS

Category: Spices

apples

artichokes, Jerusalem

[baked goods] baked goods, breads

[baked goods] baked goods, cakes

[baked goods] baked goods, cookies

[baked goods] baked goods, flatbreads

baked goods

basil

[beans] beans, green

beans

beets

broccoli

Brussels sprouts

cabbage

carrots

cauliflower

celery root

chickpeas

Chinese cuisine

cinnamon

cloves

coriander

cucumbers

curries

cumin

[desserts] desserts, indian

desserts

eggplant

English cuisine

European cuisines

fennel

fenugreek

figs

five-spice powder

garam masala

garlic

ginger

[grapefruit] grapefruit, juice

[grapefruit] grapefruit, zest

grapefruit

[greens] greens, beet

greens

herbes de Provence

Italian cuisine

kohlrabi

leeks

[lemon] lemon, juice

lemon

lentils

liqueurs

mangoes

marinades

marjoram

Mediterranean cuisines

mushrooms

[mustard] mustard, dijon

mustard

oil, olive

olives

orange

paprika

parsley

parsnips

pastas

peas, split

pepper, black

pickles

pizza

potatoes

pumpkin

ras el hanout

rice

saffron

salad dressings

[salads] salads, pasta

[salads] salads, potato

salads

[sauces] sauces, pasta

sauces

sauerkraut

Scandinavian cuisine

shallots

[soups] soups, carrot

[soups] soups, celery root

[soups] soups, split pea

[soups] soups, tomato

soups

star anise

stuffings

sweet potatoes

tarragon

teas

thyme

tomatoes

tomato sauce

[vegetables] vegetables, green

[vegetables] vegetables, roasted

vegetables

walnuts

FENUGREEK

Category: Spices

(Northern) African cuisine

baked goods

[beans] beans, dried

[beans] beans, green

[beans] beans, kidney

[beans] beans, mung

beans

breads

broccoli

cabbage

caraway seeds

cardamom

carrots

CAULIFLOWER

chickpeas

chiles

chili paste

chutneys

cilantro

cinnamon

cloves

coriander

cumin

CURRIES

curry leaves

curry powder

dals

dosai, i.e., Indian crêpes

eggplant

fennel seeds

[flours] flours, lentil

[flours] flours, rice

flours

garlic

ginger

[greens] greens, collard

[greens] greens, turnip

greens

INDIAN CUISINE

lemon

LENTILS

mayonnaise

Mediterranean cuisines

Middle Eastern cuisines

mustard seeds

onions

parsnips

peas

peas, split

[pepper] pepper, black

pepper

pickles

[potatoes] potatoes, curried

[potatoes] potatoes, mashed

potatoes

[rice] rice, basmati

[rice] rice, long-grain

rice

salad dressings

[salads] salads, potato

salads

[sauces] sauces, raita

[sauces] sauces, white

sauces

[soups] soups, lentil

soups

spinach

[squash, winter] squash, winter, butternut

squash, winter

stews, vegetable

[teas] teas, mint

teas

tomatoes

Turkish cuisine

turmeric

turnips

walnuts

yogurt

zucchini

FIDDLEHEAD FERNS

Category: Vegetables

almonds

arugula

asparagus

brown butter

[chiles] chiles, green

chiles

chives

coriander

cumin

custards

fenugreek seeds

garlic

ginger

leeks

lemon

marjoram

milk

miso

[mushrooms] mushrooms, chanterelle

[mushrooms] mushrooms, maitake

[mushrooms] mushrooms, morel

[mushrooms] mushrooms, wild

mushrooms

mustard

nettles

noodles, soba

nutmeg

[oil] oil, hazelnut

[oil] oil, nut

[oil] oil, olive

oil

[onions] onions, green

[onions] onions, red

onions

oregano

paprika

parsley

pastas

peas

pepper, black

“pestos” (e.g., fiddleheads + almonds + olive oil + Parmesan)

ponzu sauce

[potatoes] potatoes, new

potatoes

rice, wild

risottos

[salads] salads, warm

salads

salt

[sauces] sauces, cheese

[sauces] sauces, cream

[sauces] sauces, hollandaise

sauces

savory

[sesame] sesame, oil

[sesame] sesame, seeds

sesame

shallots

soufflés

soups

soy sauce

squash, summer

stock, vegetable

turmeric

vinaigrette

[vinegar] vinegar, apple cider

[vinegar] vinegar, balsamic

[vinegar] vinegar, sherry

vinegar

zucchini

FIGS

Category: Fruits

MatchShare: Figs, Dried

anise seeds

apples

Armagnac

ARUGULA

[baked goods] baked goods, cakes

[baked goods] baked goods, corn bread

[baked goods] baked goods, muffins

[baked goods] baked goods, quick breads

baked goods

basil

bay leaf

[berries] berries, blackberries

[berries] berries, blueberries

berries

caramel

cardamom

[cereals] cereals, breakfast

cereals

[chiles] chiles, jalapeño

chiles

chocolate

chutneys

cinnamon

cloves

coconut

coconut milk

Cointreau

compotes

cranberries

desserts

[endive] endive, red

endive

fennel

fennel seeds

frisée

ginger

grapes

lavender

[lemon] lemon, juice

[lemon] lemon, zest

lemon

lettuce, butter

[lime] lime, juice

[lime] lime, zest

lime

mascarpone

Mediterranean cuisines

[melon] melon, cantaloupe

melon

Middle Eastern cuisines

milk, coconut

mint

molasses

[nuts] nuts, almonds

[nuts] nuts, hazelnuts

[nuts] nuts, pecans

[nuts] nuts, pistachios

[nuts] nuts, walnuts

nuts

oatmeal

oats

[oil] oil, coconut

[oil] oil, grapeseed

[oil] oil, olive

oil

onions, caramelized

[orange] orange, juice

[orange] orange, liqueur

[orange] orange, zest

orange

pancakes

peaches

pears

pepper, black

persimmons

phyllo dough

pizza

pomegranates

quince

raspberries

relishes

rice

rosemary

[salad dressings] salad dressings, blue cheese

salad dressings

[salads] salads, green

[salads] salads, spinach

salads

salt, sea

sesame seeds

sour cream

spinach

star anise

strawberries

stuffed figs

[sugar] sugar, brown

sugar

tarts

thyme

vanilla

[vinegar] vinegar, balsamic

[vinegar] vinegar, red wine

[vinegar] vinegar, sherry

[vinegar] vinegar, white balsamic

vinegar

watercress

[wine] wine, madeira

[wine] wine, marsala

[wine] wine, red

[wine] wine, sweet (e.g.

[wine] wine, port)

wine

yogurt

FIGS, DRIED

Category: Fruits

almonds

anise seeds

apples

[baked goods] baked goods, cakes

[baked goods] baked goods, muffins

[baked goods] baked goods, quick breads

baked goods

bananas

brandy

cardamom

chestnuts

cinnamon

coconut

cranberries

dates

desserts

granola

jams

[lemon] lemon, juice

[lemon] lemon, zest

lemon

[nuts] nuts, almonds

[nuts] nuts, macadamia

[nuts] nuts, pecans

[nuts] nuts, walnuts

nuts

oats

oatmeal

olives

[orange] orange, juice

[orange] orange, zest

orange

pears

pecans

pistachios

pumpkin seeds

raisins

snacks

stews

tagines

[vinegar] vinegar, balsamic

vinegar

WALNUTS

[wine] wine, red

[wine] wine, sweet

wine

yogurt

FIVE-SPICE POWDER

Category: Spices

braised dishes

Chinese cuisine

garlic

ginger

marinades

[nuts] nuts, lmonds

[nuts] nuts, pistachios

[nuts] nuts, walnuts

nuts

rice

roasted dishes

sauces

[seeds] seeds, pumpkin

seeds

stews

stir-fries

tofu

FLAXSEEDS

Category: Nuts

apples

applesauce

avocados

[baked goods] baked goods, breads

[baked goods] baked goods, crackers

[baked goods] baked goods, muffins

[baked goods] baked goods, pie crusts

[baked goods] baked goods, pizza crusts

[baked goods] baked goods, quick breads

baked goods

bananas

carrots

carrot juice

[cereals] cereals, breakfast

cereals

citrus

coriander

cottage cheese

desserts

fennel

[flour] flour, whole wheat

flour

French toast

grains

granola

herbs

juices

kale

“meatloaf,” vegetarian

[nuts] nuts, peanuts

[nuts] nuts, peanut butter

[nuts] nuts, walnuts

nuts

oats

oat bran

oatmeal

oil, olive

pancakes

[waffles] waffles, add to batter

waffles

pizza doughs

rice

[salads] salads, as a topping

salads

sesame seeds

SMOOTHIES

soups

squash, winter

vegetables

veggie burgers

yogurt

zucchini

FREEKEH

Category: Grains

(North) African cuisines

allspice

apples

apricots, dried

asparagus

[baked goods] baked goods, breads

baked goods

[beans] beans, adzuki

[beans] beans, black

[beans] beans, soy

beans

beets

[bell peppers] bell peppers, red

bell peppers

[bread crumbs] bread crumbs, panko

bread crumbs

carrots

cayenne

celery

cereals, hot breakfast

chickpeas

[chiles] chiles, green

chiles

cilantro

cinnamon

cloves

coriander

cucumbers

cumin

eggplant

[fruit, dried] fruit, dried, apricots

[fruit, dried] fruit, dried, cranberries

[fruit, dried] fruit, dried, plums

[fruit, dried] fruit, dried, raisins

fruit, dried

GARLIC

[grains, other] grains, other, oats

grains, other

[lemon] lemon, juice

[lemon] lemon, zest

lemon

lentils

“meatballs”

Mediterranean cuisines

Middle Eastern cuisines

mint

[mushrooms] mushrooms, button

[mushrooms] mushrooms, enoki

[mushrooms] mushrooms, oyster

[mushrooms] mushrooms, shiitake

mushrooms

North African cuisines

nutmeg

[nuts] nuts, cashews

[nuts] nuts, hazelnuts

[nuts] nuts, walnuts

nuts

[oil] oil, nut

[oil] oil, olive

oil

[olives] olives, kalamata

olives

[onions] onions, red

onions

oregano

[paprika] paprika, hot

[paprika] paprika, sweet

paprika

parsley

pepper, black

PILAFS

pine nuts

pistachios

pomegranate seeds

“risottos”

saffron

[salads] salads, grain

salads

salt, sea

[seeds] seeds, pumpkin

[seeds] seeds, sesame

[seeds] seeds, sunflower

seeds

shallots

soups

squash, butternut

stews

[stock] stock, mushroom

[stock] stock, vegetable

stock

stuffings

sweet potatoes

tabbouleh

thyme

tomatoes

tomato paste

tomatoes, sun-dried

veggie burgers

walnuts

yogurt

zucchini

FRENCH CUISINE

apples

apricots

cassoulets, vegetarian

garlic

gratins

[herbs] herbs, fines herbes

herbs

mirepoix (carrots + celery + onions)

[mustard] mustard, dijon

mustard

onions

parsley

pastries

pears

potatoes

[rémoulades] rémoulades, celery root

rémoulades

[salads] salads, lentil

salads

SAUCES

sautéed dishes

shallots

spirits

stocks

tarragon

[tarts] tarts, savory (e.g.

[tarts] tarts, onion

[tarts] tarts, zucchini)

[tarts] tarts, sweet (e.g.

[tarts] tarts, fruit)

tarts

thyme

tomatoes

[truffles] truffles, black

truffles

vegetables, root

vinaigrettes

[vinegars, wine] vinegars, wine, red

[vinegars, wine] vinegars, wine, white

vinegars, wine

wheat, esp. as flour

FRISÉE

Category: Vegetables

apples

arugula

asparagus

beans, green

beets

bread crumbs

cashews

celery

chives

endive

escarole

fennel

garlic

ginger

grapefruit

greens, other salad

hazelnuts

[lemon] lemon, juice

lemon

mâche

maple syrup

mint

[mushrooms] mushrooms, chanterelle

[mushrooms] mushrooms, king oyster

[mushrooms] mushrooms, porcini

[mushrooms] mushrooms, portobello

[mushrooms] mushrooms, shiitake

mushrooms

mustard, Dijon

[nuts] nuts, cashews

[nuts] nuts, hazelnuts

[nuts] nuts, walnuts

nuts

[oil] oil, canola

[oil] oil, grapeseed

[oil] oil, hazelnut

[oil] oil, nut

[oil] oil, olive

[oil] oil, sunflower seed

[oil] oil, walnut

oil

oranges

blood oranges, their juices

palm, hearts of

parsley

pears

[pepper] pepper, black

[pepper] pepper, white

pepper

pomegranates

potatoes

radicchio

radishes

[salads] salads, green

[salads] salads, potato

salads

[salt] salt, kosher

[salt] salt, sea

salt

savory

[seeds] seeds, sunflower

seeds

shallots

soups

spinach

[sprouts] sprouts, sunflower

sprouts

tarragon

thyme

tomatoes

[vinegar] vinegar, apple cider

[vinegar] vinegar, balsamic

[vinegar] vinegar, red wine

[vinegar] vinegar, sherry

[vinegar] vinegar, white wine

vinegar

wakame

walnuts

watercress

# G

GALANGAL

Category: Vegetables

MatchShare: Ginger

[baked goods] baked goods, cakes (e.g.

[baked goods] baked goods, carrot)

[baked goods] baked goods, cookies

[baked goods] baked goods, quick breads (e.g.

[baked goods] baked goods, banana)

baked goods

cauliflower

[chiles] chiles, thai

chiles

chocolate

cilantro

[citrus] citrus, lemon

[citrus] citrus, lime

citrus

COCONUT

COCONUT MILK

coriander

[curries] curries, green

[curries] curries, red

curries

GARLIC

ginger

Indonesian cuisine

Kaffir lime leaves

LEMONGRASS

Malaysian cuisine

[miso] miso, white

miso

mushrooms

onions

parsley

[pears] pears, asian

pears

potatoes

rice

sauces

scallions

shallots

shiso

[soups] soups, coconut

soups

Southeast Asian cuisines

[squash] squash, butternut

[squash] squash, kabocha

squash

stews

stir-fries

[stock] stock, vegetable

stock

[sugar] sugar, brown

sugar

tamarind

THAI CUISINE

turmeric

Vietnamese cuisine

GARLIC

Category: Vegetables

almonds

American cuisine

artichokes

artichokes, Jerusalem

asparagus

BASIL

bay leaf

[beans] beans, black

[beans] beans, broad

[beans] beans, cannellini

[beans] beans, fava

[beans] beans, green

[beans] beans, lima

[beans] beans, pinto

[beans] beans, shell

[beans] beans, white

beans

beets

bread

bread crumbs

broccoli

broccoli rabe

capers

carrots

casseroles

cauliflower

chard

chickpeas

[chiles] chiles, chili pepper flakes

[chiles] chiles, chili pepper paste

[chiles] chiles, chili pepper sauce

chiles

Chinese cuisine

chives

cloves

corn

couscous

curries

dips

eggplant

escarole

fennel

fiddlehead ferns

French cuisine

GINGER

Greek cuisine

[greens] greens, bitter

[greens] greens, dandelion

greens

herbs

Indian cuisine

Italian cuisine

kale

Latin American cuisines

leeks

legumes

[lemon] lemon, juice

[lemon] lemon, zest

lemon

lentils

[lettuce] lettuce, romaine

lettuce

Mexican cuisine

Middle Eastern cuisines

mint

mirin

[mushrooms] mushrooms, porcini

mushrooms

[mustard] mustard, dijon

mustard

[noodles, asian] noodles, asian, pad thai

noodles, asian

OIL, OLIVE

[olives] olives, kalamata

olives

onions

orange

oregano

paprika

PARSLEY

[pasta] pasta, linguini

[pasta] pasta, penne

[pasta] pasta, spaghetti

pasta

peanuts

peas

[pepper] pepper, black

pepper

pesto

pine nuts

pistou

pizza

[potatoes] potatoes, mashed

potatoes

purees

rosemary

saffron

sage

[salad dressings] salad dressings, vinaigrettes

salad dressings

salads

[salt] salt, sea

salt

[sauces] sauces, mole

[sauces] sauces, skordalia

[sauces] sauces, tzatziki

sauces

sesame oil

shallots

sorrel

[soups] soups, garlic

soups

sour cream

soy sauce

Spanish cuisine

spinach

spreads

[squash] squash, spaghetti

[squash] squash, summer

squash

stews

stir-fries

stock, vegetable

tahini

tamari

thyme

tofu

tomatillos

TOMATOES

TOMATO SAUCE

Turkish cuisine

turmeric

Vietnamese cuisine

[vinegar] vinegar, balsamic

[vinegar] vinegar, red wine

[vinegar] vinegar, rice wine

vinegar

yams

yogurt

zucchini

GARLIC, BLACK

Category: Vegetables

Asian cuisines

basil

bell peppers, roasted

brown butter

celery root

[chiles] chiles, milder

chiles

chives

dips

garlic

kale

Korean cuisine

lemon

mushrooms

[noodles] noodles, asian

noodles

oil, olive

olives

parsley

pastas

pizza

potatoes

risottos

salad dressings

[salads] salads, potato

salads

shallots

tapenades

tomatoes

[vinegar] vinegar, balsamic

[vinegar] vinegar, white balsamic

vinegar

wine

GARLIC, GREEN

Category: Vegetables

aioli

artichokes

asparagus

[baked goods] baked goods, breads

baked goods

basil

garlic

gratins

leeks

[lemon] lemon, juice

[lemon] lemon, zest

lemon

[oil] oil, vegetable

oil

parsley

pasta

pestos

pine nuts

pizza

[potatoes] potatoes, mashed

potatoes

risottos

salad dressings

salads

sauces

soups

stir-fries

GARLIC SCAPES

Category: Vegetables

almonds

basil

beans, green

bread

bruschetta

celery

chickpeas

dill

garlic

[greens] greens, beet

greens

hummus

[lemon] lemon, juice

[lemon] lemon, zest

lemon

lovage

mushrooms

[nuts] nuts, almonds

nuts

[oil, nut] oil, nut, walnut

oil, nut

OIL, OLIVE

parsley

[pasta] pasta, penne

[pasta] pasta, spaghetti

pasta

peanuts

pepper, black

PESTOS

pine nuts

potatoes

rice

sage

salad dressings

salads

[salt] salt, sea

salt

[soups] soups, garlic

[soups] soups, leek

[soups] soups, potato

soups

sour cream

spinach

stir-fries

stock, vegetable

sunflower seeds

teriyaki sauce

thyme

tomatoes

walnuts

wine, dry white

GINGER

Category: Vegetables

MatchShare: Galangal; Ginger, Powdered

African cuisines

agave nectar

almonds

apples

apple cider

apricots

ASIAN CUISINES

asparagus

[baked goods] baked goods, breads

[baked goods] baked goods, cakes

[baked goods] baked goods, cookies

[baked goods] baked goods, muffins

[baked goods] baked goods, pies

baked goods

bananas

basil

beans, green

[bell peppers] bell peppers, green

[bell peppers] bell peppers, red

bell peppers

berries

[beverages] beverages, ales

[beverages] beverages, beers

[beverages] beverages, teas

beverages

blueberries

bok choy

broccoli

broccolini

burdock

[cabbage] cabbage, red

[cabbage] cabbage, savoy

cabbage

cardamom

Caribbean cuisine

CARROTS

cashews

cauliflower

celery

[cherries] cherries, tart

cherries

chickpeas

[chiles] chiles, jalapeño; chili pepper flakes

[chiles] chiles, chili powder

chiles

CHINESE CUISINE

[chocolate] chocolate, dark

[chocolate] chocolate, white

chocolate

cilantro

cinnamon

coconut

coconut milk

coriander

corn

cranberries

ice cream

cumin

CURRIES, esp. Asian or Indian

[deep-fried dishes] deep-fried dishes, tofu

[deep-fried dishes] deep-fried dishes, vegetables

deep-fried dishes

desserts

dips

edamame

eggplant

fennel

fennel seeds

figs

fruit

garam masala

\*GARLIC

ginger ale

gingerbread

[grains, whole] grains, whole, buckwheat

grains, whole

grapefruit

[greens] greens, asian

[greens] greens, collard

greens

hiziki

hoisin sauce

ice cream

INDIAN CUISINE

Jamaican cuisine

Japanese cuisine

kiwi

kombu

leeks

LEMON

lemongrass

lentils

lime

lotus root

low-salt dishes

lychees

mango

maple syrup

marinades

[melons] melons, cantaloupe

melons

mint

mirin

miso

molasses

Moroccan cuisine

[mushrooms] mushrooms, shiitake

mushrooms

[noodles, asian] noodles, asian, rice

[noodles, asian] noodles, asian, soba

[noodles, asian] noodles, asian, udon

noodles, asian

oats

oatmeal

[oil] oil, grapeseed

[oil] oil, sesame

oil

okra

[onions] onions, green

[onions] onions, spring

onions

[orange] orange, juice

[orange] orange, zest

orange

papaya

parsley

parsnips

passion fruit

[pasta] pasta, orzo

pasta

peaches

peanuts

PEARS

peas

pickled ginger

pilafs

pineapple

plums

potatoes

pumpkin

raisins

rhubarb

[rice] rice, basmati

[rice] rice, brown

rice

rum

sake

salad dressings

[salt] salt, kosher

[salt] salt, sea

salt

[sauces] sauces, dipping

[sauces] sauces, kung pao

sauces

scallions

seitan

[sesame] sesame, oil

[sesame] sesame, seeds

sesame

[slaws] slaws, asian

slaws

snow peas

[soups] soups, asian

[soups] soups, hot-and-sour

[soups] soups, sweet potato

soups

Southeast Asian cuisines

SOY SAUCE

spinach

[sprouts] sprouts, bean

[sprouts] sprouts, mung bean

sprouts

[squash, winter] squash, winter, butternut

squash, winter

[stews] stews, moroccan

stews

stir-fries

[sugar] sugar, brown

sugar

sugar snap peas

sweet potatoes

tahini

tamari

tamarind

teas

[tofu] tofu, silken

tofu

tomatoes

turmeric

[vegetables] vegetables, chinese

[vegetables] vegetables, root

vegetables

[vinegar] vinegar, apple cider

[vinegar] vinegar, brown rice

[vinegar] vinegar, champagne

[vinegar] vinegar, red wine

[vinegar] vinegar, rice

[vinegar] vinegar, sherry

[vinegar] vinegar, white wine

vinegar

wasabi

water, soda

watercress

wheat berries

yams

yogurt

zucchini

GINGER, POWDERED

almonds

American cuisine

anise

apples

apricots

[baked goods] baked goods, breads

[baked goods] baked goods, cakes

[baked goods] baked goods, cookies

[baked goods] baked goods, gingerbread

[baked goods] baked goods, gingersnaps

baked goods

braised dishes

carrots

chutneys

cinnamon

cloves

coconut

compotes, fruit

cumin

curries

dates

desserts

European cuisines

fruits

lemon

mangoes

maple syrup

molasses

Moroccan cuisine

nutmeg

oranges

peaches

pumpkin

puddings

raisins

saffron

salad dressings

soups

[squash, winter] squash, winter, butternut

squash, winter

stews

[sugar] sugar, brown

sugar

sweet potatoes

tagines

turmeric

vanilla

GOJI BERRIES

Category: Fruits

almonds

[apricots] apricots, dried

apricots

Asian cuisines

[baked goods] baked goods, cookies

[baked goods] baked goods, muffins

[baked goods] baked goods, scones

baked goods

bananas

berries

cereals, hot breakfast

chocolate

cacao nibs

coconut

dates

energy bars

ginger

granola

lemon

lime

maple syrup

muesli

[nuts] nuts, macadamia

nuts

oatmeal

oats

[orange] orange, juice

[orange] orange, zest

orange

pears

pomegranates

pomegranate juice

raspberries

salt, sea

[sauces] sauces, fruit

sauces

[seeds] seeds, flax

[seeds] seeds, sesame

[seeds] seeds, sunflower

seeds

smoothies

soups

stews

sweet potatoes

trail mix

walnuts

yogurt

GRAINS OF PARADISE

Category: Spices

(North and West) African cuisines

allspice

apples

[baked goods] baked goods, cakes

[baked goods] baked goods, pies

baked goods

beer

cinnamon

cloves

coriander

couscous

cumin

eggplant

gin

ginger

lemon

lentils

Moroccan cuisine

nutmeg

okra

pepper, black

potatoes

pumpkin

ras el hanout

rice

rosemary

salad dressings

[soups] soups, butternut squash

[soups] soups, lentil

[soups] soups, potato

soups

[squash] squash, butternut

squash

stews

tomatoes

vegetables, root

vinegar

zucchini blossoms

GRAPEFRUIT

Category: Fruits

agave nectar

artichokes, Jerusalem

arugula

AVOCADOS

bananas

beets

[cabbage] cabbage, napa

cabbage

Campari

cashews

celery

celery root

chicory

chiles

chili pepper flakes

cilantro

cinnamon

citrus fruits, other

coconut

compotes

coriander

[drinks] drinks, sparkling wine cocktails

drinks

endive, Belgian

fennel

fromage blanc

ginger

granita

greens

hazelnuts

ices

jícama

kale

kiwi

lemon

lime

maple sugar

maple syrup

mascarpone

melon

mint

mirin

mustard

oil, olive

oranges

parsley

passion fruit

pears

pineapple

pistachios

pomegranates

raspberries

rosemary

salad dressings

[salads] salads, fruit

[salads] salads, green

salads

salt, sea

sauces

scallions

smoothies

sorbets

soy sauce

strawberries

[sugar] sugar, brown

sugar

tarragon

vanilla

[vinegar] vinegar, champagne

[vinegar] vinegar, rice wine

[vinegar] vinegar, sherry

[vinegar] vinegar, white wine

vinegar

vodka

walnuts

watercress

[wine] wine, sparkling

wine

yogurt

GRAPE LEAVES

Category: Vegetables

allspice

apricots, dried

beans

bulgur

cinnamon

currants

DILL

fennel

figs

garlic

[grains] grains, quinoa

[grains] grains, rice

grains

Greek cuisine

hazelnuts

Iraqi cuisine

Lebanese cuisine

[lemon] lemon, juice

lemon

[lentils] lentils, red

lentils

MINT

mushrooms

nuts

oil, olive

[onions] onions, red

[onions] onions, yellow

onions

parsley

pepper, black

PINE NUTS

raisins

[rice] rice, basmati

[rice] rice, brown

[rice] rice, long-grain

rice

rosemary

scallions

[soups] soups, cabbage

soups

stock, vegetable

\**STUFFED GRAPE LEAVES, aka dolmades or dolmas (this region’s*

answer to sushi!)

thyme

tomatoes

Turkish cuisine

[vinegar] vinegar, balsamic

vinegar

yogurt

GRAPES

Category: Fruits

almonds

apples

apple juice

arugula

bananas

basil

blueberries

Brussels sprouts

bulgur

cabbage, red

caramel

cardamom

carrots

celery

celery root

chocolate

cinnamon

cloves

cucumbers

[desserts] desserts, tarts

desserts

endive, Belgian

farro

fennel

fennel seeds

figs

garlic

gazpacho, white

ginger

[grains] grains, brown rice

[grains] grains, quinoa

grains

grapefruit

[greens] greens, mesclun

[greens] greens, salad

greens

hazelnuts

jícama

[lemon] lemon, zest

lemon

lime

mango

mascarpone

melon

milk, almond

mint

nutmeg

[nuts] nuts, almonds

[nuts] nuts, walnuts

nuts

[oil] oil, grapeseed

[oil] oil, olive

[oil] oil, walnut

oil

[onions] onions, red

[onions] onions, sweet

onions

orange

parsley

peanuts

peanut butter

pears

pecans

pizzas

raspberries

[rice] rice, brown

rice

rosemary

rum

[salads] salads, fruit

[salads] salads, grain

[salads] salads, green

[salads] salads, vegetable

salads

salsas

salt

scallions

[soups] soups, fruit

[soups] soups, white gazpacho

soups

sour cream

[sprouts] sprouts, radish

[sprouts] sprouts, sunflower

sprouts

star anise

strawberries

[sugar] sugar, brown

sugar

sumac

tomatoes

vanilla

verjus

[vinegar] vinegar, balsamic

[vinegar] vinegar, sherry

[vinegar] vinegar, white wine

vinegar

WALNUTS

watercress

watermelon

wine

yogurt

GREEK CUISINE (see also MEDITERRANEAN CUISINES)

allspice

anise seeds

baklava

basil

bay leaf

[beans] beans, gigante

beans

bell peppers

cinnamon

cloves

dill

dolmades (stuffed grape leaves)

eggplant

fennel

figs

GARLIC

grape leaves

[gyros, vegetarian] gyros, vegetarian, eggplant + pita bread + tzatziki sauce

gyros, vegetarian

kebabs

LEMON

mint

nutmeg

nuts

OIL, OLIVE

[olives] olives, kalamata

olives

onions

OREGANO

parsley

phyllo dough

pine nuts

pita breads

potatoes

raisins

rice

salads, esp. mint-garnished

[soups] soups, bean

soups

spanakopita, or spinach + cheese pie

spinach

stuffed grape leaves

thyme

tomatoes

tomato sauce

yogurt

zucchini

GREENS—IN GENERAL

Category: Vegetables

MatchShare: Arugula; Bok Choy; Cabbage; Chard; Endive; Escarole; Frisée; Greens, Amaranth; Greens, Beet; Greens, Collard; Greens, Dandelion; Greens, Mustard; Greens, Salad; Greens, Turnip; Kale; Lamb’s Quarter; Lettuce; Mache; Greens, Mizuna; Radicchio; Spinach; Watercress

arugula

basil

[beans] beans, white

beans

chiles, chili pepper flakes, chili pepper sauce

GARLIC

ginger

[grains] grains, quinoa

[grains] grains, rice

[grains] grains, spelt

grains

lemon

mushrooms

mustard

[nuts] nuts, walnuts

nuts

OIL, OLIVE

[onions] onions, green

[onions] onions, red

onions

pastas

pepper, black

[potatoes] potatoes, new

[potatoes] potatoes, red

potatoes

salads

[salt] salt, kosher

[salt] salt, sea

salt

sandwiches

[seeds] seeds, caraway

[seeds] seeds, celery

[seeds] seeds, sesame

seeds

smoothies

[soups] soups, bean

[soups] soups, lentil

soups

soy sauce

stews

stock, vegetable

veggie burgers

[vinegar] vinegar, balsamic

[vinegar] vinegar, red wine

vinegar

GREENS, AMARANTH

Category: Vegetables

MatchShare: Lamb’s Quarter; Spinach

basil

[bell peppers] bell peppers, green

[bell peppers] bell peppers, red butter

bell peppers

Caribbean cuisines

celery root

[chiles] chiles, dried

[chiles] chiles, scotch bonnet

chiles

coconut milk

coriander

corn

cumin

curry powder

curry spices

GARLIC

ginger

[grains] grains, bulgur

[grains] grains, rice

grains

Jamaican cuisine

kale

leeks

[lemon] lemon, juice

lemon

[lentils] lentils, red

lentils

lime

[oil] oil, corn

[oil] oil, olive

[oil] oil, peanut

[oil] oil, sesame

oil

okra

onions

parsley

plantains

rice

salads

salt

sandwiches

scallions

sesame seeds

shallots

soups

soy sauce

[stews] stews, callaloo

stews

stir-fries

stock, vegetable

sweet potatoes

thyme

tomatoes

[vinegar] vinegar, apple cider

vinegar

wine, dry white

GREENS, BEET

Category: Vegetables

apples

[beans] beans, fava

[beans] beans, fermented black

[beans] beans, white

beans

BEETS

cabbage

[chard] chard, rainbow

chard

chickpeas

chili pepper flakes

chili, vegetarian

cinnamon

coconut milk *curries*

dill

figs

GARLIC

ginger

[grains] grains, buckwheat

[grains] grains, bulgur

grains

[greens, other] greens, other, chard or kale

greens, other

hazelnuts

horseradish

[kale] kale, tuscan

kale

leeks

lemon

lentils

nutmeg

oil, olive

oranges

oregano

pastas

pecans

pine nuts

pizzas

potatoes

raisins

risottos

[salad dressings] salad dressings, vinaigrettes

salad dressings

smoothies

[soups] soups, beet

[soups] soups, borscht

[soups] soups, chickpea

soups

stews

stock, vegetable

[vinegar] vinegar, balsamic

[vinegar] vinegar, red wine

[vinegar] vinegar, sherry

vinegar

walnuts

yogurt

GREENS, COLLARD

Category: Vegetables

African cuisines

agave nectar

allspice

almonds

almond butter

[apples] apples, cider

[apples] apples, juice

apples

[barley] barley, pearl

barley

bay leaf

[beans] beans, black

[beans] beans, cannellini

[beans] beans, navy

[beans] beans, pinto

[beans] beans, white

beans

beer

bell peppers, red

BLACK-EYED PEAS

buckwheat

bulgur

[cabbage] cabbage, green

[cabbage] cabbage, red

cabbage

cardamom

carrots

celery

chickpeas

[chiles] chiles, chipotle

[chiles] chiles, jalapeño; chili pepper flakes

[chiles] chiles, chili pepper sauce

[chiles] chiles, chili powder

chiles

cinnamon

citrus

cloves

[coconut] coconut, butter

[coconut] coconut, milk

[coconut] coconut, water

coconut

collard wraps, i.e., stuffed with tofu, vegetables, etc.

corn bread

coriander

cumin

curry powder

curry spices

dill

“dolmas”

dulse

Egyptian cuisine

Ethiopean cuisine

farro

GARLIC

ginger

grains

hazelnuts

Indian cuisine

Jamaican cuisine

kale

kamut

leeks

[lemon] lemon, juice

lemon

lentils

liquid smoke

milk, coconut

mushrooms

mustard, Dijon

[noodles] noodles, udon

noodles

nutmeg

[oil] oil, canola

[oil] oil, mustard

[oil] oil, nut

[oil] oil, olive

[oil] oil, peanut (e.g.

[oil] oil, toasted)

[oil] oil, sesame (e.g.

[oil] oil, roasted)

oil

olives

[onions] onions, yellow

onions

[orange] orange, juice

orange

paprika, smoked

[pasta] pasta, lasagna

[pasta] pasta, whole-grain

pasta

peanuts

peanut butter

pepper, black

pine nuts

potatoes

quinoa

raisins

[rice] rice, brown

rice

[salt] salt, sea

[salt] salt, smoked

salt

scallions

[seeds] seeds, hemp

[seeds] seeds, sesame

seeds

[sesame] sesame, oil

[sesame] sesame, seeds

sesame

shallots

[smoky-flavored foods] smoky-flavored foods, smoked paprika or tofu

smoky-flavored foods

[soups] soups, bean

[soups] soups, lentil

[soups] soups, sweet potato

soups

sour cream

South American cuisines

SOUTHERN (U.S.) CUISINE

soy sauce

Spanish cuisine

[squash] squash, buttercup

[squash] squash, kabocha

squash

stews

stock, vegetable

stuffed collard greens

sushi rolls, vegetarian

sweet potatoes

tamari

tempeh

tofu

tomatoes

turmeric

vegetables, root

[vinegar] vinegar, apple cider

[vinegar] vinegar, rice

vinegar

wheat berries

zucchini

GREENS, DANDELION

Category: Vegetables

almonds

apples

avocado

basil

[beans] beans, cannellini

beans

beets

carrots

casseroles

cayenne

celery

chickpeas

[chiles] chiles, jalapeño;

chiles

chili pepper flakes

chives

[croutons] croutons, whole-grain

croutons

curry powder

dill

endive

fennel

French cuisine

GARLIC

ginger

gratins

[greens, other] greens, other, milder

[greens, other] greens, other, mustard

greens, other

hazelnuts

hemp seeds

kale

[lemon] lemon, juice

lemon

[lentils] lentils, red

lentils

[lettuce] lettuce, butter

[lettuce] lettuce, romaine

lettuce

maple syrup

Mediterranean cuisines

miso

mulberry

[mushrooms] mushrooms, shiitake

mushrooms

[mustard] mustard, dijon

mustard

[noodles] noodles, udon

noodles

[oranges] oranges, blood

oranges

[oil] oil, flaxseed

[oil] oil, olive

[oil] oil, peanut

[oil] oil, walnut

oil

[onions] onions, raw

[onions] onions, sliced

onions

[orange] orange, juice

orange

parsley

[pasta] pasta, penne

pasta

peanuts

[pepper] pepper, black

pepper

pine nuts

potatoes

raisins

risottos

sage

[salads] salads, dandelion

[salads] salads, green

[salads] salads, pasta

salads

[salt] salt, sea

salt

scallions

shallots

[soups] soups, vegetable

soups

soy sauce

spinach

stews

stir-fries

strawberries

sunflower seeds

tarragon

tempeh

[tomatoes] tomatoes, cherry

tomatoes

tomatoes, sun-dried

vegetables, milder

[vinegar] vinegar, balsamic

[vinegar] vinegar, cider

[vinegar] vinegar, raspberry

[vinegar] vinegar, red wine

[vinegar] vinegar, sherry

vinegar

walnuts

wasabi

GREENS, MIZUNA

Category: Vegetables

almonds

apples

arugula

asparagus

avocado

[beans] beans, fava

beans

beets

carrots

celery

chestnuts

Chinese cuisine

chives

coriander

cranberries, dried

cucumbers

edamame

frisée

ginger

[grains] grains, quinoa

grains

greens, milder salad

Japanese cuisine

lemon

[miso] miso, dark

[miso] miso, light

miso

[noodles, asian] noodles, asian, soba

[noodles, asian] noodles, asian, somen

noodles, asian

[oil] oil, olive

[oil] oil, peanut

[oil] oil, sesame

oil

onions, green

orange, blood

[pears] pears, asian

pears

peas

plums

[potatoes] potatoes, new

potatoes

radicchio

[rice] rice, brown

rice

[salads (esp. young leaves)] salads (esp. young leaves), asian

[salads (esp. young leaves)] salads (esp. young leaves), green

[salads (esp. young leaves)] salads (esp. young leaves), noodle

salads (esp. young leaves)

[seeds] seeds, pumpkin

[seeds] seeds, sesame

seeds

[sesame] sesame, oil

[sesame] sesame, seeds

sesame

[soups] soups, asian

soups

soy sauce

STIR-FRIES (esp. older leaves)

tahini

tamari

tatsoi

tempeh

tofu

tomatoes

[vinegar] vinegar, balsamic

[vinegar] vinegar, rice wine

[vinegar] vinegar, sherry

vinegar

GREENS, MUSTARD

Category: Vegetables

African cuisines

Asian cuisines

[beans] beans, kidney

beans

black-eyed peas

bread crumbs

capers

carrots

cashews

cayenne

celery

chickpeas

[chiles] chiles, jalapeño; chili pepper paste

[chiles] chiles, chili pepper flakes

chiles

chili powder

Chinese cuisine

cumin

currants

curry powder

dill

farro

frisée

GARLIC

ginger

grains

gratins

[greens, other] greens, other, dandelion

[greens, other] greens, other, milder (e.g.

[greens, other] greens, other, spinach)

greens, other

Indian cuisine

Japanese cuisine

kale

[lemon] lemon, juice

lemon

mango

millet

miso

mizuna

molasses

mushrooms

[noodles] noodles, asian

[noodles] noodles, soba

noodles

[oil] oil, chili

[oil] oil, mustard

[oil] oil, olive

[oil] oil, peanut

[oil] oil, sesame

[oil] oil, sunflower seed

oil

olives

[onions] onions, green

[onions] onions, red

[onions] onions, yellow

onions

oranges

peanuts

peanut butter

pears

pepper, black

pine nuts

potatoes

raisins

rice

[salads] salads, pasta

[salads] salads, potato

salads

[salt] salt, sea

salt

sandwiches

sauces

scallions

sesame seeds

shallots

[soups] soups, bean

soups

Southeast Asian cuisines

Southern (U.S.) cuisine

soy sauce

stews

stir-fries

[stock] stock, vegetable

stock

sweet potatoes

tamari

thyme

tofu

tofu scramble

tomatoes

vegetables, milder and/or sweeter

[vinegar] vinegar, apple cider

[vinegar] vinegar, balsamic

[vinegar] vinegar, red wine

[vinegar] vinegar, white wine

vinegar

walnuts

[wine] wine, rice

wine

Worcestershire sauce, vegetarian

yams

GREENS, SALAD

Category: Vegetables

MatchShare: Arugula; Endive; Escarole; Frisée; Greens, Amaranth; Greens, Beet; Greens, Collard; Greens, Dandelion; Greens, Salad; Greens, Turnip; Kale; Lettuce; Mache; Mizuna; Radicchio; Spinach; Watercress

almonds

anise seeds

apples

avocados

basil

beets

blackberries

capers

celery

chervil

chives

cilantro

cranberries, dried

croutons

dill

fennel

garlic

hazelnuts

[lemon] lemon, juice

lemon

lentils

mâche

mangoes

marjoram

mint

[mustard] mustard, dijon

[mustard] mustard, dry

mustard

nuts

[oil] oil, flaxseed

[oil] oil, grapeseed

[oil] oil, olive

oil

onions, red

[oranges] oranges, blood

oranges

parsley

pears

[pepper] pepper, black

pepper

pine nuts

pistachios

[potatoes] potatoes, new

potatoes

radishes

rice

[salads] salads, grain

[salads] salads, green

[salads] salads, potato

salads

[salt] salt, sea

salt

savory

sesame seeds

shallots

tamari

tarragon

thyme

tofu

veggie burgers

[vinegar] vinegar, balsamic

[vinegar] vinegar, red wine

[vinegar] vinegar, sherry

[vinegar] vinegar, white wine

vinegar

walnuts

GREENS, TURNIP

Category: Vegetables

apples

[beans] beans, pinto

[beans] beans, white

beans

black-eyed peas

bread crumbs

cayenne

chickpeas

chiles

chili pepper flakes

coconut

coconut milk

cumin

curry powder

dashi

GARLIC

ginger

grains

[lemon] lemon, juice

[lemon] lemon, zest

lemon

lime

mint

miso

[mushrooms] mushrooms, oyster

mushrooms

[mustard] mustard, dijon

mustard

[noodles, asian] noodles, asian, somen

noodles, asian

oil, olive

[olives] olives, black

olives

onions

orange

parsley

pastas

pecans

potatoes

rice

saffron

salads

[salt] salt, kosher

salt

“sausage”

[sesame] sesame, oil

[sesame] sesame, seeds

sesame

[soups] soups, bean

[soups] soups, potato

[soups] soups, root vegetable

soups

Southern (U.S.) cuisine

soy sauce

stock, vegetable

sweet potatoes

tofu

tomatoes

turmeric

turnips

[vinegar] vinegar, apple cider

vinegar

walnuts

wine, dry white

GRITS

Category: Grains

MatchShare: Grits

cayenne

cereals, hot breakfast

chard

[chiles] chiles, green; chili pepper flakes

chiles

chili pepper sauce

cilantro

corn

fruit

garlic

[greens] greens, collard

greens

kale

maple syrup

mascarpone

milk

molasses

nutmeg

oil, olive

[onions] onions, sweet

[onions] onions, yellow

onions

paprika

[pepper] pepper, black

pepper

polenta

porridges

puddings

[salt] salt, kosher

[salt] salt, sea

salt

scallions

seeds, sunflower

Southern (U.S.) cuisine

[stock] stock, corn

[stock] stock, vegetable

stock

[vinegar] vinegar, apple cider

vinegar

watercress

[wine] wine, dry white

wine

GUAVA

Category: Fruits

apples

[baked goods] baked goods, cakes

[baked goods] baked goods, muffins

[baked goods] baked goods, tarts

baked goods

BANANAS

[beverages] beverages, cocktails

[beverages] beverages, juices

beverages

cashews

chili pepper sauce

[chocolate] chocolate, white

chocolate

chutneys

cinnamon

[citrus] citrus, lemon

[citrus] citrus, lime

[citrus] citrus, orange

citrus

cloves

coconut

coconut cream

coconut milk

compotes

[desserts] desserts, cakes

[desserts] desserts, cheesecakes

desserts

[fruits, other tropical] fruits, other tropical, kiwi

[fruits, other tropical] fruits, other tropical, mango

[fruits, other tropical] fruits, other tropical, papaya

[fruits, other tropical] fruits, other tropical, pineapple

[fruits, other tropical] fruits, other tropical, star fruit

fruits, other tropical

ginger

[greens] greens, salad

greens

hazelnuts

Indian cuisine

jams

preserves

lemon

[lime] lime, zest

lime

mangoes

mascarpone

mustard

nutmeg

[nuts] nuts, cashews

[nuts] nuts, macadamia

nuts

oil, olive

onions

orange

papayas

[pears] pears, asian

pears

phyllo dough

pineapple

plums

quince

raisins

rum

[salads] salads, fruit

salads

sauces

smoothies

sorbets

South American cuisine

soy sauce

stock, vegetable

strawberries

[sugar] sugar, brown

sugar

tamales

vanilla

[vinegar] vinegar, balsamic

vinegar

[wine] wine, sparkling

wine

[yogurt] yogurt, low-fat

yogurt

# H

HAZELNUTS

Category: Nuts

almonds

apples

[apricots] apricots, dried

apricots

artichokes

arugula

asparagus

[baked goods] baked goods, biscotti

[baked goods] baked goods, cakes

[baked goods] baked goods, cookies

[baked goods] baked goods, pies

baked goods

bananas

[beans] beans, green

beans

beets

[berries] berries, blackberries

[berries] berries, blueberries

berries

Brussels sprouts

caramel

cauliflower

celery root

cereals, hot breakfast

cherries

[chocolate] chocolate, dark

[chocolate] chocolate, white

chocolate

chutneys

cinnamon

coffee

espresso

couscous

cranberries

ice cream

[desserts] desserts, crisps

desserts

dukkah

eggplant

endive

fennel

figs

frisée

[fruits] fruits, dried

[fruits] fruits, fresh

fruits

granola

grapes

[greens, bitter] greens, bitter, beet

greens, bitter

[greens, salad] greens, salad, mesclun

greens, salad

ice cream

kale

leeks

lentils

lettuce

[liqueurs] liqueurs, almond

liqueurs

loaves

maple syrup

meringue

mint

[mushrooms] mushrooms, morel

[mushrooms] mushrooms, wild

mushrooms

[oil] oil, hazelnut

[oil] oil, orange

oil

[oranges] oranges, mandarin

[oranges] oranges, e.g.

[oranges] oranges, juice

[oranges] oranges, zest

oranges

parsley

passion fruit

pastas

pâtés

peaches

PEARS

persimmons

pesto

pineapple

plums, dried

puddings

pumpkin

quinoa

radicchio

raisins

raspberries

rhubarb

risottos

rosemary

[salads] salads, fruit

[salads] salads, green

[salads] salads, spinach

[salads] salads, tricolore

salads

[sauces] sauces, romesco

sauces

soups

Spanish cuisine

spinach

[squash, winter] squash, winter, acorn

[squash, winter] squash, winter, butternut

squash, winter

strawberries

stuffings

[sugar] sugar, brown

sugar

sweet potatoes

toffee

tomatoes, sun-dried

trail bars

vanilla

veggie burgers

[vinegar] vinegar, balsamic

[vinegar] vinegar, champagne

[vinegar] vinegar, sherry

[vinegar] vinegar, white wine

vinegar

zucchini

HIZIKI

Category: Vegetables

Asian cuisines

[beans] beans, green

beans

[bell peppers] bell peppers, red

[bell peppers] bell peppers, yellow

bell peppers

bok choy

Bragg Liquid Aminos

brown rice syrup

burdock

cabbage, napa

CARROTS

casseroles

cayenne

celery

[chiles] chiles, jalapeño

chiles

cilantro

citrus

corn

“crabcakes,” vegetarian

edamame

eggplant

GARLIC

GINGER

grains

herbs

Japanese cuisine

leeks

lotus root

macrobiotic cuisine

mirin

[miso] miso, red

miso

[mushrooms] mushrooms, shiitake

mushrooms

[noodles, asian] noodles, asian, brown rice or soba

noodles, asian

[oil] oil, olive

[oil] oil, sesame

oil

[onions] onions, green

[onions] onions, white

[onions] onions, yellow

onions

parsley

pâtés

peanuts

peas, green

[rice] rice, brown

rice

[salad dressings] salad dressings, miso

salad dressings

[salads] salads, green

[salads] salads, noodle

[salads] salads, sea vegetable

salads

salt, sea

scallions

SESAME OIL

sesame seeds

shallots

[soups] soups, miso

soups

soybeans

SOY SAUCE

squash

stews

stir-fries

[sugar] sugar, brown

sugar

sunflower seeds

tahini

tamari

tartar sauce

tempeh

TOFU

[tomatoes] tomatoes, cherry

tomatoes

turnips

vegetables, esp. root, sweet

[vinegar] vinegar, brown rice

[vinegar] vinegar, rice

[vinegar] vinegar, umeboshi

vinegar

water chestnuts

watercress

yams

HOMINY

Category: Grains

avocado

[beans] beans, anasazi

[beans] beans, pinto

[beans] beans, red

beans

bell peppers

carrots

casseroles

celery

[chiles] chiles, dried red

[chiles] chiles, fresh green

[chiles] chiles, jalapeño; chili pepper sauce

chiles

chili

powder

cilantro

corn

cumin

garlic

lime

Mexican cuisine

[mushrooms] mushrooms, portobello

mushrooms

Native American cuisine

[oil] oil, olive

[oil] oil, sesame

[oil] oil, sunflower

[oil] oil, vegetable

oil

[onions] onions, white

onions

OREGANO, MEXICAN

pepper, black

POSOLE, vegetarian

pumpkin seeds

radishes

sage

SOUPS

Southwest (U.S.) cuisine

squash, butternut

STEWS

stock, vegetable

thyme

tomatillos

tomatoes

HORSERADISH

Category: Vegetables

apples

applesauce

arugula

avocado

[beans] beans, adzuki

[beans] beans, green

beans

baked beans

bean purees

BEETS

beet juice

Bloody Marys

cabbage

carrots

cauliflower

celery

chilled dishes

chives

crème fraîche

cucumbers

dill

dips

(Central and Northern) European cuisines

garlic

[greens, bitter] greens, bitter, beet

greens, bitter

ketchup

[lemon] lemon, juice

[lemon] lemon, zest

lemon

[lime] lime, juice

[lime] lime, zest

lime

mascarpone

mayonnaise

[miso] miso, light

miso

[mushrooms] mushrooms, porcini

mushrooms

[mustard] mustard, dijon

mustard

oil, olive

onions

parsley

parsnips

[pasta] pasta, gnocchi

pasta

[peas] peas, green

peas

pepper, black

potatoes

ramps

relishes

rosemary

sage

salad dressings

[salads] salads, grain

[salads] salads, macaroni

[salads] salads, potato

salads

salt

sandwiches

[sauces] sauces, creamy

sauces

scallions

sorrel

SOUR CREAM

soy sauce

sugar, brown

tempeh

thyme

[tofu] tofu, silken

tofu

tomatoes

tomato juice

sun-dried tomatoes

vegetables, root

veggie burgers

[vinegar] vinegar, apple cider

[vinegar] vinegar, balsamic

[vinegar] vinegar, red wine

[vinegar] vinegar, white wine

vinegar

watercress

YOGURT

zucchini

HUCKLEBERRIES

Category: Fruits

agave nectar

apples

bananas

cheesecake

cinnamon

coulis

crème fraîche

[desserts] desserts, cobblers

[desserts] desserts, crisps

[desserts] desserts, custards

[desserts] desserts, galettes

[desserts] desserts, ice creams

[desserts] desserts, panna cottas

[desserts] desserts, pastries

[desserts] desserts, pies

[desserts] desserts, soufflés

[desserts] desserts, tarts

desserts

graham crackers

jams

[lemons] lemons, meyer

lemons

[lime] lime, juice

lime

orange

[pancakes] pancakes, buckwheat

pancakes

pears

pine nuts

[puddings] puddings, bread

puddings

sugar

walnuts

HUITLACOCHE

Category: Vegetables

avocado

Central American cuisines

chiles

chiles rellenos

chocolate

cilantro

corn

crêpes

empanadas

epazote

garlic

ice cream

lettuce

lime

Mexican cuisine

[mushrooms] mushrooms, wild

mushrooms

onions

quesadillas

soups

stews

sweet potatoes

tacos

tamales

[tortillas] tortillas, corn

tortillas

vanilla

zucchini blossoms

# I

INDIAN CUISINE

allspice

almonds

anise seeds

beans

breads, esp. in northern India

cardamom

cashews

cassia (or cinnamon)

cauliflower

cayenne

chickpeas

chiles

cilantro, esp. in southern India

cinnamon

cloves

coconut, esp. in desserts

southern India

coriander

cumin, esp. in northern India

CURRIES

curry leaves

curry powder

curry spices

dosas

eggplant

fennel seeds

fenugreek

garam masala

garlic, esp. in northern India

ginger, esp. in northern India

herbs

lentils

mint

mustard seeds, esp. in southern India

nutmeg

[oil] oil, canola

[oil] oil, grapeseed

oil

onions

paprika

peas

[pepper] pepper, black

pepper

pistachios, esp. in desserts

poppy seeds

potatoes

rice, basmati, esp. in southern India

saffron

sage

[sauces] sauces, raita

sauces

SPICES

spinach

star anise

sugar, palm

tamarind, esp. in southern India

tomatoes

turmeric

vegetables, esp. in southern India

wheat, esp. in northern India

yogurt

INDONESIAN CUISINE

chiles

coconut

coriander

garlic

grilled dishes

lemongrass

molasses

noodles

peanuts

peanut sauces

pepper

rice

satays, i.e., skewers

seitan

soy sauce

[spices] spices, cloves

[spices] spices, nutmeg

[spices] spices, pepper

spices

stir-fries

[sugar] sugar, brown

sugar

tamarind

tempeh

vegetables

IRISH MOSS

Category: Vegetables

almond milk

bananas

breads

cacao

chocolate

cinnamon

coconut

coconut milk

[desserts] desserts, creamy

[desserts] desserts, custards

[desserts] desserts, flans

[desserts] desserts, mousses

[desserts] desserts, pies

desserts

ice creams

jams

jellies

[salad dressings, creamy] salad dressings, creamy, ranch

salad dressings, creamy

smoothies

soups

stocks

tiramisu

vanilla

[yogurt, vegan] yogurt, vegan, nut-based

yogurt, vegan

ISRAELI CUISINE (see also MEDITERRANEAN CUISINES)

[beans] beans, fava

beans

beets

bell peppers, red

[bread] bread, pita

bread

[chickpeas] chickpeas, ummus

chickpeas

couscous, Israeli

dips

[eggplant] eggplant, aba ghanoush

eggplant

falafel

harissa

[salads] salads, cucumber

[salads] salads, tabbouleh

[salads] salads, tomato

salads

[sandwiches] sandwiches, sabich (eggplant + hard-boiled egg + hummus)

[sandwiches] sandwiches, seitan

sandwiches

shawarma

tahini

tomatoes

[yogurt] yogurt, strained (aka labneh)

yogurt

za’atar

ITALIAN CUISINE, NORTHERN

asparagus

basil

beans

hazelnuts

[lemon] lemon, juice

lemon

mascarpone

nuts

pasta, esp. fresh, richer egg-based or ribbon-shaped (e.g., fettuccine, linguini, ravioli), often combined with other starches, such as beans

pesto

pine nuts

polenta

potatoes

[rice] rice, arborio

[rice] rice, carnaroli;

rice

risottos

rosemary

sage

[sauces] sauces, cream-based

sauces

truffles, white

vinegar, esp. balsamic, wine

[wine] wine, marsala

[wine] wine, red

[wine] wine, white

wine

ITALIAN CUISINE, SOUTHERN

artichokes

basil

bell peppers

chiles

chili pepper flakes

cinnamon

eggplant

fennel

garlic

herbs

marjoram

nutmeg

oil, olive

olives

oregano

pasta, esp. dried, tube-shaped, served with tomato sauce

[pizza] pizza, neopolitan

pizza

raisins

[sauces] sauces, red tomato-based

sauces

tomatoes

tomato sauce

wine

zucchini

# J

JACKFRUIT, UNRIPE GREEN

Category: Fruits

Asian cuisines

bananas

barbecue dishes

barbecue sauce

bay leaf

bell peppers

biryani

carnitas

carrots

cashews

cauliflower

[chiles] chiles, chipotle

[chiles] chiles, green;

chiles

chili powder

chili, vegetarian

Chinese cuisine

cilantro

coconut milk

coriander

“crabcakes”

cumin

[curries] curries, indian

[curries] curries, thai

curries

desserts, i.e., made with ripe jackfruit

enchiladas

garam masala

garlic

ginger

gyros

Indian cuisine

Kaffir lime leaf

leeks

[lemon] lemon, juice

lemon

lemongrass

[lime] lime, juice

lime

Malaysian cuisine

molasses

mushrooms

nachos

[oil] oil, canola

oil

[onions] onions, red

[onions] onions, white

onions

oregano

pasta

peas, green

potatoes

[rice] rice, basmati

rice

[sandwiches] sandwiches, baos

[sandwiches] sandwiches, “pulled pork,” “reuben”

sandwiches

smoke, liquid

Southeast Asian cuisines

soy sauce

stews

stock, vegetable

tacos

tomatoes, tomato paste, tomato sauce

[tortillas] tortillas, corn

tortillas

turmeric

[wine] wine, dry

wine

JAGGERY

Category: Others

almonds

bananas

[beverages] beverages, coffee

[beverages] beverages, tea

beverages

breads

candies

cardamom

cashews

chickpeas

coconut milk

[desserts] desserts, puddings

desserts

Indian cuisine

milk

peanuts

raisins

rice

syrups

yogurt

JAMAICAN CUISINE (see also CARIBBEAN CUISINES)

avocados

[beans] beans, black

[beans] beans, red

beans

bell peppers

black-eyed peas

cabbage

carrots

cilantro

coconut

coconut milk

curries

garlic

ginger

greens, mustard

[jerk dishes] jerk dishes, tempeh

[jerk dishes] jerk dishes, tofu

[jerk dishes] jerk dishes, vegetables

jerk dishes

onions

oranges

plantains

raisins

rice

spinach

stews

sweet potatoes

tomatoes

JAPANESE CUISINE

broccoli

broiled dishes

burdock root

carrots

chiles

daikon

DASHI

edamame

eggplant, Japanese

garlic

ginger

grilled dishes

gyoza

kelp

kinpira

kombu

mirin, i.e., rice wine

miso

[mushrooms] mushrooms, maitake

[mushrooms] mushrooms, oyster

[mushrooms] mushrooms, shiitake

mushrooms

[noodles, asian] noodles, asian, ramen

[noodles, asian] noodles, asian, soba

noodles, asian

[udon nori rolls] udon nori rolls, avocado

[udon nori rolls] udon nori rolls, cucumber

udon nori rolls

pickled dishes

pineapple

poached dishes

[rice] rice, black

[rice] rice, brown

[rice] rice, sushi

rice

[sauces] sauces, ponzu

[sauces] sauces, teriyaki

sauces

scallions

[sea vegetables] sea vegetables, kelp

[sea vegetables] sea vegetables, nori

sea vegetables

[sesame] sesame, oil

[sesame] sesame, seeds

sesame

[soups] soups, miso

soups

\*SOY SAUCE

squash

steamed dishes

sweet potatoes

[tea] tea, green

tea

tempura

vinegar, rice wine

wasabi

[wine, rice] wine, rice, sake

wine, rice

yuzu

zucchini

JÍCAMA

Category: Vegetables

apples

arugula

AVOCADO

[basil] basil, thai

basil

beans, black

[beans, green] beans, green, haricots verts

beans, green

beets

[bell peppers] bell peppers, green

[bell peppers] bell peppers, red

bell peppers

blackberries

broccoli

Brussels sprouts

[cabbage] cabbage, green

[cabbage] cabbage, red

cabbage

carrots

cayenne

Central American cuisines

chayote

chickpeas

[chiles] chiles, jalapeño

[chiles] chiles, serrano; chili pepper flakes

chiles

chili powder

CILANTRO

citrus

corn

crudités

CUCUMBERS

fruit

garlic

ginger

grapefruit

guacamole

horseradish

kumquats

[lemon] lemon, juice

lemon

lemon, preserved

[lettuce, mild] lettuce, mild, bibb

[lettuce, mild] lettuce, mild, butter

[lettuce, mild] lettuce, mild, romaine

lettuce, mild

[lime] lime, juice

lime

Malaysian cuisine

mangoes

melon

Mexican cuisine

millet

mint

[mushrooms] mushrooms, button

mushrooms

mustard

[noodles] noodles, rice

noodles

[oil] oil, chili

[oil] oil, grapeseed

[oil] oil, olive

[oil] oil, peanut

[oil] oil, sesame

oil

olives

[onions] onions, green

[onions] onions, red

onions

[oranges] oranges, fruit

[oranges] oranges, juice

oranges

papaya

paprika

peanuts

pears

pecans

[pepper] pepper, black

[pepper] pepper, white

pepper

pineapple

pumpkin seeds

quinoa

radishes

relishes

rice

[salads] salads, fruit

[salads] salads, green

salads

salsas

salt

scallions

[sesame] sesame, oil

[sesame] sesame, seeds

sesame

SLAWS

South American cuisine

soy sauce

spinach

[sprouts] sprouts, sunflower

sprouts

sugar

tacos

tangerines

tomatoes

vinaigrette

[vinegar] vinegar, balsamic

[vinegar] vinegar, rice

[vinegar] vinegar, white wine

vinegar

watercress

watermelon

wheat berries

zucchini

JUNIPER BERRIES

Category: Spices

apples

artichokes, Jerusalem

bay leaf

bread

[cabbage] cabbage, red

cabbage

caraway seeds

choucroute

fennel

garlic

gin

marinades

oil, olive

pastas

pepper, black

pickles

potatoes

rice

rosemary

sage

sauerkraut

squash, winter

stuffings

sweet potatoes

vegetables, root

vinegar

# K

KAFFIR LIME

Category: Fruits

[apples] apples, juice

apples

Asian cuisines

Balinese cuisine

[basil] basil, thai

basil

Cambodian cuisine

carrots

chiles (esp. Thai)

chili pepper paste

chili, vegetarian

cilantro

coconut

coconut milk

corn

cucumbers

CURRIES

custards

drinks

fruits, tropical

galangal

garlic

ginger

Indian cuisine

Indonesian cuisine

lemongrass

[lime] lime, juice

lime

Malaysian cuisine

mangoes

marinades

mint

mushrooms

[noodles] noodles, asian

noodles

okra

[pears] pears, asian or prickly

pears

“pestos”

rice

salad dressings

[salads] salads, thai

[salads] salads, tomato

salads

sauces

[sesame] sesame, seeds

sesame

[soups] soups, coconut

[soups] soups, hot-and-sour

[soups] soups, thai

soups

SOUTHEAST ASIAN CUISINES

star anise

stews

stir-fries

[stocks] stocks, vegetable

stocks

sugar

tamarind

THAI CUISINE

turmeric

[vegetables] vegetables, green

vegetables

KALE

Category: Vegetables

almonds

anise

apples

arame

arugula

avocados

barley

basil

[beans] beans, adzuki

[beans] beans, cranberry

[beans] beans, green

[beans] beans, kidney

[beans] beans, mung

[beans] beans, red

[beans] beans, white

beans

beets

[bell peppers] bell peppers, red

[bell peppers] bell peppers, esp. grilled

bell peppers

black-eyed peas

bok choy

[bread crumbs] bread crumbs, whole-grain

bread crumbs

Brussels sprouts

bulgur

[cabbage] cabbage, red

cabbage

capers

caraway seeds

carrots

cashews

casseroles

cauliflower

cayenne

celery

celery root

chard

cherries, dried

chestnuts

chickpeas

[chiles] chiles, chipotle

[chiles] chiles, dried red

[chiles] chiles, poblano

[chiles] chiles, serrano; chili paste

[chiles] chiles, chili pepper flakes

[chiles] chiles, chili pepper sauce

chiles

[chips] chips, dehydrated (not fried)

chips

chives

cilantro

coconut milk

corn

cranberries, dried

cumin

curries

dates

dill

dulse

escarole

farro

fennel seeds

GARLIC

garlic scapes

ginger

grapefruit

gratins

[greens, other] greens, other, collard

[greens, other] greens, other, dandelion

[greens, other] greens, other, mustard

greens, other

juices

kombu

leeks

[lemon] lemon, juice

[lemon] lemon, zest

lemon

lentils

maple syrup

mint

miso

mizuna

[mushrooms] mushrooms, brown

[mushrooms] mushrooms, porcini

[mushrooms] mushrooms, portobello

[mushrooms] mushrooms, shiitake

mushrooms

[mustard] mustard, dijon

mustard

[noodles, asian] noodles, asian, soba

[noodles, asian] noodles, asian, udon

noodles, asian

nori

nuts

[oil] oil, canola

[oil] oil, flaxseed

[oil] oil, grapeseed

[oil] oil, nut

[oil] oil, olive

[oil] oil, sesame

[oil] oil, vegetable

oil

[olives] olives, black

olives

[onions] onions, caramelized,red

[onions] onions, spanish

[onions] onions, spring

[onions] onions, white

[onions] onions, yellow

onions

[oranges] oranges, juice

oranges

oregano

[papaya] papaya, green

papaya

[paprika] paprika, smoked

paprika

parsley

[pastas] pastas, lasagna

pastas

peanuts

pecans

pepper, black

pestos

pine nuts

pistachios

pizza

polenta

Portuguese cuisine

POTATOES

purees

quinoa

radicchio

radishes

[raisins] raisins, brown

[raisins] raisins, yellow

raisins

[rice] rice, arborio

[rice] rice, brown

[rice] rice, wild

rice

risottos

rosemary

SALADS

[salt] salt, kosher

[salt] salt, pink

[salt] salt, sea

[salt] salt, smoked

salt

savory

scallions

sea vegetables

[seeds] seeds, hemp

[seeds] seeds, pumpkin

[seeds] seeds, sesame

seeds

[sesame] sesame, sauce

[sesame] sesame, seeds

sesame

shallots

slaws

smoothies

snow peas

[soups] soups, bean

[soups] soups, kale

[soups] soups, minestrone

[soups] soups, potato

[soups] soups, vegetable

[soups] soups, white bean

soups

soy sauce

spelt

spinach

squash, summer

[esp. winter] esp. winter, butternut

[esp. winter] esp. winter, delicata

[esp. winter] esp. winter, kabocha

esp. winter

[stews] stews, barley

[stews] stews, winter

stews

stir-fries

stock, vegetable

stuffings

sunflower seeds

sweet potatoes

tahini

tamari

thyme

tofu

tomatoes

turnips

[vinegar] vinegar, apple cider

[vinegar] vinegar, balsamic

[vinegar] vinegar, brown rice

[vinegar] vinegar, red wine

[vinegar] vinegar, sherry

[vinegar] vinegar, umeboshi

vinegar

walnuts

yogurt

yuca

KALE, BLACK

Category: Vegetables

almonds

[beans] beans, borlotti

[beans] beans, white

beans

[bread crumbs] bread crumbs, whole-wheat

bread crumbs

chestnuts

chili pepper flakes

croutons, whole-grain

garlic

Italian cuisine, esp. Tuscan

lemon juice

millet

[mushrooms] mushrooms, porcini

[mushrooms] mushrooms, portobello

mushrooms

oil, olive

[pastas] pastas, lasagna

pastas

potatoes

risottos

sage

salt

soups

tomatoes

vinegar, red wine

KAMUT

Category: Grains

almonds

apples

apple juice

asparagus

avocado

[baked goods] baked goods, breads

baked goods

basil

bay leaf

[beans] beans, kidney

[beans] beans, lima

beans

beets

[bell peppers] bell peppers, red

[bell peppers] bell peppers, yellow

bell peppers

broccoli

broccoli rabe

[cabbage] cabbage, savoy

cabbage

carrots

cashews

celery

celery root

cereals, hot breakfast

chervil

chickpeas

chili pepper flakes

chili, vegetarian

chives

cilantro

cinnamon

coriander

cumin

dill

escarole

fennel

[fruit, dried] fruit, dried, apricots

[fruit, dried] fruit, dried, cranberries

fruit, dried

GARLIC

ginger

[grains, other] grains, other, barley

[grains, other] grains, other, quinoa

[grains, other] grains, other, rice

grains, other

kefir

[lemon] lemon, juice

[lemon] lemon, zest

lemon

[lentils] lentils, green

lentils

lime

lovage

marjoram

[mushrooms] mushrooms, maitake

[mushrooms] mushrooms, oyster

mushrooms

[mustard] mustard, dijon

mustard

nuts

[oil] oil, avocado

[oil] oil, nut

[oil] oil, olive

oil

[olives] olives, kalamata

olives

[onions] onions, green

[onions] onions, red

onions

oranges

PARSLEY

parsnips

pecans

pepper, black

PILAFS

pizzas

pomegranates

raisins

[rice] rice, wild

rice

risottos

sage

[salads] salads, grain

[salads] salads, green

[salads] salads, tomato

[salads] salads, vegetable

salads

salt, sea

scallions

[soups] soups, minestrone

soups

soy sauce

spinach

[squash] squash, winter

[squash] squash, e.g.

[squash] squash, acorn

squash

stews

[stock] stock, vegetable

stock

stuffings

sugar snap peas

tabbouleh

thyme

tomatoes, tomato paste, tomato puree

tomatoes, sun-dried

vanilla

vegetables, root

veggie burgers

[vinegar] vinegar, balsamic

[vinegar] vinegar, brown rice

[vinegar] vinegar, cider

[vinegar] vinegar, wine

vinegar

watercress

yogurt

KANTEN

Category: Other

apples

APPLE JUICE

[berries] berries, blueberries

[berries] berries, raspberries

[berries] berries, strawberries

berries

cherries

cherry juice

[citrus] citrus, grapefruit

[citrus] citrus, lemon

citrus

cranberries

cranberry juice

mangoes

mango juice

melons

melon juice

[oranges] oranges, mandarins

[oranges] oranges, orange juice

oranges

peaches

peach juice

pears

pear juice

pomegranates

pomegranate juice

yuzu

yuzu juice

KASHA

Category: Grains

MatchShares: Buckwheat

apples

beans, green

beets

bell peppers

cabbage

carrots

casseroles

cauliflower

celery

chickpeas

chili pepper paste

corn

croquettes

cucumbers

dates

DILL

Eastern European cuisines

grated

garlic

[gravies] gravies, mushroom

gravies

jícama

kale

leeks

[lemon] lemon, juice

lemon

[lentils] lentils, red

lentils

mint

[mushrooms] mushrooms, portobello

[mushrooms] mushrooms, shiitake

mushrooms

[oil] oil, olive

[oil] oil, vegetable

oil

onions

oranges

peas, split

parsley

[pasta, whole-grain] pasta, whole-grain, farfalle

pasta, whole-grain

pepper, black

pilafs

pistachios

rice, brown

Russian cuisine

[salads] salads, corn

[salads] salads, grain

salads

salt, sea

scallions

[soups] soups, beet

[soups] soups, cabbage

[soups] soups, lentil

[soups] soups, mushroom

[soups] soups, split pea

[soups] soups, vegetable

soups

soy sauce

spinach

squash, acorn

stews

stock, vegetable

[stuffed vegetables] stuffed vegetables, cabbage

[stuffed vegetables] stuffed vegetables, squash

[stuffed vegetables] stuffed vegetables, tomatoes

stuffed vegetables

stuffings

sunflower seeds

tofu

tomatoes

varnishkes, i.e., kasha + farfalle

vegetables, root

veggie burgers

[vinegar] vinegar, balsamic

vinegar

walnuts

watercress

yogurt

frozen yogurt (e.g., as a topping)

zucchini

KELP

Category: Vegetables

MatchShares: Arame; Kombu; Sea Vegetables; Wakame

[almonds] almonds, raw

almonds

barley

beans

bonito flakes, dried

carrots

chickpeas

[chips] chips, deep-fried

chips

[citrus] citrus, lemon

[citrus] citrus, lime

citrus

“crabcakes,” meatless

daikon

DASHI

“fish filets” (i.e., with tofu)

garlic

ginger

grains

Japanese cuisine

kimchi

lemon

[lettuces] lettuces, romaine

lettuces

lime

mirin

miso

[mushrooms] mushrooms, oyster

mushrooms

nutritional yeast

[oil] oil, canola

oil

onions

pepper, black

popcorn

potatoes

[rice] rice, sushi

rice

salad dressings

[salads] salads, mock tuna

salads

[sauces] sauces, ponzu

sauces

[sesame] sesame, oil

[sesame] sesame, seeds

sesame

soups

[chowders] chowders, oyster mushroom

chowders

soy sauce

spinach

stews

stir-fries

[stocks] stocks, dashi

stocks

sugar

tamari

tempeh

tofu

vinegar, rice

zucchini

KIWI

Category: Fruits

almonds

apples

avocado

bananas

berries

brown rice syrup

cashews

cereals, breakfast

cherries

[chocolate] chocolate, dark

[chocolate] chocolate, white

chocolate

cinnamon

citrus

coconut

Cointreau

ice cream

cucumbers

desserts

drinks

ginger

grapefruit

grapes

[greens] greens, baby

greens

hazelnuts

jícama

kebabs

Kirsch

[lemon] lemon, juice

[lemon] lemon, zest

lemon

[lime] lime, juice

[lime] lime, zest

lime

lychees

macadamia nuts

mangoes

marinades

[melon] melon, honeydew

melon

mint

nuts

[orange] orange, juice

[orange] orange, zest

orange

oranges, blood

papaya

passion fruit

pineapple

pistachios

pomegranates

poppy seeds

puddings

raspberries

rum

salad dressings

salads, fruit

sorbets

star fruit

strawberries

sugar, brown

tarts, fruit

vanilla

watermelon

[wine, sparkling] wine, sparkling, champagne;

wine, sparkling

[wine, sweet] wine, sweet, ice wine

wine, sweet

yogurt

KOHLRABI

Category: Vegetables

almonds

anise

apples

basil

beans

blueberries

broccoli

[cabbage] cabbage, napa

cabbage

caraway seeds

carrots

casseroles

cayenne

celery

celery root

chervil

chiles

(Southern) Chinese cuisine

chives

corn

couscous

crudités

cucumbers

cumin

curry powder

curry spices

daikon

DILL

(Northern) European cuisines

fennel

garlic

German cuisine

ginger

gratins

[greens] greens, mustard

greens

horseradish

Hungarian cuisine

Indian cuisine

leeks

[lemon] lemon, juice

[lemon] lemon, zest

lemon

[lentils] lentils, red

lentils

[lettuces] lettuces, romaine

lettuces

maple syrup

marjoram

mayonnaise

melon, esp. muskmelon

mint

mushrooms

[mustard] mustard, dijon

[mustard] mustard, mustard seeds

mustard

nutmeg

[oil] oil, grapeseed

[oil] oil, mustard

[oil] oil, olive

[oil] oil, peanut

[oil] oil, sesame

oil

[onions] onions, green

[onions] onions, spring

[onions] onions, vidalia

onions

paprika

parsley

peas

pies

potatoes

purees

radishes

rémoulades

risottos

rosemary

salad dressings

[salads] salads, grain

[salads] salads, green

[salads] salads, vegetable

salads

[salt] salt, sea

salt

sauces

[sesame] sesame, oil

[sesame] sesame, seeds

sesame

shallots

slaws

soups

sour cream

soy sauce

spring rolls

stews

stir-fries

stock, vegetable

[sugar] sugar, brown

sugar

tarragon

thyme

lemon thyme

tomatoes

turmeric

turnips

vegetables, root

[vinegar] vinegar, balsamic

[vinegar] vinegar, fruit

[vinegar] vinegar, red wine

[vinegar] vinegar, rice wine

[vinegar] vinegar, white wine

vinegar

za’atar

KOMBU

Category: Vegetables

[beans] beans, adzuki

[beans] beans, cannellini

[beans] beans, dried

[beans] beans, lima

beans

carrots

cilantro

daikon

DASHI

dips

eggplant

garlic

ginger

grains

JAPANESE CUISINE

kale

legumes

lemon

macrobiotic cuisine

millet

mirin

miso

[mushrooms] mushrooms, dried

[mushrooms] mushrooms, oyster (e.g.

[mushrooms] mushrooms, smoked)

[mushrooms] mushrooms, shiitake

mushrooms

[noodles] noodles, soba

[noodles] noodles, udon

noodles

nori

[oil] oil, chili

[oil] oil, sesame

oil

onions

pumpkin seeds

radishes

[rice] rice, brown

rice

sage

salads

sauces, esp. dipping sauces

scallions

[sea vegetables] sea vegetables, dulse

[sea vegetables] sea vegetables, wakame

sea vegetables

[soups] soups, bean

[soups] soups, onion

soups

soy sauce

[squash] squash, kambocha

squash

[stews] stews, root vegetable

stews

[stocks] stocks, japanese

[stocks] stocks, soup

stocks

tamari

thyme

tofu

vegetables, esp. root

vinegar, brown rice

wakame

KOREAN CUISINE

bean paste

CHILES

chili pepper flakes

chili paste

chili powder

garlic

ginger

grilled dishes

kimchi

mustard

[noodles, asian] noodles, asian, buckwheat

noodles, asian

[rice] rice, short- to medium-grain

rice

scallions

[sesame] sesame, oil

[sesame] sesame, seeds

sesame

soups (served very hot)

soy bean paste

SOY SAUCE

sprouts, mung bean

stews (served very hot)

sugar

tofu

[vegetables] vegetables, cold/raw

[vegetables] vegetables, pickled (e.g.

[vegetables] vegetables, kimchi)

[vegetables] vegetables, warm/steamed

vegetables

vinegar

wine

KUMQUAT

Category: Fruits

anise

apples, esp. green

apricots

arugula

avocado

[baked goods] baked goods, cakes

[baked goods] baked goods, muffins

baked goods

bananas

beets

blueberries

brandy

bulgur

chili powder

Chinese cuisine

[chocolate] chocolate, dark

[chocolate] chocolate, white

chocolate

chutneys

cilantro

citrus

cloves

compotes

couscous

cranberries

currants

dates

figs

ginger

[graham cracker] graham cracker, crust

graham cracker

grapefruit

ice cream

Japanese cuisine

jícama

[lemon] lemon, juice

lemon

lemon curd

[lime] lime, juice

lime

mangoes

marmalades

mint

[mushrooms] mushrooms, shiitake

mushrooms

onions, red

[orange] orange, juice

orange

papaya

parsley

[pepper] pepper, pink

pepper

pineapples

pistachios

preserves

[puddings] puddings, bread

puddings

raisins

rhubarb

rum

salad dressings

[salads] salads, fruit

[salads] salads, grain

[salads] salads, green

salads

sauces

smoothies

star fruit

strawberries

stuffings

[sugar] sugar, brown

sugar

syrups

tangerine

vanilla

vinegar, wine

walnuts

KUZU

Category: Other

bay leaf

breadings

Chinese cuisine

dashi

[desserts] desserts, kanten

[desserts] desserts, puddings

desserts

gelled dishes

ginger

grains

gravies

Japanese cuisine

lemon

macrobiotic cuisine

maple

mirin

[noodles] noodles, asian

noodles

oil, sesame

onions

parsley

peaches

pears

[pie fillings] pie fillings, fruit

pie fillings

plums

puddings

radishes

rice

SAUCES

scallions

[sesame] sesame, seeds

sesame

shiso

soups

soy sauce

stews

[stock, mushroom] stock, mushroom, shiitake

stock, mushroom

tamari

umeboshi plum

# L

LAMB’S-QUARTER

Category: Vegetables

almonds

asparagus

avocado

[beans] beans, anasazi

[beans] beans, pinto

beans

casseroles

cayenne

celery root

[chiles] chiles, jalapeño

chiles

chili paste

chives

cilantro

crema, Mexican

freekeh

GARLIC

herbs

leeks

lemon

miso, esp. light

[mushrooms] mushrooms, morel

mushrooms

[mustard] mustard, dijon

mustard

nutmeg

nuts

[oil] oil, nut

[oil] oil, olive

[oil] oil, sesame

oil

[olives] olives, kalamata

olives

onions

orange

pastas

pea shoots

peas

pestos

potatoes

pumpkin

purees

SALADS

sauces

scallions

soups

sour cream

[squash] squash, butternut

squash

stews

stir-fries

tomatoes

[tortillas] tortillas, corn

tortillas

vegetables, milder

vinaigrette

walnuts

LAND CRESS

Category: Vegetables

MatchShares: Watercress

beets

carrots

cauliflower

celery

dashi

endive

[lemon] lemon, juice

lemon

Mediterranean cuisines

[noodles, asian] noodles, asian, somen

noodles, asian

peas

pizzas

potatoes

sake

[salads] salads, green

[salads] salads, vegetable

salads

sandwiches

[soups] soups, creamy

[soups] soups, potato

soups

soy sauce

spinach

vinegar

LAVENDER

Category: Spices

apricots

arugula

[baked goods] baked goods, biscotti

[baked goods] baked goods, cakes

[baked goods] baked goods, cookies

[baked goods] baked goods, scones

[baked goods] baked goods, shortbread

baked goods

basil

[berries] berries, blackberries

[berries] berries, blueberries

[berries] berries, raspberries

[berries] berries, strawberries

berries

candies

caraway seeds

carrots

cherries

cinnamon

[citrus] citrus, juice

citrus

coconut

corn

crème fraîche

ice cream

custards

desserts

[drinks] drinks, lemonade

drinks

figs

French cuisine, esp. Provençal

fruit

fruit preserves

guava

herbes de Provence

ICE CREAMS

[lemon] lemon, zest

lemon

lemonades

mangoes

mayonnaise

Mediterranean cuisines

mint

nectarines

[oil] oil, nut

[oil] oil, olive

[oil] oil, walnut

oil

oranges

peaches

plums

potatoes

pumpkin seeds

rhubarb

rice

rosemary

saffron

salad dressings

[salads] salads, fruit

salads

sauces

savory

soups

stews

[sugar] sugar, powdered

sugar

syrups

teas, herbal

thyme

tofu

vanilla

[vinegar] vinegar, white wine

vinegar

walnuts

watercress

yogurt

LEEKS

Category: Vegetables

artichokes

artichokes, Jerusalem

asparagus

barley

basil

bay leaf

[beans] beans, cannellini

[beans] beans, fava

[beans] beans, flageolet

[beans] beans, green

[beans] beans, white

beans

beets

[bell peppers] bell peppers, red

[bell peppers] bell peppers, esp. roasted

bell peppers

[bread crumbs/croutons] bread crumbs/croutons, whole-grain

bread crumbs/croutons

cabbage

capers

carrots

casseroles

celery

chervil

chestnuts

chives

coconut milk

crème fraîche

custards

flans

dill

FENNEL

[garlic] garlic, green

[garlic] garlic, scapes

[garlic] garlic, spring

garlic

ginger

gratins

kale

[lemon] lemon, juice

[lemon] lemon, zest

lemon

[lentils] lentils, green

lentils

lovage

mint

[mushrooms] mushrooms, oyster

[mushrooms] mushrooms, shiitake

[mushrooms] mushrooms, wild

mushrooms

[mustard] mustard, dijon

mustard

[oil] oil, hazelnut

[oil] oil, nut

[oil] oil, olive

[oil] oil, peanut

[oil] oil, walnut

oil

[olives] olives, black

[olives] olives, kalamata

olives

[onions] onions, green

[onions] onions, white

onions

oranges

oregano

PARSLEY

[pasta] pasta, fettuccine

[pasta] pasta, gnocchi

pasta

peas

[pepper] pepper, black

[pepper] pepper, white

pepper

pesto

pizzas

POTATOES

pumpkin

pumpkin seeds

quinoa

[rice] rice, arborio

[rice] rice, brown

rice

risotto

romesco sauce

rosemary

saffron

[salad dressings] salad dressings, mustard vinaigrette

salad dressings

salads

[salt] salt, kosher

[salt] salt, sea

salt

[sauces] sauces, cheese

sauces

scallions

shallots

sorrel

[soups] soups, barley

[soups] soups, jerusalem artichoke

[soups] soups, lentil

[soups] soups, potato

[soups] soups, vichyssoise

soups

soy sauce

spinach

[squash] squash, butternut

squash

stews

stir-fries

STOCKS, VEGETABLE

tarragon

[tarts] tarts, cheese

[tarts] tarts, potato

tarts

thyme

[tofu] tofu, scrambles

tofu

tomatoes

tomato sauce

turnips

[vinegar] vinegar, white wine

vinegar

walnuts

watercress

wheat berries

[wine] wine, dry red

[wine] wine, white

wine

yogurt

zucchini

LEMONGRASS

Category: Spices

Asian cuisines

bamboo shoots

basil, Thai

Cambodian cuisine

carrots

[chiles] chiles, fresh

[chiles] chiles, green

[chiles] chiles, red

chiles

chili paste

cilantro

coconut

COCONUT MILK

coriander

corn

CURRIES, esp. Thai

desserts

eggplant

galangal

garlic

ginger

grains

Indonesian cuisine

Kaffir lime leaf

[lemon] lemon, juice

[lemon] lemon, zest

lemon

[lime] lime, juice

[lime] lime, zest

lime

lotus root

Malaysian cuisine

[mushrooms] mushrooms, shiitake

mushrooms

noodle dishes

oil, sesame

[onions] onions, yellow

onions

pho, vegetarian

pineapple

[rice] rice, brown

rice

salad dressings

[salads] salads, tomato

salads

sauces

scallions

shallots

[soups] soups, asian or fruit

soups

SOUTHEAST ASIAN CUISINES

soy sauce

stews

stir-fries

stocks, vegetable

[sugar] sugar, palm

sugar

tamari

tamarind

teas

THAI CUISINE

tofu

tomatoes

turmeric

VIETNAMESE CUISINE

vinegar, rice

yogurt

LEMONS

Category: Fruits

aioli

almonds

amaranth

artichokes

arugula

asparagus

avocados

[baked goods] baked goods, biscuits

[baked goods] baked goods, cakes

[baked goods] baked goods, cookies

[baked goods] baked goods, quick breads

[baked goods] baked goods, scones

baked goods

basil

[beans] beans, fava

[beans] beans, green

beans

beets

bell peppers, red

[berries] berries, blackberries

[berries] berries, blueberries

[berries] berries, gooseberries

[berries] berries, raspberries

[berries] berries, strawberries

berries

broccoli

capers

cardamom

carrots

cauliflower

cheesecake

chickpeas

chives

chocolate

COCONUT

coriander

corn

couscous

cucumbers

cumin

currants

[desserts] desserts, cheesecake

[desserts] desserts, puddings

desserts

dill

[drinks] drinks, cocktails

[drinks] drinks, lemonade

drinks

edamame

eggplant

fennel

[flax] flax, oil

[flax] flax, seeds

flax

GARLIC

GINGER

[grains, whole] grains, whole, barley

[grains, whole] grains, whole, bulgur

grains, whole

Greek cuisine

gremolatas

guavas

hazelnuts

herbs

kale

lavender

leeks

lemon curd

[lentils] lentils, red

lentils

lime

mango

maple syrup

marinades

mascarpone

milk, almond

mint

miso

[mushrooms] mushrooms, portobello

mushrooms

[mustard] mustard, dijon

mustard

noodles

[nuts] nuts, hazelnuts

nuts

OIL, OLIVE

[olives] olives, green

olives

onions

[orange] orange, juice

[orange] orange, zest

orange

\*OREGANO

pancakes

papaya

paprika

parsley

parsnips

[pastas] pastas, linguini

[pastas] pastas, orzo

[pastas] pastas, spaghetti

pastas

peaches

pears

peas

pecans

pepper, black

pistachios

plantains

poppy seeds

potatoes

radicchio

radishes

rice

rice, wild

risottos

rosemary

saffron

[salad dressings] salad dressings, lemon “vinaigrette”

salad dressings

sauces

shallots

[soups] soups, avgolemono

[soups] soups, lentil

soups

[squash] squash, summer

squash

[sugar] sugar, brown sugar snap peas

sugar

tabbouleh

tahini

tarragon

teas

thyme

tofu

tomatoes

vanilla

[vinegar] vinegar, champagne

[vinegar] vinegar, rice

[vinegar] vinegar, sherry

[vinegar] vinegar, wine

vinegar

wasabi

[wine] wine, dry white

wine

yogurt

za’atar

zucchini

LEMONS, MEYER

Category: Fruits

almonds

arugula

asparagus

[baked goods] baked goods, cakes

[baked goods] baked goods, cookies

[baked goods] baked goods, muffins

[baked goods] baked goods, scones

[baked goods] baked goods, tarts

baked goods

bananas

[berries] berries, blackberries

[berries] berries, blueberries

[berries] berries, raspberries

berries

[beverages] beverages, cocktails

beverages

celery

cheesecake

[citrus] citrus, grapefruit

[citrus] citrus, lemon

[citrus] citrus, lime

citrus

coconut

compotes

custards

dates

[desserts] desserts, puddings

desserts

fennel

[fruit] fruit, dried

[fruit] fruit, other

fruit

ginger

[grains] grains, bulgur

grains

grapefruit

ice creams

lemon

lime

maple syrup

mint

mousses

[onions] onions, maui

[onions] onions, sweet

onions

[orange] orange, juice

orange

parsley

pastas

pine nuts

pineapple

pistachios

poppy seeds

risottos

salad dressings

[salads] salads, grain

[salads] salads, green

[salads] salads, vegetable

salads

[sauces] sauces, butter

sauces

shallots

[sugar] sugar, brown

sugar

tarragon

thyme

tomatoes, cherry

vanilla

[vegetables] vegetables, root

[vegetables] vegetables, steamed

vegetables

zucchini

LEMONS, PRESERVED

Category: Fruits

[apricots] apricots, dried

[apricots] apricots, fresh

apricots

arugula

[barley] barley, pearl

barley

[beans] beans, green

[beans] beans, white

beans

[bell peppers] bell peppers, green

[bell peppers] bell peppers, red

bell peppers

cardamom

carrots

chickpeas

[chiles] chiles, red

chiles

cinnamon

cloves

[couscous] couscous, israeli

couscous

cucumbers

eggplant

fennel

garlic

ginger

grains

[legumes] legumes, chickpeas

[legumes] legumes, lentils

legumes

[lemon, fresh] lemon, fresh, juice

lemon, fresh

lentils

mint

MOROCCAN CUISINE

nigella seeds

[olives] olives, black

[olives] olives, green

olives

onions

parsley

pastas

pine nuts

potatoes

relishes

rice

risottos

saffron

salad dressings

[salads] salads, green

[salads] salads, pasta

[salads] salads, potato

salads

[soups] soups, lentil

soups

spinach

[squash] squash, butternut

squash

stews

stock, vegetable

[tagines] tagines, root vegetable

tagines

[tofu] tofu, extra-firm

tofu

tomatoes

turnips

LEMON THYME

Category: Spices

asparagus

basil

bay leaf

beets

beverages

carrots

chives

fennel

figs

fruits

ginger

mint

mushrooms

orange

parsley

potatoes

rice

salad dressings

[salads] salads, fruit

[salads] salads, green

salads

sauces

spinach

stuffings

tofu

turnips

vegetables, esp. spring

LEMON VERBENA

Category: Spices

almonds

apricots

[baked goods] baked goods, cakes

[baked goods] baked goods, shortbread

baked goods

[berries] berries, blueberries

[berries] berries, raspberries

[berries] berries, strawberries

berries

[beverages] beverages, fruity

[beverages] beverages, iced teas

[beverages] beverages, lassis

beverages

cherries

compotes

custards, flans, panna cottas

desserts

European cuisines

fruits

ice creams

[lemon] lemon, juice

lemon

[lime] lime, juice

lime

marinades

mayonnaise

mint

mushrooms

nectarines

peaches

puddings

raspberries

[salads] salads, fruit

[salads] salads, green

salads

[sauces] sauces, crème anglaise

sauces

sorbets

strawberries

sugar

tamarind

[teas] teas, green

[teas] teas, herbal

teas

vanilla

waters, mineral

zucchini

LENTILS—IN GENERAL

Category: Legumes

MatchShares: Lentils, Black; Lentils, Brown; Lentils, French; Lentils, Green; Lentils, Red; Lentils, Yellow

apples

apple juice

artichokes

arugula

asparagus

barley

basil

bay leaf

beans, green

beer

beets

[bell peppers] bell peppers, red

[bell peppers] bell peppers, roasted

bell peppers

buckwheat

bulgur

cabbage

capers

cardamom

CARROTS

cashews

casseroles

cauliflower

cayenne

celery

celery root

[chard] chard, swiss

chard

chickpeas

[chiles] chiles, ancho or green

[chiles] chiles, or serrano

[chiles] chiles, chili powder

chiles

chili, vegetarian

chives

cilantro

cinnamon

cloves

coconut

coriander

cucumbers

CUMIN

curry powder

curry spices

CURRIES

DALS, i.e., Indian stewed lentils

dill

dips

eggplant

escarole

European cuisines

fennel

French cuisine, esp. French lentils

frisée

garam masala

GARLIC

GINGER

gratins

greens

hazelnuts

herbs

“hummus”

Indian cuisine

Italian cuisine

kale

leeks

[lemon] lemon, juice

[lemon] lemon, zest

lemon

lemon, preserved

lime

[loaves] loaves, mock meatloaf

loaves

marjoram

Mediterranean cuisines

Middle Eastern cuisines

mint

mujadara

mushrooms

MUSTARD (e.g., Dijon)

mustard seeds (e.g., black)

nutmeg

[oil] oil, canola

[oil] oil, coconut

[oil] oil, olive

[oil] oil, peanut

[oil] oil, sunflower

[oil] oil, walnut

oil

[onions] onions, green

[onions] onions, red

[onions] onions, white

[onions] onions, yellow

onions

[orange] orange, juice

[orange] orange, zest

orange

oregano

palm, hearts of

paprika

PARSLEY

[pasta] pasta, macaroni

[pasta] pasta, spaghetti

pasta

pâtés

[pepper] pepper, black

[pepper] pepper, white

pepper

pilafs

pine nuts

potatoes

purees

quinoa

[rice] rice, basmati

[rice] rice, brown

[rice] rice, wild

rice

rosemary

[salads] salads, lentil

[salads] salads, vegetable

salads

[salt] salt, kosher

[salt] salt, sea

salt

sauces

scallions

shallots

sorrel

soups

soy sauce or tamari

SPINACH

[squash] squash, butternut

squash

STEWS

STOCK, VEGETABLE

sunflower seeds

sweet potatoes

tabbouleh

tacos (season lentils with taco spices)

tagines

tamarind

tarragon

THYME

TOMATOES

sun-dried

tomatoes

turmeric

vegetables, esp. root or winter

[veggie burgers] veggie burgers, with rice

veggie burgers

[vinegar] vinegar, red wine

[vinegar] vinegar, rice wine

[vinegar] vinegar, sherry

[vinegar] vinegar, wine

vinegar

wakame

walnuts

watercress

[yogurt] yogurt, low-fat or sheep’s milk

yogurt

zucchini

LENTILS, BLACK

Category: Legumes

bay leaf

bell peppers

bread crumbs

carrots

celery

cilantro

coriander

cumin

dill

eggplant

Indian cuisine, esp. northern

Middle Eastern cuisines

oil, olive

onions

pasta

purslane

rice

[salads] salads, lentil

[salads] salads, vegetable

salads

[soups] soups, lentil

[soups] soups, winter

soups

South Asian cuisines

[stock] stock, vegetable

stock

stuffed bell peppers or stuffed eggplant

sweet potatoes

thyme

vegetables

walnuts

[wine] wine, red

wine

yogurt

LENTILS, BROWN

Category: Legumes

avocados

bell peppers

celery seeds

couscous

dals

eggplant

loaves

oil, olive

onions

pâtés

patties

purees

rice

salads

scallions

[soups] soups, winter

soups

South Asian cuisines

soy sauce

stews

[stuffed vegetables] stuffed vegetables, bell peppers

[stuffed vegetables] stuffed vegetables, eggplant

stuffed vegetables

tamari

veggie burgers

walnuts

LENTILS, FRENCH

Category: Legumes

bay leaf

beer

[bell peppers] bell peppers, red

[bell peppers] bell peppers, yellow

bell peppers

carrots

cayenne

celery

celery root

chard

chili pepper flakes

cilantro

couscous

croutons, whole-grain

cumin

dals

French cuisine

garlic

gravies

kale

leeks

[lemon] lemon, juice

lemon

mint

[mustard] mustard, dijon

mustard

oil, olive

[onions] onions, red

[onions] onions, spanish

[onions] onions, yellow

onions

paprika

parsley

pastas

pepper, black

radishes

rice, long-grain white

rosemary

sage

[salads] salads, lentil

salads

sauces

[soups] soups, lentil

[soups] soups, minestrone

[soups] soups, winter

soups

South Asian cuisines

[stuffed vegetables] stuffed vegetables, bell peppers

[stuffed vegetables] stuffed vegetables, eggplant

stuffed vegetables

tarragon

thyme

tomatoes

tomato paste

[vinegar] vinegar, balsamic

[vinegar] vinegar, red wine

[vinegar] vinegar, sherry

vinegar

[wine] wine, dry red

wine

yogurt

LENTILS, GREEN

Category: Legumes

baked dishes

bay leaf

beets

[bell peppers, red] bell peppers, red, roasted

bell peppers, red

carrots

celery

chard, Swiss

chili pepper flakes

cilantro

coriander

cucumbers

cumin

curries

curry powder

dals

dill

garlic

grains

greens

Indian cuisine

leeks

[lemon] lemon, juice

lemon

Middle Eastern cuisines

mint

mushrooms, shiitake

mustard

nettles

North American cuisines

[oil] oil, olive

[oil] oil, sunflower

oil

[olives] olives, kalamata

olives

onions

parsley

pasta

pâtés

[pepper] pepper, black

pepper

[rice] rice, brown

rice

[salads] salads, green

[salads] salads, lentil

salads

salt, sea

scallions

sorrel

[soups] soups, lentil

soups

South American cuisines

spinach

stews

stock, vegetable

tarragon

thyme

tomatoes

turmeric

yogurt

zucchini

LENTILS, RED

Category: Legumes

asafoetida powder

arugula

avocado

basil

bay leaf

beets

[bell peppers] bell peppers, green or red

bell peppers

[bread] bread, pita

bread

broccoli

bulgur

burdock

cardamom

CARROTS

[cashews] cashews, raw

cashews

cauliflower

cayenne

celery

[chard] chard, feta

[chard] chard, swiss

chard

chickpeas

[chiles] chiles, indian

[chiles] chiles, jalapeño

[chiles] chiles, serrano

[chiles] chiles, thai; chili pepper flakes / chili

chiles

powder

CILANTRO

cinnamon

coconut milk

coriander

corn

croquettes

cucumbers

CUMIN

CURRY LEAVES

CURRY PASTE

CURRY POWDER

CURRIES

dals

dill

eggplant

fennel seeds

fenugreek seeds

GARLIC

ginger

[greens] greens, amaranth

[greens] greens, mustard

greens

hummus

INDIAN CUISINE

Italian cuisine

kibbe

kombu

Lebanese cuisine

leeks

[lemon] lemon, juice

[lemon] lemon, zest

lemon

[lettuce] lettuce, romaine

lettuce

[lime] lime, juice

lime

loaves

mango

marjoram

milk, coconut

mint

miso

mushrooms

[mustard] mustard, dijon

[mustard] mustard, mustard powder

[mustard] mustard, mustard seeds

mustard

OIL, canola, OLIVE, sesame

[olives] olives, black

olives

[onions] onions, red

[onions] onions, white

[onions] onions, yellow

onions

orange

oregano

[paprika] paprika, sweet

paprika

PARSLEY

[pasta] pasta, fettuccine

[pasta] pasta, orecchiette

pasta

[pâtés, vegetarian] pâtés, vegetarian, lentil

[pâtés, vegetarian] pâtés, vegetarian, nut

pâtés, vegetarian

patties

pepper, black

pilafs

pistachios

pomegranates

pomegranate molasses

[potatoes] potatoes, red

[potatoes] potatoes, sweet

[potatoes] potatoes, white

potatoes

purees

[rice] rice, basmati

[rice] rice, black

[rice] rice, brown

rice

rosemary

salads

salt, sea

[sauces] sauces, “bolognese”

sauces

scallions

seeds, sunflower

shallots

[soups] soups, harira

[soups] soups, lentil

[soups] soups, mulligatawny

[soups] soups, pureed

[soups] soups, winter

soups

spinach

spreads

[squash, winter] squash, winter, butternut

squash, winter

stews

STOCK, vegetable

sweet potatoes

tamarind

thyme

TOMATOES

TOMATO PASTE

turmeric

veggie burgers

[vinegar] vinegar, cider

[vinegar] vinegar, umeboshi

[vinegar] vinegar, wine

vinegar

wheat berries

[wine] wine, white

wine

yogurt

LENTILS, YELLOW

Category: Legumes

asafoetida powder

chili powder

cumin

dals

Indian cuisine

[oil] oil, canola

oil

onions

[rice] rice, basmati

rice

salt

turmeric

LETTUCES—IN GENERAL

Category: Vegetables

MatchShares: Lettuce, Butter; Lettuce, Romaine; Mâche; Lettuce, Romaine

arugula

avocado

carrots

cashews

celery

[citrus] citrus, juice

citrus

cucumbers

fennel

garlic

ginger

[greens] greens, baby

[greens] greens, other

[greens] greens, salad

greens

jícama

leeks

[lemon] lemon, juice

lemon

[lettuce wraps] lettuce wraps, around vegetables

[lettuce wraps] lettuce wraps, firm tofu

[lettuce wraps] lettuce wraps, etc.

lettuce wraps

mint

[mushrooms] mushrooms, shiitake

mushrooms

mustard

[oil] oil, hazelnut

[oil] oil, nut

[oil] oil, olive

[oil] oil, peanut

[oil] oil, walnut

oil

olives, Greek

[onions] onions, spring

onions

pears

peas

pepper, black

pine nuts

pomegranate seeds

radishes

rice

[salad dressings] salad dressings, vinaigrettes

salad dressings

SALADS

salt

scallions

shallots

[soups] soups, lettuce

[soups] soups, pea

soups

tofu

tomatoes

vinaigrettes

[vinegar] vinegar, balsamic

[vinegar] vinegar, cider

[vinegar] vinegar, red wine

vinegar

walnuts

LETTUCE, BUTTER

Category: Fruits

almonds

[apples] apples, green

apples

avocado

basil

[beans] beans, black

beans

[bell peppers] bell peppers, red

[bell peppers] bell peppers, roasted

bell peppers

[bulgur] bulgur, fine-grain

bulgur

carrots

cauliflower

cayenne

celery

celery root

chayote

chervil

chickpeas

[chiles] chiles, red; chili paste

chiles

chili pepper flakes

chives

cilantro

[cranberries] cranberries, dried

cranberries

crème fraîche

cucumbers

cumin

dill

fennel

frisée

garlic

ginger

grapefruit

hazelnuts

[herbs, delicate] herbs, delicate, chervil

[herbs, delicate] herbs, delicate, chives

[herbs, delicate] herbs, delicate, parsley

[herbs, delicate] herbs, delicate, tarragon

herbs, delicate

jícama

[lemon] lemon, juice

[lemon] lemon, zest

lemon

[lettuce wraps] lettuce wraps, around firm tofu

[lettuce wraps] lettuce wraps, vegetables

[lettuce wraps] lettuce wraps, etc.

lettuce wraps

lovage

mint

[miso] miso, light

miso

mushrooms

[mustard] mustard, dijon

mustard

[oil] oil, olive

[oil] oil, sesame

oil

[olives] olives, black

olives

[onions] onions, green

[onions] onions, red

onions

oranges

blood oranges

parsley

parsnips

pecans

pepper, black

persimmons

pistachios

pomegranate seeds

quinoa

radicchio

radishes

[salads] salads, green

[salads] salads, tomato

salads

sandwiches

scallions

[seeds] seeds, pumpkin

[seeds] seeds, sesame

seeds

shallots

[squash] squash, butternut

squash

sugar snap peas

tangerines

tarragon

thyme

[tofu] tofu, extra-firm

tofu

tomatoes

sun-dried tomatoes

[vinaigrette] vinaigrette, shallot

vinaigrette

[vinegar] vinegar, balsamic

[vinegar] vinegar, champagne

[vinegar] vinegar, cider

[vinegar] vinegar, red wine

[vinegar] vinegar, sherry

[vinegar] vinegar, white wine

vinegar

walnuts

wraps, lettuce

yogurt

MÂCHE

Category: Vegetables

almonds

[apples] apples, green

apples

artichokes

arugula

basil

[beets] beets, roasted

beets

celery

chervil

chives

citrus

endive

fennel

fennel seeds

frisée

garlic

[greens, other salad] greens, other salad, mesclun

greens, other salad

jícama

[lemon] lemon, juice

[lemon] lemon, zest

lemon

lettuce, Bibb

mint

mustard

[oils] oils, nut

[oils] oils, olive

[oils] oils, peanut

[oils] oils, walnut

oils

olives

[orange] orange, juice

[orange] orange, zest

orange

pears

pepper

radicchio

radishes

SALADS

salt

sandwiches

shallots

tarragon

tomatoes

vinaigrette

[vinegar] vinegar, balsamic

[vinegar] vinegar, champagne

[vinegar] vinegar, pedro ximénez sherry

[vinegar] vinegar, sherry

[vinegar] vinegar, wine

vinegar

walnuts

yogurt

LETTUCE, ROMAINE

Category: Vegetables

[almonds] almonds, sliced

almonds

apples

AVOCADO

basil

beans, black

beets

[bell peppers] bell peppers, green

[bell peppers] bell peppers, red

bell peppers

[bread] bread, croutons

bread

capers

carrots

cayenne

celery

[“cheese,” nut] “cheese,” nut, pinenut

[“cheese,” nut] “cheese,” nut, pumpkin seed–macadamia “parmesan”

“cheese,” nut

chervil

chickpeas

[chiles] chiles, jalapeño

[chiles] chiles, serrano

chiles

chives

cilantro

corn

corn chips

corn tortillas

[croutons] croutons, whole-grain

croutons

CUCUMBERS

dill

frisée

GARLIC

ginger

grapefruit

jícama

leeks

[lemon] lemon, juice

[lemon] lemon, zest

lemon

[lime] lime, juice

[lime] lime, zest

lime

lovage

mangoes

[mayonnaise] mayonnaise, vegan

mayonnaise

[miso] miso, barley

[miso] miso, white

miso

[mushrooms] mushrooms, shiitake

mushrooms

[mustard] mustard, creamy dijon

[mustard] mustard, powdered

mustard

nori

[oil] oil, canola

[oil] oil, olive

[oil] oil, sesame

[oil] oil, vegetable

oil

[olives] olives, kalamata

[olives] olives, niçoise

olives

[onions] onions, green

[onions] onions, red

onions

oranges

parsley

pears

pecans

[pepper] pepper, black

[pepper] pepper, white

pepper

pistachios

pomegranates

potatoes, esp. new

raisins

[salad dressings] salad dressings, caesar

[salad dressings] salad dressings, vinaigrette

[salad dressings] salad dressings, yogurt

salad dressings

[salads] salads, caesar

[salads] salads, chopped

[salads] salads, greek

[salads] salads, green

salads

[salt] salt, kosher

[salt] salt, sea

salt

sandwiches

scallions

[seeds] seeds, pumpkin

[seeds] seeds, sesame

[seeds] seeds, sunflower

seeds

shallots

shiso

soy sauce

sprouts

tahini

tamari

tarragon

tempeh

thyme

[tofu] tofu, silken

[tofu] tofu, smoked

[tofu] tofu, soft

tofu

TOMATOES

sun-dried tomatoes

umeboshi paste

[vinegar] vinegar, balsamic

[vinegar] vinegar, champagne

[vinegar] vinegar, cider

[vinegar] vinegar, red wine

[vinegar] vinegar, rice wine

[vinegar] vinegar, sherry

[vinegar] vinegar, tarragon

[vinegar] vinegar, white balsamic

vinegar

walnuts

watercress

Worcestershire sauce, vegetarian

yogurt

LIMES

Category: Fruits

almonds

apples

apricots

arugula

AVOCADOS

[baked goods] baked goods, pies

[baked goods] baked goods, tarts

baked goods

bananas

basil

bell peppers

[berries] berries, blackberries

[berries] berries, strawberries

berries

[beverages] beverages, limeade

[beverages] beverages, margaritas

[beverages] beverages, mojitos

beverages

broccoli

caramel

carrots

[chiles] chiles, chipotle

[chiles] chiles, jalapeño

[chiles] chiles, serrano;

chiles

chili powder

CILANTRO

COCONUT

COCONUT MILK

coriander

corn

cucumbers

cumin

[drinks] drinks, margaritas

drinks

fruits, esp. tropical

garlic

ginger

graham crackers

grapes

guacamole

guavas

hoisin

Indian cuisine

jícama

lemon

lemongrass

[lettuces] lettuces, romaine

lettuces

lychees

mangoes

marinades

mayonnaise

[melon] melon, honeydew

melon

Mexican cuisine

mint

mushrooms

mustard powder

[noodles] noodles, asian

[noodles] noodles, rice

noodles

[nuts] nuts, macadamia

nuts

[oil] oil, grapeseed

[oil] oil, olive

[oil] oil, sunflower seed

oil

onions

orange

Pacific Rim cuisines

papayas

peanuts

pears

pies

pomegranates

[puddings] puddings, rice

puddings

quinoa

raspberries

rice

rosemary

rum

salad dressings

[salads] salads, fruit

salads

salsas

[sauces] sauces, ponzu

sauces

scallions

[sesame] sesame, oil

sesame

shallots

[soups] soups, noodle

[soups] soups, thai

soups

Southeast Asian cuisines

soy sauce

squash, butternut

[sugar] sugar, brown

sugar

tapioca

tarragon

tarts

tequila

Thai cuisine

tofu

tomatillos

tomatoes

Vietnamese cuisine

[vinegar] vinegar, champagne

[vinegar] vinegar, rice

[vinegar] vinegar, sherry

vinegar

watermelon

yogurt

LIQUID SMOKE

Category: Sauces

baked beans

[beans] beans, black

[beans] beans, navy

[beans] beans, red

beans

cabbage

casseroles

chili, vegetarian

dips

gravies

[greens] greens, collard

[greens] greens, mustard

greens

mushrooms

oil, olive

potatoes

[sauces] sauces, barbecue

sauces

seitan

[soups] soups, bean

[soups] soups, split pea

soups

soy sauce

stews

stock, vegetable

[tempeh] tempeh, tempeh bacon or

tempeh

sausage

tofu

veggie burgers

LOTUS ROOT

Category: Vegetables

avocado

bean sprouts

[beans] beans, long

beans

bell peppers

broccoli

cherries

[chiles] chiles, jalapeño

[chiles] chiles, chili pepper flakes

chiles

Chinese cuisine

chips

cilantro

citrus

cloves

[compotes] compotes, fruit

compotes

cucumbers

curries

fennel seeds

garlic

ginger

Indian cuisine

Japanese cuisine

leeks

[lemon] lemon, juice

lemon

lemongrass

[lettuce] lettuce, butter

lettuce

[lime] lime, juice

lime

lychees

macrobiotic cuisine

mangoes

miso

mushrooms, esp. Asian

[noodles, asian] noodles, asian, rice

noodles, asian

[oil] oil, olive

[oil] oil, vegetable

oil

okra

[onions] onions, spring

onions

orange

pickles

pumpkin

radishes

[rice] rice, sweet

rice

rice, fried

saffron

salads

salt, sea

sesame oil

snow peas

[soups] soups, asian

soups

Southeast Asian cuisine

soy sauce

stews

STIR-FRIES

stock, vegetable

sugar

sugar snap peas

sunchokes

tamari

tempura

tofu

turmeric

vegetables, root

[vinegar] vinegar, rice

[vinegar] vinegar, white wine

vinegar

water chestnuts

watercress

wine, rice

LOVAGE

Category: Spices

apples

[baked goods] baked goods, breads

[baked goods] baked goods, pastries

baked goods

[beans] beans, dried

[beans] beans, green

beans

bell peppers

British cuisine

bruschetta

caraway seeds

carrots

casseroles

celery

chard

chervil

chiles

chives

corn

cucumbers

dill

fennel

French cuisine

garlic

garlic scapes

greens

Italian cuisine

leeks

[lemon] lemon, juice

lemon

lettuce

marjoram

mint

mushrooms

mustard

nettles, stinging

oil, olive

[onions] onions, sweet

onions

oregano

parsley

pesto

pine nuts

[potatoes] potatoes, mashed

potatoes

radishes

rice

[salads] salads, carrot

[salads] salads, egg

[salads] salads, green

salads

[sandwiches] sandwiches, tea

sandwiches

[sauces] sauces, tomato

sauces

sorrel

[soups] soups, lentil

[soups] soups, tomato

soups

spinach

stews

stock, vegetable

stuffings

sugar snap peas

“tabbouleh”

tarragon

thyme

tomatoes

tomato juice

turnips

vegetables, esp. root

vinegar

zucchini

LYCHEES

Category: Fruits

almonds

bell peppers

[berries] berries, blackberries

[berries] berries, blueberries

[berries] berries, raspberries

[berries] berries, strawberries

berries

cherries

[chiles] chiles, jalapeño

[chiles] chiles, serrano

chiles

Chinese cuisine

chocolate, white

cilantro

coconut

coconut milk

[desserts] desserts, fruit tarts

desserts

[drinks] drinks, cocktails

drinks

garlic

gin

ginger

grapefruit

ice cream

jícama

kiwi

[lemon] lemon, juice

lemon

lemongrass

[lime] lime, juice

lime

mango

[melon] melon, honeydew

melon

mint

nectarines

nuts

[onions] onions, green or red

onions

[oranges] oranges, mandarins

[oranges] oranges, tangerines

oranges

passion fruit

peaches

[pears] pears, asian

pears

pineapple

plums

[puddings] puddings, bread

[puddings] puddings, rice

puddings

rice

rose water

rum

sake

salads, fruit

salsas, fruit

[sugar] sugar, brown

[sugar] sugar, palm

sugar

vanilla

vodka

[wine] wine, plum

[wine] wine, sparkling

wine

yogurt

# M

MACA ROOT

Category: Vegetables

bananas

[berries] berries, goji

[berries] berries, raspberries

[berries] berries, strawberries

berries

[candy] candy, chocolate truffles

candy

[cereals, hot breakfast] cereals, hot breakfast, oatmeal

cereals, hot breakfast

chia seeds

chocolate

cacao nibs

cinnamon

coconut

coconut water

coffee, espresso

dates

[desserts] desserts, puddings

desserts

[drinks] drinks, coffee-based

drinks

[fruit, esp. tropical] fruit, esp. tropical, mango

[fruit, esp. tropical] fruit, esp. tropical, pineapple

fruit, esp. tropical

maple syrup

[milk] milk, almond

[milk] milk, coconut

[milk] milk, hemp

[milk] milk, rice

milk

[nuts, nut butters, nut milks] nuts, nut butters, nut milks, almonds

[nuts, nut butters, nut milks] nuts, nut butters, nut milks, macadamias

nuts, nut butters, nut milks

[orange] orange, juice

orange

pancakes

waffles

smoothies

vanilla

MACE

Category: Spices

apples

[baked goods] baked goods, cakes

[baked goods] baked goods, cookies

[baked goods] baked goods, muffins

[baked goods] baked goods, pies

baked goods

carrots

cherries

chocolate

chocolate, hot

chutneys

milk

custards

doughnuts

[drinks] drinks, eggnog

[drinks] drinks, hot chocolate

drinks

[fruits] fruits, dried

[fruits] fruits, fresh

fruits

hot dogs, vegetarian

ice cream

lemon

maple syrup

nutmeg

nuts

oats

orange

puddings

pumpkin

purees, vegetable

raisins

rhubarb

salads, fruit

[sauces] sauces, béchamel

[sauces] sauces, cream

[sauces] sauces, onion

sauces

[soups] soups, clear

[soups] soups, cream

soups

stuffings

sugar

sweet potatoes

vanilla

vegetables

walnuts

[wine] wine, mulled wine

wine

MAMEY

Category: Fruits

[baked goods] baked goods, breads

[baked goods] baked goods, cakes

[baked goods] baked goods, muffins

[baked goods] baked goods, pies

[baked goods] baked goods, tarts

baked goods

beverages

Central American cuisines

[citrus] citrus, kumquats

[citrus] citrus, oranges

citrus

cloves

coulis

Cuban cuisine

[desserts] desserts, custards

[desserts] desserts, mousses

[desserts] desserts, puddings

desserts

ginger

greens, salad

ice creams

sorbets

Mexican cuisine

milk

milkshakes

nutmeg

[sake] sake, dry

sake

[salads] salads, fruit

salads

smoothies

[sugar] sugar, brown

sugar

vanilla

West Indies cuisine

MANGOES

Category: Fruits

almonds

almond milk

arugula

avocados

bananas

basil, Thai

[beans] beans, black

[beans] beans, cannellini

beans

[bell peppers] bell peppers, red

[bell peppers] bell peppers, yellow

bell peppers

[berries] berries, blackberries

[berries] berries, blueberries

[berries] berries, raspberries

[berries] berries, strawberries

berries

[beverages] beverages, juices

[beverages] beverages, lassis

[beverages] beverages, punch

beverages

cardamom

cashews

cayenne

chayote

chickpeas

[chiles] chiles, green

[chiles] chiles, habanero

[chiles] chiles, jalapeño

[chiles] chiles, red

[chiles] chiles, serrano

[chiles] chiles, thai

chiles

chocolate, white

chutneys

CILANTRO

cinnamon

cloves

COCONUT

coconut milk

coriander

corn

coulis

crepes

cucumbers

cumin

curry

[desserts] desserts, cheesecake

desserts

endive

fennel

fenugreek

garlic

GINGER

ginkgo nuts

Indian cuisine

jícama

Kaffir lime leaf

kiwi

lassis

lavender

[lemon] lemon, juice

lemon

lettuce

[lime] lime, juice

lime

lime, Kaffir

[liqueurs] liqueurs, kirsch

liqueurs

[melon] melon, cantaloupe

melon

Mexican cuisine

milk, coconut

MINT

nectarines

[noodles, asian] noodles, asian, soba

noodles, asian

nuts

[oil] oil, canola

[oil] oil, olive

[oil] oil, peanut

oil

[onions] onions, green

[onions] onions, red

[onions] onions, sweet

onions

oranges

[mandarin oranges] mandarin oranges, juice

[mandarin oranges] mandarin oranges, zest

mandarin oranges

oregano

PAPAYAS

paprika, smoked

parsley

passion fruit

peaches

peanuts

pears

pineapple

plantains

puddings

quinoa

rhubarb

[rice] rice, sticky

rice

rum

[salads] salads, asian noodle

[salads] salads, fruit

[salads] salads, green

[salads] salads, pasta

[salads] salads, rice

salads

SALSAS

salt

sauces

scallions

seaweed

[sesame] sesame, oil

[sesame] sesame, seeds

sesame

shallots

smoothies

snow peas

SORBETS

[soups] soups, fruit

soups

spinach

star anise

stir-fries

[sugar] sugar, brown

[sugar] sugar, palm

sugar

sweet potatoes

tamarind

tapioca

tarts

tempeh

tofu

tomatillos

tomatoes

[tortillas] tortillas, whole-grain

tortillas

tropical fruits

vanilla

[vinegar] vinegar, champagne

[vinegar] vinegar, red wine

[vinegar] vinegar, rice wine

vinegar

[wine] wine, sparkling

[wine] wine, sweet

[wine] wine, and/or white (e.g.

[wine] wine, sauternes)

wine

yogurt

yuzu

MANGOES, GREEN

Category: Fruits

Caribbean cuisines

[chiles] chiles, green

[chiles] chiles, thai

chiles

chutneys

cilantro

curries

Filipino cuisine

ginger

[lime] lime, juice

lime

mint

[oil] oil, sesame

oil

[onions] onions, red

onions

pickles

relishes

salads

sesame seeds

[sugar] sugar, brown

[sugar] sugar, palm

sugar

Thai cuisine

MAPLE SYRUP

Category: Other

allspice

apples

artichokes, Jerusalem

baked goods

bananas

beans, dried

[berries] berries, blueberries

[berries] berries, raspberries

[berries] berries, strawberries

berries

bourbon

[breakfast dishes] breakfast dishes, french toast

[breakfast dishes] breakfast dishes, pancakes

[breakfast dishes] breakfast dishes, waffles

breakfast dishes

Brussels sprouts

cardamom

carrots

[chiles] chiles, jalapeño

chiles

cinnamon

citrus

cloves

cookies

corn

cornmeal

cranberries

figs

ginger

glazes

granola

lemon

mascarpone

miso

[mustard] mustard, dijon

mustard

nutmeg

[nuts] nuts, almonds

[nuts] nuts, cashews

[nuts] nuts, hazelnuts

[nuts] nuts, macadamias

[nuts] nuts, pecans

[nuts] nuts, walnuts

nuts

oats

oatmeal

oranges

pancakes

peaches

pears

[pies] pies, maple

[pies] pies, pumpkin

pies

poppy seeds

porridges

pumpkin

pumpkin seeds

raisins

rice

rum

rutabagas

[seeds, sesame] seeds, sesame, black

[seeds, sesame] seeds, sesame, white

seeds, sesame

squash, winter

[sugar] sugar, brown

sugar

sweet potatoes

turnips

vanilla

waffles

MARJORAM

Category: Spices

artichokes

basil

bay leaf

[beans] beans, dried

[beans] beans, green

[beans] beans, lima

beans

beets

bell peppers

bouquets garnis

cabbage

capers

carrots

cauliflower

[chiles] chiles, dried

chiles

corn

cumin

eggplant

European cuisines

fennel seeds

fiddlehead ferns

fines herbes

French cuisine

garlic

Greek cuisine

[greens] greens, beet

greens

grilled dishes

Italian cuisine

lemon

marinades

MEDITERRANEAN CUISINES

[mushrooms] mushrooms, wild

mushrooms

nuts

[oil] oil, olive

oil

[olives] olives, green

olives

onions

[orange] orange, juice

orange

oregano

paprika

parsley

parsnips

pastas

pine nuts

pizzas

Portuguese cuisine

[potatoes] potatoes, new

potatoes

ratatouille

rice

risotto

rosemary

salad dressings

[salads] salads, bean

[salads] salads, green

[salads] salads, pasta

[salads] salads, tomato

salads

[sauces] sauces, barbecue

[sauces] sauces, butter

[sauces] sauces, marjoram

[sauces] sauces, mushroom

[sauces] sauces, pasta

[sauces] sauces, tomato

sauces

[soups] soups, bean

[soups] soups, onion

[soups] soups, tomato

[soups] soups, vegetable

soups

spreads

[squash] squash, summer (esp. zucchini)

[squash] squash, winter (esp. butternut)

squash

stews

stuffings

sugar snap peas

tarragon

thyme

TOMATOES

tomato sauces

[vinegar] vinegar, red wine

vinegar

walnuts

wine

MATCHA POWDER

Category: Other

agave nectar

avocado

[baked goods] baked goods, cakes

[baked goods] baked goods, cookies

baked goods

bananas

berries

[beverages] beverages, lattes

beverages

cocoa

coconut water

[desserts] desserts, puddings

desserts

ginger

ice creams

mangoes

[milk, nondairy] milk, nondairy, almond

[milk, nondairy] milk, nondairy, rice

[milk, nondairy] milk, nondairy, soy

milk, nondairy

pineapple

quinoa

salad dressings

smoothies

TEAS

VEGAN MAYONNAISE

Category: Other

[beans] beans, green

beans

[bell peppers] bell peppers, red

[bell peppers] bell peppers, roasted

bell peppers

capers

carrots

[chiles] chiles, chipotle

[chiles] chiles, green

[chiles] chiles, red

chiles

[corn] corn, on the cob

corn

garlic

[herbs] herbs, basil

[herbs] herbs, chervil

[herbs] herbs, chives

[herbs] herbs, cilantro

[herbs] herbs, dill

[herbs] herbs, marjoram

[herbs] herbs, parsley

[herbs] herbs, tarragon

herbs

lemon

[mustard] mustard, dijon

mustard

[orange] orange, juice

[orange] orange, zest

orange

pickles

potatoes

[salad dressings] salad dressings, blue cheese

[salad dressings] salad dressings, ranch

salad dressings

[salads] salads, egg

[salads] salads, pasta

[salads] salads, potato

[salads] salads, vegetable

salads

sandwiches

sauces

scallions

[slaws] slaws, cole

slaws

[spices] spices, cayenne

[spices] spices, saffron

spices

veggie burgers

MELON—IN GENERAL

Category: Fruits

MatchShares: Melon, Bitter; Melon, Cantaloupe; Melon, Honeydew; Watermelon; Melon, Winter

arugula

bananas

basil

bell peppers

[berries] berries, blackberries

[berries] berries, raspberries

[berries] berries, strawberries

berries

chiles

cilantro

coconut

coconut milk

cucumber

desserts

garlic

GINGER

granitas

grapes

LEMON

lemongrass

LIME

mint

[onions] onions, red

onions

oranges

pears

[pepper] pepper, black

[pepper] pepper, white

pepper

rum

[salads] salads, fruit

salads

salsas

soups, fruit

Thai basil

tomatoes

vanilla

[wine] wine, sparkling

[wine] wine, e.g.

[wine] wine, champagne,

wine

[wine, sweet] wine, sweet, moscato d’asti

[wine, sweet] wine, sweet, port

wine, sweet

yogurt

MELON, BITTER

Category: Fruits

Asian cuisines

[beans] beans, black

[beans] beans, fermented black

beans

Cambodian cuisine

[chiles] chiles, green

[chiles] chiles, jalapeño

[chiles] chiles, red

chiles

Chinese cuisine, esp. Cantonese

cilantro

coconut

coconut milk

coriander

cumin

curries

East Indian cuisine

garlic

ginger

ice creams

Indian cuisine

kamut

lemon

lime

miso

[oil] oil, canola

[oil] oil, olive

[oil] oil, peanut

[oil] oil, sesame

oil

onions

pickles

pomegranate seeds

poppy seeds

potatoes

rice

[salt] salt, sea

salt

[sesame] sesame, oil

[sesame] sesame, paste

[sesame] sesame, seeds

sesame

sorbets

soups

soy sauce

[squash] squash, kabocha

squash

stir-fries

stuffed bitter melon

[sugar] sugar, brown

sugar

[tofu] tofu, firm

tofu

tomatoes

turmeric

[vinegar] vinegar, cider

vinegar

yogurt

MELON, CANTALOUPE

Category: Fruits

agave nectar

basil

[berries] berries, blackberries

[berries] berries, blueberries

[berries] berries, raspberries

berries

[chiles] chiles, jalapeño

chiles

cilantro

cinnamon

[citrus] citrus, lemon

[citrus] citrus, lime

[citrus] citrus, orange

citrus

cucumber

dates

figs

garlic

GINGER

ices

granitas

lemongrass

mango

maple syrup

[melon, other] melon, other, honeydew

melon, other

MINT

nectarines

[nut butter] nut butter, cashew

nut butter

nutmeg

oil, olive

onions, red

papaya

peaches

[pepper] pepper, black or white

pepper

raisins

raspberries

rice, brown

[salads] salads, fruit

salads

salsas

[salt] salt, sea

salt

sorbets

sorrel

SOUPS, FRUIT

vanilla

[vinegar] vinegar, balsamic

vinegar

watermelon

[wine] wine, sparkling

[wine] wine, sweet

wine

YOGURT

MELON, HONEYDEW

Category: Fruits

arugula

basil

[berries] berries, blackberries

[berries] berries, blueberries

[berries] berries, raspberries

berries

[beverages] beverages, fruit punch

beverages

cayenne

cinnamon

cucumbers

GINGER

kiwi

[lemon] lemon, juice

[lemon] lemon, zest

lemon

lemongrass

LIME

maple syrup

[melon, other] melon, other, cantaloupe

melon, other

MINT

papaya

[pepper] pepper, white

pepper

pomegranates

[salads] salads, fruit

salads

salsas

salt

skewers, fruit

smoothies

sorbets

SOUPS, FRUIT

sugar

tofu

vanilla

[vinegar, esp. fruit] vinegar, esp. fruit, apple

[vinegar, esp. fruit] vinegar, esp. fruit, raspberry

vinegar, esp. fruit

[wine] wine, sparkling

[wine] wine, sweet

wine

yogurt

MELON, WINTER

Category: Fruits

bamboo shoots

chili powder

Chinese cuisine

cilantro

coconut milk

garlic

ginger

Kaffir lime

lemongrass

[mushrooms] mushrooms, shiitake

mushrooms

scallions

shallots

[soups] soups, chinese

[soups] soups, winter melon

soups

stews

stir-fries

MEXICAN CUISINE

achiote

avocados

bay leaf

BEANS, esp. black, pinto, red

burritos

canela

chalupas

chayote

chilaquiles

[chiles] chiles, dried

[chiles] chiles, fresh;

chiles

chili powder

chocolate, Mexican

cilantro

cinnamon

[citrus] citrus, lemon

[citrus] citrus, lime

[citrus] citrus, (bitter) orange

citrus

cloves

CORN

crema

cumin

enchiladas

epazote

fried dishes

garlic

gorditas

guacamole

lemon

[lime] lime, juice

lime

masa harina, i.e., ground corn dough

milk, condensed

nuts

[onions] onions, white

onions

orange, esp. bitter

oregano, Mexican

potatoes

quesadillas

refried beans

rice

saffron

salsas

scallions

[seeds] seeds, pumpkin

[seeds] seeds, sesame

seeds

[soups] soups, tortilla

soups

SQUASH

tacos

tamales

tomatoes

[tortillas] tortillas, corn

tortillas

tostadas

vanilla

vegetables

vinegar

wheat

MIDDLE EASTERN CUISINES

[beans] beans, fava

beans

bulgur wheat

chickpeas

cinnamon

cloves

coriander

couscous

cumin

dill

eggplant

falafel

[fruits] fruits, dried

fruits

garlic

ginger

hummus

[lemon] lemon, fresh

[lemon] lemon, preserved

lemon

lentils

[mint] mint, dried

mint

nutmeg

[nuts] nuts, almonds

[nuts] nuts, pine nuts

[nuts] nuts, pistachios

[nuts] nuts, walnuts

nuts

oil, olive

olives

onions

oregano

parsley

pepper, black

[pita] pita, whole-wheat

pita

pomegranates

poppy seeds

raisins

ras el hanout

rice

roasted dishes

[sesame] sesame, oil

[sesame] sesame, sauce (tahini)

[sesame] sesame, seeds

sesame

sumac

tomatoes

yogurt

za’atar

MILK, ALMOND

Category: Other

agave nectar

[baked goods] baked goods, breads

[baked goods] baked goods, cakes

[baked goods] baked goods, cookies

[baked goods] baked goods, muffins

baked goods

cacao

cereals, breakfast

cinnamon

coffee

desserts, esp. creamy

dressings

drinks, creamy

French toast

fruit

mango

mint

nutmeg

oats

oatmeal

puddings

raspberries

[sauces] sauces, dessert

sauces

smoothies

vanilla

MILK, COCONUT

Category: Other

agar-agar

agave nectar

Asian cuisines

baked goods

bananas

basil

[beans] beans, green

[beans] beans, kidney

beans

beverages

brandy

broccoli

Caribbean cuisines

carrots

cashews

cauliflower

chard

chickpeas

chocolate

coconut

coconut oil

corn

[curries] curries, thai

curries

custards

DESSERTS

eggplant

espresso

galangal

garlic

[greens] greens, bitter

greens

Hawaiian cuisine

ICE CREAMS

Indian cuisine

Kaffir lime leaf

kuzu

Latin American cuisines

leeks

lemongrass

lentils

limes

key limes

mangoes

mushrooms

[noodles, asian] noodles, asian, rice

noodles, asian

[onions] onions, red

onions

passion fruit

peanuts

peas

pineapple

plantains

potatoes

[puddings] puddings, pumpkin

[puddings] puddings, rice

puddings

pumpkin

pumpkin seeds

[rice] rice, brown

[rice] rice, sticky

[rice] rice, wild

rice

salad dressings

sauces

sesame seeds

smoothies

sorbets

[soups] soups, bisque

[soups] soups, carrot

[soups] soups, mushroom

[soups] soups, pea

[soups] soups, potato

[soups] soups, tomato

soups

spinach

[squash, winter] squash, winter, acorn

[squash, winter] squash, winter, hubbard

squash, winter

[stews] stews, indian

stews

[sugar] sugar, brown

sugar

sugar snap peas

sweet potatoes

tapioca, pearl

tempeh

Thai basil

THAI CUISINE

tofu

vanilla

“*whipped cream”*

zucchini

MILK, HEMP

Category: Other

agave nectar

[baked goods] baked goods, cakes

[baked goods] baked goods, muffins

baked goods

[breakfast dishes] breakfast dishes, pancakes

[breakfast dishes] breakfast dishes, waffles

breakfast dishes

brown rice syrup

cashews

casseroles

[cereals, breakfast] cereals, breakfast, ranola

[cereals, breakfast] cereals, breakfast, oatmeal

cereals, breakfast

chocolate

coffee

dates

dips

ice cream

lattes

maple syrup

[puddings] puddings, chia seed

puddings

smoothies

[soups] soups, mushroom

soups

vanilla

MILK, RICE

Category: Other

[baked goods] baked goods, breads

[baked goods] baked goods, cakes

[baked goods] baked goods, cookies

[baked goods] baked goods, muffins

baked goods

bananas

cinnamon

[desserts] desserts, creamy (e.g.

[desserts] desserts, custards)

desserts

horchata

“ice cream”

Latin American cuisine

Mexican cuisine

[pastas] pastas, mac-n-cheese

pastas

[puddings] puddings, banana

[puddings] puddings, rice

puddings

raisins

[sauces] sauces, béchamel

sauces

smoothies

sugar

vanilla

MILK, SOY

Category: Other

[baked goods] baked goods, breads

[baked goods] baked goods, cakes

[baked goods] baked goods, cookies

[baked goods] baked goods, muffins

baked goods

banana

chocolate

coffee

[coffee drinks] coffee drinks, cappuccinos

[coffee drinks] coffee drinks, lattes

coffee drinks

desserts, creamy (e.g., panna cotta)

gelatin

[lime] lime, kaffir

lime

mangoes

mashed potatoes

puddings

raspberries

salad dressings

[sauces] sauces, creamy

[sauces] sauces, pasta

sauces

smoothies

[tofu] tofu, silken

tofu

vanilla

MILLET

Category: Grains

(NORTH) AFRICAN CUISINES

almonds

amaranth

[apples] apples, apple juice

[apples] apples, applesauce

apples

[apricots] apricots, dried

apricots

arugula

Asian cuisines

avocado

[baked goods] baked goods, breads

[baked goods] baked goods, muffins

baked goods

basil

[batters] batters, pancake

[batters] batters, waffle

batters

bay leaf

[beans] beans, adzuki

[beans] beans, black

[beans] beans, broad

[beans] beans, green

[beans] beans, white

beans

beets

bell peppers, red

[berries] berries, blueberries

berries

“bowls”

broccoli

burdock

cabbage

cardamom

CARROTS

casseroles

CAULIFLOWER

celery

celery root

CEREALS, HOT BREAKFAST

chard

cherries

chervil

chickpeas

[chiles] chiles, anaheim

[chiles] chiles, jalapeño chili pepper sauce

chiles

chili powder

chives

cilantro

cinnamon

coconut

coriander

CORN

“couscous”

croquettes

CUMIN

currants

curry powder

curry spices

curries

dals

dates

dill

eggplant

fennel

GARLIC

ginger

[grains, other] grains, other, bulgur

[grains, other] grains, other, corn

[grains, other] grains, other, oats

[grains, other] grains, other, quinoa

[grains, other] grains, other, rice

grains, other

granola

[greens] greens, bitter

[greens] greens, mesclun

[greens] greens, salad

greens

(East) Indian cuisine

leeks

[lemon] lemon, juice

[lemon] lemon, zest

lemon

lentils

[lime] lime, juice

lime

mango

maple syrup

[milk] milk, almond

[milk] milk, other nondairy

milk

millet cakes

mint

muffins

[mushrooms] mushrooms, porcini

[mushrooms] mushrooms, portobello

mushrooms

[nuts] nuts, hazelnuts

[nuts] nuts, peanuts

[nuts] nuts, pecans

[nuts] nuts, pine nuts

nuts

oats

[oils] oils, canola

[oils] oils, corn

[oils] oils, olive

[oils] oils, peanut

[oils] oils, vegetable

oils

[onions] onions, green

[onions] onions, spring

[onions] onions, yellow

onions

orange

oregano

PARSLEY

parsnips

peaches

peas

pepper, black

PILAFS

“POLENTAS”

porridges

puddings

pumpkin

[raisins] raisins, golden

raisins

raspberries

[rice] rice, brown

[rice] rice, long-grain

rice

“risottos”

rosemary

saffron

[salads] salads, fruit

[salads] salads, green

salads

salt, sea

[sandwiches] sandwiches, “sloppy joes”

sandwiches

scallions

[seeds] seeds, poppy

[seeds] seeds, pumpkin

[seeds] seeds, sesame

[seeds] seeds, sunflower

seeds

[sesame] sesame, oil

[sesame] sesame, seeds

sesame

shallots

SOUPS

sour cream

soy sauce

[squash] squash, acorn

[squash] squash, butternut

[squash] squash, kabocha

[squash] squash, summer

squash

stews (e.g., to thicken)

stir-fries

[stock] stock, corn

[stock] stock, vegetable

stock

[stuffed mushrooms or vegetables] stuffed mushrooms or vegetables, artichokes or onions

stuffed mushrooms or vegetables

stuffings

sweet potatoes

“tabbouleh”

tamari

tarragon

tempeh

thyme

tomatillos

tomatoes, sun-dried

TOMATOES

tomato paste

tomato sauce

turmeric

turnips

vanilla

[vegetables] vegetables, baby

[vegetables] vegetables, sautéed

vegetables

veggie burgers

[vinegar] vinegar, balsamic

[vinegar] vinegar, red wine

[vinegar] vinegar, umeboshi

vinegar

walnuts

watercress

yams

yogurt

zucchini

MINT

Category: Spices

almonds

apples

artichokes

Asian cuisines

barley

basil

[beans] beans, black

[beans] beans, fresh

[beans] beans, green

[beans] beans, white

beans

bell peppers

[berries] berries, blueberries

[berries] berries, raspberries

[berries] berries, strawberries

berries

[beverages] beverages, juleps

[beverages] beverages, lassis

[beverages] beverages, lemonades

[beverages] beverages, mojitos

[beverages] beverages, teas

beverages

bourbon

Brussels sprouts

cabbage

cardamom

CARROTS

cashews

chickpeas

[chiles] chiles, green

[chiles] chiles, jalapeño

chiles

chives

[chocolate] chocolate, dark

chocolate

chutneys

cilantro

citrus

coconut

coconut milk

coriander

[couscous] couscous, israeli

[couscous] couscous, whole-wheat

couscous

\*CUCUMBERS

curries

desserts

dill

eggplant

endive

falafel

figs

frisée

[fruits] fruits, dried

[fruits] fruits, fresh

fruits

garlic

gin

ginger

grains

grapefruit

grapes

grape juice

ice cream

Indian cuisine

jícama

kale

LEMON

lemongrass

lentils

lettuce

LIME

lovage

lychees

[mangoes] mangoes, green

mangoes

Mediterranean cuisines

[melon] melon, honeydew

melon

Middle Eastern cuisine

millet

mojitos

Moroccan cuisine

mushrooms, portobello

noodles, Asian, esp. rice

olives

onions

oranges

orange juice

[papaya] papaya, green

papaya

parsley

pasta

peaches

pears

PEAS

“pestos”

pilafs

pineapple

pine nuts

pistachios

[potatoes] potatoes, new

potatoes

quinoa

raitas

RICE

risotto

rum

[salads] salads, bean

[salads] salads, fruit

[salads] salads, grain

[salads] salads, green

[salads] salads, thai

[salads] salads, vegetable

salads

salsas

[sauces] sauces, “chimichurri”

sauces

scallions

shallots

shoots, bean

soups

Southeast Asian cuisines

spinach

[squash] squash, acorn

[squash] squash, butternut

[squash] squash, yellow

squash

[stuffings] stuffings, grain

stuffings

[sugar] sugar, brown

sugar

TABBOULEH

[teas] teas, green

[teas] teas, mint

[teas] teas, moroccan

teas

TOMATOES

[vegetables] vegetables, marinated

vegetables

Vietnamese cuisine

[vinegar] vinegar, balsamic

[vinegar] vinegar, white wine

vinegar

watermelon

wheat berries

YOGURT

zucchini

MIRIN

Category: Other

Asian cuisines

carrots

daikon

garlic

ginger

hiziki

JAPANESE CUISINE

macrobiotic cuisine

marinades

miso

sake

salad dressings

[sauces] sauces, dipping

[sauces] sauces, teriyaki

sauces

sesame oil

soups

SOY SAUCE

stews

stir-fries

sugar

tofu

vegetables, esp. sweet

vinegar, rice

MISO—IN GENERAL

Category: Other

MatchShares: Miso, Brown; Miso, Dark; Miso, Light; Miso, Red; Miso, White; Miso, Yellow

asparagus

avocado

[beans] beans, adzuki

[beans] beans, black

[beans] beans, green

[beans] beans, pinto

beans

bok choy

Brussels sprouts

burdock

[cabbage] cabbage, chinese

[cabbage] cabbage, napa

cabbage

CARROTS

chives

cilantro

daikon

dashi

[dips] dips, bean

dips

dressings

dulse

edamame

eggplant

garlic

GINGER

glazes

gravies

[greens] greens, asian

[greens] greens, dandelion

greens

hoisin

JAPANESE CUISINE

kombu

leeks

[lemon] lemon, juice

[lemon] lemon, zest

lemon

lemongrass

lotus root

macrobiotic cuisine

maple syrup

\**MARINADES*

melon, bitter

millet

mint

mirin

[mushrooms] mushrooms, enoki

[mushrooms] mushrooms, shiitake

[mushrooms] mushrooms, wild

mushrooms

mustard

[noodles, asian] noodles, asian, ramen

[noodles, asian] noodles, asian, rice

[noodles, asian] noodles, asian, soba

[noodles, asian] noodles, asian, udon

noodles, asian

nori

[oil] oil, canola

[oil] oil, sesame

oil

[onions] onions, green

[onions] onions, spring

[onions] onions, white

[onions] onions, yellow

onions

[orange] orange, juice

[orange] orange, zest

orange

parsley

parsnips

peas

“pestos”

potatoes

pumpkin

radishes

[rice] rice, brown

rice

sake

SALAD DRESSINGS

SAUCES

SCALLIONS

sea vegetables

[sesame] sesame, oil

[sesame] sesame, seeds

sesame

shiso

snow peas

[soups] soups, kale

[soups] soups, miso

soups

soybeans

soy sauce

spinach

spreads

sprouts, bean

[squash] squash, kabocha

squash

stews

stir-fries

stock, vegetable

sweet potatoes

tahini

tamari

TOFU

tomatoes

turnips

vegetables

[vinegar] vinegar, rice wine

vinegar

WAKAME

walnuts

watercress

MISO, BROWN

Category: Other

basil

beer

garlic

GRAVIES

mushrooms

oil, grapeseed

onions

soups

tamari

thyme

tofu

tomato paste

[wine, dry] wine, dry, sherry

wine, dry

MISO, DARK

Category: Other

[beans] beans, black

[beans] beans, pinto

beans

brown rice syrup

burdock

carrots

casseroles

chili, vegetarian

daikon

ginger

gravies

lentils

marinades

mirin

mustard

nuts

onions

parsley

[sauces] sauces, red wine

[sauces] sauces, tomato

sauces

sesame paste

[soups] soups, carrot

[soups] soups, dark or mixed miso

[soups] soups, vegetable (esp. winter)

soups

squash, winter

[stews] stews, vegetable

stews

[stir-fries] stir-fries, with root vegetables

stir-fries

tofu

tomatoes

tomato sauce

vegetables, root

vinegar, rice

MISO, LIGHT

Category: Other

almonds

avocados

[beans] beans, green

[beans] beans, pinto

beans

chickpeas

[corn] corn, grilled

corn

dill

[dips] dips, bean

dips

garlic

ginger

gravies

“hummus”

[lemon] lemon, juice

[lemon] lemon, zest

lemon

marinades

mirin

[oil] oil, canola

oil

[orange] orange, juice

[orange] orange, zest

orange

parsley

[potatoes] potatoes, mashed

potatoes

sake

salad dressings

sauces

sea vegetables

[sesame] sesame, paste

[sesame] sesame, seeds

sesame

[soups] soups, “creamy”

soups

spreads

tofu

vinegar, rice wine

wine, rice

MISO, RED

Category: Other

basil

beer

daikon

dashi

eggplant

garlic

ginger

glazes

gravies

heartier dishes

leeks

[lemon] lemon, zest

lemon

marinades

mirin

[mushrooms] mushrooms, shiitake

mushrooms

oil, grapeseed

onions

parsley

sake

scallions

[sea vegetables] sea vegetables, wakame

sea vegetables

[sesame] sesame, oil

[sesame] sesame, paste

[sesame] sesame, seeds

sesame

[soups] soups, richer

soups

sprouts, bean

stews

tahini

tamari

thyme

tofu

tomato paste

[wine, dry] wine, dry, sherry

wine, dry

yuzu

MISO, WHITE

Category: Other

almonds

almond butter

carrots

[dips] dips, bean

dips

marinades

[mushrooms] mushrooms, portobello

mushrooms

mustard

[oil] oil, peanut

[oil] oil, sesame

oil

peanuts

peanut butter

potatoes

mashed potatoes

SALAD DRESSINGS

SAUCES, light-colored

scrambles, i.e., tofu

[sesame] sesame, seeds

sesame

[soups] soups, miso

soups

stir-fries

tahini

tofu

[vinegar] vinegar, brown rice

[vinegar] vinegar, rice

vinegar

MISO, YELLOW

Category: Other

MatchShares: Miso, Light

glazes

marinades

salad dressings

sauces

SOUPS, miso

tofu

MOLASSES

Category: Other

baked beans

[baked goods] baked goods, breads

[baked goods] baked goods, cookies

[baked goods] baked goods, gingerbread

baked goods

blueberries

[cereals] cereals, hot breakfast

cereals

chili pepper flakes

cinnamon

cloves

coffee

garlic

GINGER

glazes

grains

[lemon] lemon, juice

lemon

milk

nutmeg

oatmeal

[orange] orange, juice

[orange] orange, zest

orange

pears

[sauces] sauces, barbecue

[sauces] sauces, thai barbecue

sauces

smoothies

squash, winter

sweet potatoes

tempeh

tofu

vanilla

walnuts

MOROCCAN CUISINE

almonds

apricots

[bell peppers] bell peppers, green

bell peppers

carrots

cayenne

chermoula

chickpeas

chiles

cilantro

cinnamon

coriander

couscous

cucumbers

cumin

dates

figs

fruits

garlic

ginger

harissa

[lemons] lemons, fresh

[lemons] lemons, preserved

lemons

nuts

oil, olive

olives

onions

oranges

paprika

parsley

pepper

pine nuts

pistachios

raisins

ras el hanout

saffron

[salads] salads, carrot

salads

sesame seeds

[stews, aka tagines, vegetarian] stews, aka tagines, vegetarian, carrot

[stews, aka tagines, vegetarian] stews, aka tagines, vegetarian, chickpea

[stews, aka tagines, vegetarian] stews, aka tagines, vegetarian, root vegetable

stews, aka tagines, vegetarian

sugar

tomatoes

turmeric

MUSHROOMS—IN GENERAL

Category: Vegetables

MatchShares: Mushrooms, Black Trumpet; Mushrooms, Button; Mushrooms, Chanterelle; Mushrooms, Chicken Of The Woods; Mushrooms, Cremini; Mushrooms, Enoki; Mushrooms, Hedgehog; Mushrooms, Hen Of The Woods; Mushrooms, Lobster; Mushrooms, Matsutake; Mushrooms, Morel; Mushrooms, Oyster; Mushrooms, Pom Pom; Mushrooms, Porcini; Mushrooms, Portobello; Mushrooms, Shiitake; Mushrooms, Wild

almonds

artichokes

arugula

asparagus

avocado

bamboo shoots

BARLEY

basil

bay leaf

[beans] beans, navy

[beans] beans, pinto

[beans] beans, white

beans

bok choy

[bread crumbs] bread crumbs, panko

[bread crumbs] bread crumbs, whole-wheat

bread crumbs

bread pudding, savory

Brussels sprouts

cardamom

carrots

casseroles

cayenne

celery

chard

chervil

chickpeas

chiles

CHIVES

cilantro

cinnamon

coriander

[cornmeal] cornmeal, to crust

cornmeal

cornstarch

crepes

cumin

Czech cuisine

daikon

dashi

dill

eggplant

endives

farro

fennel

\*GARLIC

ginger

grains, whole

[gravies] gravies, mushroom

gravies

kale

leeks

[lemon] lemon, juice

[lemon] lemon, zest

lemon

lemongrass

MARJORAM

mascarpone

“meatloaf,” i.e., loaf made with mushrooms

nuts

[milk] milk, coconut

milk

millet

mint

mirin

mizuna

mushrooms, other

mustard

[noodles] noodles, egg

[noodles] noodles, rice

[noodles] noodles, udon

noodles

nutmeg

[nuts] nuts, almonds

[nuts] nuts, hazelnuts

[nuts] nuts, pecans

[nuts] nuts, pine nuts

[nuts] nuts, pistachios

[nuts] nuts, walnuts

nuts

[oil] oil, olive

[oil] oil, peanut

[oil] oil, sesame

[oil] oil, truffle (e.g.

[oil] oil, white)

[oil] oil, walnut

oil

olives

[onions] onions, green

[onions] onions, white

onions

orange

oregano

paprika

PARSLEY

[pastas] pastas, pappardelle

[pastas] pastas, ravioli

pastas

pâtés

peas

[pepper] pepper, black

[pepper] pepper, white

pepper

phyllo dough, whole-wheat

PIZZA

POLENTA

POTATOES

quinoa

rice

wild rice

risottos

ROSEMARY

sage

salads

[salt] salt, kosher

[salt] salt, sea

salt

[sauces] sauces, mushroom

sauces

sauerkraut

savory

scallions

[sesame] sesame, oil (esp. toasted)

[sesame] sesame, seeds

sesame

SHALLOTS

sorrel

[soups] soups, mushroom

[soups] soups, vegetable

soups

sour cream

spinach

[sprouts] sprouts, sunflower

sprouts

[squash] squash, butternut

[squash] squash, winter

squash

[stock] stock, mushroom

[stock] stock, vegetable

stock

stuffed mushrooms

stuffings

tahini

TARRAGON

THYME

tofu

tomatoes

turmeric

veggie burgers

[vinegar] vinegar, balsamic

[vinegar] vinegar, sherry

[vinegar] vinegar, white wine

vinegar

watercress

[wine] wine, dry red or white

[wine] wine, dry sherry

[wine] wine, madeira

wine

won tons

yogurt

zucchini

MUSHROOMS, BLACK TRUMPET

Category: Vegetables

artichokes

casseroles

[garlic] garlic, green

garlic

horseradish

onions

parsley

pastas

pizzas

potatoes

rice

sage

[salads] salads, bean

salads

[sauces] sauces, creamy

sauces

seitan

shallots

[soups] soups, butternut squash

soups

[squash] squash, butternut

squash

stir-fries

stock, vegetable

thyme

[wine] wine, dry

[wine] wine, white

wine

MUSHROOMS, BUTTON

Category: Vegetables

barley

buckwheat

chile pepper flakes

cilantro

coconut milk

curries

fennel

garlic

[lemon] lemon, juice

lemon

[miso] miso, red

miso

[mushrooms, other] mushrooms, other, wild

mushrooms, other

[noodles] noodles, egg

noodles

oil, olive

[olives] olives, italian

olives

paprika

parsley

rice, wild

[salads] salads, green

[salads] salads, mushroom

salads

[sauces] sauces, mushroom

sauces

scallions

soups

sour cream

stews

[stock] stock, mushroom

stock

stuffed mushrooms

tamari

yogurt

MUSHROOMS, CHANTERELLE

Category: Vegetables

[beans] beans, shell

beans

bread or toast

buckwheat

celery root

chestnuts

corn

fiddlehead ferns

GARLIC

black garlic

gravies

hazelnuts

[herbs] herbs, chervil

[herbs] herbs, chives

[herbs] herbs, sage

[herbs] herbs, thyme

herbs

leeks

lemon

mascarpone

millet

[mushrooms, other] mushrooms, other, porcini

mushrooms, other

mustard

[oils] oils, hazelnut

[oils] oils, olive

[oils] oils, peanut

oils

[onions] onions, red

[onions] onions, white

onions

oranges

orange liqueur

parsley

pastas

[pepper] pepper, black

[pepper] pepper, white

pepper

polenta

ramps

[rice] rice, arborio

[rice] rice, brown

[rice] rice, wild

rice

risottos

rosemary

salads

[salt] salt, kosher

[salt] salt, sea

salt

[sauces] sauces, white

sauces

SHALLOTS

soups

[squash] squash, acorn

[squash] squash, buttercup

[squash] squash, butternut

[squash] squash, delicata

[squash] squash, spaghetti

squash

stews

stir-fries

[stock] stock, mushroom

[stock] stock, vegetable

stock

tamari

tarragon

tempeh

thyme

[vinegar] vinegar, balsamic

[vinegar] vinegar, cider

[vinegar] vinegar, sherry

[vinegar] vinegar, white wine

vinegar

wine, dry white

[wine, fortified] wine, fortified, madeira or marsala

wine, fortified

MUSHROOMS, CHICKEN OF THE WOODS

Category: Vegetables

carrots

celery root

garlic

greens, salad

[lemon] lemon, juice

lemon

[mushrooms, other] mushrooms, other, button

[mushrooms, other] mushrooms, other, shiitake

mushrooms, other

noodles

nuts

onions

orange

parsley

pastas

[pepper] pepper, black

[pepper] pepper, white

pepper

polenta

rice

risottos

rosemary

salt

[sauces] sauces, pasta

[sauces] sauces, teriyaki

sauces

shallots

stock, mushroom

tarragon

thyme

[wine] wine, dry white

wine

MUSHROOMS, CREMINI

Category: Vegetables

allspice

barley

bay leaf

beans, green

[beans, white] beans, white, cannellini

beans, white

chili pepper flakes

chives

cloves

garlic

[gravies] gravies, mushroom

gravies

hazelnuts

Italian cuisine

lemon

lentils, French

maple syrup

marjoram

milk

[mushrooms, other] mushrooms, other, portobello

[mushrooms, other] mushrooms, other, shiitake

mushrooms, other

[oil, nut] oil, nut, hazelnut

oil, nut

oil, olive

onions

oregano

parsley

[pastas] pastas, lasagna

[pastas] pastas, ravioli

pastas

[pâtés] pâtés, walnut-mushroom

pâtés

peas

pepper, black

pizzas

polenta

quinoa

rosemary

sage

salt

[sauces] sauces, mushroom

[sauces] sauces, tomato

sauces

shallots

[soups] soups, mushroom barley

soups

soy sauce

spinach

[stews] stews, bean

stews

stir-fries

[stock] stock, mushroom

[stock] stock, vegetable

stock

stuffed mushrooms

[stuffings] stuffings, for ravioli

stuffings

sweet potatoes

tarragon

THYME

[tofu] tofu, scrambles

tofu

tomatoes

tomato sauce

veggie burgers

[vinegar] vinegar, balsamic

vinegar

walnuts

[wine] wine, dry white

wine

zucchini

MUSHROOMS, ENOKI

Category: Vegetables

apples

Asian cuisines

basil

Thai basil

beans, long

[bell peppers] bell peppers, red

bell peppers

carrots

cayenne

chives

cucumbers

dill

garlic

ginger

hoisin

JAPANESE CUISINE

[lemon] lemon, juice

lemon

lemongrass

miso

[mushrooms, other] mushrooms, other, portobello

[mushrooms, other] mushrooms, other, shiitake

[mushrooms, other] mushrooms, other, white

mushrooms, other

oil, olive

[pepper] pepper, black

[pepper] pepper, white

pepper

radishes

SALADS

salt

sandwiches

sauces

scallions

shallots

slaws

[soups] soups, clear

[soups] soups, miso

soups

SOY SAUCE

spring rolls

stir-fries

stock, vegetable

sushi

tamari

tofu

vinegar

watercress

MUSHROOMS, HEDGEHOG

Category: Vegetables

casseroles

garlic

lemon

mascarpone

orange

parsley

[pastas] pastas, fettuccine

pastas

pepper, black

pizzas

potatoes

shallots

[wine] wine, dry sherry

wine

MUSHROOMS, HEN OF THE WOODS

Category: Vegetables

breadcrumbs

bruschettas

celery root

[chiles] chiles, jalapeño

chiles

Chinese cuisine

cilantro

cornmeal

dashi

fiddlehead ferns

garlic

grains

gravies

herbs

horseradish

hot sauce

Japanese cuisine

leeks

lemon juice

[lentils] lentils, black

lentils

lime juice

Madeira

mascarpone

miso, white

[mushrooms, other] mushrooms, other, oyster

[mushrooms, other] mushrooms, other, shiitake

mushrooms, other

mustard

[noodles] noodles, soba

noodles

[oil] oil, grapeseed

[oil] oil, olive

[oil] oil, truffle

oil

onions

spring onions

[orange] orange, juice

orange

PARSLEY

pastas

pâtés, mushroom

PEPPER, BLACK

pizzas

polenta

RICE

salads

[salt] salt, kosher

salt

[sauces] sauces, pasta

sauces

scallions

[sesame] sesame, oil

[sesame] sesame, seeds

sesame

shallots

SOUPS

soy sauce

spinach

stews

stir-fries

[stock] stock, mushroom

[stock] stock, vegetable

stock

sweet potatoes

tamari

thyme

[vinegar] vinegar, balsamic

[vinegar] vinegar, sherry

vinegar

walnuts

[wine] wine, port

wine

Worcestershire sauce, vegetarian

MUSHROOMS, LOBSTER

Category: Vegetables

corn

dill

garlic

ginger

[mushrooms, other] mushrooms, other, oyster

mushrooms, other

oil, olive

onions

pastas

rice

risottos

rosemary

salt

sauces, creamy

soups

bisques

stews

stir-fries

stock, mushroom or vegetable

stuffings

tarragon

terrines, mushroom

thyme

tofu

vinegar

zucchini

zucchini blossoms

MUSHROOMS, MATSUTAKE

Category: Vegetables

apples

Asian cuisines

asparagus

bay leaf

bok choy

[cabbage] cabbage, savoy

cabbage

carrots

celery

celery root

chervil

[chiles] chiles, thai

chiles

chives

cloves

custards

DASHI

frisée

garlic

ginger

gohan

JAPANESE CUISINE

Kaffir lime

leeks

[lemon] lemon, juice

[lemon] lemon, zest

lemon

mâche

mirin

miso

mizuna noodles, buckwheat

oil, olive

onions, white

[orange] orange, juice

[orange] orange, zest

orange

[pepper] pepper, black

[pepper] pepper, szechuan

pepper

pine nuts

[rice] rice, short-grain

rice

rosemary

sake

salt

scallions

shallots

soups

soy sauce

stir-fries

sugar

sukiyaki

tamari

thyme

vinegar, rice wine

wine, dry white

MUSHROOMS, MOREL

Category: Vegetables

artichokes, Jerusalem

[asparagus] asparagus, green

[asparagus] asparagus, white

asparagus

[beans] beans, fava

beans

breadcrumbs

caraway seeds

carrots

celery root

chard

chervil

chives

corn

fennel seeds

fiddlehead ferns

French cuisine

GARLIC

greens, bitter

lamb’s-quarter

lemon

nettles

[oil, nut] oil, nut, hazelnut

[oil, nut] oil, nut, peanut

oil, nut

oil, olive

[onions] onions, spring

onions

parsley

[pastas] pastas, gnocchi

pastas

peas

[pepper] pepper, black

[pepper] pepper, white

pepper

potatoes

rice

risottos

rosemary

saffron

salt

[sauces] sauces, creamy

sauces

SHALLOTS

sour cream

spinach

stews

[stock] stock, mushroom

[stock] stock, vegetable

stock

tarragon

thyme

tomatoes

[vinegar] vinegar, champagne

vinegar

watercress

[wine] wine, dry

[wine] wine, sherry

[wine] wine, white

wine

MUSHROOMS, OYSTER

Category: Vegetables

artichokes (including Jerusalem)

arugula

Asian cuisines

asparagus

basil

bay leaf

beans, black

beans, fermented black

beans, green

bread crumbs

[cabbage] cabbage, red

cabbage

carrots

celery

celery root

chervil

[chiles] chiles, chipotle

[chiles] chiles, green

[chiles] chiles, jalapeño

chiles

Chinese cuisine

chives

chowders

cider

cilantro

cinnamon

coconut

coconut milk

coriander

cornmeal

crepes

cumin

[curries] curries, green

curries

dashi

dill

[eggplant] eggplant, japanese

eggplant

fennel

GARLIC

ginger

gratins

[greens] greens, asian

greens

horseradish

Japanese cuisine

kale

Korean cuisine

leeks

[lemon] lemon, juice

[lemon] lemon, zest

lemon

lemongrass

lettuce

lime

mint

mirin

[mushrooms, other] mushrooms, other, button

[mushrooms, other] mushrooms, other, enoki

[mushrooms, other] mushrooms, other, lobster

[mushrooms, other] mushrooms, other, shiitake

mushrooms, other

mustard, Dijon

[noodles] noodles, rice

[noodles] noodles, soba

noodles

nutmeg

[nuts] nuts, almonds

[nuts] nuts, hazelnuts

[nuts] nuts, peanuts

[nuts] nuts, pecans

[nuts] nuts, pine nuts

[nuts] nuts, walnuts

nuts

[oil] oil, canola

[oil] oil, hazelnut

[oil] oil, nut

[oil] oil, olive

[oil] oil, pecan

[oil] oil, sesame

[oil] oil, walnut

oil

[onions] onions, red

[onions] onions, yellow

onions

oranges

orange juice

panko

PARSLEY

parsnips

[pasta] pasta, fettuccine

[pasta] pasta, linguini

[pasta] pasta, pappardelle

[pasta] pasta, ravioli

[pasta] pasta, tagliatelle

pasta

pesto

pizza

polenta

potatoes

radicchio

[rice] rice, brown

[rice] rice, jasmine

rice

rosemary

sage

sake

[salads] salads, warm

salads

salsify

[sauces] sauces, cream

[sauces] sauces, white

sauces

scallions

seitan

SHALLOTS

SOUPS, BISQUES

[chowders] chowders, mushroom

chowders

sour cream

soy sauce

spinach

[squash] squash, delicata

[squash] squash, kabocha

squash

stews

stir-fries

[stock] stock, mushroom

[stock] stock, vegetable

stock

sumac

tamarind

tarragon

tarts

tempura

teriyaki

THYME

TOFU

tomatoes

vegetables

[vinegar] vinegar, balsamic

[vinegar] vinegar, cider

[vinegar] vinegar, rice wine

vinegar

[wine] wine, rice

[wine] wine, white

wine

za’atar

zucchini

MUSHROOMS, POM POM

Category: Vegetables

[mushrooms, other] mushrooms, other, maitake

mushrooms, other

oil, olive

onions

parsley

pastas

pepper, black

salt, sea

sauces

stews

[stock] stock, mushroom

[stock] stock, vegetable

stock

tarragon

tomatoes

MUSHROOMS, PORCINI

Category: Vegetables

MatchShares: Mushrooms, Wild

almonds

artichokes

asparagus

BARLEY

basil

bay leaf

bread crumbs

bruschetta

carpaccio, mushroom

carrots

casseroles

chard

chickpeas

chives

cloves

corn

crostini

dill

[dumplings] dumplings, bread

dumplings

eggplant

endive, Belgian

escarole

figs

French cuisine

GARLIC

grains

gravies

greens, bitter

Italian cuisine

leeks

[lemon] lemon, juice

lemon

marjoram

mint

[mushrooms, other] mushrooms, other, portobello

mushrooms, other

[oil] oil, hazelnut

[oil] oil, nut

[oil] oil, olive

[oil] oil, porcini

oil

[onions] onions, green

[onions] onions, yellow

onions

palm, hearts of

PARSLEY

[pastas] pastas, fettuccine

[pastas] pastas, gnocchi

[pastas] pastas, lasagna

pastas

peanuts

peas

[pepper] pepper, black

[pepper] pepper, white

pepper

phyllo dough, whole-wheat

pilafs

pine nuts

polenta

potatoes

pumpkin

quinoa

rice

RISOTTOS

rosemary

sage

salads

[salt] salt, sea

salt

[sauces] sauces, mushroom

[sauces] sauces, tomato

sauces

[savory] savory, summer

savory

shallots

SOUPS

spinach

[squash] squash, winter

squash

stews

[stocks] stocks, mushroom

[stocks] stocks, vegetable

stocks

stuffed peppers or zucchini

stuffings

tarts

tempeh

thyme

tomatoes

tomato paste

truffles, white

[vinegar] vinegar, balsamic

[vinegar] vinegar, red wine

[vinegar] vinegar, sherry

[vinegar] vinegar, white balsamic

vinegar

[wine] wine, dry red or white

[wine] wine, madeira

[wine] wine, or sherry

wine

MUSHROOMS, PORTOBELLO

Category: Vegetables

almonds

ARUGULA

asparagus

“bacon,” i.e., made from smoked portobello mushrooms

[barley] barley, pearl

barley

basil

[beans] beans, black

[beans] beans, shell

[beans] beans, white

beans

[bell peppers] bell peppers, green or red

[bell peppers] bell peppers, esp. grilled or roasted

bell peppers

breadcrumbs

broccoli

bruschetta

[buns] buns, whole-grain “burger”

buns

cayenne

celery

celery leaves

chard, Swiss

chervil

chickpeas

[chiles] chiles, chipotle

[chiles] chiles, jalapeño; chili pepper flakes

[chiles] chiles, chili powder

chiles

chives

cilantro

[couscous] couscous, israeli

[couscous] couscous, whole-wheat

couscous

crepes

dill

eggplant

endive, Belgian

escarole

fajitas

fennel

focaccia

GARLIC

ginger

[gravies] gravies, mushroom

gravies

[greens] greens, bitter

[greens] greens, salad

greens

hazelnuts

herbs

Italian cuisine

leeks

[lemon] lemon, juice

lemon

mâche

marjoram

millet

mint

mousses

[mushrooms, other] mushrooms, other, cremini

[mushrooms, other] mushrooms, other, porcini

[mushrooms, other] mushrooms, other, shiitake

[mushrooms, other] mushrooms, other, white

mushrooms, other

mustard

[oil] oil, canola

[oil] oil, grapeseed

[oil] oil, nut

[oil] oil, olive

[oil] oil, truffle

[oil] oil, walnut

oil

[onions] onions, green

[onions] onions, red

[onions] onions, white

[onions] onions, yellow

onions

[orange] orange, juice

orange

oregano

paprika, smoked

parsley

parsnips

[pasta] pasta, fettuccine

[pasta] pasta, lasagna

[pasta] pasta, penne

pasta

[pâtés] pâtés, mushroom

[pâtés] pâtés, vegetable

pâtés

pears

pepper, black

PESTO

pine nuts

pistachios

pizza

polenta

potatoes

quesadillas

[rice] rice, basmati

[rice] rice, brown

rice

rosemary

[salads] salads, mushroom

salads

salt, sea

[sandwiches] sandwiches, “french dip,” panini

[sandwiches] sandwiches, wraps

sandwiches

sauces

scallions

[sesame] sesame, oil

[sesame] sesame, seeds

sesame

shallots

soups

soy sauce

SPINACH

squash, summer

[squash, winter] squash, winter, butternut

squash, winter

“steaks,” mushroom

stews

stir-fries

[stock] stock, mushroom

[stock] stock, vegetable

stock

STUFFED MUSHROOMS

tacos

tamari

tarragon

thyme

tofu

tomatoes

tomato paste

TOMATOES, SUN-DRIED

tortillas

“*veggie burgers”*

[vinegar] vinegar, balsamic

[vinegar] vinegar, red wine

[vinegar] vinegar, sherry

vinegar

walnuts

watercress

[wine] wine, dry white or madeira

wine

zucchini

MUSHROOMS, SHIITAKE

Category: Vegetables

arame

artichoke hearts

arugula

(EAST) ASIAN CUISINES

asparagus

avocado

bamboo shoots

basil

Thai basil

bay leaf

[beans] beans, adzuki

[beans] beans, fermented black

[beans] beans, green

beans

beer

ale

[bell peppers] bell peppers, green

[bell peppers] bell peppers, red

bell peppers

bok choy

brandy

broccoli

burritos

[cabbage] cabbage, chinese or napa

cabbage

carrots

casseroles

cayenne

celery

[chard] chard, swiss

chard

[chiles] chiles, ancho

[chiles] chiles, chili pepper paste

chiles

Chinese cuisine

chives

coconut milk

daikon

dashi

[dumplings] dumplings, asian

[dumplings] dumplings, potstickers

dumplings

eggplant

escarole

GARLIC

GINGER

[grains] grains, barley

[grains] grains, brown rice

[grains] grains, buckwheat

[grains] grains, kamut

[grains] grains, kasha

[grains] grains, pearled

grains

barley, quinoa, rice, wild rice

gravies

[greens] greens, mizuna

greens

hazelnuts

JAPANESE CUISINE

Kaffir lime leaves

kale

kombu

Korean cuisine

leeks

[lemon] lemon, juice

[lemon] lemon, zest

lemon

lemongrass

[lettuce] lettuce, romaine

lettuce

lime

macrobiotic cuisine

marjoram

[milk, dairy or nondairy] milk, dairy or nondairy, soy

milk, dairy or nondairy

mirin

MISO

[mushrooms, other] mushrooms, other, button

[mushrooms, other] mushrooms, other, cremini

[mushrooms, other] mushrooms, other, maitake

[mushrooms, other] mushrooms, other, oyster

[mushrooms, other] mushrooms, other, porcini

[mushrooms, other] mushrooms, other, portobello

[mushrooms, other] mushrooms, other, wild

mushrooms, other

[noodles, asian] noodles, asian, buckwheat

[noodles, asian] noodles, asian, ramen

[noodles, asian] noodles, asian, soba

[noodles, asian] noodles, asian, udon

noodles, asian

nori rolls (i.e., vegetarian sushi)

[nuts] nuts, cashews

[nuts] nuts, hazelnuts

[nuts] nuts, pistachios

[nuts] nuts, walnuts

nuts

[oil] oil, grapeseed

[oil] oil, hazelnut

[oil] oil, nut

[oil] oil, olive

[oil] oil, peanut

[oil] oil, sesame

oil

[onions] onions, caramelized

[onions] onions, green

[onions] onions, pickled

[onions] onions, yellow

onions

parsley

[pastas] pastas, fettuccine

[pastas] pastas, linguini

pastas

pâtés, mushroom

pepper, black

pizza

polenta

ponzu sauce

rice

risotto

rosemary

sage

sake

[salads] salads, mushroom

salads

[salt] salt, kosher

salt

[sauces] sauces, vegan xo

sauces

savory

scallions

seitan

[sesame] sesame, oil

[sesame] sesame, sauce

[sesame] sesame, seeds

sesame

shallots

shiso

[soups] soups, hot-and-sour

[soups] soups, lentil

[soups] soups, miso

[soups] soups, noodle

[soups] soups, vegetable

soups

soybeans

SOY SAUCE

spinach

spring rolls

[squash] squash, winter

squash

sriracha sauce

stews

STIR-FRIES

[stocks] stocks, mushroom and/or vegetable

stocks

stuffings

[sugar] sugar, brown

sugar

sugar snap peas

sushi

sweet potatoes

tacos

tamari

thyme

tofu

tofu scrambles

tomatoes, sun-dried

tomato paste

tomato sauce

turnip

veggie burgers

[vinegar] vinegar, balsamic

[vinegar] vinegar, brown rice

[vinegar] vinegar, rice

[vinegar] vinegar, white wine

vinegar

[wine] wine, madeira

[wine] wine, red

wine

[yuzu] yuzu, juice

[yuzu] yuzu, zest

yuzu

MUSHROOMS, WILD

Category: Vegetables

MatchShares: Mushrooms, Chanterelle; Mushrooms, Hen Of The Woods; Mushrooms, Morel; Mushrooms, Porcini

asparagus

barley

[beans] beans, cannellini

beans

crepes

crostini

enchiladas

[flour] flour, brown rice

flour

garlic

garlic, green

herbs

leeks

mirin

nutmeg

[oil] oil, olive

[oil] oil, truffle

oil

[onions] onions, cipollini

onions

parsley

pecans

pepper, black

phyllo dough

pilafs

pine nuts

pizza

rosemary

sage

salt

seitan

SHALLOTS

soy sauce

spinach

[stews] stews, mushroom

stews

stock, vegetable

tamari

tarragon

[tarts] tarts, mushroom

tarts

THYME

[tofu] tofu, firm

[tofu] tofu, smoked

tofu

[wine] wine, madeira

wine

MUSTARD

Category: Sauces

MatchShares: Mustard Powder; Mustard Seeds

agave nectar

arugula

asparagus

avocado

basil

beans, baked

[beans] beans, fava

[beans] beans, green

[beans] beans, pinto

beans

black-eyed peas

BROCCOLI

CHINESE BROCCOLI

Brussels sprouts

cabbage

capers

casseroles

cauliflower

celery root

chives

cilantro

crème fraîche

cucumbers

cumin

fennel

French cuisine, esp. Dijon mustard

[fruits] fruits, mostardo

fruits

GARLIC

glazes

grains

greens, salad

leeks

[lemon] lemon, juice

[lemon] lemon, zest

lemon

lettuce

lime

maple syrup

marinades

marjoram

mayonnaise

mushrooms

[oil] oil, flaxseed

[oil] oil, grapeseed

[oil] oil, olive

oil

parsley

pecans

[pepper] pepper, black

[pepper] pepper, green

[pepper] pepper, white

pepper

potatoes

radishes

rice

[salad dressings] salad dressings, vinaigrettes

salad dressings

salads

sandwiches

SAUCES

sauerkraut

sausages, vegan

scallions

seitan

shallots

snow peas

sour cream

soy sauce

spinach

[sugar] sugar, brown

sugar

tarragon

tempeh

thyme

verjus

[vinegar] vinegar, fig

[vinegar] vinegar, raspberry

[vinegar] vinegar, red wine

[vinegar] vinegar, sherry

[vinegar] vinegar, wine

vinegar

[wine] wine, dry red

wine

yogurt

MUSTARD POWDER

Category: Spices

[beans] beans, pinto

beans

beer

cabbage

dips

[herbs] herbs, oregano

[herbs] herbs, tarragon

herbs

lentils

maple syrup

mayonnaise

nutritional yeast

[oil] oil, olive

oil

paprika

[pastas] pastas, macaroni

pastas

popcorn

salad dressings

[sauces] sauces, barbecue

[sauces] sauces, hollandaise

sauces

slaws

spinach

split peas

tofu

vinegar

MUSTARD SEEDS

Category: Spices

African cuisines

American cuisine

Asian cuisines

clarified butter

cauliflower

chickpeas

[curries] curries, indian

curries

European cuisines

Indian cuisines

lentils

marinades

mustard

pickles

rice

salad dressings

sauces

spinach

turmeric

[vegetables] vegetables, boiled

vegetables

vinegar

# N

NAMA-FU

Category: Other

MatchShares: Nama-Fu

asparagus

confections

dashi

JAPANESE CUISINE

mirin

miso

[mushrooms] mushrooms, black trumpet

mushrooms

[oil] oil, canola

oil

palm, hearts of

sake

sauces

sea vegetables

[sesame] sesame, oil

[sesame] sesame, paste

[sesame] sesame, seeds

sesame

shiso

[soups] soups, miso

[soups] soups, vegetable

soups

soy sauce

stews

sukiyaki

umeboshi plum paste

wasabi

water chestnuts

NATIVE AMERICAN CUISINE

BEANS

[berries] berries, cranberries

[berries] berries, strawberries

berries

[bread] bread, fry

bread

chiles

chocolate

CORN

[fruit] fruit, dried

fruit

[garlic] garlic, wild

garlic

grains

maple sugar

nuts

[onions] onions, wild

onions

potatoes

[seeds] seeds, pumpkin

[seeds] seeds, sunflower

seeds

SQUASH

tomatoes

NECTARINES

Category: Fruits

MatchShares: Peaches

[baked goods] baked goods, breads

[baked goods] baked goods, cakes

baked goods

basil

[berries] berries, blackberries

[berries] berries, blueberries

[berries] berries, raspberries

[berries] berries, strawberries

berries

brandy

caramel

cereals, hot breakfast

cherries

cinnamon

cloves

[desserts] desserts, crisps

[desserts] desserts, fruit cobblers

[desserts] desserts, shortcakes

desserts

figs

GINGER

greens, salad

hazelnuts

ice creams

[lemon] lemon, juice

lemon

mangoes

maple syrup

mascarpone

[melon] melon, cantaloupe

melon

mint

nutmeg

[nuts] nuts, almonds

[nuts] nuts, hazelnuts

[nuts] nuts, macadamias

nuts

oats or oatmeal

oil, olive

orange

pancakes

peaches

pepper, black

pies

plums

relishes

rosemary

[salads] salads, fruit

salads

green

salsas

sorbets

[soups] soups, fruit

soups

[sugar] sugar, brown

sugar

tarragon

VANILLA

[vinegar] vinegar, balsamic

vinegar

[wine] wine, red or white

[wine] wine, still or sparkling

[wine] wine, e.g.

[wine] wine, champagne

wine

yogurt

NETTLES

Category: Vegetables

almonds

(North) American cuisines

asparagus

basil

brown butter

[chiles] chiles, red

chiles

chives

crème fraîche

curries

European cuisines

fennel

French cuisine

garlic

Italian cuisine

kale

leeks

[lemon] lemon, juice

lemon

miso

[mushrooms] mushrooms, morel

mushrooms

nuts

OIL, OLIVE

onions

[pastas] pastas, gnocchi

[pastas] pastas, manicotti

[pastas] pastas, ravioli

pastas

peas

pepper, black

pestos

pine nuts

pizzas

potatoes

[rice] rice, arborio

rice

risotto

sage

[salt] salt, sea

salt

sauces

shallots

soufflés

SOUPS

[stock] stock, mushroom

[stock] stock, vegetable

stock

teas

vegetables, milder

walnuts

[wine] wine, dry white

wine

yogurt

NIGELLA SEEDS

Category: Spices

allspice

[baked goods] baked goods, breads

baked goods

flatbreads

cardamom

chickpeas

cinnamon

coriander

cumin

curries

EGGPLANT

Egyptian cuisine

endive

FENNEL SEEDS

fenugreek

ginger

[greens] greens, turnip

greens

Indian cuisines

[legumes] legumes, lentils

legumes

Middle Eastern cuisines

mustard seeds

[pepper] pepper, black

pepper

potatoes

pumpkin

[rice] rice, basmati

rice

saffron

[squash] squash, butternut

[squash] squash, hubbard

squash

sweet potatoes

Turkish cuisine

turmeric

[vegetables] vegetables, green

vegetables

za’atar

NOODLES, CELLOPHANE

Category: Grains

agave nectar

Asian cuisines

asparagus

[bell peppers] bell peppers, red

bell peppers

bok choy

broccoli

Chinese broccoli

[cabbage] cabbage, chinese

[cabbage] cabbage, napa

cabbage

carrots

[chiles] chiles, jalapeño

[chiles] chiles, thai

chiles

cilantro

coconut milk

cucumbers

curry powder

curries

dulse

eggplant, Asian

garlic

ginger

Japanese cuisine

jícama

mirin

[miso] miso, yellow

miso

[mushrooms] mushrooms, shiitake

mushrooms

[oil] oil, chili

[oil] oil, peanut

[oil] oil, sesame

[oil] oil, vegetable

oil

onions

pea shoots

peanuts

[pepper] pepper, black

[pepper] pepper, szechuan

pepper

sake

[salads] salads, noodle

salads

scallions

[sea vegetables] sea vegetables, arame

[sea vegetables] sea vegetables, hiziki

[sea vegetables] sea vegetables, wakame

sea vegetables

[sesame] sesame, oil

[sesame] sesame, seeds

sesame

[soups] soups, hot

soups

sour

Southeast Asian cuisines

SOY SAUCE

spinach

spring rolls

stir-fries

[stock] stock, mushroom

[stock] stock, vegetable

stock

sugar

tamari

Thai cuisine

[tofu] tofu, silken

tofu

vegetables

Vietnamese cuisine

[vinegar] vinegar, rice wine

[vinegar] vinegar, white wine

vinegar

watercress

NOODLES, GREEN TEA SOBA

Category: Grains

cilantro

cucumbers

edamame

garlic

ginger

[mushrooms] mushrooms, asian

[mushrooms] mushrooms, black trumpet

[mushrooms] mushrooms, chanterelle

[mushrooms] mushrooms, oyster

[mushrooms] mushrooms, shiitake

mushrooms

nori

oil, sesame

peanuts

[sauces] sauces, dipping

sauces

scallions

sesame seeds

soy sauce

spinach

vinegar, rice

wasabi

NOODLES, KELP

Category: Grains

agave nectar

almonds

almond butter

Asian cuisines

bell peppers

bok choy

“bowls”

cabbage

carrots

cashews

cashew butter

[chiles] chiles, thai

chiles

chili pepper flakes

chili powder

cilantro

cucumbers

garlic

[greens] greens, asian

[greens] greens, salad

greens

[lemon] lemon, juice

lemon

lime

miso

[mushrooms] mushrooms, asian

[mushrooms] mushrooms, oyster

mushrooms

[oil] oil, olive

[oil] oil, sesame

oil

[onions] onions, green

onions

orange

pad thai

raw cuisine

[salads] salads, green

[salads] salads, noodle

salads

sea vegetables

[sesame] sesame, oil

[sesame] sesame, sauce

[sesame] sesame, seeds

sesame

shallots

shiso

snow peas

soups

soy sauce

spinach

stir-fries

tahini

tamari

tamarind paste

tomatoes

vegetables

zucchini

NOODLES, RAMEN

Category: Grains

bamboo shoots

bean sprouts

bok choy

carrots

[chiles] chiles, dried

chiles

cilantro

corn

cucumbers

eggplant

garlic

GINGER

[greens] greens, collard

greens

Japanese cuisine

kale

kombu

lemongrass

MISO

[mushrooms] mushrooms, asian

[mushrooms] mushrooms, shiitake

[mushrooms] mushrooms, wood ear

mushrooms

nori

[oil] oil, canola

[oil] oil, grapeseed

[oil] oil, red chili

[oil] oil, sesame

oil

onions

peas

pickles

salads

[salt] salt, kosher

salt

SCALLIONS

sea vegetables

seitan

SOUPS

SOY SAUCE

sprouts, bean

[stock] stock, mushroom

[stock] stock, vegetable

stock

sugar

tamari

tofu

vegetables

[vinegar] vinegar, sherry

vinegar

wine, rice

NOODLES, RICE

Category: Grains

almonds

Asian cuisines

basil

Thai basil

[beans] beans, green

beans

[bell peppers] bell peppers, red

bell peppers

bok choy

broccoli

[cabbage] cabbage, purple

[cabbage] cabbage, savoy

cabbage

carrots

cashews

cauliflower

cayenne

[chiles] chiles, jalapeño

[chiles] chiles, serrano

[chiles] chiles, thai; chili pepper paste

chiles

chili pepper sauce

CILANTRO

coconut

cucumber

eggplant

five-spice powder

GARLIC

ginger

[greens] greens, mustard

greens

hoisin sauce

Indonesian cuisine

kimchi

[lettuce] lettuce, romaine

lettuce

[lime] lime, juice

lime

maple syrup

mint

miso

[mushrooms] mushrooms, asian

[mushrooms] mushrooms, shiitake

mushrooms

[nori] nori, strips

nori

[oil] oil, olive

[oil] oil, peanut

[oil] oil, scallion

[oil] oil, sesame

oil

[onions] onions, red

onions

PAD THAI, VEGETARIAN

parsley

PEANUTS

ponzu sauce

[salads] salads, green

[salads] salads, noodle

salads

[sauces] sauces, sriracha

sauces

scallions

[sesame] sesame, oil

[sesame] sesame, paste

[sesame] sesame, seeds

sesame

shallots

Singapore cuisine

soups

SOY SAUCE

[sprouts] sprouts, mung bean

sprouts

STIR-FRIES

stock, vegetable

[sugar] sugar, brown

[sugar] sugar, palm

sugar

tamari

TAMARIND

tempeh

Thai cuisine

[tofu] tofu, extra-firm

[tofu] tofu, smoked

tofu

[tomatoes] tomatoes, cherry

tomatoes

vegetables, esp. crisp, green

Vietnamese cuisine

[vinegar] vinegar, balsamic or rice

vinegar

walnuts

water chestnuts

watercress

zucchini

NOODLES, SHIRATAKI

Category: Grains

[bell peppers] bell peppers, red

bell peppers

bok choy

coconut milk

curries, esp. Thai

curry paste

curry spices

garlic

ginger

[lime] lime, juice

lime

miso

pad thai

[salads] salads, noodle

[salads] salads, vegetable

salads

[sauces] sauces, creamy

sauces

scallions

soups

soy sauce

stir-fries

stock, vegetable

[tofu] tofu, grilled

[tofu] tofu, smoked

tofu

NOODLES, SOBA

Category: Grains

asparagus

avocado

basil

Thai basil

[beans] beans, green

beans

beans, fermented black

[bell peppers] bell peppers, red

[bell peppers] bell peppers, yellow

bell peppers

broccoli

broccolini

broccoli rabe

Brussels sprouts

[cabbage] cabbage, napa

[cabbage] cabbage, red

[cabbage] cabbage, savoy

cabbage

CARROTS

cashews

celery

chard

[chiles] chiles, jalapeño

[chiles] chiles, chili pepper flakes

chiles

CILANTRO

coconut milk

corn

cucumber

daikon

dashi

[dips] dips, hot broths

dips

edamame

eggplant

GARLIC

GINGER

greens, salad

hoisin sauce

Japanese cuisine

Kaffir lime leaves

kale

kombu

[lemon] lemon, juice

lemon

[lettuce] lettuce, romaine

lettuce

lime

lotus root

mirin

[miso] miso, red

miso

[mushrooms] mushrooms, enoki

[mushrooms] mushrooms, portobello

[mushrooms] mushrooms, shiitake

[mushrooms] mushrooms, wild

mushrooms

nori

[oil] oil, canola

[oil] oil, corn

[oil] oil, grapeseed

[oil] oil, olive

[oil] oil, peanut

[oil] oil, sesame

oil

onions, red

[orange] orange, juice

orange

peanuts

peanut sauce

peas

pea shoots

[pickled cabbage] pickled cabbage, red

pickled cabbage

plums

plum sauce

[radishes] radishes, icicle

radishes

sake

[salads] salads, asian

[salads] salads, chilled noodle

salads

SCALLIONS

[sea vegetables] sea vegetables, arame

[sea vegetables] sea vegetables, dulse

[sea vegetables] sea vegetables, hiziki

[sea vegetables] sea vegetables, wakame

sea vegetables

[sesame] sesame, oil

[sesame] sesame, paste

[sesame] sesame, seeds

sesame

snow peas

[soups] soups, coconut

[soups] soups, miso

soups

SOY SAUCE

SPINACH

[sprouts] sprouts, alfalfa

[sprouts] sprouts, buckwheat

[sprouts] sprouts, mung bean

[sprouts] sprouts, sunflower

sprouts

stir-fries

[stock] stock, vegetable

stock

[sugar] sugar, brown

sugar

sugar snap peas

sushi, noodle

sweet potatoes

TAHINI

[tamari] tamari, low-sodium

tamari

tempeh

teriyaki sauce

[tofu] tofu, firm

[tofu] tofu, silken

[tofu] tofu, smoked

tofu

[tomatoes] tomatoes, cherry or grape

[tomatoes] tomatoes, tomato paste

tomatoes

[vinegar] vinegar, apple cider

[vinegar] vinegar, balsamic

[vinegar] vinegar, rice wine

[vinegar] vinegar, white wine

vinegar

wasabi

water chestnuts

watercress

[wine] wine, dry sherry

wine

[wraps] wraps, in rice paper

wraps

NOODLES, SOMEN

Category: Grains

bell peppers

carrots

celery

cilantro

cucumber

edamame

garlic

ginger

Japanese cuisine

Korean cuisine

lime

palm, hearts of

papaya

parsnips

peanuts

peanut sauce

[salads] salads, noodle

salads

sauces, dipping

scallions

shiso

[soups] soups, cold or hot

soups

soy sauce

turnips

[vinegar] vinegar, rice

vinegar

NOODLES, UDON

Category: Grains

agave nectar

almonds

beans, green

[bell peppers] bell peppers, red

[bell peppers] bell peppers, yellow

bell peppers

bok choy

[broccoli cabbage] broccoli cabbage, napa

broccoli cabbage

carrots

celery

chili paste

chili pepper flakes

cilantro

coconut milk

cold sesame noodles

cucumbers

daikon

dashi

garlic

GINGER

hoisin

Japanese cuisine

kombu

[lemon] lemon, juice

lemon

maple syrup

mirin

miso

[mushrooms] mushrooms, asian

[mushrooms] mushrooms, button

[mushrooms] mushrooms, cremini

[mushrooms] mushrooms, oyster

[mushrooms] mushrooms, shiitake

mushrooms

nori

[oil] oil, olive

[oil] oil, sesame

oil

onions

peanuts

peanut butter

peanut sauce

radishes

sake

[salads] salads, asian

[salads] salads, chilled noodle

salads

sauces, dipping

scallions

[sesame] sesame, oil

[sesame] sesame, paste

[sesame] sesame, sauce

[sesame] sesame, seeds

sesame

snow peas

[soups] soups, coconut milk–based

soups

SOY SAUCE

[squash] squash, kabocha

squash

stir-fries

[stock] stock, mushroom

[stock] stock, vegetable

stock

sugar snap peas

tahini

tamari

tempura

[tofu] tofu, baked

[tofu] tofu, extra-firm

tofu

vegetables

vinegar, rice

wasabi

watercress

NORI

Category: Vegetables

[arugula] arugula, micro

arugula

asparagus

AVOCADO

[barley] barley, hulled

[barley] barley, pearled

barley

[beans] beans, haricots verts

beans

bell peppers, red

burdock

carrots

chayote

chili pepper flakes

cilantro

CUCUMBER

daikon

ginger, pickled

[grains, whole] grains, whole, brown rice

[grains, whole] grains, whole, hulled barley

[grains, whole] grains, whole, pearl barley

[grains, whole] grains, whole, quinoa

[grains, whole] grains, whole, rye

grains, whole

berries

greens, dandelion

Japanese cuisine

kiwi

kombu

macrobiotic cuisine

mango

mirin

miso

[mushrooms] mushrooms, enoki

[mushrooms] mushrooms, shiitake

mushrooms

[noodles] noodles, soba

[noodles] noodles, udon

noodles

NORI ROLLS

onions

popcorn

RICE, esp. black, brown, Japanese, red, short-grain, sticky, sushi, white

rice balls

rye berries

[salads] salads, bean

[salads] salads, grain

[salads] salads, green

salads

salt, sea

scallions

sea vegetables

[sesame seeds] sesame seeds, white

sesame seeds

shiso

snow peas

SOUPS

SOY SAUCE

spinach

[sprouts] sprouts, alfalfa

sprouts

stews

SUSHI, VEGETARIAN

sweet potato

tamari

tempeh

teriyaki sauce

tofu

umeboshi

umeboshi paste

vegetables

[vinegar] vinegar, brown rice

[vinegar] vinegar, rice wine

vinegar

wakame

WASABI

NUTMEG

Category: Spices

apples

[baked goods] baked goods, biscuits

[baked goods] baked goods, cakes

[baked goods] baked goods, cookies

[baked goods] baked goods, pastries

[baked goods] baked goods, pies

baked goods

bananas

carrots

cereals, hot breakfast

chocolate

cinnamon

cloves

coconut milk

milk

[desserts] desserts, cheesecake

[desserts] desserts, custards

[desserts] desserts, puddings

desserts

[drinks, esp. cream- or milk-based] drinks, esp. cream- or milk-based, eggnogs

drinks, esp. cream- or milk-based

[egg dishes] egg dishes, quiches

egg dishes

French cuisine

[fruit] fruit, dried

[fruit] fruit, fresh

fruit

ginger

[greens, bitter] greens, bitter, sautéed

greens, bitter

ice cream

Indian cuisine

[italian cuisine] italian cuisine, sauces

italian cuisine

lemon

lemongrass

mace

milk

mushrooms

[noodle dishes] noodle dishes, macaroni

noodle dishes

pastas

[potatoes] potatoes, mashed

potatoes

[puddings] puddings, rice

puddings

pumpkin

quatre épices

rice

[sauces] sauces, barbecue

[sauces] sauces, béchamel

[sauces] sauces, cheese

[sauces] sauces, cream

[sauces] sauces, pasta

[sauces] sauces, tomato

sauces

[soups] soups, cream

soups

SPINACH

[squash] squash, winter

squash

[stews] stews, vegetable

stews

sweet potatoes

vanilla

yams

NUTRITIONAL YEAST

Category: Other

almonds

arrowroot

artichokes

barley

beans

bread, garlic

breadings

broccoli

cashews, raw

casseroles

chard

dips

dressings

[garlic] garlic, fresh

[garlic] garlic, powder

garlic

gravies

hummus

kelp powder

[lemon] lemon, juice

lemon

macaroni

milk, nondairy

[mustard] mustard, dijon

mustard

[nuts, raw] nuts, raw, cashews

[nuts, raw] nuts, raw, macadamia

nuts, raw

[oil] oil, grapeseed

[oil] oil, olive

oil

[onion] onion, powder

onion

paprika

pastas

pepper, black

pizza

POPCORN

[potatoes] potatoes, baked

potatoes

rice

salad dressings

salads

[salt] salt, sea

salt

[sauces] sauces, “cheese-y”

sauces

sesame seeds

soups

spinach

spreads

stews

stocks, vegetable

tamari

thyme

[tofu] tofu, scrambles

tofu

turmeric

vegetables

NUTS, BRAZIL

Category: Nuts

apples

[baked goods] baked goods, cakes

[baked goods] baked goods, cookies

[baked goods] baked goods, pies

baked goods

cereals, hot breakfast

chocolate

dates

desserts

figs

nuts, mixed

piecrusts

raisins

salads

smoothies

snacks

stuffings

trail mix

NUTS, MACADAMIA

Category: Nuts

almonds

[baked goods] baked goods, breads

[baked goods] baked goods, cookies

[baked goods] baked goods, muffins

baked goods

bananas

broccoli

cabbage

[chiles] chiles, chipotle

chiles

[chocolate] chocolate, dark

[chocolate] chocolate, white

chocolate

cinnamon

coconut

coconut milk

coffee

desserts

[fruits, dried] fruits, dried, cranberries

fruits, dried

garlic

ginger

grapes

HAWAIIAN CUISINE

hazelnuts

ice cream

kiwi

lemon

lime

mangoes

nectarines

oats

oatmeal

orange

pancakes

papaya

pears

pestos

pineapple

[rice] rice, basmati

[rice] rice, wild

rice

rum

salads

[salsas] salsas, pineapple

salsas

[sauces] sauces, chocolate

[sauces] sauces, nut

sauces

soups

spreads

starfruit

stir-fries

strawberries

sugar, brown

tangerines

vanilla

# O

OATS

Category: Grains

ALMONDS

APPLES

APPLE JUICE

[apricots] apricots, dried

apricots

[baked goods] baked goods, biscuits

[baked goods] baked goods, breads

[baked goods] baked goods, cakes

[baked goods] baked goods, cookies

[baked goods] baked goods, muffins

[baked goods] baked goods, quick

baked goods

breads

bananas

[berries] berries, blueberries

[berries] berries, raspberries

berries

[breading] breading, for seitan

breading

cardamom

cashews

celery

CEREALS, HOT BREAKFAST

CINNAMON

coconut

[desserts] desserts, fruit crisps

desserts

crumbles

dill

fennel seeds

[fruits, dried] fruits, dried, cherries

[fruits, dried] fruits, dried, cranberries

[fruits, dried] fruits, dried, currants

[fruits, dried] fruits, dried, dates

[fruits, dried] fruits, dried, figs

[fruits, dried] fruits, dried, peaches

[fruits, dried] fruits, dried, plums

[fruits, dried] fruits, dried, raisins

fruits, dried

ginger

GRANOLA

Irish cuisine

[juice, fruit] juice, fruit, apple

[juice, fruit] juice, fruit, pear

juice, fruit

kefir

MAPLE SYRUP

“meatballs” or “meatloaf,” vegetarian

[milk, dairy or nondairy] milk, dairy or nondairy, almond

[milk, dairy or nondairy] milk, dairy or nondairy, coconut

[milk, dairy or nondairy] milk, dairy or nondairy, hemp

[milk, dairy or nondairy] milk, dairy or nondairy, rice

[milk, dairy or nondairy] milk, dairy or nondairy, soy

milk, dairy or nondairy

molasses

muesli

nutmeg

[nuts] nuts, almonds

[nuts] nuts, cashews

[nuts] nuts, hazelnuts

[nuts] nuts, macadamias

[nuts] nuts, peanuts

[nuts] nuts, pecans

[nuts] nuts, pistachios

[nuts] nuts, walnuts

nuts

\**OATMEAL*

[oil] oil, coconut

[oil] oil, flaxseed

[oil] oil, safflower

[oil] oil, sesame

oil

[orange] orange, juice

[orange] orange, zest

orange

pancakes

waffles

parsley

peaches

pears

PLUMS

RAISINS

sage

salt, sea

Scottish cuisine

[seeds] seeds, flax

[seeds] seeds, pumpkin

[seeds] seeds, sesame

[seeds] seeds, sunflower

seeds

[soups] soups, irish

[soups] soups, scottish

[soups] soups, or as a thickener

[soups] soups, to make creamier

soups

stock, vegetable

[sugar] sugar, brown

sugar

trail mix

vanilla

veggie burgers

yogurt

OIL, ACORN SQUASH SEED

Category: Other

Brussels sprouts

casseroles

marinades

salads

[soups] soups, winter

soups

[squash, esp. winter] squash, esp. winter, acorn

[squash, esp. winter] squash, esp. winter, butternut

squash, esp. winter

[vegetables] vegetables, roasted

[vegetables] vegetables, sautéed

vegetables

OIL, ALMOND

Category: Other

almonds

asparagus

baked goods

Chinese cuisine

dressings

Indian cuisine

[lettuce] lettuce, romaine

lettuce

mustard

pastas

[salad dressings] salad dressings, vinaigrettes

salad dressings

salads

sauces

sautéed dishes

stir-fries

vegetables

[vinegar] vinegar, champagne

vinegar

OIL, ARGAN

Category: Other

almonds

almond paste

basil

[bell peppers] bell peppers, red

[bell peppers] bell peppers, roasted

bell peppers

chickpeas

chocolate

couscous

cucumbers

desserts

dips

hummus

[lemon] lemon, juice

lemon

lentils

Moroccan cuisine

pastas

pestos

pine nuts

rice

salad dressings

salads

sauces

[sesame] sesame, paste

[sesame] sesame, seeds

sesame

[soups] soups, bean

[soups] soups, cucumber

[soups] soups, lentil

[soups] soups, pea

[soups] soups, potato

[soups] soups, vegetable

soups

[stews] stews, tagines

stews

sweet potatoes

tomatoes

[vegetables] vegetables, grilled

vegetables

verjus

[vinegar] vinegar, apple cider

[vinegar] vinegar, champagne

vinegar

yogurt

za’atar

zucchini

OIL, AVOCADO

Category: Other

avocado

cilantro

[fruit] fruit, citrus

fruit

grapefruit

[lemon] lemon, juice

[lemon] lemon, zest

lemon

[lime] lime, juice

[lime] lime, zest

lime

melon

[orange] orange, juice

[orange] orange, zest

orange

pestos

salad dressings

salads

[vegetables] vegetables, grilled

[vegetables] vegetables, roasted

vegetables

[vinegar] vinegar, fruit

[vinegar] vinegar, sherry

[vinegar] vinegar, tarragon

vinegar

yogurt

OIL, CAMELINA SEED

Category: Other

asparagus

[baked goods] baked goods, muffins

[baked goods] baked goods, quick breads

baked goods

cabbage

carrots

cereals, hot breakfast

chickpeas

dill

[dips] dips, baba ghanoush

[dips] dips, hummus

dips

eggplant

[garlic] garlic, green

garlic

granola

kale

[lemon] lemon, caramelized

lemon

marinades

[mustard] mustard, dijon

mustard

[pastas] pastas, primavera

pastas

pepper, black

pestos

pilafs

rice

salad dressings

salads

sauces, oil-based

[slaws] slaws, asian

[slaws] slaws, cole

slaws

smoothies

[vegetables] vegetables, roasted

vegetables

[vinegar] vinegar, apple cider

[vinegar] vinegar, balsamic

vinegar

zucchini

OIL, CANOLA

Category: Other

Asian cuisines

[baked goods] baked goods, muffins

[baked goods] baked goods, quick breads

baked goods

chiles

[curries] curries, asian

curries

dips

dressings

Mexican cuisine

pancakes

salad dressings

salads

sauces

soups

spicy dishes

stews

OIL, CHILI

Category: Other

Asian cuisines

[cabbage] cabbage, chinese

[cabbage] cabbage, napa

cabbage

cilantro

garlic

ginger

mangoes

noodles, Asian

oil, sesame

peanuts

salad dressings

[sauces] sauces, dipping

[sauces] sauces, peanut

sauces

shallots

soy sauce

[sugar] sugar, brown

sugar

sweet potatoes

tatsoi

[vinegar] vinegar, red wine

[vinegar] vinegar, rice wine

vinegar

OIL, COCONUT

Category: Other

agave nectar

almonds

almond butter

Asian cuisines

[baked goods] baked goods, cakes

[baked goods] baked goods, cookies

baked goods

chocolate

cocoa powder

coconut

[confections] confections, truffles

confections

coriander

curries

[desserts] desserts, raw

desserts

doughnuts

garlic

ginger

[greens] greens, bitter

greens

“ice creams”

icings

Indian cuisine

lime

nutmeg

oatmeal

onions

popcorn

scallions

Southeast Asian cuisines

stir-fries

sweet potatoes

OIL, FLAXSEED

Category: Other

artichokes

[bell peppers] bell peppers, roasted red

bell peppers

bread

cereals, breakfast

herbs

lemon

mustard, Dijon

popcorn

porridges

rice

SALAD DRESSINGS

salads

sauces

smoothies

spreads

vinegar, apple cider

OIL, GRAPESEED

Category: Other

citrus

coconut

herbs

marinades

mayonnaises

[oils, other] oils, other, nut

[oils, other] oils, other, olive

oils, other

[salad dressings] salad dressings, vinaigrettes

salad dressings

salads

sauces, oil-based

sautéed dishes

vinegar

OIL, HAZELNUT

Category: Other

apples

artichokes

baked goods

[beans] beans, green

beans

[berries] berries, blackberries

[berries] berries, raspberries

berries

bread

broccoli

chicory

citrus juices

[desserts] desserts, confections

[desserts] desserts, cookies

desserts

dips

dressings

endive

figs

garlic

[greens] greens, bitter

[greens] greens, dandelion

greens

hazelnuts

[lemon] lemon, juice

lemon

[mustard] mustard, dijon

mustard

oils, other quieter

pastas

pears

persimmons

potatoes

[rice] rice, wild

rice

[salad dressings] salad dressings, vinaigrettes

salad dressings

salads

sauces

shallots

spinach

tomatoes

OIL, HEMP

Category: Other

garlic

[grains] grains, oats

[grains] grains, quinoa

grains

[lemon] lemon, juice

lemon

[mustard] mustard, dijon

mustard

oils, other quieter

pestos

popcorn

salad dressings

salads

sauces

smoothies

[soups] soups, avocado

[soups] soups, cold

soups

vegetables

[vinegar] vinegar, balsamic

vinegar

OIL, LEMON

Category: Other

artichokes

arugula

asparagus

[baked goods] baked goods, pastries

baked goods

beans, green

beets

broccoli

broccolini

carrots

chili pepper flakes

fennel

garlic

olives, black

parsley

pastas

[pepper] pepper, black

pepper

rosemary

[salad dressings] salad dressings, lemon vinaigrettes

salad dressings

salads

thyme

OIL, OLIVE

Category: Other

almonds

arugula

[baked goods, esp. italian] baked goods, esp. italian, cakes

[baked goods, esp. italian] baked goods, esp. italian, cookies

[baked goods, esp. italian] baked goods, esp. italian, piecrusts

baked goods, esp. italian

basil

[beans] beans, cannellini

[beans] beans, white

beans

beets

bread

breadcrumbs

bruschetta

capers

chickpeas

chiles

citrus

coriander

cornmeal

cumin

dressings

eggplant

fennel

[french cuisine] french cuisine, provençal

french cuisine

GARLIC

greens, bitter

salad

[herbs] herbs, fresh

herbs

hummus

Italian cuisine

[lemons] lemons, juice

[lemons] lemons, zest

lemons

[limes] limes, juice

[limes] limes, zest

limes

marinades

mayonnaises

Mediterranean cuisines

Middle Eastern cuisines

Moroccan cuisine

[mushrooms] mushrooms, portobello

mushrooms

[mustard] mustard, dijon

mustard

[oils, other] oils, other, hazelnut

[oils, other] oils, other, walnut

oils, other

olives

onions

[oranges] oranges, juice

[oranges] oranges, zest

oranges

parsley

pastas

pepper, black

pesto

pine nuts

pizzas

potatoes

rosemary

[salad dressings] salad dressings, vinaigrettes

salad dressings

[salads] salads, bean

[salads] salads, green

[salads] salads, panzanella

[salads] salads, pasta

[salads] salads, potato

salads

salt

[sauces] sauces, cold

sauces

sautéed dishes

soups

Spanish cuisine

thyme

tomatoes

vegetables

[vinegar] vinegar, balsamic

[vinegar] vinegar, champagne

[vinegar] vinegar, fruit

[vinegar] vinegar, red wine

[vinegar] vinegar, sherry

[vinegar] vinegar, white wine

vinegar

walnuts

OIL, PEANUT

Category: Other

ASIAN CUISINES

baked goods

Chinese cuisine

curries

fried dishes

fruits

garlic

ginger

lentils

[noodles] noodles, asian

noodles

pasta

peanuts

[salad dressings] salad dressings, asian

[salad dressings] salad dressings, fruit

salad dressings

[salads] salads, fruit

salads

[sauces] sauces, peanut

sauces

scallions

[sesame] sesame, oil

[sesame] sesame, seeds

sesame

soy sauce

STIR-FRIES

tofu

[vinegar] vinegar, balsamic

[vinegar] vinegar, malt

vinegar

OIL, PINE NUT

Category: Other

basil

broccoli

broccoli rabe

chard

chili pepper flakes

garlic

parsley

pastas

pestos

pine nuts

rice

sauces

soy sauce

spinach

stuffings

thyme

tomatoes

[vinegar] vinegar, rice

[vinegar] vinegar, wine

vinegar

OIL, PISTACHIO

Category: Other

apples

asparagus

avocado

[baked goods] baked goods, breads

baked goods

beets

dips

dressings

garlic

grapes

lettuce

mayonnaise

orange

pastas

pears

pestos

pistachios

salad dressings

salads

sauces

tomatoes

[vinegar] vinegar, balsamic

[vinegar] vinegar, red wine

[vinegar] vinegar, tarragon

vinegar

zucchini

zucchini blossoms

OIL, PUMPKIN SEED

Category: Other

American cuisine

Austrian cuisine

avocados

[baked goods] baked goods, pastries

baked goods

citrus

corn

Croatian cuisine

desserts

dips

dressings

[ice cream] ice cream, vanilla

ice cream

Indian cuisine

maple syrup

marinades

Mexican cuisine

[mustard] mustard, dijon

mustard

[oils, other quieter] oils, other quieter, vegetable

oils, other quieter

pastas

pumpkin

pumpkin seeds

rice

salads

sauces

Slovenian cuisine

soups

[squash] squash, winter

squash

vegetables

[vinegar] vinegar, apple cider

[vinegar] vinegar, balsamic

[vinegar] vinegar, rice wine

vinegar

OIL, RED PALM

Category: Other

(West) African cuisine

[baked goods] baked goods, muffins

baked goods

bananas

chiles

chili, vegetarian

cilantro

coconut

couscous

curries

egg dishes

garlic

ginger

lemon

lime

macaroni

[oils, other] oils, other, canola

[oils, other] oils, other, coconut

[oils, other] oils, other, neutral

oils, other

onions

pastas, homemade (for yellow/orange color)

plantains

popcorn

rice

salad dressings

[sauces] sauces, tomato

sauces

[soups] soups, pumpkin

soups

tomatoes

tomato sauce

[vegetables] vegetables, roasted

[vegetables] vegetables, sautéed

vegetables

OIL, SAFFLOWER

Category: Other

artichokes, Jerusalem

baked goods

chicory

curries

granola

lettuces

[noodles] noodles, asian

noodles

salad dressings

salads

salsify

stir-fries

OIL, SESAME

Category: Other

ASIAN CUISINES

baked goods

[beans] beans, green

beans

Chinese cuisine

dips

dipping sauces

dressings

garlic

ginger

grains

greens

Japanese cuisine

Korean cuisine

[lemon] lemon, juice

lemon

[lime] lime, juice

lime

MARINADES

mirin

miso

[mustard] mustard, dijon

mustard

[noodles] noodles, asian

noodles

[oil, other] oil, other, canola

[oil, other] oil, other, olive

[oil, other] oil, other, sunflower

oil, other

orange

pastas

pumpkin

[salad dressings] salad dressings, asian

salad dressings

[salads] salads, asian

[salads] salads, green

[salads] salads, noodle

salads

SAUCES

SEEDS, SESAME

[soups] soups, miso

soups

SOY SAUCE

STIR-FRIES

sugar snap peas

tamari

tofu

[vinegar] vinegar, apple cider

[vinegar] vinegar, rice

vinegar

OIL, SUNFLOWER SEED

Category: Other

salad dressings

[salads] salads, green

[salads] salads, spinach

salads

sauces

sprouts, sunflower

sunflower seeds

[vinegar] vinegar, apple cider

[vinegar] vinegar, red wine

vinegar

OIL, TRUFFLE—IN GENERAL

Category: Other

MatchShares: Oil, Truffle-Black; Oil, Truffle-White; Oil, Truffle-Oregon

leeks

[mushrooms] mushrooms, chanterelle

[mushrooms] mushrooms, portobello

mushrooms

pastas

potatoes

risottos

salad dressings

OIL, TRUFFLE—BLACK

Category: Other

French cuisine

marinades

mushrooms

potatoes

salads

OIL, TRUFFLE—OREGON

Category: Other

[mushrooms] mushrooms, wild

mushrooms

pastas, esp. creamy

pizzas

popcorn

[potatoes] potatoes, baked

[potatoes] potatoes, mashed

potatoes

risottos

[sauces] sauces, creamy

sauces

OIL, TRUFFLE—WHITE

Category: Other

artichokes

asparagus

Italian cuisine

marinades

[mushrooms] mushrooms, porcini

mushrooms

[pastas] pastas, fettuccine

[pastas] pastas, gnocchi

pastas

potatoes

risottos

OIL, WALNUT

Category: Other

apples

artichokes, Jerusalem

arugula

asparagus

[baked goods] baked goods, breads

[baked goods] baked goods, scones

baked goods

beets

breads

celery

celery leaves

chicory

[citrus] citrus, juices

citrus

dips

endive

escarole

fennel

figs

frisée

garlic

grapes

[greens] greens, bitter

[greens] greens, dandelion

[greens] greens, salad

greens

ice cream

[lemon] lemon, juice

lemon

lentils

mustard, Dijon

[oil, other quieter] oil, other quieter, olive

oil, other quieter

parsley

pastas

peaches

pears

pepper, black

persimmons

pomegranates

radicchio

[salad dressings] salad dressings, vinaigrettes

salad dressings

[salads] salads, grain

[salads] salads, green

salads

sauces

shallots

tomatoes

[vegetables] vegetables, grilled

vegetables

[vinegar] vinegar, balsamic

[vinegar] vinegar, champagne

[vinegar] vinegar, cider

[vinegar] vinegar, red wine

[vinegar] vinegar, sherry

[vinegar] vinegar, tarragon

[vinegar] vinegar, white wine

vinegar

WALNUTS

OKRA

Category: Vegetables

African cuisine

apricots, dried

BASIL

[beans] beans, green

beans

[bell peppers] bell peppers, green

[bell peppers] bell peppers, red

[bell peppers] bell peppers, yellow

bell peppers

bulgur

Caribbean cuisine

cayenne

celery

chickpeas

chiles

chili pepper flakes

chili pepper sauce

chili powder

cilantro

cinnamon

coconut

coriander

CORN

cornmeal

CREOLE CUISINE

cucumbers

cumin

CURRIES

curry powder

dill

eggplant

Ethiopian cuisine

fennel

garam masala

GARLIC

GINGER

grits

GUMBOS

Indian cuisine

[lemon] lemon, juice

lemon

lime

Mediterranean cuisines

Middle Eastern cuisines

mint

mushrooms

mustard seeds

nutmeg

[oil] oil, grapeseed

[oil] oil, olive

[oil] oil, sesame

oil

[onions] onions, green

[onions] onions, red

onions

orange

PARSLEY

pepper, black

plantains

potatoes

ratatouille

[rice] rice, long-grain

rice

salads

[salt] salt, kosher

salt

[sauces] sauces, hot (e.g.

[sauces] sauces, tabasco)

[sauces] sauces, tomato

sauces

SOUPS

Southern (U.S.) cuisine

STEWS

sweet potatoes

thyme

\*TOMATOES

turmeric

vinegar

yogurt

OLIVES—IN GENERAL

Category: Vegetables

MatchShares: Olives, Kalamata; Olives, Manzanilla; Olives, Niçoise; Olives, Picholine

almonds

[artichokes] artichokes, globe

[artichokes] artichokes, jerusalem

artichokes

arugula

asparagus

avocados

[baked goods] baked goods, breads

[baked goods] baked goods, focaccia

baked goods

basil

bay leaf

[beans] beans, black

[beans] beans, cannellini

[beans] beans, fava

[beans] beans, green

beans

bell peppers, esp. roasted

breads

CAPERS

caponata

cauliflower

chard, Swiss

chickpeas

[chiles] chiles, jalapeño

[chiles] chiles, chili pepper flakes

chiles

cilantro

citrus

coriander

couscous

cumin

dips

eggplant

endive

fennel

figs

GARLIC

grains

Greek cuisine

[greens] greens, salad

greens

herbs

hummus

kale

leeks

[lemon] lemon, juice

[lemon] lemon, zest

lemon

mayonnaise

Mediterranean cuisines

Moroccan cuisine

muffulettas

mushrooms

nuts

OIL, OLIVE

[onions] onions, red

onions

[orange] orange, juice

[orange] orange, zest

orange

oregano

paprika

parsley

[pastas] pastas, linguini

[pastas] pastas, spaghetti

pastas

[pepper] pepper, black

[pepper] pepper, white

pepper

pesto

pine nuts

PIZZA

polenta

[potatoes] potatoes, new

potatoes

Provençal cuisine

rice

risottos

ROSEMARY

[salads] salads, bean

[salads] salads, chopped

[salads] salads, grain

[salads] salads, greek

[salads] salads, niçoise

[salads] salads, pasta

salads

salsas

[salt] salt, kosher

[salt] salt, sea

salt

sandwiches

[sauces] sauces, pasta

[sauces] sauces, puttanesca (vegetarian)

sauces

spinach

spreads

TAPENADES

thyme

TOMATOES

sun-dried tomatoes

vegetables, roasted

[vinegar] vinegar, red wine

[vinegar] vinegar, sherry

vinegar

walnuts

zucchini

OLIVES, KALAMATA

Category: Other

brine

artichoke hearts

basil

bell peppers

capers

caponata

cardoons

chard, Swiss

chickpeas

chili pepper flakes

cucumbers

cumin

GARLIC

GREEK CUISINE

herbs

leeks

[lemon] lemon, juice

[lemon] lemon, zest

lemon

miso

mushrooms

mustard, Dijon

OIL, OLIVE

onions

[orange] orange, zest

orange

oregano

paprika

parsley

[pasta] pasta, linguini

[pasta] pasta, penne

[pasta] pasta, rigatoni

pasta

pastes, olive

pepper, black

pizza

polenta

[potatoes] potatoes, red

potatoes

rosemary

salad dressings

[salads] salads, greek

[salads] salads, spinach

salads

salt, sea

[sauces] sauces, pasta

[sauces] sauces, puttanesca

sauces

scallions

spinach

spreads

tapenades

[tofu] tofu, extra-firm

[tofu] tofu, soft

tofu

tomatoes

tomato sauce

tomatoes, sun-dried

[vinegar] vinegar, red wine

vinegar

wine, dry

OLIVES, MANZANILLA

Category: Other

[almonds] almonds, spanish

almonds

[cocktails] cocktails, martinis

cocktails

garlic

oil, olive

pimento

pizza

salads

Spanish cuisine

OLIVES, NIÇOISE

Category: Other

herbs

[lemon] lemon, juice

[lemon] lemon, zest

lemon

[lettuce] lettuce, romaine

lettuce

onions

[oranges] oranges, blood

oranges

pastes, olive

potatoes

rosemary

[salads] salads, niçoise

[salads] salads, vegetable

salads

salt

tapenades

thyme

OLIVES, PICHOLINE

Category: Other

artichokes

avocadoes

bay leaf

chickpeas

[citrus] citrus, lemon

[citrus] citrus, orange

citrus

fennel

French cuisine, esp. Provençal

garlic

lemon

mustard

oil, olive

[onions] onions, red

onions

orange

[salads] salads, egg

[salads] salads, fennel

[salads] salads, green

salads

thyme

vinegar

ONIONS—IN GENERAL

Category: Vegetables

MatchShares: Onions, Cipollini; Onions, Pearl; Onions, Red; Onions

[apples] apples, cider

[apples] apples, fruit

[apples] apples, juice

apples

arame

arugula

avocado

barley

pearl barley

basil

bay leaf

[beans] beans, black

[beans] beans, green

[beans] beans, kidney

[beans] beans, pinto

[beans] beans, white

beans

beets

bell peppers

black-eyed peas

breadcrumbs

[breads] breads, focaccia

breads

caramelized onions

cardamom

CARROTS

casseroles

cauliflower

cayenne

CELERY

celery seeds

chard

chestnuts

chickpeas

chiles

chili, vegetarian

cinnamon

cloves

compotes

confit

coriander

corn

couscous

crème fraîche

croutons

curries

curry powder

dates

dill

dips

eggplant

fennel

fennel seeds

figs

[french cuisine] french cuisine, soups

[french cuisine] french cuisine, tarts

french cuisine

frisée

GARLIC

grains, whole

gravies

[greens] greens, bitter (e.g.

[greens] greens, collard) or salad

greens

kale

[lemon] lemon, juice

[lemon] lemon, zest

lemon

LENTILS

Madeira

marjoram

milk

mint

miso

[mushrooms] mushrooms, porcini

mushrooms

mustard, Dijon

nutmeg

[oil] oil, olive

oil

olives

oregano

PARSLEY

parsnips

[pastas] pastas, ziti

pastas

[pepper] pepper, black

[pepper] pepper, white

pepper

pies

pine nuts

pizza

polenta

poppy seeds

potatoes

pumpkin

quinoa

raisins

relishes

[rice] rice, arborio

[rice] rice, brown

[rice] rice, wild

rice

risottos

ROSEMARY

sage

salad dressings

SALADS

[salt] salt, kosher

[salt] salt, sea

salt

sandwiches

sauces

savory

shallots

sherry

sorrel

[soups] soups, onion

[soups] soups, vegetable

soups

soy sauce

spinach

[squash] squash, spaghetti

squash

stews

[stocks] stocks, vegetable

stocks

[stuffed onions] stuffed onions, with cheese

[stuffed onions] stuffed onions, herbs

[stuffed onions] stuffed onions, and/or rice

stuffed onions

sugar (i.e., a pinch)

sumac

sweet potatoes

tahini

tamari

tarts, onion

THYME

TOMATOES

tomato paste

[vegetables] vegetables, root

vegetables

veggie burgers

[vinegar] vinegar, balsamic

[vinegar] vinegar, red wine

[vinegar] vinegar, sherry

[vinegar] vinegar, tarragon

[vinegar] vinegar, white balsamic

vinegar

walnuts

[wine] wine, dry red or white

wine

yogurt

zucchini

ONIONS, CIPOLLINI

Category: Vegetables

bay leaf

cinnamon

Italian cuisine

kebabs

oil, olive

onions, other

pastas

raisins

rosemary

sage

salads

sauces

shallots

stock, vegetable

[sugar] sugar, brown

sugar

thyme

[vinegar] vinegar, balsamic

[vinegar] vinegar, champagne

[vinegar] vinegar, sherry

vinegar

wine, dry red

ONIONS, PEARL

Category: Vegetables

breadcrumbs

Brussels sprouts

burdock

carrots

casseroles

garlic

[grains] grains, barley

[grains] grains, couscous

grains

gratins

kebabs

lentils

[mushrooms] mushrooms, porcini

[mushrooms] mushrooms, portobello

mushrooms

[oil] oil, olive

oil

parsley

pasta

potatoes

rice

rosemary

salads

sauces

shallots

[soups] soups, mushroom

soups

spinach

stews

[stock] stock, mushroom

[stock] stock, vegetable

stock

tempeh

[vinegar] vinegar, balsamic

vinegar

ONIONS, RED (see also ONIONS)

Category: Vegetables

avocado

[beans] beans, black

beans

beets

carrots

cauliflower

celery

chickpeas

cilantro

fennel

[fruits] fruits, apples

[fruits] fruits, mangoes

[fruits] fruits, melons

[fruits] fruits, oranges

[fruits] fruits, papayas

[fruits] fruits, peaches

[fruits] fruits, pineapple

fruits

garlic

ginger

jícama

[lemon] lemon, juice

lemon

[lime] lime, juice

[lime] lime, zest

lime

maple syrup

[miso] miso, dark or red

miso

[mushrooms] mushrooms, portobello

mushrooms

OIL, OLIVE

olives

onion rings

[orange] orange, juice

[orange] orange, zest

orange

parsley

pepper, black

pizza

potatoes

quesadillas

[salads] salads, green

[salads] salads, potato

[salads] salads, tomato

salads

[salsas] salsas, fruit

[salsas] salsas, tomato

salsas

[salt] salt, kosher

[salt] salt, sea

salt

soups

[squash, winter] squash, winter, butternut

squash, winter

stock, vegetable

sweet potatoes

thyme

tomatoes

veggie burgers

[vinegar] vinegar, balsamic

[vinegar] vinegar, red wine

[vinegar] vinegar, rice wine

[vinegar] vinegar, sherry

[vinegar] vinegar, white wine

vinegar

[wine] wine, dry red

wine

ONIONS, VIDALIA

Category: Vegetables

onions

basil

breadcrumbs

garlic

mustard, Dijon

oil, olive

pepper, black

pine nuts

salt

sauces

stuffed onions

thyme

[vinegar] vinegar, balsamic

[vinegar] vinegar, red wine

vinegar

wine, dry white

zucchini

ORANGES

Category: Fruits

anise seeds

apples

apricots

Armagnac

arugula

Asian cuisines

asparagus

avocados

[baked goods] baked goods, cakes

[baked goods] baked goods, muffins

[baked goods] baked goods, quick breads

[baked goods] baked goods, scones

[baked goods] baked goods, tarts

baked goods

bananas

[barley] barley, pearl

barley

basil

[beans] beans, black

[beans] beans, white

beans

BEETS

[berries] berries, blueberries

[berries] berries, raspberries

[berries] berries, strawberries

berries

[beverages] beverages, juices

[beverages] beverages, sangrias

[beverages] beverages, smoothies

beverages

brandy

broccoli

broccolini

bulgur

[cabbage] cabbage, red

cabbage

cardamom

CARROTS

celery root

cereals, hot breakfast

chickpeas

chili pepper flakes

[chiles] chiles, chipotle

chiles

Chinese cuisine (native ingredient)

chives

[chocolate] chocolate, dark

[chocolate] chocolate, white

chocolate

cilantro

CINNAMON

[citrus fruits, other] citrus fruits, other, grapefruit

[citrus fruits, other] citrus fruits, other, lemon

[citrus fruits, other] citrus fruits, other, lime

citrus fruits, other

cloves

coconut

compotes

coriander

couscous

CRANBERRIES

cumin

daikon

DATES

[desserts] desserts, puddings

desserts

endive

escarole

FENNEL

figs

fruit, dried

fresh

garlic

GINGER

[greens] greens, dandelion

[greens] greens, salad

greens

“gremolata”

horseradish

jícama

kiwi

[lettuce] lettuce, bibb

lettuce

[liqueurs, orange] liqueurs, orange, cointreau

[liqueurs, orange] liqueurs, orange, grand marnier

liqueurs, orange

mangoes

maple syrup

marinades

marmalade

mascarpone

mesclun

millet

mint

miso

[mushrooms] mushrooms, shiitake

[mushrooms] mushrooms, wild

mushrooms

mustard, Dijon

noodles, Asian

[nuts] nuts, almonds

[nuts] nuts, cashews

[nuts] nuts, hazelnuts

[nuts] nuts, peanuts

[nuts] nuts, pecans

[nuts] nuts, pine nuts

[nuts] nuts, pistachios

[nuts] nuts, walnuts

nuts

[oil] oil, olive

[oil] oil, sunflower seed

oil

[olives] olives, black

[olives] olives, kalamata

olives

[onions] onions, green

[onions] onions, red

[onions] onions, vidalia

onions

oranges, blood

papayas

parsley

parsnips

pears

pepper, black

pineapple

plums

pomegranates

pumpkin

quinoa

radicchio

radishes

rhubarb

rice

wild rice

rosemary

rutabagas

sage

salad dressings

[salads] salads, avocado

[salads] salads, carrot

[salads] salads, fruit

[salads] salads, green

salads

sauces

scallions

seitan

[sesame] sesame, oil

[sesame] sesame, seeds

sesame

shallots

[smoothies] smoothies, berry

[smoothies] smoothies, pineapple

smoothies

snow peas

[soups] soups, fruit

soups

sorbets

soy sauce

spinach

[squash] squash, butternut

squash

star anise

starfruit

stir-fries

[sugar] sugar, brown

sugar

sweet potatoes

tamari

tofu

turnips

vanilla

[vinegar] vinegar, balsamic

[vinegar] vinegar, champagne

[vinegar] vinegar, cider

[vinegar] vinegar, red wine

[vinegar] vinegar, rice wine

[vinegar] vinegar, sherry

[vinegar] vinegar, white wine

vinegar

watercress

[wine] wine, red

wine

yams

yogurt

ORANGES, BLOOD

Category: Other

MatchShares: Oranges

almonds

arugula

avocado

beets

[beverages] beverages, juices

[beverages] beverages, mimosas

beverages

Brussels sprouts

caramel

chicory

chiles

[chocolate] chocolate, white

chocolate

cilantro

cinnamon

[citrus, other] citrus, other, limes

[citrus, other] citrus, other, regular oranges

citrus, other

cloves

[desserts] desserts, fruit tarts

desserts

endive

FENNEL

[grains] grains, quinoa

grains

grapefruit

greens, salad

ices/granitas

jícama

kiwi

kumquats

lemon

[lettuce] lettuce, romaine

lettuce

mangoes

mint

[oil] oil, olive

oil

[olives] olives, black

olives

onions, red

papaya

pomegranates

poppy seeds

[radishes] radishes, black

radishes

salad dressings

[salads] salads, fruit

[salads] salads, green

salads

salsas

sauces

spinach

[sugar] sugar, brown

sugar

tangerines

thyme

vanilla

[vinegar] vinegar, balsamic

[vinegar] vinegar, milder

vinegar

walnuts

watercress

[wine, sparkling] wine, sparkling, champagne

wine, sparkling

ORANGES, MANDARIN

Category: Fruits

agave nectar

almonds

bananas

basil

berries

caramel

cashews

cheesecake

chili paste

Chinese cuisine

chives

chocolate, dark

cilantro

coconut

compotes

cranberries

ginger

greens, salad

hazelnuts

hoisin sauce

ice creams

jícama

kumquats

[lemon] lemon, juice

lemon

[lettuce] lettuce, romaine

lettuce

lime

mangoes

mint

nutmeg

[oil] oil, flaxseed

[oil] oil, olive

oil

[onions] onions, red

onions

[orange] orange, zest

orange

parsley

peaches

pears

pecans

pepper, black

rice

salad dressings

[salads] salads, fruit

[salads] salads, green

[salads] salads, spinach

salads

salsas

sauces

shallots

sorbets

spinach

strawberries

[sugar] sugar, brown

sugar

tarts

tomatoes

[vinegar] vinegar, champagne

[vinegar] vinegar, sherry

vinegar

yogurt

OREGANO

Category: Spices

basil

[beans, dried] beans, dried, black

[beans, dried] beans, dried, white

beans, dried

bell peppers, red

yellow, esp. roasted

capers

cayenne

chickpeas

[chiles] chiles, red

chiles

chili, vegetarian

cilantro

[citrus] citrus, lemon

[citrus] citrus, orange

citrus

corn

cumin

EGGPLANT

endive

fennel

garlic

grains

Greek cuisine

Italian cuisine

kebabs

[lemon] lemon, juice

[lemon] lemon, zest

lemon

marinades

marjoram

MEDITERRANEAN CUISINES

Mexican cuisine

Middle Eastern cuisines

mushrooms

mustard, Dijon

oil, olive

olives

onions

orange

PASTA

pepper, black

\**PIZZA*

potatoes

rice

salad dressings

[salads] salads, greek

salads

salt, sea

SAUCES, esp. pasta, PIZZA, tomato

scallions

[soups] soups, minestrone

[soups] soups, spinach

[soups] soups, tomato

[soups] soups, yogurt

soups

Southwest (American) cuisine

squash, summer

squash, winter

stews

stuffings

tahini

\*TOMATOES

TOMATO SAUCE

[vegetables] vegetables, roasted

[vegetables] vegetables, stir-fried

[vegetables] vegetables, summer

vegetables

zucchini

OREGANO, MEXICAN

Category: Spices

[beans] beans, black

beans

burritos

Central American cuisines

[chiles] chiles, green

chiles

chili, vegetarian

chili powder

cumin

empanadas

enchiladas

garlic

MEXICAN CUISINE

onions

paprika

salsas

sauces

soups

Southwest (American) cuisine

spicy dishes

stews, vegetable

tacos

Tex-Mex cuisine

# P

HEART OF PALM

Category: Vegetables

[almonds] almonds, marcona

almonds

artichokes

artichoke hearts

arugula

asparagus

AVOCADO

bell peppers

breadcrumbs

cabbage, red

carrots

cashews

cayenne

celery

Central American cuisines

cilantro

corn

Costa Rican cuisine

“CRABCAKES”

dips

garlic

grains, whole

herbs

jícama

kelp

Latin American cuisines

[lemon] lemon, juice

[lemon] lemon, zest

lemon

lemongrass

lentils

[lettuce] lettuce, romaine

lettuce

[lime] lime, juice

[lime] lime, zest

lime

mango

mayonnaise

[mushrooms] mushrooms, shiitake

mushrooms

[mustard] mustard, dijon

mustard

[noodles, asian] noodles, asian, somen

noodles, asian

[oil] oil, olive

[oil] oil, vegetable

oil

Old Bay seasoning

[onions] onions, green

[onions] onions, red

onions

oranges

blood oranges

oregano

papaya

parsley

pepper, black

pineapple

[salads] salads, green

[salads] salads, noodle

salads

salt

scallions

soups

South American cuisines

spinach

spreads

sprouts

stock, vegetable

tacos

tangerines

thyme

[tomatoes] tomatoes, cherry

[tomatoes] tomatoes, grape

tomatoes

vinaigrette

[vinegar] vinegar, balsamic

vinegar

PAPAYA

Category: Fruits

agave nectar

arugula

AVOCADOS

bananas

[beans] beans, black

beans

bell peppers, red

[berries] berries, raspberries

[berries] berries, strawberries

berries

Caribbean cuisines

carrots

cayenne

[chiles] chiles, ancho

[chiles] chiles, jalapeño

[chiles] chiles, chili pepper sauce

chiles

chutneys

CILANTRO

cinnamon

[citrus] citrus, grapefruit

[citrus] citrus, lemon

[citrus] citrus, \*lime

citrus

coconut

cucumbers

cumin

curries

daikon

garlic

GINGER

grapefruit

greens, salad

ice creams

jams

jícama

kiwi

lavender

lemongrass

lettuce

MANGO

marinades

[melon] melon, cantaloupe

[melon] melon, honeydew

melon

MINT

nutmeg

[nuts] nuts, almonds

[nuts] nuts, cashews

[nuts] nuts, macadamia nuts

[nuts] nuts, peanuts

nuts

oil, olive

ONIONS, RED

[orange] orange, fruit

[orange] orange, juice

[orange] orange, zest

orange

passion fruit

peaches

pineapple

rice

salad dressings

[salads] salads, fruit

salads

SALSAS

salt

scallions

shallots

SMOOTHIES

sorbets

soy sauce

spinach

sprouts, mung bean

[sugar] sugar, brown

sugar

summer rolls

tofu

tomatoes

tortillas, corn

vanilla

[vinegar] vinegar, rice wine

[vinegar] vinegar, tarragon

vinegar

yogurt

PAPAYA, GREEN

Category: Fruits

basil, Thai

beans, green

carrots

[chiles] chiles, fresh red

[chiles] chiles, chili pepper paste

chiles

cucumbers

garlic

ginger

[lettuce] lettuce, boston

[lettuce] lettuce, butter

lettuce

[lime] lime, juice

lime

mint

onions, red

PEANUTS

[salads] salads, thai

salads

soy sauce

[sugar] sugar, brown

[sugar] sugar, palm

sugar

tamari

tamarind

Thai cuisine

[tomatoes] tomatoes, cherry

tomatoes

vinegar, rice

PAPRIKA

Category: Spices

MatchShare: Paprika, Smoked

beans, black

cayenne

chiles

chili powder

chili, vegetarian

cilantro

coriander

corn

cumin

deviled eggs

[eastern european cuisines] eastern european cuisines, hungarian

eastern european cuisines

garlic

goulash, vegetarian

Hungarian cuisine

lemon

lime

marinades

[mushrooms] mushrooms, stuffed

mushrooms

onions

orange

oregano

pecans

pepper, black

potatoes

purees

rice

salad dressings

[salads] salads, macaroni

[salads] salads, potato

salads

[sauces] sauces, cream

[sauces] sauces, tomato

sauces

sauerkraut

soups

sour cream

Southwestern (U.S.) cuisine

Spanish cuisine, esp. smoked paprika

spreads

stews

[stroganoff] stroganoff, mushroom

stroganoff

sweet potatoes

Texas cuisine

tomatoes

turmeric

vegetables

[vinegar] vinegar, balsamic

[vinegar] vinegar, sherry

vinegar

PAPRIKA, SMOKED

Category: Spices

almonds

avocados

[bell peppers] bell peppers, red

bell peppers

casseroles

chickpeas

coriander

cumin

eggplant

garlic

[greens] greens, collard

greens

hummus

kale

[legumes] legumes, beans (e.g.

[legumes] legumes, black

[legumes] legumes, kidney

[legumes] legumes, white)

[legumes] legumes, black-eyed peas

[legumes] legumes, chickpeas

[legumes] legumes, lentils

[legumes] legumes, split peas

legumes

[lemon] lemon, juice

lemon

[mushrooms] mushrooms, portobello

mushrooms

nuts

oil, olive

onions

orange

[paella] paella, mushroom

[paella] paella, vegetarian

paella

pastas

potatoes

rice

[root vegetables] root vegetables, carrots

[root vegetables] root vegetables, rutabagas

root vegetables

salad dressings

salt, sea

[sauces] sauces, romesco

[sauces] sauces, tomato

[sauces] sauces, yogurt

sauces

sausage, vegan chorizo (e.g., seitan + olive oil + smoked paprika)

seitan

[soups] soups, bean

[soups] soups, chickpea

[soups] soups, kale

[soups] soups, lentil

[soups] soups, split pea

[soups] soups, tomato

[soups] soups, vegetable

[soups] soups, winter

soups

squash

sour cream

Spanish cuisine

stews

stock, vegetable

sweet potatoes

tahini

tempeh bacon

tomatoes

yogurt

PARSLEY

Category: Spices

almonds

apples

artichokes

avocados

baba ghanoush

barley

basil

bay leaf

[beans] beans, black

[beans] beans, green

beans

beets

bell peppers, red

bouquets garnis

breadcrumbs

bulgur

cabbage

CAPERS

CARROTS

cauliflower

celery root

chervil

chickpeas

chiles

chili pepper flakes

chimichurri sauce

chives

cilantro

corn

couscous

cucumbers

cumin

dips

eggplant

endive

fennel

fennel seeds

fines herbes

GARLIC

ginger

gravies

greens, salad

herbs, other

hummus

legumes

[lemon] lemon, juice

[lemon] lemon, zest

lemon

lentils

lovage

marjoram

Mediterranean cuisines

Middle Eastern cuisines

MINT

Moroccan cuisine

mushrooms

noodles

OIL, OLIVE

olives

onions

[orange] orange, juice

[orange] orange, zest

orange

parsnips

[pastas] pastas, fettuccine

[pastas] pastas, linguini

[pastas] pastas, penne

[pastas] pastas, spaghetti

pastas

peas

pepper, black

pestos

pine nuts

pizza

POTATOES

radishes

rice

rosemary

salad dressings

[salads] salads, egg

[salads] salads, green

[salads] salads, parsley

[salads] salads, pasta

[salads] salads, potato

[salads] salads, rice

[salads] salads, tabbouleh

salads

[salsas] salsas, verde

salsas

salt, sea

sandwiches

[sauces] sauces, chimichurri

[sauces] sauces, parsley

[sauces] sauces, pasta

sauces

savory

scallions

SHALLOTS

sorrel

[soups] soups, bean

[soups] soups, carrot

[soups] soups, onion

soups

spinach

[squash] squash, summer

[squash] squash, winter (e.g.

[squash] squash, butternut)

squash

stews

[stocks] stocks, vegetable

stocks

stuffings

sumac

sweet potatoes

TABBOULEH, or Middle Eastern parsley salad with bulgur

tarragon

thyme

tomatoes

sun-dried tomatoes

[vinegar] vinegar, balsamic

[vinegar] vinegar, red wine

[vinegar] vinegar, sherry

vinegar

walnuts

zucchini

PARSLEY ROOT

Category: Spices

apples

bay leaf

[beans] beans, cannellini

[beans] beans, white

beans

caraway seeds

carrots

cauliflower

celery

chestnuts

crème fraîche

European cuisines, esp. Central

Eastern

fennel

garlic

gratins

hash

hazelnuts

[lemon] lemon, juice

lemon

maple syrup

mashed potatoes

[mushrooms] mushrooms, chanterelle

[mushrooms] mushrooms, hedgehog

mushrooms

oil, olive

ONIONS

[orange] orange, zest

orange

PARSLEY

pepper, black

pilafs

POTATOES

[purees] purees, parsnip

[purees] purees, potato

purees

rémoulades

sage

salads

[salt] salt, kosher

salt

[sauces] sauces, chimichurri

sauces

shallots

slaws

[soups] soups, celery root

[soups] soups, potato

soups

[squash] squash, butternut

squash

[stews] stews, vegetable

stews

stock, vegetable

thyme

[truffles] truffles, black

truffles

turnips

vegetables, other root

[vinegar] vinegar, champagne

vinegar

watercress

wine, dry white

PARSNIPS

Category: Vegetables

allspice

anise seeds

APPLES

apple cider

apple juice

[baked goods] baked goods, breads

[baked goods] baked goods, cakes

[baked goods] baked goods, muffins

[baked goods] baked goods, pies

baked goods

basil

bay leaf

beans

BREADCRUMBS

brown butter

capers

caramel

cardamom

CARROTS

celery

celery leaves

celery seeds

celery root

chayote

chervil

chips, parsnip

CHIVES

cilantro

CINNAMON

cloves

coconut

coriander

couscous

crème fraîche

cumin

[curry] curry, powder

[curry] curry, spices

curry

curries

dates

[desserts] desserts, cakes

[desserts] desserts, custards

desserts

dill

fennel

GARLIC

GINGER

gratins

[greens, bitter] greens, bitter, dandelion

[greens, bitter] greens, bitter, mustard

greens, bitter

hash browns

horseradish

“hummus”

kale

LEEKS

[lemon] lemon, juice

[lemon] lemon, zest

lemon

lentils

lettuce

[lime] lime, juice

[lime] lime, zest

lime

mace

MAPLE SYRUP

marjoram

mayonnaise

[milk] milk, almond

[milk] milk, rice

[milk] milk, soy

milk

mint

miso

[mushrooms] mushrooms, porcini

[mushrooms] mushrooms, portobello

[mushrooms] mushrooms, shiitake

mushrooms

[mustard] mustard, dijon

[mustard] mustard, whole-grain

mustard

NUTMEG

[nuts] nuts, almonds

[nuts] nuts, hazelnuts

[nuts] nuts, pecans

[nuts] nuts, walnuts

nuts

[oils] oils, flaxseed

[oils] oils, grapeseed

[oils] oils, hazelnut

[oils] oils, olive

[oils] oils, peanut

[oils] oils, sesame

[oils] oils, sunflower

[oils] oils, walnut

oils

[onions] onions, pearl

[onions] onions, red

[onions] onions, yellow

onions

[orange] orange, juice

[orange] orange, zest

orange

pancakes

paprika

PARSLEY

[pasta] pasta, gnocchi

[pasta] pasta, ravioli

pasta

pears

[pepper] pepper, black

[pepper] pepper, white

pepper

POTATOES

pumpkin

[purees] purees, carrot

[purees] purees, parsnip

[purees] purees, potato

[purees] purees, pumpkin

purees

rice

“root rice” (a raw alternative to rice)

[root vegetables, other] root vegetables, other, carrots

[root vegetables, other] root vegetables, other, celery root

[root vegetables, other] root vegetables, other, rutabagas

[root vegetables, other] root vegetables, other, turnips

root vegetables, other

ROSEMARY

rutabaga

sage

[salads] salads, parsnip

[salads] salads, vegetable

salads

SALT, SEA

savory

scallions

[sesame] sesame, oil

[sesame] sesame, seeds

sesame

shallots

slaws

sorrel

SOUPS

[bisques] bisques, cream

[bisques] bisques, lentil

[bisques] bisques, parsnip

[bisques] bisques, potato

[bisques] bisques, winter vegetable

bisques

sour cream

squash, winter

star anise

STEWS

STOCK, vegetable

[sugar] sugar, brown

sugar

sweet potatoes

tarragon

THYME

[tofu] tofu, silken

tofu

turmeric

turnips

vanilla

VEGETABLES, other root

[vinegar] vinegar, balsamic

[vinegar] vinegar, cider

[vinegar] vinegar, rice

[vinegar] vinegar, sherry

[vinegar] vinegar, white wine

vinegar

[wine] wine, dry red

wine

yogurt

PASSION FRUIT

Category: Fruits

agave nectar

apples

bananas

basil

cakes

caramel

chiles, chipotle

[chocolate] chocolate, dark

[chocolate] chocolate, white

chocolate

cinnamon

[citrus] citrus, grapefruit

[citrus] citrus, lemon

[citrus] citrus, orange

citrus

COCONUT

COCONUT MILK

[desserts] desserts, filled

[desserts] desserts, frozen

[desserts] desserts, panna cottas

[desserts] desserts, puddings (e.g.

[desserts] desserts, rice)

[desserts] desserts, sorbets

[desserts] desserts, tarts

desserts

fruit, other tropical

ginger

ice cream

kiwi

lemongrass

lime

mangoes

marinades

[melon] melon, cantaloupe

melon

meringue

mint

[nuts] nuts, almonds

[nuts] nuts, cashews

[nuts] nuts, hazelnuts

[nuts] nuts, macadamia

[nuts] nuts, peanuts

[nuts] nuts, pistachios

nuts

papayas

pineapple

plums

raspberries

rum

salad dressings

salads, fruit

sauces

smoothies

STRAWBERRIES

[sugar] sugar, brown

sugar

vanilla

[vinegar] vinegar, white wine

vinegar

[wine] wine, sparkling (e.g.

[wine] wine, champagne)

wine

yogurt

PEACHES

Category: Fruits

MatchShares: Nectarines

allspice

apples

apple juice

[apricots] apricots, dried

[apricots] apricots, fresh

[apricots] apricots, pureed

apricots

arugula

[baked goods] baked goods, pies

[baked goods] baked goods, scones

baked goods

basil

[berries] berries, blackberries

[berries] berries, blueberries

[berries] berries, raspberries

[berries] berries, strawberries

berries

caramel

cardamom

salata

[chiles] chiles, chipotle

[chiles] chiles, serrano

chiles

chocolate

chutneys

cilantro

CINNAMON

cloves

coconut

compotes

coriander

\*CREAM

crème fraîche

[cress] cress, pepper

cress

currants

[desserts] desserts, cobblers

[desserts] desserts, crisps

[desserts] desserts, crumbles

[desserts] desserts, melba

[desserts] desserts, pies

desserts

endive

fennel

GINGER

[grains, whole] grains, whole, quinoa

[grains, whole] grains, whole, wheat berries

grains, whole

grapes

[greens, salad] greens, salad, baby chard

greens, salad

hazelnuts

ice cream

kefir

lavender

[lemon] lemon, juice

[lemon] lemon, zest

lemon

lemongrass

LEMON VERBENA

lime

lychees

mangoes

MAPLE SYRUP

mascarpone

MINT

nutmeg

[nuts] nuts, almonds

[nuts] nuts, cashews

[nuts] nuts, macadamias

[nuts] nuts, pecans

[nuts] nuts, pistachios

[nuts] nuts, walnuts

nuts

oats

oatmeal

oil, olive

onions, red

[orange] orange, juice

[orange] orange, liqueur

[orange] orange, zest

orange

pepper, black

pomegranates

pumpkin seeds

radishes

rosemary

rum

saffron

[salads] salads, fruit

[salads] salads, grain

[salads] salads, green

salads

salsas

salt, sea

scallions

sherry

smoothies

sorbets

[soups] soups, cold and/or fruit

soups

sour cream

Southern (U.S.) cuisine

[spirits] spirits, bourbon

[spirits] spirits, brandy

[spirits] spirits, cognac

[spirits] spirits, cointreau

[spirits] spirits, kirsch

spirits

[stone fruits, other] stone fruits, other, cherries

[stone fruits, other] stone fruits, other, nectarines

[stone fruits, other] stone fruits, other, plums

stone fruits, other

[sugar] sugar, brown

[sugar] sugar, maple

sugar

tarragon

VANILLA

[vinegar] vinegar, apple cider

[vinegar] vinegar, balsamic

[vinegar] vinegar, champagne

[vinegar] vinegar, rice

[vinegar] vinegar, wine

vinegar

watercress

whiskey

[wine, red or white; fruity, sparkling, and/or sweet] wine, red or white; fruity, sparkling, and/or sweet, champagne

[wine, red or white; fruity, sparkling, and/or sweet] wine, red or white; fruity, sparkling, and/or sweet, prosecco

[wine, red or white; fruity, sparkling, and/or sweet] wine, red or white; fruity, sparkling, and/or sweet, sauternes

wine, red or white; fruity, sparkling, and/or sweet

yogurt

yuzu

PEANUTS

Category: Nuts

African cuisines

agave nectar

apples

American cuisine

Asian cuisines

[baked goods] baked goods, cookies

[baked goods] baked goods, muffins

baked goods

bananas

basil, Thai

beans, green

[bell peppers] bell peppers, red

bell peppers

[bran] bran, oat

[bran] bran, wheat

bran

broccoli

[cabbage] cabbage, green

[cabbage] cabbage, napa

cabbage

candy

carrots

cayenne

[chiles] chiles, serrano; chili oil

[chiles] chiles, chili paste

[chiles] chiles, chili pepper flakes

[chiles] chiles, chili sauce

chiles

Chinese cuisine

[chocolate] chocolate, dark

[chocolate] chocolate, milk

chocolate

CILANTRO

cinnamon

cloves

COCONUT

COCONUT MILK

cucumbers

cumin

curries

desserts

dips

dipping sauces

fruit, dried

GARLIC

GINGER

granola

grapes

[greens, bitter] greens, bitter, collard

[greens, bitter] greens, bitter, mustard

greens, bitter

[greens, salad] greens, salad, arugula

greens, salad

lemongrass

[lime] lime, juice

[lime] lime, zest

lime

mangoes

mint

[noodles, esp. asian] noodles, esp. asian, chinese egg

[noodles, esp. asian] noodles, esp. asian, rice

[noodles, esp. asian] noodles, esp. asian, soba

[noodles, esp. asian] noodles, esp. asian, udon

noodles, esp. asian

nuts, other

oats

oatmeal

[oils] oils, olive

[oils] oils, peanut

[oils] oils, sesame

[oils] oils, vegetable

oils

onions, red

[orange] orange, juice

orange

pad thai

paprika

pastas

pepper, black

pesto

potatoes

pumpkin

raisins

rice

[salad dressings] salad dressings, thai

salad dressings

[salads] salads, cabbage

[salads] salads, noodle

[salads] salads, thai

salads

salt

sandwiches

satays

[sauces] sauces, peanut

[sauces] sauces, vegetable

sauces

scallions

[seeds] seeds, sesame

[seeds] seeds, sunflower

seeds

[sesame] sesame, paste

[sesame] sesame, seeds

sesame

smoothies

[soups] soups, peanut

[soups] soups, sweet potato

soups

Southeast Asian cuisines

SOY SAUCE

spinach

stews

stir-fries

[sugar] sugar, brown

sugar

sweet potatoes

tahini

tamari

tamarind

tamarind juice

tempeh

Thai cuisine

TOFU

tomatoes

trail mix

turmeric

vanilla

Vietnamese cuisine

[vinegar] vinegar, apple cider

[vinegar] vinegar, brown rice

[vinegar] vinegar, red wine

[vinegar] vinegar, rice wine

vinegar

PEARS

Category: Fruits

agave nectar

allspice

anise seeds

APPLES

apple cider

apple juice

ARUGULA

[baked goods] baked goods, cakes

[baked goods] baked goods, pies

[baked goods] baked goods, tarts

baked goods

bananas

blackberries

bourbon

[brandy] brandy, pear

brandy

[cabbage] cabbage, red

[cabbage] cabbage, white

cabbage

CARAMEL

cardamom

cashew cream

celery

[cherries] cherries, dried

[cherries] cherries, fresh

cherries

chestnuts

chicory

chives

CHOCOLATE (esp. dark)

cocoa

CINNAMON

citrus

cloves

CRANBERRIES

crème fraîche

[currants] currants, black

currants

dates

[desserts] desserts, crisps

[desserts] desserts, crumbles

[desserts] desserts, ice creams

[desserts] desserts, sorbets

[desserts] desserts, tarts

desserts

endive

fennel

fennel seeds

figs

fruits, dried

GINGER

gingerbread

grapefruit

[greens, bitter or salad] greens, bitter or salad, baby

[greens, bitter or salad] greens, bitter or salad, mesclun

greens, bitter or salad

juniper berries

[lemon] lemon, juice

[lemon] lemon, zest

lemon

[lettuces] lettuces, butter

[lettuces] lettuces, romaine

lettuces

lime

MAPLE SYRUP

mascarpone

mint

molasses

nutmeg

[nuts] nuts, almonds

[nuts] nuts, hazelnuts

[nuts] nuts, pecans

[nuts] nuts, pistachios

[nuts] nuts, walnuts

nuts

oats

oatmeal

[oils] oils, grapeseed

[oils] oils, olive

oils

[onions] onions, red

onions

[orange] orange, juice

[orange] orange, zest

orange

pancakes

parsley

parsnips

passion fruit

pepper, black

persimmons

phyllo dough

pineapple

pizzas

plums, dried

poached pears

pomegranates

quinces

radicchio

raisins

raspberries

rémoulade

rhubarb

rosemary

[salads] salads, fruit

[salads] salads, green

[salads] salads, spinach

salads

salt, sea

[sauces] sauces, dessert

sauces

shallots

smoothies

soups

sour cream

SPINACH

[squash, winter] squash, winter, butternut

squash, winter

star anise

stews, esp. dried pears

[sugar] sugar, brown

sugar

tarragon

thyme

trail mixes, esp. dried pears

VANILLA

[vinegar] vinegar, balsamic

[vinegar] vinegar, cider

[vinegar] vinegar, fruit

[vinegar] vinegar, raspberry

[vinegar] vinegar, rice

[vinegar] vinegar, sherry

[vinegar] vinegar, white balsamic

vinegar

WATERCRESS

[wine, red or white—dry or sweet] wine, red or white—dry or sweet, port

wine, red or white—dry or sweet

yogurt

GREEN PEAS

Category: Legumes

MatchShares: Black-Eyed Peas; Peas, Split

allspice

almonds

artichokes

ASPARAGUS

avocados

barley

BASIL

bay leaf

beans, fava

breadcrumbs

bulgur

cabbage

cardamom

CARROTS

cashews

casseroles

cauliflower

celery

chervil

[chiles] chiles, green

[chiles] chiles, red

chiles

chives

cilantro

coconut milk

coriander

couscous

crème fraîche

cucumbers

CURRIES, esp. green

curry powder

dill

fennel

garam masala

[garlic] garlic, green

[garlic] garlic, white

garlic

GINGER

grapefruit

greens, bitter

“guacamole”

“hummus”

Kaffir lime leaf

LEEKS

[lemon] lemon, juice

[lemon] lemon, zest

lemon

lemongrass

[lettuce] lettuce, butter

lettuce

lime

marjoram

mayonnaise

MINT

[mushrooms] mushrooms, morel

[mushrooms] mushrooms, oyster

[mushrooms] mushrooms, shiitake

[mushrooms] mushrooms, wild

mushrooms

noodles

nutmeg

[oils] oils, olive

[oils] oils, peanut

[oils] oils, sesame

[oils] oils, sunflower

oils

[onions] onions, green

[onions] onions, pearl

[onions] onions, red

[onions] onions, spring

[onions] onions, white

[onions] onions, yellow

onions

oregano

paellas, vegetarian

PARSLEY

[pastas] pastas, fettuccine

[pastas] pastas, fusilli

[pastas] pastas, penne

pastas

[pepper] pepper, black

[pepper] pepper, green

pepper

pesto

[potatoes] potatoes, new

potatoes

quinoa

[rice] rice, brown

rice

RISOTTOS

rosemary

saffron

sage

[salads] salads, pasta

[salads] salads, vegetable

salads

[salt] salt, kosher

[salt] salt, sea

salt

sauces

savory

scallions

[sesame] sesame, oil

[sesame] sesame, seeds

sesame

shallots

snow peas

sorrel

[soups] soups, pea

[soups] soups, spinach

[soups] soups, vegetable

soups

sour cream

soy sauce

spelt

spinach

[squash] squash, butternut

[squash] squash, delicata

squash

stews

stir-fries

[stock] stock, vegetable

stock

sugar snap peas

tarragon

thyme

[tofu] tofu, silken

tofu

tomatoes

turmeric

turnips

vinegar

yogurt

PEAS, SPLIT

Category: Legumes

barley

basil

BAY LEAF

[bell peppers] bell peppers, red

bell peppers

CARROTS

celery

chili pepper flakes

chili powder

chives

cilantro

[croutons] croutons, whole-grain

croutons

cumin

curries

curry powder

curry spices

dals

dill

dips

dulse

GARLIC

ginger

greens, salad

herbs

kale

leeks

[lemon] lemon, juice

lemon

marjoram

mint

OIL, OLIVE

[onions] onions, green

[onions] onions, red

[onions] onions, white

[onions] onions, yellow

onions

oregano

paprika, smoked

PARSLEY

pastas

peas, fresh

[pepper] pepper, black

[pepper] pepper, white

pepper

pesto

potatoes

purees

purslane

[rice] rice, basmati

[rice] rice, brown

rice

rosemary

salads

salt, sea

sauces

savory

sorrel

[soups] soups, split pea

soups

soy sauce

spices

spinach

spreads

stews

STOCK, VEGETABLE

tarragon

THYME

tofu, smoked

tomatoes

tomato paste

turmeric

vegetables, root

veggie burgers (e.g., with rice)

[vinegar] vinegar, red wine

[vinegar] vinegar, white wine

vinegar

PECANS

Category: Nuts

almonds

(Native and North) American cuisines

APPLES

asparagus

[baked goods] baked goods, breads

[baked goods] baked goods, cakes

[baked goods] baked goods, cookies

[baked goods] baked goods, pastries

[baked goods] baked goods, pies

[baked goods] baked goods, scones

baked goods

bananas

[berries] berries, blueberries

berries

bourbon

brown rice syrup

Brussels sprouts

cabbage, red

caramel

casseroles

cayenne

celery

[cereals, breakfast] cereals, breakfast, granola

cereals, breakfast

cherries, esp. dried

chili powder

chocolate

cinnamon

clementines

CRANBERRIES, DRIED

dates

DESSERTS

endive

figs

garlic

ginger

[grains, whole] grains, whole, amaranth

[grains, whole] grains, whole, spelt

grains, whole

granola

grapes

greens, bitter

[ice cream] ice cream, butter pecan

ice cream

kale

[lemon] lemon, juice

lemon

lentils

[lettuce] lettuce, romaine

lettuce

MAPLE SYRUP

molasses

muesli

[mushrooms] mushrooms, shiitake

[mushrooms] mushrooms, wild

mushrooms

mustard

nutmeg

nuts

oats

ORANGES

pancakes

paprika

parsley

pâtés

peaches

PEARS

[pies] pies, pecan

[pies] pies, sweet potato

pies

pilafs

pineapple

pizzas

pomegranate seeds

popcorn

puddings

PUMPKIN

purees, vegetable

radicchio

raisins

[rice] rice, brown

[rice] rice, red

[rice] rice, wild

rice

salads

salsify

salt, sea

seitan

[soups] soups, butternut squash

soups

Southern (U.S.) cuisine

spinach

[squash, winter] squash, winter, butternut

squash, winter

stuffings

[sugar] sugar, brown

[sugar] sugar, maple

sugar

sumac

SWEET POTATOES

tamari

tarts

vanilla

veggie burgers

waffles

wheat germ

yogurt

PEPPER, BLACK

Category: Spices

allspice

(North) American cuisine

apricots

[baked goods] baked goods, spice cakes

baked goods

basil

berries

Cajun cuisine

cardamom

cherries

cinnamon

cloves

coconut milk

coriander

Creole cuisine

cumin

European cuisines

[fruit, fresh] fruit, fresh, berries

[fruit, fresh] fruit, fresh, pineapple

fruit, fresh

garlic

ginger

gravies

Indian cuisine

[lemon] lemon, juice

lemon

lentils

[lime] lime, juice

lime

marinades

nutmeg

nuts

oil, olive

olives

onions

parsley

pickles

potatoes

pumpkin

rosemary

salad dressings

salads

SALT

[sauces] sauces, black pepper

sauces

soups

Southeast Asian cuisine

Southern (U.S.) cuisine

stocks

strawberries

thyme

tomatoes

turmeric

vegetables

[vinegar] vinegar, cider

vinegar

PEPPER, ESPELETTE

Category: Spices

almonds

Basque cuisine

bell peppers

breads

chocolate

[drinks] drinks, bloody marys

drinks

garlic

mayonnaise

oil, olive

onions

parsley

potatoes

PEPPER, SZECHUAN

Category: Spices

Asian cuisines

[beans] beans, black

beans

chiles

Chinese cuisine

[citrus fruit] citrus fruit, lemon

[citrus fruit] citrus fruit, lime

[citrus fruit] citrus fruit, orange

citrus fruit

deep-fried dishes

five-spice powder

garlic

ginger

Indian cuisine

Japanese cuisine

mushrooms

noodles, Asian

onions

salt

scallions

[sesame] sesame, oil

[sesame] sesame, seeds

sesame

soups

soy sauce

star anise

stir-fries

PEPPER, WHITE

Category: Spices

allspice

Asian cuisines

cloves

coriander

European cuisines

ginger

[gravies] gravies, white

gravies

Japanese cuisine

lemongrass

macaroni

mashed potatoes

nutmeg

pastas

potatoes

[salad dressings] salad dressings, clear

salad dressings

[sauces] sauces, white

sauces

[soups] soups, cream

[soups] soups, light-colored

[soups] soups, white

soups

Southeast Asian cuisines

stocks

Thai cuisine

white

light-colored foods

PEPPERMINT

Category: Spices

apples

[baked goods] baked goods, brownies

[baked goods] baked goods, cakes

[baked goods] baked goods, cookies

[baked goods] baked goods, esp. as icing

baked goods

[berries] berries, strawberries

berries

chiles

CHOCOLATE

cocoa

cilantro

cucumbers

desserts, esp. chocolate

drinks

ice cream

mangoes

[salads] salads, spinach

salads

sauces

smoothies

sorbets

stews

TEAS

vanilla

yogurt

PEPPERS, PIQUILLO

Category: Vegetables

aioli

almonds

artichokes

asparagus

beans, white

bread

chickpeas

chocolate, dark

garlic

lemon

mushrooms

oil, olive

olives

onions

orange

“paella,” vegetarian

[paprika] paprika, smoked

[paprika] paprika, spanish

paprika

parsley

pepper, black

potatoes

[rice] rice, bomba

rice

salads

salt

soups

Spanish cuisine

spreads

stews

[stuffed piquillo peppers] stuffed piquillo peppers, with goat cheese or white beans

stuffed piquillo peppers

sugar

tomatoes

[vinegar] vinegar, sherry

vinegar

PERSIMMONS

Category: Fruits

agave nectar

avocados

[baked goods] baked goods, breads

[baked goods] baked goods, cakes

[baked goods] baked goods, cookies

[baked goods] baked goods, muffins

[baked goods] baked goods, pies

[baked goods] baked goods, quick breads

baked goods

(esp. Hachiya)

bananas

barley

brandy

caramel

[cherries] cherries, dried or fresh

cherries

CINNAMON

cloves

cranberries

custards

daikon

endive, Belgian

escarole

figs

frisée

ginger

graham crackers

grapefruit

[grapes] grapes, red

grapes

greens, salad

ice cream

jams

kiwi

leeks

[lemon] lemon, juice

lemon

[lettuces] lettuces, butter

[lettuces] lettuces, mixed

lettuces

lime

maple syrup

mushrooms, wild

nutmeg

[nuts] nuts, almonds

[nuts] nuts, hazelnuts

[nuts] nuts, pecans

[nuts] nuts, walnuts

nuts

[oil] oil, grapeseed

[oil] oil, hazelnut

[oil] oil, olive

[oil] oil, walnut

oil

[onions] onions, bermuda

[onions] onions, red

onions

oranges

orange juice

parsnips

pears

Asian pears

pepper, black

pineapple

pomegranates

puddings (esp. Hachiya)

radicchio

radishes

raisins

[rice] rice, arborio

[rice] rice, wild

rice

rum

SALADS (esp. Fuyu)

[salt] salt, sea

salt

[sauces] sauces, dessert

sauces

[sesame] sesame, paste

[sesame] sesame, seeds

sesame

shallots

smoothies

sorbets

soups

soy sauce

stock, vegetable

[sugar] sugar, brown

sugar

sweet potatoes

tofu

tofu paste

turnips

vanilla

[vinegar] vinegar, rice

[vinegar] vinegar, sherry

vinegar

watercress

yams

yogurt

yuzu

PHYLLO

Category: Grains

apples

baklava

figs

Greek cuisine

Middle Eastern cuisines

mushrooms

nuts

[oil] oil, coconut

[oil] oil, grapeseed

oil

pears

phyllo triangles

spanakopita

spinach

strudels

vegetables, roasted

PINEAPPLE

Category: Fruits

agave nectar

apricots

avocados

[baked goods] baked goods, cakes (esp. pineapple upside-down)

baked goods

BANANAS

basil

beans, black

beets

bell peppers, red

[berries] berries, blueberries

[berries] berries, raspberries

[berries] berries, strawberries

berries

caramel

Caribbean cuisines

cashews

[chiles] chiles, chipotle

[chiles] chiles, jalapeño

[chiles] chiles, red

[chiles] chiles, serrano

chiles

chili powder

[chocolate] chocolate, dark

[chocolate] chocolate, white

chocolate

chutneys

CILANTRO

cinnamon

cloves

COCONUT

COCONUT MILK

ice cream

cucumbers

curries

curry powder/spices

[drinks] drinks, piña coladas

drinks

fruit, other tropical

garlic

ginger

grapefruit

Hawaiian cuisine

jícama

kiwi

kumquats

lavender

[lemon] lemon, juice

[lemon] lemon, zest

lemon

lemongrass

[lime] lime, juice

[lime] lime, zest

lime

[liqueurs] liqueurs, brandy

[liqueurs] liqueurs, cointreau

[liqueurs] liqueurs, grand marnier

[liqueurs] liqueurs, kirsch

[liqueurs] liqueurs, orange

liqueurs

mangoes

maple syrup

melon

mint

molasses

mushrooms, portobello

nutmeg

[nuts] nuts, almonds

[nuts] nuts, hazelnuts

[nuts] nuts, macadamia

[nuts] nuts, peanuts

[nuts] nuts, pistachios

[nuts] nuts, walnuts

nuts

[oil] oil, grapeseed

[oil] oil, olive

oil

[onions] onions, red

onions

[orange] orange, juice

[orange] orange, zest

orange

palm, hearts of

papayas

parsnips

passion fruit

[pepper] pepper, black

[pepper] pepper, szechuan

pepper

raisins

[rice] rice, brown

rice

rosemary

[rum] rum, white

rum

sage

salad dressings

[salads] salads, fruit

salads

SALSAS

[salt] salt, kosher

salt

[sauces] sauces, teriyaki

sauces

scallions

[seeds] seeds, pumpkin

[seeds] seeds, sunflower

seeds

seitan

skewers, fruit

SMOOTHIES

sorbets

soups

sour cream

[spirits] spirits, gin

[spirits] spirits, rum

spirits

star anise

[stews] stews, vegetable

stews

stir-fries

[sugar] sugar, brown

sugar

sweet potatoes

tempeh

tofu

tomatoes

VANILLA

Vietnamese cuisine

[vinegar] vinegar, apple cider

[vinegar] vinegar, red wine

[vinegar] vinegar, rice

[vinegar] vinegar, white wine

vinegar

YOGURT

PINE NUTS

Category: Nuts

(North) African cuisine

anise

apples

apricots

arugula

asparagus

[baked goods] baked goods, cookies

baked goods

BASIL

beans, green

beets

[bell peppers] bell peppers, red

bell peppers

breadcrumbs

BROCCOLI

broccoli rabe

carrots

chard, Swiss

chickpeas

couscous

cranberries, dried

[currants] currants, dried

currants

desserts

eggplant

endive

escarole

fennel

GARLIC

[grains, whole] grains, whole, bulgur

[grains, whole] grains, whole, couscous

[grains, whole] grains, whole, millet

[grains, whole] grains, whole, quinoa

[grains, whole] grains, whole, spelt

[grains, whole] grains, whole, wheat

grains, whole

berries

[greens, bitter] greens, bitter, beet

[greens, bitter] greens, bitter, collard

greens, bitter

greens, salad

Italian cuisine, esp. southern

kale

[lemon] lemon, juice

lemon

[lettuce] lettuce, romaine

lettuce

maple syrup

mascarpone

(Eastern) Mediterranean cuisines

Mexican cuisine

Middle Eastern cuisines

[nuts, other] nuts, other, almonds

[nuts, other] nuts, other, pistachios

[nuts, other] nuts, other, walnuts

nuts, other

[oil, nut] oil, nut, pine nut

[oil, nut] oil, nut, walnut

oil, nut

olive oil

olives

onions

[oranges] oranges, blood

oranges

parsley

PASTAS: fettuccine, orzo, penne, ravioli, spaghetti

\**PESTOS*

pilafs

[potatoes] potatoes, new

potatoes

radicchio

RAISINS

rice

“ricotta,” pine nut

risottos

rosemary

saffron

sage

[salads] salads, fruit

[salads] salads, green

[salads] salads, pasta

[salads] salads, spinach

salads

sauces

soups

SPINACH

[squash] squash, summer

[squash] squash, winter

squash

stuffed grape leaves

sweet potatoes

tahini

tangerines

[tofu] tofu, silken

tofu

TOMATOES

sun-dried tomatoes

Turkish cuisine

vanilla

[vegetables] vegetables, roasted

vegetables

watercress

wheat berries

zucchini

PISTACHIOS

Category: Nuts

almonds

[apricots] apricots, dried

apricots

arugula

asparagus

avocados

[baked goods] baked goods, baklava

[baked goods] baked goods, cakes

[baked goods] baked goods, cookies

[baked goods] baked goods, muffins

[baked goods] baked goods, quick breads

baked goods

basil

beets

biryani

broccoli

Brussels sprouts

bulgur

CARDAMOM

carrots

celery

cherries

chili powder

[chocolate] chocolate, dark

[chocolate] chocolate, white

chocolate

coconut

cornmeal

couscous

cranberries

currants

curries

curry powder/spices

dates

desserts

dips

eggplant

endive

FIGS

fruit, dried

garlic

ginger

granola

grapefruit grapes

ICE CREAM

Italian cuisine

lemon

lentils

[lime] lime, juice

[lime] lime, zest

lime

mangoes

maple syrup

Mediterranean cuisines

Middle Eastern cuisines

mint

oatmeal

oats

ORANGE

PASTAS

pâtés

peaches

“PESTOS”

phyllo dough

pilafs

pineapple

pine nuts

pomegranate

puddings

quinces

quinoa

rhubarb

rice, esp. wild

rice puddings

rose water

saffron

[salads] salads, grain

salads

[salt] salt, sea

salt

sauces

smoothies

[squash] squash, butternut

squash

[sugar] sugar, maple

sugar

sumac

tahini

tomatoes

Turkish cuisine

vanilla

vegetables

[vinegar] vinegar, raspberry

vinegar

walnuts

watercress

watermelon

YOGURT

PLANTAINS—IN GENERAL

Category: Fruits

MatchShares: Plantains, Green; Plantains, Sweet

African cuisine

almonds

BEANS, BLACK

bell peppers

Caribbean cuisine

Central American cuisine

chiles

chili pepper flakes

chili pepper sauce

cinnamon

coconut

coconut milk

Cuban cuisine

[fruit, tropical] fruit, tropical, papaya

[fruit, tropical] fruit, tropical, pineapple

fruit, tropical

ginger

Latin American cuisines

lemon

[lime] lime, juice

lime

[oils] oils, coconut

[oils] oils, olive

[oils] oils, vegetable

oils

[onions] onions, red

[onions] onions, yellow

onions

[rice] rice, jasmine

rice

PLANTAINS, GREEN

Category: Fruits

African cuisine

[beans] beans, black

[beans] beans, pinto

beans

cardamom

Caribbean cuisine

Central American cuisine

chickpeas

chiles

chili powder

chips, plantain

cilantro

cinnamon

cloves

coconut

coconut cream

coriander

cumin

curry

fruits, tropical

garam masala

garlic

ginger

[lime] lime, juice

lime

Mexican cuisine

molasses

mole sauces

[oils] oils, achiote

[oils] oils, almond

[oils] oils, olive

[oils] oils, vegetable

oils

olives

[onions] onions, red

onions

paprika

pepper, black

Puerto Rican cuisine

rice

salsa

[salt] salt, kosher

salt

scallions

shallots

soups

STEWS

thyme

TOSTONES

yogurt

PLANTAINS, SWEET

Category: Fruits

African cuisine

allspice

beans, black

[bell peppers] bell peppers, green

bell peppers

Central American cuisine

chocolate

cilantro

cinnamon

cloves

coconut milk

Cuban cuisine

[desserts] desserts, puddings

desserts

fruits, tropical

garlic

ginger

lemon

lime

Mexican cuisine

molasses

oil, olive

onions, red

orange

pepper, black

raisins

[rice] rice, brown

rice

rum, esp. dark

salt

scallions

soups

star anise

stews, vegetable

[sugar] sugar, brown

sugar

PLUMS

Category: Fruits

allspice

anise hyssop

apples

apple juice

apricots

arugula

bananas

bay leaf

[beans] beans, black

beans

[bell peppers] bell peppers, red

bell peppers

blackberries

caramel

cardamom

cherries

[chiles] chiles, jalapeño

[chiles] chiles, chili powder

chiles

chocolate

chutneys

cilantro

CINNAMON

cloves

compotes, fruit

coriander

crème fraîche

custard

dates

[desserts] desserts, cobblers

[desserts] desserts, crisps

[desserts] desserts, crumbles

[desserts] desserts, pies

[desserts] desserts, tarts

desserts

garlic

GINGER

grapefruit

Kirsch

[lemon] lemon, juice

[lemon] lemon, zest

lemon

lime

[liqueurs] liqueurs, brandy (e.g.

[liqueurs] liqueurs, plum)

liqueurs

maple syrup

mascarpone

mint

molasses

nectarines

nutmeg

[nuts] nuts, almonds

[nuts] nuts, hazelnuts

[nuts] nuts, pecans

[nuts] nuts, walnuts

nuts

oatmeal

oats

oil, olive

onions, red

[orange] orange, juice

[orange] orange, liqueur

[orange] orange, zest

orange

parsley

passion fruit

peaches

pears

[pepper] pepper, black

pepper

ponzu

port

raspberries

rhubarb

sage

[salads] salads, fruit

[salads] salads, green

[salads] salads, spinach

salads

[salsas] salsas, plum

salsas

salt

[sauces] sauces, plum

sauces

[sesame] sesame, seeds

sesame

shallots

sorbets

star anise

strawberries

[sugar] sugar, brown

sugar

VANILLA

[vinegar] vinegar, balsamic

[vinegar] vinegar, champagne

[vinegar] vinegar, red wine

[vinegar] vinegar, umeboshi

vinegar

walnuts

[wine] wine, red

[wine] wine, sweet

[wine] wine, white

wine

yogurt

PRUNES

Category: Fruits

ALMONDS

apples

apricots

[baked goods] baked goods, breads

[baked goods] baked goods, cakes

[baked goods] baked goods, muffins

baked goods

bananas

caramel

chestnuts

[chocolate] chocolate, dark

chocolate

CINNAMON

cloves

coffee

compotes

cornmeal

crème fraîche

crisps

currants

[desserts] desserts, cobblers

desserts

granola

hazelnuts

ice cream

jams

preserves

LEMON

[liqueurs] liqueurs, \*armagnac

[liqueurs] liqueurs, brandy (e.g.

[liqueurs] liqueurs, apple

[liqueurs] liqueurs, pear)

[liqueurs] liqueurs, cognac

liqueurs

mascarpone

nuts

oatmeal

oats

[orange] orange, juice

[orange] orange, zest

orange

pancakes

pears

pecans

pistachios

poppy seeds

porridges

[puddings] puddings, bread

puddings

raisins

salads

snacks

[squash, winter] squash, winter, acorn

squash, winter

star anise

stews

[sugar] sugar, brown

sugar

vanilla

vinegar, balsamic

WALNUTS

[wine] wine, fruity red (e.g.

[wine] wine, beaujolais)

[wine] wine, port (e.g.

[wine] wine, tawny)

[wine] wine, sweet white (e.g.

[wine] wine, muscat

[wine] wine, sauternes)

wine

yogurt

POMEGRANATE MOLASSES

Category: Other

allspice

arugula

bananas

beans

bell peppers

beverages

bulgur

cardamom

carrots

chickpeas

chiles

cinnamon

cloves

cumin

desserts

dips

drinks

eggplant

garlic

ginger

glazes

grapefruit

[lemon] lemon, juice

lemon

lentils

marinades

Middle Eastern cuisines

mustard

mustard seeds

oil, olive

pears

pilafs

SALAD DRESSINGS

salads

sauces

sorbets

spinach

[stews] stews, lentil

stews

Turkish cuisine

vegetables, esp. root

[vinegar] vinegar, balsamic

vinegar

walnuts

POMEGRANATES

Category: Fruits

MatchShares: Pomegranate Molasses

agave nectar

allspice

almonds

apples

arugula

avocado

bananas

barley

beans

bell peppers

bulgur

cardamom

carrots

[cherries] cherries, dried

[cherries] cherries, fresh

cherries

chickpeas

[chiles] chiles, poblano

chiles

chocolate

cinnamon

cloves

coconut

couscous

[cranberries] cranberries, dried

[cranberries] cranberries, fresh

cranberries

cucumbers

cumin

curries

[desserts] desserts, fruit cobblers

desserts

crisps, ices, sorbets

dips

drinks

eggplant

endive

figs

frisée

garlic

ginger

glazes

grains

granita

grapefruit

greens, salad

legumes

[lemon] lemon, juice

lemon

[lentils] lentils, red

lentils

lime

maple syrup

marinades

Mediterranean cuisines

[melon] melon, bitter

melon

Middle Eastern cuisines

mint

mustard

mustard seeds

oil, olive

[olives] olives, green

olives

[onions] onions, red

onions

ORANGES

[orange juice] orange juice, blood

[orange juice] orange juice, navel

orange juice

parsley

pears

pecans

pilafs

pine nuts

pistachios

quinces

quinoa

rice

SALAD DRESSINGS

[salads] salads, cucumber

[salads] salads, fruit

[salads] salads, green

salads

sauces

smoothies

SORBETS

soups, esp. autumn

spinach

[squash, winter] squash, winter, butternut

[squash, winter] squash, winter, delicata

squash, winter

[stews] stews, lentil

stews

[sugar] sugar, brown

sugar

sumac

sweet potatoes

tahini

thyme

tomatoes

Turkish cuisine

vegetables, esp. root

[vinegar] vinegar, balsamic

[vinegar] vinegar, sherry

[vinegar] vinegar, red/white wine

vinegar

WALNUTS

watermelon

wheat berries

yogurt

[yuzu] yuzu, juice

yuzu

POPCORN

Category: Grains

almonds

caramel

cayenne

chili pepper flakes

cinnamon

[coconut] coconut, oil

[coconut] coconut, sugar

coconut

coriander

cumin

curry powder

dill, dried

dulse

garlic

garlic powder

gomashio

herbs, esp. dried

lemon

nutritional yeast

[oil] oil, coconut

[oil] oil, grapeseed

[oil] oil, peanut

oil

oil, truffle

onion powder

oregano, dried

parsley

peanut butter

peanuts

pecans

rosemary

sage

salt, sea

sesame seeds

soy sauce

sugar, brown

tamari

thyme

turmeric

vanilla

POTATOES

Category: Vegetables

MatchShares: Potatoes, Blue; Potatoes, Fingerling; Potatoes, New

arugula

asparagus

[baked goods] baked goods, breads

[baked goods] baked goods, cakes

baked goods

basil

bay leaf

[beans] beans, fava

[beans] beans, green

beans

[bell peppers] bell peppers, green and/or roasted

bell peppers

broccoli

[cabbage] cabbage, savoy

cabbage

capers

caraway seeds

cardamom

carrots

cashews

casseroles

cauliflower

cayenne

celery

CELERY ROOT

celery seeds

chard

chervil

chicory

chickpeas

[chiles] chiles, chipotle

chiles

CHIVES

garlic chives

cilantro

cinnamon

cloves

coconut

coconut cream

coriander

corn

crème fraîche

cumin

curry powder

spices

curries

dill

eggplant

fennel

fenugreek

French cuisine

garam masala

GARLIC

ginger

[grains, whole] grains, whole, quinoa

[grains, whole] grains, whole, spelt

grains, whole

gratins

[greens] greens, collard

[greens] greens, mustard

[greens] greens, salad

[greens] greens, winter

greens

horseradish

Indian cuisine

kale

lavender

LEEKS

[lemon] lemon, juice

[lemon] lemon, zest

lemon

lentils

lovage

marjoram

mayonnaise

milk, dairy or nondairy (e.g., rice, soy)

mint

[mushrooms] mushrooms, morel

[mushrooms] mushrooms, porcini

[mushrooms] mushrooms, portobello

[mushrooms] mushrooms, wild

mushrooms

[mustard] mustard, dijon

[mustard] mustard, oil

[mustard] mustard, seeds

mustard

nutmeg

[oil] oil, canola

[oil] oil, chili

[oil] oil, olive

[oil] oil, peanut

[oil] oil, vegetable

oil

okra

[olives] olives, black

[olives] olives, green

olives

[onions] onions, green

[onions] onions, red

[onions] onions, spanish

[onions] onions, vidalia

[onions] onions, yellow

onions

oregano

paprika

PARSLEY, esp. flat-leaf, parsley root

parsnips

[pasta] pasta, gnocchi

pasta

peas

peas, split

[pepper] pepper, black

[pepper] pepper, white

pepper

pesto

pine nuts

potato cakes / potato pancakes

ramps

ROSEMARY

rutabagas

saffron

SAGE

[salads] salads, egg

[salads] salads, green

[salads] salads, potato (cold or hot)

salads

[salt] salt, kosher

[salt] salt, sea

[salt] salt, smoked

salt

savory

scallions

shallots

skordalia

SORREL

[soups] soups, leek

[soups] soups, potato

[soups] soups, sorrel

[soups] soups, vegetable

soups

sour cream

spinach

[squash, winter] squash, winter, butternut

[squash, winter] squash, winter, delicata

squash, winter

stews

stock, vegetable

stuffed baked potatoes / twice-baked potatoes

sweet potatoes

tahini

tarragon

THYME

tomatoes

[truffles] truffles, black

[truffles] truffles, white

truffles

turmeric

turnips

vegetables, root

[vinegar] vinegar, champagne

[vinegar] vinegar, sherry

[vinegar] vinegar, white wine

vinegar

walnuts

watercress

[wine] wine, dry white

wine

yogurt

POTATOES, BLUE

Category: Vegetables

artichokes

beans

[chiles] chiles, poblano

chiles

chips

chives

cilantro

corn

garlic

[greens] greens, salad

greens

[lemon] lemon, juice

lemon

mashed potatoes

[oil] oil, chive

[oil] oil, olive

oil

[paprika] paprika, smoked

paprika

parsley

Peruvian cuisine

[salads] salads, green

[salads] salads, potato

salads

[salt] salt, sea

salt

shallots

[soups] soups, potato

[soups] soups, vegetable

soups

thyme

[vinegar] vinegar, apple cider

[vinegar] vinegar, red wine

vinegar

POTATOES, FINGERLING

Category: Vegetables

beans, green

capers

cashew cream

chervil

[chiles] chiles, jalapeño

chiles

chives

dulse

fines herbes

garlic

horseradish

mayonnaise

oil, olive

paprika, smoked

parsley

pepper, black

pizzas

rosemary

sage

[salads] salads, green

[salads] salads, green bean

[salads] salads, potato

salads

[salt] salt, sea

salt

shallots

soups

[chowders] chowders, corn

chowders

tarragon

Worcestershire sauce, vegetarian

POTATOES, NEW

Category: Vegetables

capers

carrots

[cashews] cashews, ground raw

cashews

chives

dill

garlic

gratins

herbs

horseradish

leeks

[lemon] lemon, juice

lemon

mint

[mustard] mustard, dijon

mustard

oil, olive

paprika

parsley

[pepper] pepper, black

[pepper] pepper, white

pepper

rosemary

saffron

[salads] salads, green

[salads] salads, potato

salads

[salt] salt, sea

salt

savory

scallions

shallots

soups

bisques

sour cream

stews

stock, vegetable

tarragon

thyme

[vinegar] vinegar, apple cider

vinegar

walnuts

yogurt

PUMPKIN

Category: Vegetables

MatchShares: Squash, Winter

ALLSPICE

almonds

American cuisine

APPLES

apple cider

apple juice

baked baby pumpkins

[baked goods] baked goods, bread puddings

[baked goods] baked goods, breads

[baked goods] baked goods, cookies

[baked goods] baked goods, muffins

[baked goods] baked goods, pies

[baked goods] baked goods, quick

baked goods

breads, scones

basil

BAY LEAF

[beans] beans, anasazi

[beans] beans, black

[beans] beans, cannellini

[beans] beans, kidney

[beans] beans, lima

[beans] beans, pinto

[beans] beans, white

beans

brandy

breadcrumbs

brown butter

caramel

cardamom

carrots

cashews

cayenne

celery

cheesecake

chestnuts

chickpeas

[chiles] chiles, ancho

[chiles] chiles, chipotle

[chiles] chiles, green

[chiles] chiles, guajillo

[chiles] chiles, habanero

[chiles] chiles, orange

[chiles] chiles, red

[chiles] chiles, scotch

chiles

bonnet

chili pepper flakes

chives

[chocolate] chocolate, dark

[chocolate] chocolate, white

chocolate

cilantro

CINNAMON

CLOVES

COCONUT

COCONUT MILK

cognac

coriander

corn

couscous

[cranberries] cranberries, dried

[cranberries] cranberries, cranberry juice

cranberries

cumin

curries

curry leaves

curry paste

curry powder

custards

[desserts] desserts, cheesecakes

[desserts] desserts, pies

desserts

fennel

fennel seeds

frisée

garam masala

GARLIC

GINGER

graham cracker crumbs

gratins

greens

hazelnuts

leeks

[lemon] lemon, juice

[lemon] lemon, zest

lemon

lemongrass

[lime] lime, juice

[lime] lime, zest

lime

mace

MAPLE SYRUP

[milk, dairy or nondairy] milk, dairy or nondairy, coconut

[milk, dairy or nondairy] milk, dairy or nondairy, soy

milk, dairy or nondairy

millet

mint

mirin

[miso] miso, light

miso

molasses

[mushrooms] mushrooms, shiitake

[mushrooms] mushrooms, wood ear

mushrooms

mustard

mustard seeds

NUTMEG

nuts

oats

oatmeal

[oils] oils, nut

[oils] oils, olive

[oils] oils, peanut

[oils] oils, pumpkin seed

[oils] oils, sesame

[oils] oils, sunflower

[oils] oils, vegetable

[oils] oils, walnut

oils

[onions] onions, red

[onions] onions, white

onions

[orange] orange, juice

[orange] orange, zest

orange

pancakes

waffles

paprika

parsley

parsnips

[pastas] pastas, cannelloni

[pastas] pastas, gnocchi

[pastas] pastas, orzo

[pastas] pastas, ravioli

[pastas] pastas, tortellini

pastas

peanuts

pears

PECANS

[pepper] pepper, black

[pepper] pepper, white

pepper

PIES

pineapple

pine nuts

pistachios

plantains

plums, dried

potatoes

puddings

PUMPKIN SEEDS

quinces

radicchio

raisins

[rice] rice, arborio

[rice] rice, brown

[rice] rice, long-grain

rice

rice, wild

rice syrup ***risottos***

rosemary

rum

SAGE

[salt] salt, kosher

[salt] salt, sea

salt

[sesame seeds] sesame seeds, black

sesame seeds

soufflés

[soups] soups, pumpkin

[soups] soups, winter vegetable

soups

Southeast Asian cuisines

soy sauce

spinach

stews

stock, vegetable

stuffed mini-pumpkins

[sugar] sugar, brown

sugar

tarragon

thyme

[tofu] tofu, firm

tofu

[tomatoes] tomatoes, paste

[tomatoes] tomatoes, sauce

[tomatoes] tomatoes, sun-dried

tomatoes

vanilla

vegetables, root

[vinegar] vinegar, balsamic

[vinegar] vinegar, champagne

vinegar

WALNUTS

wine, white

yogurt

zucchini

PURSLANE

Category: Spices

arugula

basil

[beans] beans, green

[beans] beans, pinto

beans

beets

bell peppers

[bread] bread, pita

bread

Brussels sprouts

carrots

chickpeas

[chiles] chiles, green

[chiles] chiles, jalapeño

chiles

chives

cilantro

CITRUS

couscous, Israeli

cucumbers

dill

dips

eggplant

garlic

grapefruit

hazelnuts

[kale] kale, baby

kale

lemon

[lentils] lentils, beluga

lentils

[lettuce] lettuce, romaine

lettuce

Mexican cuisine

mint

mustard, Dijon

noodles, rice

oil, olive

olives

[onions] onions, cipollini

[onions] onions, green

[onions] onions, red

[onions] onions, white

onions

oranges

parsley

pepper, black

pistachios

potatoes

Provençal (French) cuisine

radishes

salad dressings

[salads] salads, bread

[salads] salads, chopped

[salads] salads, cucumber

[salads] salads, egg

[salads] salads, fattoush

[salads] salads, green

[salads] salads, potato

[salads] salads, vegetable

salads

salsas

salt, sea

sandwiches

scallions

shallots

sorrel

[soups] soups, bonne femme

soups

sour cream

[squash] squash, delicata

[squash] squash, summer

squash

stock, vegetable

sumac

tahini

tarragon

tomatillos

TOMATOES

[vinegar] vinegar, rice

vinegar

yogurt

zucchini

# Q

QUINCES

Category: Fruits

\*APPLES

APPLE JUICE

[baked goods] baked goods, cakes

[baked goods] baked goods, crisps

[baked goods] baked goods, pies

baked goods

cherries, dried tart

chicory

chili pepper flakes

chutneys

cilantro

CINNAMON

compotes

coriander

crème fraîche

crepes

cumin

[desserts] desserts, apple or pear: crisps

[desserts] desserts, crumbles

[desserts] desserts, tarts

desserts

ginger

[lemon] lemon, juice

lemon

maple syrup

nutmeg

[nuts] nuts, almonds

[nuts] nuts, pecans

[nuts] nuts, pistachios

[nuts] nuts, walnuts

nuts

[oil] oil, nut

[oil] oil, walnut

oil

orange

pancakes

paste, aka membrillo

\*PEARS

pies

[tarts] tarts, apple

[tarts] tarts, pear

tarts

pomegranates

pomegranate molasses

preserves/jams

[puddings] puddings, bread

[puddings] puddings, rice

puddings

raspberries

[salads] salads, green

salads

[sugar] sugar, brown

sugar

vanilla

[vinegar] vinegar, balsamic

[vinegar] vinegar, champagne

[vinegar] vinegar, rice

vinegar

[wine] wine, sweet

[wine] wine, white

wine

yogurt

QUINOA

Category: Grains

almonds

almond milk

arugula

avocados

[baked goods, multigrain] baked goods, multigrain, breads

[baked goods, multigrain] baked goods, multigrain, muffins

baked goods, multigrain

basil

[beans] beans, adzuki

[beans] beans, black

[beans] beans, fava

[beans] beans, green

[beans] beans, kidney

[beans] beans, lima

[beans] beans, navy

[beans] beans, pinto

[beans] beans, white

beans

beets

bell peppers, esp. red or yellow

carrots

celery

cereals, hot breakfast

chard, Swiss

[chiles] chiles, chipotle

[chiles] chiles, green

chiles

chives

cilantro

[citrus] citrus, lemon

[citrus] citrus, lime

[citrus] citrus, orange

[citrus] citrus, i.e.

[citrus] citrus, juice

[citrus] citrus, zest

citrus

CORN

cucumbers

cumin

endive

[fruit, dried] fruit, dried, apricots

[fruit, dried] fruit, dried, cranberries

[fruit, dried] fruit, dried, currants

[fruit, dried] fruit, dried, raisins

fruit, dried

garlic

[grains, other] grains, other, quieter-flavored

grains, other

[greens] greens, beet

[greens] greens, collard

greens

kale

[mexican cuisine] mexican cuisine, enchiladas

[mexican cuisine] mexican cuisine, fajitas

[mexican cuisine] mexican cuisine, salsas

mexican cuisine

mint

mushrooms, esp. cremini, shiitake

NUTS, esp. almonds, cashews, peanuts, PECANS, pine nuts (esp. toasted), pistachios, walnuts

[oil] oil, olive

[oil] oil, walnut

oil

[onions] onions, green

[onions] onions, red

[onions] onions, spring

[onions] onions, white

[onions] onions, yellow

onions

oregano

parsley

pilafs

pineapple

pomegranate seeds

[salads] salads, grain

[salads] salads, green

salads

salt, esp. sea

scallions

[soups] soups, cucumber

soups

South American cuisines

SPINACH

[squash, esp. winter] squash, esp. winter, acorn

[squash, esp. winter] squash, esp. winter, butternut

squash, esp. winter

stews

[stock] stock, mushroom

[stock] stock, vegetable

stock

[stuffed vegetables] stuffed vegetables, bell peppers

[stuffed vegetables] stuffed vegetables, tomatoes

[stuffed vegetables] stuffed vegetables, zucchini

stuffed vegetables

stuffings

“sushi,” e.g., maki rolls stuffed with quinoa

“tabbouleh”

[tomatoes] tomatoes, cherry

[tomatoes] tomatoes, red

[tomatoes] tomatoes, sun-dried

tomatoes

veggie burgers

[vinegar] vinegar, balsamic

[vinegar] vinegar, champagne

[vinegar] vinegar, red wine

[vinegar] vinegar, rice

[vinegar] vinegar, sherry

[vinegar] vinegar, umeboshi

vinegar

yogurt

zucchini

# R

RADICCHIO

Category: Vegetables

MatchShare: Chicory

apples

arugula

basil

bay leaf

[beans] beans, cannellini

[beans] beans, white

beans

beets

breadcrumbs

[cabbage] cabbage, savoy

cabbage

capers

carrots

chickpeas

chicory

chili pepper flakes

chives

citrus

endive

escarole

FENNEL

fennel seeds

figs

frisée

[fruit, dried] fruit, dried, cherries

[fruit, dried] fruit, dried, cranberries

[fruit, dried] fruit, dried, raisins

fruit, dried

[fruit, tree] fruit, tree, apples

[fruit, tree] fruit, tree, pears

fruit, tree

GARLIC

grains

grapefruit

gratins

[greens] greens, dandelion

[greens] greens, other salad

[greens] greens, winter

greens

hazelnuts

horseradish

ITALIAN CUISINE

[lemon] lemon, juice

[lemon] lemon, zest

lemon

lettuce

[lime] lime, juice

[lime] lime, zest

lime

mango

[mushrooms] mushrooms, porcini

[mushrooms] mushrooms, shiitake

[mushrooms] mushrooms, wild

mushrooms

[mustard] mustard, dijon

mustard

[oil] oil, corn

[oil] oil, hazelnut

[oil] oil, nut

[oil] oil, olive

[oil] oil, peanut

[oil] oil, pumpkin seed

[oil] oil, walnut

oil

[onions] onions, red

onions

[orange] orange, juice

[orange] orange, zest

orange

[parsley] parsley, flat-leaf

parsley

[pastas] pastas, lasagna

[pastas] pastas, orecchiette

[pastas] pastas, penne

[pastas] pastas, spaghetti

pastas

pears

pecans

[pepper] pepper, black

[pepper] pepper, white

pepper

pine nuts

pistachios

pizza

polenta

potatoes

pumpkin

radishes

[rice] rice, arborio

[rice] rice, wild

rice

RISOTTOS

rosemary

sage

[salads] salads, grain

[salads] salads, mixed green

[salads] salads, tricolore (radicchio + arugula + endive)

salads

[salt] salt, sea

salt

shallots

soups

soy sauce

spinach

squash, winter

stews

[stock] stock, mushroom

[stock] stock, vegetable

stock

tamari

thyme

tomatoes

[vinegar] vinegar, balsamic

[vinegar] vinegar, cider

[vinegar] vinegar, fruit

[vinegar] vinegar, red wine

[vinegar] vinegar, sherry

vinegar

WALNUTS

watercress

[wine] wine, dry white

wine

Worcestershire sauce, vegan

RADISHES—IN GENERAL

Category: Vegetables

MatchShares: Daikon; Radishes, Black; Radishes, Watermelon

almonds

arugula

asparagus

avocados

basil

[beans] beans, fava

[beans] beans, green

[beans] beans, white

beans

beets

[bell peppers] bell peppers, green

bell peppers

[bread] bread, crusty whole-grain (e.g.

[bread] bread, rye

[bread] bread, wheat)

bread

cabbage

capers

carrots

cayenne

celery

celery salt

chervil

chickpeas

chives

cilantro

cucumbers

curry powder

dill

edamame

[european cuisines] european cuisines, french

[european cuisines] european cuisines, german

european cuisines

fennel

garlic

[grains, whole] grains, whole, barley

[grains, whole] grains, whole, brown rice

[grains, whole] grains, whole, quinoa

grains, whole

[greens] greens, radish

[greens] greens, salad

greens

hummus

[lemon] lemon, juice

[lemon] lemon, zest

lemon

[lettuce] lettuce, iceberg

[lettuce] lettuce, romaine

lettuce

[lime] lime, juice

[lime] lime, zest

lime

lovage

mâche

marjoram

mesclun

MINT

mushrooms

mustard

[oil] oil, olive

[oil] oil, pistachio

[oil] oil, sesame

[oil] oil, walnut

oil

[olives] olives, black

olives

[onions] onions, red

onions

ORANGES

[blood oranges] blood oranges, juice

[blood oranges] blood oranges, zest

blood oranges

oregano

[parsley] parsley, flat-leaf

parsley

pears

pecans

pepper, black

pistachios

purslane

radish sprouts

rosemary

[salad dressings, esp. cheese-, lemon-, or vinegar-based] salad dressings, esp. cheese-, lemon-, or vinegar-based, vinaigrettes

salad dressings, esp. cheese-, lemon-, or vinegar-based

[salads] salads, bean

[salads] salads, grain

[salads] salads, green

[salads] salads, potato

[salads] salads, radish

[salads] salads, vegetable

salads

[salt] salt, fleur de sel

[salt] salt, sea

[salt] salt, smoked

salt

scallions

[sesame] sesame, oil

[sesame] sesame, seeds

sesame

shallots

snow peas

[soups] soups, gazpacho

[soups] soups, vegetable

soups

soy sauce

[spring rolls] spring rolls, vietnamese

spring rolls

sugar snap peas

tamari

thyme

turnips

[vinegar] vinegar, cider

[vinegar] vinegar, rice wine

[vinegar] vinegar, white wine

vinegar

watercress

yogurt

RADISHES, BLACK

Category: Vegetables

almonds

apples

[beans] beans, mung

[beans] beans, pinto

beans

[bell peppers] bell peppers, red

bell peppers

chili pepper flakes

chips

chives

cilantro

garlic

ginger

greens

lemon

mint

mirin

[oil] oil, olive

[oil] oil, sesame

oil

[onions] onions, red

onions

oranges, blood

parsley

parsnips

[pepper] pepper, black

pepper

potatoes

[salads] salads, green

[salads] salads, potato

salads

[salt] salt, sea

salt

shallots

shiso

soups

[squash] squash, butternut

squash

stews

sweet potatoes

vinegar, rice

walnuts

RADISHES, WATERMELON

Category: Vegetables

[apples] apples, green

apples

arugula

asparagus

avocado

brown butter

carrots

cayenne

celery

chives

cilantro

[citrus] citrus, lemon

[citrus] citrus, lime

citrus

crème fraîche

cucumbers

dill

fennel

figs

frisée

GARLIC

jícama

kale

leeks

lemon

lime

mayonnaise

mint

[mustard] mustard, dijon

mustard

[noodles, asian] noodles, asian, soba

[noodles, asian] noodles, asian, udon

noodles, asian

[nuts] nuts, hazelnuts

[nuts] nuts, pistachios

[nuts] nuts, walnuts

nuts

[oil] oil, olive

[oil] oil, sesame

oil

[olives] olives, green

olives

onions, white

[orange] orange, juice

orange

parsnips

peas

pepper, black

pomegranate seeds

pumpkin seeds

quinoa

[salads] salads, citrus

[salads] salads, grain

[salads] salads, green

[salads] salads, three-bean

salads

salt, sea

sesame seeds

soy sauce

spinach

strawberries

sugar

sugar snap peas

tarragon

[vinegar] vinegar, apple cider

[vinegar] vinegar, balsamic

[vinegar] vinegar, rice

[vinegar] vinegar, white balsamic

[vinegar] vinegar, white wine

vinegar

watercress

watermelon

RAISINS

Category: Fruits

allspice

almonds

anise

apples

[apricots] apricots, dried

apricots

[baked goods] baked goods, breads

[baked goods] baked goods, cookies

[baked goods] baked goods, fruitcakes

[baked goods] baked goods, muffins

[baked goods] baked goods, scones

baked goods

bananas

barley, pearl

brandy

broccoli rabe

cabbage

caramel

cardamom

CARROTS

celery root

cereals, cold or hot breakfast

[chard] chard, swiss

chard

chestnuts

chickpeas

[chocolate] chocolate, dark

[chocolate] chocolate, white

chocolate

cinnamon

cloves

cognac

compotes

corn

couscous

crème fraîche

currants

custard

dates

desserts

escarole

[fruit, other dried] fruit, other dried, figs

fruit, other dried

garlic

ginger

granola

[greens] greens, collard

greens

hazelnuts

[ice cream] ice cream, rum

ice cream

Indian cuisine

Italian cuisine, esp. Venetian

kale

[lemon] lemon, juice

[lemon] lemon, zest

lemon

[liqueurs] liqueurs, nut

liqueurs

maple syrup

mascarpone

Moroccan cuisine

nutmeg

nuts

OATS

OATMEAL

[onions] onions, sweet

onions

[orange] orange, juice

[orange] orange, zest

orange

parsley

[pasta] pasta, orzo

pasta

peanuts

pears

pecans

pineapples

pine nuts

pistachios

plums, dried

[puddings] puddings, bread

[puddings] puddings, rice

puddings

pumpkin

pumpkin seeds

quinces

quinoa

[rice] rice, basmati

rice

RUM

[salads] salads, arrot

[salads] salads, waldorf

salads

[sauces] sauces, mole

sauces

snacks

sour cream

Southern Comfort

spinach

[squash] squash, acorn

squash

stews

stuffings

[sugar] sugar, brown

sugar

sunflower seeds

sweet potatoes

tagines

trail mix

vanilla

walnuts

whiskey

[wine] wine, red

[wine] wine, sweet

[wine] wine, white

wine

yogurt

RAMPS

Category: Fruits

(North) American cuisine

ASPARAGUS

beans, fava

breadcrumbs

carrots

cayenne

chard

[chiles] chiles, jalapeño

chiles

fiddlehead ferns

garlic

gratins

greens

hazelnuts

[lemon] lemon, zest

lemon

lentils

lovage

mascarpone

[mushrooms, wild] mushrooms, wild, morel

mushrooms, wild

[mustard] mustard, dijon

mustard

nettles

[oil, nut] oil, nut, walnut

oil, nut

oil, olive

onions, spring

oranges

parsley

[pasta] pasta, fettuccine

[pasta] pasta, linguini

[pasta] pasta, spaghetti

pasta

peas

pepper, black

“pestos”

polenta

[potatoes] potatoes, new

potatoes

[rice] rice, arborio

rice

risottos

shallots

[soups] soups, asparagus

soups

soy sauce

spinach

stews

[stock] stock, vegetable

stock

sunflower seeds

tarragon

thyme

tomatoes

[vinegar] vinegar, balsamic

[vinegar] vinegar, sherry

[vinegar] vinegar, wine

vinegar

walnuts

wine, dry white

yogurt

RASPBERRIES

Category: Fruits

ALMONDS

apples

apricots

[baked goods] baked goods, breads

[baked goods] baked goods, muffins

[baked goods] baked goods, scones

baked goods

bananas

[berries, other] berries, other, blackberries

[berries, other] berries, other, blueberries

[berries, other] berries, other, strawberries

berries, other

beverages

[chocolate] chocolate, dark

chocolate

\*CHOCOLATE, WHITE

cinnamon

citrus fruits

cloves

coulis

crème anglaise

crème fraîche

[desserts] desserts, crepes

[desserts] desserts, crisps

[desserts] desserts, crumbles

[desserts] desserts, custards

desserts

figs

ginger

graham crackers

grapefruit

grapes

hazelnuts

ice cream

[lemon] lemon, juice

[lemon] lemon, zest

lemon

[lime] lime, juice

[lime] lime, zest

lime

[liqueurs] liqueurs, berry

[liqueurs] liqueurs, brandy

[liqueurs] liqueurs, cognac

[liqueurs] liqueurs, cointreau

[liqueurs] liqueurs, framboise

[liqueurs] liqueurs, grand marnier

[liqueurs] liqueurs, kirsch

[liqueurs] liqueurs, rum (esp. dark)

[liqueurs] liqueurs, tequila

liqueurs

mangoes

maple syrup

mascarpone

[melons] melons, honeydew

melons

meringue

milk

mint

nectarines

[nuts] nuts, macadamia

nuts

oats

oatmeal

[oil] oil, olive

[oil] oil, walnut

oil

[orange] orange, juice

[orange] orange, zest

orange

pancakes

papaya

PEACHES

pears

pecans

pepper, black

pineapple

pine nuts

pistachios

plums

poppy seeds

preserves

quince

rhubarb

[salad dressings] salad dressings, vinaigrettes

salad dressings

[salads] salads, fruit

[salads] salads, green

salads

sauces

smoothies

sorbets

sour cream

star anise

[sugar] sugar, brown

sugar

tangerine

vanilla

verbena

[vinegar] vinegar, balsamic

[vinegar] vinegar, red wine

[vinegar] vinegar, sherry

vinegar

watermelon

[wine] wine, red

[wine] wine, sparkling (e.g.

[wine] wine, champagne)

[wine] wine, sweet (e.g.

[wine] wine, moscato d’asti)

wine

YOGURT

RHUBARB

Category: Vegetables

ALMONDS

almond-flavored *cookies* or cream

ANGELICA

APPLES

apple juice

apricots

[baked goods] baked goods, cakes

[baked goods] baked goods, pies

[baked goods] baked goods, tarts

baked goods

bananas

[berries] berries, blackberries

[berries] berries, blueberries

[berries] berries, strawberries

berries

caramel

cardamom

celery

cherries

chutneys

CINNAMON

citrus

cloves

coconut cream

coconut milk

compotes, fruit

crème fraîche

crème de cassis

[desserts] desserts, cobblers

[desserts] desserts, crisps

[desserts] desserts, crumbles

[desserts] desserts, custards

[desserts] desserts, fools

desserts

drinks, esp. sparkling

elderflower syrup

fruit

GINGER

[grapefruit] grapefruit, juice

[grapefruit] grapefruit, zest

grapefruit

hazelnuts

ice creams

lemons

[meyer lemons] meyer lemons, juice

[meyer lemons] meyer lemons, zest

meyer lemons

[lime] lime, juice

[lime] lime, zest

lime

mangoes

maple syrup

[milk] milk, goat’s

milk

mint

nutmeg

oats

oatmeal

[orange] orange, juice

[orange] orange, zest

orange

peaches

[pepper] pepper, black

[pepper] pepper, pink

pepper

[pineapple] pineapple, ruit

[pineapple] pineapple, juice

pineapple

pistachios

plums

polenta

pomegranates

[puddings] puddings, tapioca

puddings

raisins

raspberries

raspberry juice

rose water

salads

sauces

[soups] soups, rhubarb

[soups] soups, strawberry

[soups] soups, sweet-and-sour

soups

sorbets

sour cream

spinach

star anise

stews

\*STRAWBERRIES

[sugar] sugar, brown

sugar

VANILLA

[vinegar] vinegar, balsamic

[vinegar] vinegar, fruit

[vinegar] vinegar, sherry

vinegar

[wine] wine, red; sparkling

[wine] wine, e.g.

[wine] wine, champagne; sweet

wine

YOGURT

RICE—IN GENERAL

Category: Grains

MatchShares: Rice, Arborio; Rice, Basmati; Rice, Black; Rice, Bomba; Rice, Brown; Rice, Jasmine; Rice, Sticky; Rice

amaranth

American cuisine, esp. Southern

Southwestern

anise seeds

ASIAN CUISINES

basil

bay leaf

[beans] beans, black

beans

[bell peppers] bell peppers, red

[bell peppers] bell peppers, roasted

[bell peppers] bell peppers, stuffed

bell peppers

[beverages] beverages, horchata

beverages

biryani

broccoli

cabbage, stuffed

cardamom

Caribbean cuisines

carrots

casseroles

cayenne

chervil

chili powder

chili sauce

Chinese cuisine

chives

cilantro

cinnamon

cloves

COCONUT

COCONUT MILK

cumin

curry powder

curries

custard

dill

eggplant

fennel

[fruit, dried] fruit, dried, apricots

[fruit, dried] fruit, dried, plums

[fruit, dried] fruit, dried, raisins

fruit, dried

garlic

ginger

greens, Asian

Indian cuisine

Italian cuisine

Japanese cuisine

Korean cuisine

leeks

[legumes] legumes, lentils

legumes

[lemon] lemon, juice

[lemon] lemon, zest

lemon

lemon thyme

lemongrass

marjoram

Mexican cuisine

Middle Eastern cuisines

milk

mushrooms

nutmeg

[nuts] nuts, almonds

[nuts] nuts, pecans

[nuts] nuts, pine nuts

[nuts] nuts, pistachios

[nuts] nuts, walnuts

nuts

onions

oranges

[oregano] oregano, mexican

oregano

paellas

paprika

parsley

peas

pilafs

pineapples

plantains

puddings

pumpkin

raisins

rhubarb

SAFFRON

sage

salt

savory

sea vegetables

soups

soy sauce

Spanish cuisine

squash, summer

stock, vegetable

[stuffed mushrooms or vegetables] stuffed mushrooms or vegetables, bell peppers

[stuffed mushrooms or vegetables] stuffed mushrooms or vegetables, eggplants

[stuffed mushrooms or vegetables] stuffed mushrooms or vegetables, tomatoes

stuffed mushrooms or vegetables

[sugar] sugar, brown

sugar

tamari

tarragon

terrines, vegetable

thyme

tomatoes

turmeric

vanilla

[vegetables] vegetables, spring

vegetables

vinegar, rice

yogurt

RICE, ARBORIO

Category: Grains

artichokes

arugula

ASPARAGUS

basil

[beans] beans, fava

[beans] beans, green

beans

[beer] beer, ipa

beer

beets

bell peppers

carrots

cauliflower

celery

chard, Swiss

[chiles] chiles, red

chiles

chives

corn

fennel

fiddlehead ferns

garlic

garlic, green

[greens] greens, beet

greens

(NORTHERN) ITALIAN CUISINE

[juice, vegetable] juice, vegetable, cauliflower

juice, vegetable

kale

leeks

[lemon] lemon, juice

[lemon] lemon, zest

lemon

lemon thyme

[lime] lime, juice

[lime] lime, zest

lime

maple syrup

mascarpone

mint

[mushrooms] mushrooms, button

[mushrooms] mushrooms, chanterelle

[mushrooms] mushrooms, cremini

[mushrooms] mushrooms, morels

[mushrooms] mushrooms, oyster

[mushrooms] mushrooms, porcini

[mushrooms] mushrooms, shiitake

[mushrooms] mushrooms, wild

mushrooms

mustard seeds

nettles

nutmeg

oil, olive

[onions] onions, spring

[onions] onions, yellow

onions

paellas

PARSLEY

PEAS

[pepper] pepper, black

[pepper] pepper, white

pepper

pesto

pine nuts

puddings, rice

radicchio

\**RISOTTOS*

risotto cakes

SAFFRON

sage

salt, kosher

scallions

shallots

sorrel

spinach

[squash, summer or winter] squash, summer or winter, butternut

squash, summer or winter

[stock] stock, mushroom or vegetable

stock

tarragon

thyme

tomatoes

tomatoes, sun-dried

truffles, white

vanilla

vermouth

vinegar, balsamic

[wine] wine, dry red or white

wine

zucchini

zucchini blossoms

RICE, BASMATI

Category: Grains

ALMONDS

[apricots] apricots, dried

apricots

basil

bay leaf

[beans] beans, fava

[beans] beans, mung

beans

bell peppers, esp. red

biryani

[cardamom] cardamom, black

[cardamom] cardamom, green

cardamom

carrots

cashews

cauliflower

cherries, dried

chervil

chickpeas

chiles, esp. dried red

chives

cilantro

cinnamon

cloves

coconut

coconut milk

cumin

currants

[curries] curries, indian

curries

dates

dill

fennel seeds

garam masala

garlic

ginger

INDIAN CUISINE

[lemon] lemon, juice

[lemon] lemon, zest

lemon

lime

mangoes

mascarpone

milk

mint

[mustard seeds] mustard seeds, black

mustard seeds

[oil] oil, canola

[oil] oil, olive

[oil] oil, safflower

oil

[onions] onions, green

[onions] onions, red

[onions] onions, yellow

onions

[orange] orange, juice

[orange] orange, zest

orange

Pakistani cuisine

parsley

[pasta] pasta, orzo

pasta

peas

pilafs

pine nuts

pistachios

puddings, rice

[raisins] raisins, golden

raisins

saffron

[salads] salads, rice

salads

[salt] salt, kosher

[salt] salt, sea

salt

scallions

seeds, pumpkin

soups

[squash, winter] squash, winter, acorn

squash, winter

stock, vegetable

strawberries

stuffings

[sugar] sugar, brown

sugar

tarragon

turmeric

vanilla

RICE, BLACK

Category: Grains

Asian cuisines

avocados

bananas

basil

beets

[bell peppers] bell peppers, red

[bell peppers] bell peppers, yellow

bell peppers

bok choy

[cabbage] cabbage, red

cabbage

carrots

cashews

celery

chickpeas

[chiles] chiles, chipotle

[chiles] chiles, jalapeño

chiles

Chinese cuisine

chives

cilantro

cinnamon

COCONUT

coconut butter/ cream/milk

desserts

garlic

ginger

[greens] greens, collard

greens

kimchi

lettuces

lime

mangoes

maple syrup

[milk, dairy or nondairy] milk, dairy or nondairy, almond

[milk, dairy or nondairy] milk, dairy or nondairy, coconut

[milk, dairy or nondairy] milk, dairy or nondairy, hemp

[milk, dairy or nondairy] milk, dairy or nondairy, rice

[milk, dairy or nondairy] milk, dairy or nondairy, soy

milk, dairy or nondairy

mirin

mushrooms, porcini

nutmeg

[nuts] nuts, cashews

[nuts] nuts, peanuts

nuts

[oil] oil, olive

[oil] oil, peanut

[oil] oil, sesame

oil

[onions] onions, red

onions

onions, green

[orange] orange, juice

[orange] orange, zest

orange

peanuts

peas

pepper, black

pilafs

[puddings] puddings, rice

puddings

pumpkin seeds

risottos

[salads] salads, rice

salads

salt

scallions

Southeast Asian cuisines

soy sauce

soybeans, green

spinach

star anise

stir-fries

stock, vegetable

sugar, brown, palm

sushi

tempeh

Thai cuisine

tofu

vanilla

wine, white

RICE, BOMBA

Category: Grains

MatchShares: Spanish Cuisine

asparagus

garlic

mushrooms

oil, olive

[olives] olives, green

olives

onions, yellow

PAELLAS

[paprika] paprika, smoked

[paprika] paprika, sweet

paprika

parsley

saffron

Spanish cuisine

stock, vegetable

tomatoes

wine, dry white

RICE, BROWN

Category: Grains

basil

bay leaf

[bell peppers] bell peppers, red

bell peppers

bibimbap

broccoli

broccoli rabe

burdock

[cabbage] cabbage, green

[cabbage] cabbage, savoy

[cabbage] cabbage, stuffed

cabbage

carrots

cayenne

[cereals, hot breakfast] cereals, hot breakfast, with fruit

cereals, hot breakfast

nuts

chili, vegetarian

cilantro

coriander

cucumbers

edamame

fennel seeds

fried rice

garlic

GINGER

[grains, other whole] grains, other whole, barley

[grains, other whole] grains, other whole, buckwheat

[grains, other whole] grains, other whole, farro

[grains, other whole] grains, other whole, millet

[grains, other whole] grains, other whole, oats

[grains, other whole] grains, other whole, rye

[grains, other whole] grains, other whole, wheat berries

[grains, other whole] grains, other whole, wild rice

grains, other whole

greens

kale

[legumes] legumes, adzuki or black beans

[legumes] legumes, chickpeas

[legumes] legumes, lentils

legumes

[lemon] lemon, juice

[lemon] lemon, zest

lemon

lime

macrobiotic cuisine

“meatballs” (e.g., brown rice + onion + parsley + walnuts)

miso

[mushrooms] mushrooms, shiitake

mushrooms

[nuts] nuts, almonds

[nuts] nuts, walnuts

nuts

[oil] oil, canola

[oil] oil, olive

[oil] oil, sesame

oil

[onions] onions, green

[onions] onions, red

onions

PARSLEY

peas

pilafs

puddings

raisins

“risottos”

[salads] salads, grain

salads

scallions

[sea vegetables] sea vegetables, hiziki

[sea vegetables] sea vegetables, kombu

sea vegetables

seitan

[sesame seeds] sesame seeds, black

[sesame seeds] sesame seeds, sesame paste

sesame seeds

[soups] soups, tomato

soups

SOY SAUCE

SPINACH

[sprouts] sprouts, bean

[sprouts] sprouts, pea

sprouts

[squash] squash, butternut

squash

stir-fries

stock, vegetable

[sweeteners] sweeteners, mirin

[sweeteners] sweeteners, brown sugar

sweeteners

tahini

tamari

tarragon

thyme

TOFU

tofu skin

turmeric

vegetables, esp. root

veggie burgers

[vinegar] vinegar, brown

[vinegar] vinegar, umeboshi

vinegar

walnuts

watercress

RICE, JASMINE

Category: Grains

bay leaf

cashews

cilantro

coconut

coconut milk

cranberries, dried

curries

dates

desserts

fennel seeds

garlic

ginger

grapes

[lemon] lemon, juice

[lemon] lemon, zest

lemon

lemongrass

[melon] melon, cantaloupe

melon

milk, coconut

[orange] orange, juice

orange

peanuts

pecans

pesto

pilafs

plantains

salads

seitan

THAI CUISINE

tofu

walnuts

yogurt

RICE, STICKY

Category: Grains

Asian cuisines

banana leaves

bananas

bibimbap

carrots

coconut

coconut milk

cucumber

desserts, Asian

gomashio

Japanese cuisine

kimchi

Korean cuisine

mango

mushrooms, shiitake

[oil] oil, grapeseed

[oil] oil, sesame

oil

pineapple

scallions

sprouts, mung bean

strawberries

[sugar] sugar, brown

sugar

sushi

Thai cuisine

vanilla

zucchini

RICE, WILD

Category: Grains

almonds

AMERICAN CUISINE

apples

apple cider

apple juice

artichoke hearts

asparagus

[baked goods] baked goods, breads

[baked goods] baked goods, cakes

baked goods

bay leaf

[beans] beans, green

[beans] beans, white

beans

[bell peppers] bell peppers, red

[bell peppers] bell peppers, yellow

bell peppers

bulgur

cardamom

carrots

casseroles

celery

celery leaves

celery seeds

celery root

chives

cinnamon

corn

crepes

dates

dill

[fruit, dried] fruit, dried, cherries

[fruit, dried] fruit, dried, cranberries

fruit, dried

GARLIC

[grains, other] grains, other, barley

[grains, other] grains, other, rice

grains, other

[greens] greens, collard

greens

hazelnuts

leeks

[lemon] lemon, juice

[lemon] lemon, zest

lemon

maple syrup

Midwestern American cuisine

[mushrooms] mushrooms, chanterelle

[mushrooms] mushrooms, cremini

[mushrooms] mushrooms, morel

[mushrooms] mushrooms, porcini

[mushrooms] mushrooms, shiitake

[mushrooms] mushrooms, white

mushrooms

mustard

Native American cuisine

[nuts] nuts, macadamia

nuts

[oil] oil, hazelnut

[oil] oil, olive

[oil] oil, walnut

oil

[onions] onions, green

[onions] onions, red

[onions] onions, white

[onions] onions, yellow

onions

[orange] orange, juice

[orange] orange, zest

orange

oregano

pancakes

waffles

parsley

pecans

pepper, black

pilafs

PINE NUTS

pumpkin

raisins

[rices, other] rices, other, basmati

[rices, other] rices, other, brown

[rices, other] rices, other, long-grain brown

[rices, other] rices, other, red

rices, other

sage

[salads] salads, wild rice

salads

[salt] salt, kosher

[salt] salt, sea

salt

scallions

[seeds] seeds, sunflower

seeds

shallots

[soups] soups, mushroom

soups

sour cream

soy sauce

spinach

squash, summer

[winter] winter, acorn

[winter] winter, butternut

[winter] winter, kabocha

winter

stock, vegetable

[stuffings] stuffings, cabbage

[stuffings] stuffings, mushrooms

[stuffings] stuffings, peppers

[stuffings] stuffings, pumpkins

[stuffings] stuffings, squash

stuffings

tamari

tangerines

tarragon

thyme

[vinegar] vinegar, champagne

[vinegar] vinegar, red wine

[vinegar] vinegar, white balsamic

[vinegar] vinegar, white wine

vinegar

WALNUTS

watercress

wine, dry white

zucchini

ROSEMARY

Category: Spices

apples

apricots

asparagus

[baked goods] baked goods, breads

[baked goods] baked goods, cakes

[baked goods] baked goods, cookies

[baked goods] baked goods, focaccia

[baked goods] baked goods, scones

[baked goods] baked goods, shortbread

baked goods

barley

bay leaf

[beans] beans, cannellini

[beans] beans, dried

[beans] beans, fava

[beans] beans, green

[beans] beans, white

beans

beets

bell peppers

bouquet garni

bread crumbs

breads

Brussels sprouts

[cabbage] cabbage, savoy

cabbage

carrots

cauliflower

celery

chives

citrus

desserts

eggplant

egg dishes

fennel

fennel seeds

figs

French cuisine, esp. Provençal

[fruit] fruit, poached

fruit

\*GARLIC

gin

grains

grapefruit

grapes

[grilled dishes] grilled dishes, vegetables

grilled dishes

herbes de Provence

Italian cuisine

kebobs, vegetable

lavender

leeks

[lemon] lemon, juice

[lemon] lemon, zest

lemon

lentils

lime

lovage

marinades

marjoram

Mediterranean cuisines

milk

mint

[mushrooms] mushrooms, morel

[mushrooms] mushrooms, oyster

[mushrooms] mushrooms, porcini

[mushrooms] mushrooms, portobello

[mushrooms] mushrooms, shiitake

mushrooms

oil, olive

olives

onions

[orange] orange, juice

[orange] orange, zest

orange

oregano

parsley

parsnips

[pastas] pastas, orzo

pastas

pears

[peas] peas, split

peas

pepper, black

pine nuts

pizza

polenta

POTATOES

pumpkin

quinoa

radicchio

[rice] rice, arborio

rice

risotto

sage

salad dressings

[salads] salads, bean

[salads] salads, fruit

salads

[sauces] sauces, barbecue

[sauces] sauces, cream

[sauces] sauces, pasta

[sauces] sauces, tomato

sauces

savory

scallions

shallots

sherry

[soups] soups, bean

[soups] soups, minestrone

[soups] soups, tomato

soups

spinach

squash, summer

[winter] winter, acorn

[winter] winter, butternut

winter

stews

stock, vegetable

strawberries

stuffings

sweet potatoes

thyme

tofu

TOMATOES

tomato juice

tomato sauce

vegetables, esp. grilled, kebabs, roasted

[vinegar] vinegar, balsamic

[vinegar] vinegar, red wine

vinegar

wine

yogurt

zucchini

RUTABAGAS

Category: Vegetables

agave nectar

allspice

almonds

APPLES

apple cider

apple juice

artichokes, Jerusalem

[baked goods] baked goods, pies

[baked goods] baked goods, tarts

baked goods

barley

basil

bay leaf

beets

bok choy

broccoli

caraway seeds

cardamom

CARROTS

casseroles

cayenne

celery

celery root

chestnuts

chives

cinnamon

coconut milk

coriander

cumin

dill

farro

fennel

fennel seeds

garlic

ginger

[greens] greens, bitter

[greens] greens, collard

[greens] greens, dandelion

greens

[hash] hash, served with eggs

hash

hazelnuts

herbes de Provence

horseradish

kale

leeks

[lemon] lemon, juice

lemon

lentils

lime

mace

maple syrup

marjoram

mint

miso

mushrooms, wild

mustard

nutmeg

[nuts] nuts, peanuts

[nuts] nuts, pistachios

nuts

[oil] oil, hazelnut

[oil] oil, nut

[oil] oil, olive

[oil] oil, sunflower

[oil] oil, vegetable

oil

[onions] onions, red

[onions] onions, yellow

onions

[orange] orange, juice

[orange] orange, zest

orange

oregano

[paprika] paprika, smoked

paprika

PARSLEY

parsley root

parsnips

pears

[pepper] pepper, black

[pepper] pepper, white

pepper

[potatoes] potatoes, mashed

potatoes

purees

quinoa

raisins

rosemary

saffron

sage

salads

salt, sea

savory

scallions

Scottish cuisine

[soups] soups, rutabaga

soups

sour cream

[squash, winter] squash, winter, butternut

squash, winter

star anise

stews

stir-fries

[stock] stock, root vegetable

[stock] stock, vegetable

stock

[sugar] sugar, brown

sugar

Swedish cuisine

sweet potatoes

tarragon

THYME

tofu

tomatoes

TURNIPS

vanilla

vegetables, root

[vinegar] vinegar, balsamic

[vinegar] vinegar, cider

[vinegar] vinegar, malt

[vinegar] vinegar, sherry

vinegar

watercress

RYE BERRIES

Category: Grains

anise

apples

[baked goods] baked goods, breads

baked goods

[beans] beans, black

[beans] beans, kidney

beans

beets

[bell peppers] bell peppers, red

bell peppers

[breads] breads, pumpernickel

[breads] breads, rye

breads

cabbage, red

CARAWAY SEEDS

carrots

casseroles

celery

cereals, hot breakfast

chervil

chickpeas

chili, vegetarian

cinnamon

corn

dates

(Northern) European cuisines

fennel

garlic

[grains, other, less chewy] grains, other, less chewy, barley

[grains, other, less chewy] grains, other, less chewy, brown rice

[grains, other, less chewy] grains, other, less chewy, quinoa

grains, other, less chewy

leeks

[lentils] lentils, red

lentils

maple syrup

molasses

[mustard] mustard, dijon

mustard

Northern European cuisines

[nuts] nuts, pecans

[nuts] nuts, walnuts

nuts

[oil] oil, olive

[oil] oil, sesame

[oil] oil, walnut

oil

[onions] onions, caramelized

[onions] onions, red

onions

[orange] orange, zest

orange

parsley

parsnips

peas

pilafs

potatoes

raisins

“risottos”

Russian cuisine

sage

[salads] salads, grain

salads

sauerkraut

Scandinavian cuisines

[soups] soups, borscht

soups

stews

stock, vegetable

stuffings

sugar, brown

sunflower seeds

thyme

tomatoes

vegetables

[vinegar] vinegar, apple cider

[vinegar] vinegar, balsamic

vinegar

# S

SAFFRON

Category: Spices

[baked goods] baked goods, breads

[baked goods] baked goods, cakes

[baked goods] baked goods, scones

baked goods

basil

[bell peppers] bell peppers, roasted

bell peppers

biryani

cardamom

cayenne

chard

chives

cinnamon

couscous

curries

desserts

eggplant

fennel

garlic

ginger

(Northern) Indian cuisine

[lemon] lemon, juice

[lemon] lemon, zest

lemon

marjoram

mayonnaise

Mediterranean cuisines

Moroccan cuisine

[nuts] nuts, almonds

[nuts] nuts, pistachios

nuts

oil, olive

[orange] orange, juice

[orange] orange, zest

orange

PAELLA, vegetarian

parsley

[pasta] pasta, linguini

pasta

[pepper] pepper, black

pepper

pilafs

potatoes

puddings, rice

raisins

\*RICE

\**RISOTTOS*

rose water

salad dressings

[sauces] sauces, cream

[sauces] sauces, tomato

sauces

shallots

soups

Spanish cuisine

[stews] stews, bean

[stews] stews, vegetable

stews

tomatoes

yogurt

zucchini

SAGE

Category: Spices

artichokes

asparagus

[baked goods] baked goods, biscuits

[baked goods] baked goods, corn bread

[baked goods] baked goods, focaccia

baked goods

[beans—in general] beans—in general, borlotti

[beans—in general] beans—in general, dried

[beans—in general] beans—in general, pinto

[beans—in general] beans—in general, white

beans—in general

bread

bread crumbs

brown butter

casseroles

chestnuts

corn

[cornmeal] cornmeal, as corn bread

cornmeal

eggplant

fennel

GARLIC

garlic scapes

grains

gravies

juniper berries

leeks

lemon

lentils

marjoram

Mediterranean cuisines

mint

[mushrooms] mushrooms, wild

mushrooms

OIL, OLIVE

[onions] onions, yellow

onions

parsley

[pasta] pasta, gnocchi

[pasta] pasta, lasagna

[pasta] pasta, orecchiette

[pasta] pasta, spaghetti

pasta

[peas] peas, green

[peas] peas, split

peas

pepper, black

“pestos”

pine nuts

pizza

POTATOES

pumpkin

rice

[ricotta] ricotta, baked

ricotta

risotto

rosemary

rutabaga

[salads] salads, bean

[salads] salads, herb

salads

sauces

savory

[soups] soups, butternut squash

[soups] soups, lentil

[soups] soups, pumpkin

[soups] soups, sweet potato

[soups] soups, white bean

soups

[squash, winter] squash, winter, acorn

[squash, winter] squash, winter, butternut

squash, winter

stews

stock, vegetable

STUFFINGS

thyme

tomatoes

[vegetables] vegetables, root

vegetables

vinegar

walnuts

SALSIFY

Category: Vegetables

anise

apples

artichokes

artichokes, Jerusalem

[bell peppers] bell peppers, red

bell peppers

bread crumbs

burdock

brown butter

carrots

cayenne

celery

celery root

[chard] chard, swiss

chard

chervil

chives

coriander

crème fraîche

currants

endive, Belgian

fennel

garlic

[grains] grains, pearled barley

[grains] grains, quinoa

[grains] grains, rice

grains

gratins

hashes

hazelnuts

herbs

leeks

[lemon] lemon, juice

lemon

lovage

[mushrooms] mushrooms, button

[mushrooms] mushrooms, oyster

[mushrooms] mushrooms, morel

[mushrooms] mushrooms, wild

mushrooms

mustard, Dijon

[nuts] nuts, almonds

[nuts] nuts, pecans

[nuts] nuts, pine nuts

[nuts] nuts, walnuts

nuts

[oil] oil, olive

[oil] oil, pecan

[oil] oil, safflower

[oil] oil, sunflower

[oil] oil, walnut

oil

onions

onions, green

[orange] orange, juice

[orange] orange, zest

orange

PARSLEY

parsnips

[pasta] pasta, fettuccine

pasta

pepper, black

polenta

pomegranates

potatoes

purees

quince

risottos

sage

[salad dressings] salad dressings, vinaigrettes

salad dressings

salads

[salt] salt, kosher

[salt] salt, truffle

salt

[sauces] sauces, hollandaise

sauces

scallions

SHALLOTS

sorrel

[soups] soups, salsify

[soups] soups, vegetable

soups

stews

[stock] stock, mushroom

[stock] stock, vegetable

stock

thyme

tomatoes

truffles, black

[vinegar] vinegar, champagne

[vinegar] vinegar, white wine

vinegar

wine, white

yogurt

SALT, BLACK

Category: Spices

apples

bananas

chats

chili pepper flakes

chutneys

cucumbers

fruits

Indian cuisine

kiwi

[lemon] lemon, juice

lemon

oranges

pickles

raitas

salad, vegan “egg”

[sauces] sauces, “cheese”

sauces

[tofu] tofu, omelets

[tofu] tofu, scrambles

tofu

tomatoes

yogurt

SALT, SMOKED

Category: Spices

beans

lentils

[potatoes] potatoes, baked

potatoes

SALT, TRUFFLE

Category: Spices

celery root

egg dishes

popcorn

potatoes

risottos

salads

[vegetables] vegetables, root

vegetables

SAUERKRAUT

Category: Vegetables

apples

apple cider

“bacon”

bay leaf

[bread] bread, rye

bread

caraway seeds

carrots

casseroles

chestnuts

dill

Eastern European cuisine

fennel seeds

garlic

juniper berries

[mushrooms] mushrooms, porcini

mushrooms

[noodles] noodles, egg

noodles

[oil] oil, grapeseed

oil

onions

pepper, black

potatoes

rosemary

[salad dressing] salad dressing, thousand island

salad dressing

salt

[sandwiches] sandwiches, “reuben,” “sausage”

sandwiches

sausages, vegan

savory, winter

shallots

sour cream

stews

sugar, brown

tempeh

[vinegar] vinegar, cider

[vinegar] vinegar, white wine

vinegar

[wine, dry to off-dry white] wine, dry to off-dry white, alsatian riesling

wine, dry to off-dry white

SAVORY

Category: Spices

basil

bay leaf

[beans, dried] beans, dried, cannellini

[beans, dried] beans, dried, white (esp. winter savory)

beans, dried

[beans, fresh] beans, fresh, fava

[beans, fresh] beans, fresh, green

[beans, fresh] beans, fresh, lima (esp. summer savory)

beans, fresh

beets

bell peppers

black-eyed peas

bouquets garnis

Brussels sprouts

cabbage

cassoulets, vegetarian

cauliflower

celery

chestnuts

chives

cumin

eggplant

European cuisines

fatty foods

fennel

fines herbes

French cuisine, esp. Provençal

garlic

German cuisine

gravies

herbes de Provence

[herbs, other] herbs, other, as a blending herb

herbs, other

Italian cuisine

kale

lavender

legumes

lemon

lentils

marjoram

Mediterranean cuisines

mint

[mushrooms] mushrooms, porcini

mushrooms

nutmeg

oil, olive

olives

onions

oregano

paprika

parsley

pâtés

peas

polenta

potatoes

rice

rosemary

sage

[salad dressings] salad dressings, vinaigrettes

salad dressings

[salads] salads, bean

[salads] salads, potato

salads

[sauces] sauces, gravies

[sauces] sauces, tomato sauces

sauces

seitan

shallots

[soups] soups, bean

[soups] soups, split pea

[soups] soups, tomato-based

soups

squash, summer

stews

stock, vegetable

stuffings

tarragon

thyme

tomatoes

tomato sauces

[vegetables, esp. root] vegetables, esp. root, turnips

vegetables, esp. root

[vinegar] vinegar, red wine

[vinegar] vinegar, sherry

vinegar

wine, red

zucchini

SCALLIONS

Category: Vegetables

artichokes

Asian cuisines

asparagus

basil

bay leaf

[beans] beans, black

[beans] beans, fava

[beans] beans, white

beans

bell peppers

bok choy

broccoli

carrots

chiles

Chinese cuisine

cilantro

cinnamon

cloves

corn

couscous

crudités, esp. milder scallions

cucumbers

curry powder/spices

curries

daikon

dill

dumplings, Asian

[eggplant] eggplant, japanese

eggplant

fennel

garlic

ginger

[grains, whole] grains, whole, couscous

grains, whole

gravies

[greens] greens, bitter

greens

Japanese cuisine

Korean cuisine

leeks

[lemon] lemon, juice

lemon

lemongrass

lima beans

lime

mangoes

marinades

milk, coconut

mint

miso

mushrooms

[mustard] mustard, dijon

[mustard] mustard, mustard seeds

mustard

[noodles, asian] noodles, asian, soba

noodles, asian

nutmeg

[oil] oil, olive

[oil] oil, peanut

[oil] oil, sesame

oil

oranges

oregano

pancakes, scallion

papayas

paprika

parsley

pastas

peanuts

[pepper] pepper, black

[pepper] pepper, white

pepper

pineapple

[potatoes] potatoes, baked

[potatoes] potatoes, mashed

potatoes

[rice] rice, black

[rice] rice, brown

[rice] rice, sushi

[rice] rice, wild

rice

risottos

rosemary

sage

salad dressings

[salads] salads, asparagus

[salads] salads, corn

[salads] salads, noodle

[salads] salads, potato

[salads] salads, tomato

[salads] salads, zucchini

salads

salsas

[salt] salt, kosher

salt

sandwiches

sauces

scallion pancakes

sesame oil

[soups] soups, gazpacho

[soups] soups, mushroom

[soups] soups, noodle

soups

Southeast Asian cuisines

soy sauce

squash

stir-fries

[stock] stock, vegetable

stock

sugar

tabbouleh

Thai cuisine

thyme

tofu

tomatoes

vegetables

[vinegar] vinegar, balsamic

[vinegar] vinegar, champagne

[vinegar] vinegar, cider

[vinegar] vinegar, rice

[vinegar] vinegar, white wine

vinegar

walnuts

watermelon

zucchini

SEA BEANS

Category: Vegetables

avocados

cayenne

[chiles] chiles, red

chiles

dill

garlic

ginger

[lemon] lemon, juice

lemon

[lime] lime, juice

lime

[mushrooms] mushrooms, shiitake

mushrooms

[oil] oil, olive

oil

pepper, black

salads

stir-fries

tempura

[vinegar] vinegar, balsamic

[vinegar] vinegar, rice wine

[vinegar] vinegar, white wine

vinegar

SEEDS, HEMP

Category: Nuts

almonds

avocados

[baked goods] baked goods, breads

[baked goods] baked goods, cookies

[baked goods] baked goods, muffins

[baked goods] baked goods, piecrusts

[baked goods] baked goods, quick breads

baked goods

[beans, white] beans, white, cannellini

beans, white

bell peppers

berries

blackberries

cabbage

carrots

cashews

cashew butter

[cereals, breakfast] cereals, breakfast, muesli

cereals, breakfast

celery root

chili, vegetarian

chocolate

cilantro

dips

grains, whole

granola

[lemon] lemon, juice

lemon

[lime] lime, juice

lime

[mushrooms] mushrooms, portobello

mushrooms

[noodles] noodles, soba

noodles

oatmeal

[oil] oil, hemp

oil

onions, green

PESTOS

pilafs

popcorn

rice

salad dressings

[salads] salads, green

salads

smoothies

soups

[spreads] spreads, chickpea

spreads

[squash, winter] squash, winter, acorn

[squash, winter] squash, winter, butternut

squash, winter

stir-fries

trail mixes

vegetables

veggie burgers

vinegar, white wine

walnuts

watercress

yogurt

SEEDS, POPPY

Category: Nuts

almonds

apples

Asian cuisines

[baked goods] baked goods, bagels

[baked goods] baked goods, biscuits

[baked goods] baked goods, breads

[baked goods] baked goods, cakes

[baked goods] baked goods, cookies

[baked goods] baked goods, pastries

[baked goods] baked goods, rolls

baked goods

[beans] beans, green

beans

blueberries

cabbage

candies

carrots

cauliflower

cinnamon

cloves

curry powder

desserts

[dips] dips, cheese

dips

eggplant

egg dishes

(Central) European cuisines

fruits

ginger

Indian cuisine

[lemon] lemon, juice

[lemon] lemon, zest

lemon

lentils

Mediterranean cuisines

Middle Eastern cuisines

noodles

nutmeg

[onions] onions, sweet

onions

oranges

[blood oranges] blood oranges, juice

[blood oranges] blood oranges, zest

blood oranges

[pastas] pastas, pappardelle

pastas

[potatoes] potatoes, boiled

potatoes

plums, dried

rice

Russian cuisine

[salad dressings, esp. creamy] salad dressings, esp. creamy, for fruit or green salads

salad dressings, esp. creamy

[salads] salads, fruit

[salads] salads, pasta

salads

[sauces] sauces, cream

sauces

sesame seeds

[slaws] slaws, cole

slaws

soups

sour cream

spinach

strawberries

sugar

tomatoes

Turkish cuisine

vanilla

vegetables

walnuts

zucchini

SEEDS, PUMPKIN

Category: Nuts

American cuisine

[baked goods] baked goods, breads

[baked goods] baked goods, cakes

[baked goods] baked goods, cookies

[baked goods] baked goods, muffins

baked goods

[beans] beans, black

[beans] beans, green

beans

breadings

caramel

cayenne

[chiles] chiles, chipotle

[chiles] chiles, dried ancho

[chiles] chiles, green

[chiles] chiles, jalapeño

chiles

[chili powder] chili powder, chipotle

chili powder

cilantro

cinnamon

coriander

corn

cranberries, dried

cumin

curry powder

enchiladas

garlic

[grains, whole] grains, whole, farro

[grains, whole] grains, whole, millet

[grains, whole] grains, whole, wheat berrries

grains, whole

granola

hazelnuts

[lemon] lemon, juice

lemon

[lime] lime, juice

lime

maple syrup

masa

“mayonnaise,” vegan

MEXICAN CUISINE

moles

muesli

oatmeal

[oil] oil, corn

[oil] oil, olive

[oil] oil, peanut

[oil] oil, pumpkin seed

[oil] oil, safflower

[oil] oil, sunflower

[oil] oil, vegetable

oil

pestos

pumpkin

quinoa

raisins

[rice] rice, wild

rice

salad dressings

[salads] salads, green

[salads] salads, noodle

[salads] salads, pasta

salads

salsas

[salt] salt, kosher

[salt] salt, sea

salt

[sauces] sauces, mole

[sauces] sauces, pumpkin seed

sauces

seitan

[soups] soups, butternut squash

[soups] soups, pumpkin

soups

South American cuisines

Southwestern (U.S.) cuisine

soy sauce

spinach

spreads

[squash] squash, butternut

squash

stews

[sugar] sugar, brown

sugar

tamales

tamari

[tofu] tofu, in scrambles

tofu

tomatillos

tomatoes

sun-dried tomatoes

trail mixes

veggie burgers

yams

SEEDS, SUNFLOWER

Category: Nuts

apricots

[baked goods] baked goods, breads

[baked goods] baked goods, cookies

[baked goods] baked goods, muffins

[baked goods] baked goods, piecrusts

baked goods

beans, green

casseroles

[cereals] cereals, hot breakfast

cereals

cranberries, dried

desserts

fruit

[grains, whole] grains, whole, kasha

[grains, whole] grains, whole, millet

[grains, whole] grains, whole, oats

[grains, whole] grains, whole, quinoa

[grains, whole] grains, whole, long-grain rice

[grains, whole] grains, whole, wheat

grains, whole

berries

GRANOLA

leeks

lemon

lentils

molasses

muesli

nutritional yeast

[nuts] nuts, almonds

[nuts] nuts, hazelnuts

nuts

pancakes

pastas

pâtés

pestos

raisins

“risottos”

[salads] salads, green

salads

[seeds, other] seeds, other, flax

[seeds, other] seeds, other, pumpkin

seeds, other

soups

Southwestern (U.S.) cuisine

spreads

stuffings

tamari

tofu, esp. silken

tomatoes, sun-dried

trail bars

mixes

veggie burgers

yogurt

SEITAN

Category: Other

MatchShares: Nama-Fu

Asian cuisines

barbecue sauce

basil

Thai basil

bay leaf

[beans] beans, black

[beans] beans, green

[beans] beans, pinto

[beans] beans, red

beans

bell peppers

Bragg Liquid Aminos

broccoli

broccoli rabe

burdock

CAPERS

caper berries

carrots

“chicken” (+ chicken-flavored vegetarian stock)

chickpeas

[chiles] chiles, jalapeño

chiles

chili pepper flakes

chili powder

Chinese cuisine

citrus

coconut

cornmeal (e.g., as a crust)

curry powder

curries

daikon

eggplant

fajitas

fennel

GARLIC

GINGER

“gyros,” esp. when served with pita

tzatziki sauce

herbs

herbes de Provence

hoisin sauce

Japanese cuisine

kombu

leeks

LEMON

lemongrass

lentils

macrobiotic cuisine

maple syrup

[miso] miso, white

miso

[mushrooms] mushrooms, chanterelle

[mushrooms] mushrooms, shiitake

[mushrooms] mushrooms, wild

mushrooms

[mustard] mustard, dijon

mustard

[noodles] noodles, rice

noodles

nori

nutritional yeast

[oil] oil, olive

[oil] oil, sesame

oil

olives

[onions] onions, red

[onions] onions, white

onions

oregano

paprika, smoked

parsley

pastas

peanuts

peanut butter

PECANS

pepper, black

“piccata”

pilafs

pine nuts

polenta

ponzu

pumpkin seeds

[rice] rice, brown

rice

rosemary

sage

salt, sea

[sandwiches] sandwiches, club (with crisp tempeh “bacon”)

[sandwiches] sandwiches, philly “cheesesteak,”

sandwiches

“Reuben”

“sausage,” e.g., chorizo, Italian

“schnitzel”

sea vegetables

sesame seeds

shallots

shepherd’s pie

skewers

snow peas

soups

SOY SAUCE

spinach

sprouts, bean

stews

stir-fries

[stock] stock, mushroom

[stock] stock, vegetable

stock

[stroganoff] stroganoff, mushroom

stroganoff

sweet potatoes

tahini

TAMARI

tamarind

thyme

tofu

tomatoes

tomato paste

tomatoes, sun-dried

turmeric

umeboshi plum sauce

vinegar, balsamic

wakame

walnuts

[wine] wine, dry red or white

[wine] wine, marsala

[wine] wine, port

wine

Worcestershire sauce, vegan

yuzu

SESAME SEEDS

Category: Nuts

ASIAN CUISINES, esp. black sesame seeds

asparagus

avocado

[baked goods] baked goods, bagels

[baked goods] baked goods, breads

[baked goods] baked goods, breadsticks

[baked goods] baked goods, cakes

[baked goods] baked goods, cookies

[baked goods] baked goods, corn

baked goods

bread, crackers, pastries, piecrusts

bananas

basil

[beans] beans, green

beans

berries

broccoli

brown rice syrup

burdock

cabbage

carrots

casseroles

chickpeas

[chili] chili, pepper flakes

[chili] chili, oil

chili

Chinese cuisine, esp. black sesame seeds

cilantro

[citrus] citrus, lemon

[citrus] citrus, lime

citrus

cucumber

daikon

dates

[desserts] desserts, cakes

[desserts] desserts, cookies

[desserts] desserts, puddings

desserts

dressings

falafel

fruit

garlic

GINGER

gomashio (sesame seeds + salt, in an 8:1 ratio)

[grains, whole] grains, whole, barley

[grains, whole] grains, whole, couscous

[grains, whole] grains, whole, millet

[grains, whole] grains, whole, quinoa

[grains, whole] grains, whole, rice

grains, whole

granola

gravies

greens, bitter, salad

halvah

Indian cuisine

Japanese cuisine, esp. black sesame seeds

kuzu

maple syrup

MIDDLE EASTERN CUISINE

mirin

miso

[mushrooms] mushrooms, shiitake

mushrooms

[noodles, esp. asian] noodles, esp. asian, soba

noodles, esp. asian

nori

“pesto”

[rice] rice, sticky

rice

salad dressings

[salads] salads, fruit

[salads] salads, green

[salads] salads, pasta

salads

[salt] salt, sea

salt

[sauces] sauces, mole

[sauces] sauces, tahini

sauces

scallions

[seeds, other] seeds, other, flax

[seeds, other] seeds, other, hemp

[seeds, other] seeds, other, poppy

seeds, other

seitan

[sesame] sesame, butter

[sesame] sesame, oil

[sesame] sesame, paste

sesame

shallots

[shiso] shiso, red

shiso

snow peas

soups

soy sauce

spinach

spreads

stir-fries

sugar snap peas

sumac

[sushi] sushi, nori rolls

sushi

tahini

tamari

thyme

TOFU

tomatoes

trail mixes

vegetables

vinegar, rice

SHALLOTS

Category: Vegetables

Asian cuisines

asparagus

avocados

basil

bay leaf

beans, green

beets

Brussels sprouts

carrots

chiles

Chinese cuisines

chives

[citrus] citrus, grapefruit

[citrus] citrus, lemon

[citrus] citrus, lime

[citrus] citrus, orange

citrus

coconut milk

corn

curries

dips

eggplant

endive

[european cuisines] european cuisines, french

[european cuisines] european cuisines, italian

european cuisines

fennel

French cuisine, esp. northern

fruit

galangal

garlic

ginger

[grains, whole] grains, whole, barley

[grains, whole] grains, whole, bulgur

[grains, whole] grains, whole, kasha

[grains, whole] grains, whole, rice

grains, whole

gravies

[greens, bitter] greens, bitter, turnips

greens, bitter

[legumes] legumes, lentils

legumes

lemongrass

[lemon] lemon, juice

[lemon] lemon, zest

lemon

[lentils] lentils, yellow

lentils

lettuce

lime

marinades

Mediterranean cuisines

miso

[mushrooms] mushrooms, shiitake

mushrooms

[mustard] mustard, dijon

mustard

[noodles] noodles, asian

[noodles] noodles, stir-fried

noodles

[oil] oil, grapeseed

[oil] oil, hazelnut

[oil] oil, olive

[oil] oil, walnut

oil

orange

papaya

parsley

parsnips

pastas

peanuts

pepper, black

POTATOES

raisins

rosemary

sage

SALAD DRESSINGS, esp. vinaigrettes

SALADS

salt, sea

[sauces] sauces, butter

[sauces] sauces, french

sauces

soups

SOUTHEAST ASIAN CUISINES

[squash] squash, butternut

squash

stews

stock, vegetable

[sugar] sugar, brown

sugar

tarragon

thyme

tofu

tomatoes

[vegetables] vegetables, root

[vegetables] vegetables, e.g.

[vegetables] vegetables, turnips

vegetables

[vinegar] vinegar, balsamic

[vinegar] vinegar, brown rice

[vinegar] vinegar, champagne

[vinegar] vinegar, cider

[vinegar] vinegar, red wine

[vinegar] vinegar, sherry

[vinegar] vinegar, white wine

vinegar

[wine] wine, dry red or white

wine

Worcestershire sauce, vegan

zucchini

SHISHITO PEPPERS

Category: Vegetables

Asian cuisines

chili pepper flakes

lemon

miso

[oil] oil, canola

[oil] oil, olive

[oil] oil, sesame

oil

pickled peppers

[salt] salt, sea

salt

[sesame] sesame, seeds

[sesame] sesame, oil

sesame

soy sauce

stir-fries

stuffed shishito peppers

SHISO LEAF

Category: Spices

avocado

beets

[cabbage] cabbage, napa

cabbage

corn

cucumbers

daikon

edamame

garlic

[ginger] ginger, pickled

ginger

[grains, whole] grains, whole, bulgur

[grains, whole] grains, whole, rice

grains, whole

grapefruit

JAPANESE CUISINE

Korean cuisine

[lime] lime, juice

lime

melons

mirin

[miso] miso, white

miso

[mushrooms] mushrooms, shiitake

mushrooms

[noodles, asian] noodles, asian, soba

[noodles, asian] noodles, asian, somen

noodles, asian

nori rolls (e.g., avocado + cucumber)

[oil] oil, olive

[oil] oil, peanut

[oil] oil, sesame

oil

onions

peaches

[rice] rice, brown

[rice] rice, sushi

rice

sake

[salads] salads, pasta

salads

scallions

[seeds] seeds, pumpkin

[seeds] seeds, sesame

seeds

snow peas

[soups] soups, noodle

soups

soy sauce

spring rolls

stir-fries

sushi, vegetarian

tamari

tempura

[tofu] tofu, served chilled

tofu

umeboshi plums

plum paste

[vinegar] vinegar, balsamic

[vinegar] vinegar, rice

vinegar

SHOOTS, PEA

Category: Vegetables

Asian cuisines

avocado

basil

chervil

Chinese cuisine

chives

corn

dill

endive, Belgian

GARLIC

ginger

grapefruit

kale

[lemon] lemon, juice

lemon

mango

[mushrooms] mushrooms, chanterelle

[mushrooms] mushrooms, cremini

mushrooms

noodles, Asian

nori rolls

[oil] oil, flax

[oil] oil, olive

[oil] oil, roasted peanut

[oil] oil, sesame

oil

orange

pastas

pears

radishes

risottos

SALADS

[salt] salt, sea

salt

sandwiches

[seeds] seeds, sesame

seeds

shallots

soups

Southeast Asian cuisines

[sprouts] sprouts, sunflower

sprouts

stir-fries

stock, vegetable

strawberries

sugar

[vinegar] vinegar, rice wine

vinegar

wheat berries

SHOOTS, SUNFLOWER

Category: Vegetables

apples

avocado

garlic

lemon

oil, olive

pepper, black

pestos

salads

salt, sea

sunflower seeds

yogurt

SNOW PEAS

Category: Vegetables

Asian cuisines

bamboo shoots

bean sprouts

[bell peppers] bell peppers, red

bell peppers

bok choy

broccoli

[cabbage] cabbage, napa

cabbage

carrots

cashews

cauliflower

celery

chiles

chili paste

chili sauce

Chinese cuisine

cilantro

coconut

coconut milk

curries

curry paste

curry powder

five-spice powder

GARLIC

GINGER

herbs

hoisin sauce

kale

lemon

lemongrass

lime

mint

mirin

miso

[mushrooms] mushrooms, asian

[mushrooms] mushrooms, oyster

[mushrooms] mushrooms, portobello

[mushrooms] mushrooms, wild

mushrooms

mustard

[noodles, esp. asian] noodles, esp. asian, ramen or udon

noodles, esp. asian

[oil] oil, canola

[oil] oil, peanut

[oil] oil, sesame

oil

[onions] onions, green

[onions] onions, red

onions

[orange] orange, juice

[orange] orange, zest

orange

pad thai

peanuts

peanut sauce

peas

[pepper] pepper, black

[pepper] pepper, szechuan

pepper

ponzu sauce

radishes

[rice] rice, basmati

[rice] rice, brown

[rice] rice, wild

rice

[salads] salads, asian

[salads] salads, bean

[salads] salads, grain

[salads] salads, noodle

salads

salt

SCALLIONS

SESAME, E.G., OIL, seeds

[slaws] slaws, asian

slaws

soups

Southeast Asian cuisines

SOY SAUCE

sprouts, bean

squash, summer

STIR-FRIES

stock, vegetable

[sugar] sugar, brown

sugar

sugar snap peas

tarragon

Thai cuisine

TOFU

vinaigrette

vinegar, rice

water chestnuts

Worcestershire sauce, vegetarian

zucchini

SORGHUM

Category: Grains

African cuisines

avocado

bay leaf

carrots

cereals, hot

cayenne

chili powder

chives

coconut milk

cucumbers

curry powder

garlic

ginger

Indian cuisine

khichuri

[lemon] lemon, juice

[lemon] lemon, zest

lemon

lentils

mirin

miso

oil, olive

[onions] onions, green

[onions] onions, spring

onions

orange

oregano

parsley

pepper, black

pilafs

pine nuts

popped sorghum (like popcorn)

[porridges] porridges, savory or sweet

porridges

raisins

rosemary

[salads] salads, grain

salads

salt, sea

[sesame] sesame, oil

[sesame] sesame, seeds

sesame

s*oups*

soy sauce

[stock] stock, vegetable

stock

tahini

thyme

vegetables

vinegar, rice

SORREL

Category: Spices

asparagus

basil

[beans] beans, green

[beans] beans, lima

[beans] beans, white

beans

beets

bell peppers

bread crumbs

carrots

celery

celery root

chard

chervil

chives

crème fraîche

cucumbers

cumin

curry powder

custards

dill

European cuisines

French cuisine

garlic

grains, whole

gratins

[greens] greens, beet

[greens] greens, salad

greens

leeks

[lemon] lemon, juice

[lemon] lemon, zest

lemon

[lentils] lentils, green

lentils

lovage

mint

[mushrooms] mushrooms, porcini

[mushrooms] mushrooms, wild

mushrooms

mustard

nettles

nutmeg

[oils] oils, hazelnut

[oils] oils, olive

[oils] oils, walnut

oils

olives

[onions] onions, red

[onions] onions, yellow

onions

onions, spring

parsley

pastas

peas, split

[peas] peas, spring

peas

[pepper] pepper, black

[pepper] pepper, white

pepper

pine nuts

POTATOES

purees

purslane

ramps

rice

risottos

SALADS, E.G., GRAIN, GREEN (esp. young sorrel)

[salt] salt, sea

salt

sandwiches

[sauces] sauces, cream

[sauces] sauces, sorrel

[sauces] sauces, white

sauces

shallots

[soups] soups, cream

[soups] soups, lentil

[soups] soups, potato

[soups] soups, sorrel

soups

sour cream

SPINACH

[stock] stock, mushroom

[stock] stock, vegetable

stock

tarragon

thyme

tomatoes

vegetables, esp. green, grilled, root

[vinegar] vinegar, balsamic

[vinegar] vinegar, red wine

[vinegar] vinegar, sherry

vinegar

wine, dry white

yogurt

SOUTH AMERICAN CUISINE

[beans] beans, black

beans

bell peppers

chiles

corn

fruit, tropical

maca

potatoes

quinoa

squash

yuca

SOUTHWESTERN (U.S.) CUISINE

avocados

[beans] beans, black

[beans] beans, red

beans

bell peppers

cactus

cayenne

chayote

[chiles] chiles, anaheim

[chiles] chiles, ancho

[chiles] chiles, chipotle

[chiles] chiles, jalapeño

[chiles] chiles, poblano

[chiles] chiles, serrano;

chiles

chili

powder

chocolate

cilantro

cinnamon

CORN

cumin

garlic

jícama

lime

masa

mushrooms

nuts

onions

oregano, Mexican

posole

pumpkin seeds

rice

scallions

squash

tomatillos

tortillas

squash

SOYBEANS

Category: Legumes

MatchShares: Edamame

baked beans

bay leaf

cardamom

carrots

casseroles

cayenne

celery

[chiles] chiles, chipotle

[chiles] chiles, chili powder

chiles

chili, vegetarian

cilantro

coriander

cumin

garlic

ginger

[grains] grains, barley

[grains] grains, millet

grains

“hummus”

[lemon] lemon, juice

lemon

mint

molasses

mushrooms

natto

[nut butter] nut butter, almond

[nut butter] nut butter, cashew

[nut butter] nut butter, peanut

[nut butter] nut butter, walnut

nut butter

oats

[oil] oil, peanut

[oil] oil, sesame

[oil] oil, sunflower

oil

onions

peanuts

[salads] salads, grain

[salads] salads, green

salads

scallions

sesame seeds

[soups] soups, minestrone

[soups] soups, vegetable

soups

soy sauce

spinach

[squash] squash, kabocha

squash

star anise

stews

tahini

tamari

tamarind

tempeh

veggie burgers

vinegar

wasabi

SOY SAUCE

Category: Sauces

MatchShares: Tamari

Asian cuisines

basil, Thai

chiles

Chinese cuisine

citrus

[dumplings] dumplings, asian

dumplings

eggplant

garlic

ginger

greens

Japanese cuisine

marinades

mirin

molasses

[mushrooms] mushrooms, portobello

[mushrooms] mushrooms, shiitake

mushrooms

mustard

mustard paste

[noodles, asian] noodles, asian, pad thai

noodles, asian

[oil] oil, sesame

[oil] oil, vegetable

oil

onions

rice

salad dressings

sauces

dipping sauces

[sesame] sesame, oil

[sesame] sesame, seeds

sesame

soups

stir-fries

sugar

sushi, vegetarian

tamarind

tempeh

tofu

vinegar, rice

SOY SAUCE, THAI

Category: Sauces

MatchShares: Soy Sauce

marinades

[noodles] noodles, asian

[noodles] noodles, rice

noodles

[sauces] sauces, dipping

sauces

Southeast Asian cuisines

stir-fries

Thai cuisine

tofu

Vietnamese cuisine

SPANISH CUISINE

almonds

bay leaf

bread

custards

garlic

hazelnuts

lemon

oil, olive

olives

onions

orange

[paprika] paprika, smoked

[paprika] paprika, sweet

paprika

parsley

peppers, esp. guindilla, piquillo (esp. roasted)

pimenton

pine nuts

pomegranates

[rice] rice, bomba

rice

roasted dishes

saffron

soups

stews

thyme

tomatoes

tortillas (crustless quiches filled with potatoes and/or vegetables)

vanilla

vinegar, sherry

walnuts

[wine] wine, sherry

wine

SPELT BERRIES

Category: Grains

allspice

apples

artichokes, Jerusalem

avocado

[baked goods] baked goods, breads

[baked goods] baked goods, cakes

[baked goods] baked goods, muffins

baked goods

basil

[beans] beans, green

[beans] beans, white

beans

Brussels sprouts

casseroles

celery

[cereals] cereals, hot breakfast

cereals

chickpeas

chili, vegetarian

chives

cilantro

cinnamon

cumin

currants

dill

dolmas

escarole

[european cuisines] european cuisines, austrian

[european cuisines] european cuisines, german

[european cuisines] european cuisines, swiss

european cuisines

fennel

[french cuisine] french cuisine, southern

french cuisine

garlic

ginger

[grains, other] grains, other, brown rice

grains, other

kale

kefir

[lemon] lemon, juice

[lemon] lemon, zest

lemon

[lentils] lentils, black

[lentils] lentils, green

lentils

lovage

marjoram

Mediterranean cuisines

[mushrooms] mushrooms, black trumpet

mushrooms

[nuts] nuts, almonds

[nuts] nuts, hazelnuts

[nuts] nuts, pecans

[nuts] nuts, walnuts

nuts

[oil] oil, nut

[oil] oil, olive

[oil] oil, sesame

oil

[onions] onions, caramelized

[onions] onions, red

onions

pancakes

parsley

pastas

pepper, black

pilafs

pine nuts

pizza dough

“risottos”

[salads] salads, grain

[salads] salads, green

salads

[salt] salt, sea

salt

[soups] soups, minestrone

[soups] soups, vegetable

soups

[squash] squash, winter

squash

stews

strawberries

[stuffings] stuffings, grape leaves

[stuffings] stuffings, vegetables

stuffings

“tabbouleh”

tarragon

tempeh

thyme

tofu

turnips

[vinegar] vinegar, balsamic

vinegar

walnuts

za’atar

SPINACH

Category: Vegetables

allspice

apples

[artichokes] artichokes, globe

[artichokes] artichokes, hearts

[artichokes] artichokes, jerusalem

artichokes

arugula

asparagus

avocado

basil

[beans] beans, adzuki

[beans] beans, black

[beans] beans, cannellini

[beans] beans, green

[beans] beans, mung

beans

beets

[bell peppers] bell peppers, red

[bell peppers] bell peppers, roasted

bell peppers

[bread crumbs] bread crumbs, whole grain

bread crumbs

broccoli

burritos

calzones

capers

cardamom

carrots

casseroles

cauliflower

cayenne

chervil

CHICKPEAS

chicory

[chiles] chiles, green

[chiles] chiles, jalapeño

[chiles] chiles, serrano;

chiles

chili pepper flakes

chives

cilantro

cloves

coconut milk

coriander

crepes

cumin

curry powder/spices

curries

dill

dips

eggplant

falafel

figs

[fruit, dried] fruit, dried, cranberries

[fruit, dried] fruit, dried, raisins

fruit, dried

GARLIC

GINGER

gomashio

[grains] grains, barley

[grains] grains, bulgur

[grains] grains, quinoa

grains

gratins

Greek cuisine

horseradish

Indian cuisine

Italian cuisine

Japanese cuisine

leeks

[lemon] lemon, juice

[lemon] lemon, zest

lemon

lemongrass

LENTILS

[lime] lime, zest

lime

lovage

mace

marjoram

Mediterranean cuisines

milk

mint

mirin

[miso] miso, white

miso

[mushrooms] mushrooms, button

[mushrooms] mushrooms, chanterelle

[mushrooms] mushrooms, cremini

[mushrooms] mushrooms, porcini

[mushrooms] mushrooms, portabello

[mushrooms] mushrooms, shiitake

[mushrooms] mushrooms, wild

mushrooms

[mustard] mustard, dijon

[mustard] mustard, dry

mustard

[noodles] noodles, soba

[noodles] noodles, udon

noodles

\*NUTMEG

NUTS

[nut butters] nut butters, almonds

[nut butters] nut butters, cashews

[nut butters] nut butters, hazelnuts

[nut butters] nut butters, pecans

[nut butters] nut butters, pine

nut butters

nuts, pistachios, WALNUTS

[oil] oil, almond

[oil] oil, grapeseed

[oil] oil, hazelnut

[oil] oil, olive

[oil] oil, peanut

[oil] oil, sesame

[oil] oil, walnut

oil

[olives] olives, kalamata

olives

[onions] onions, caramelized

[onions] onions, red

[onions] onions, sweet

[onions] onions, yellow

onions

[orange] orange, juice

orange

oregano

parsley

[pasta] pasta, cannelloni

[pasta] pasta, gnocchi

[pasta] pasta, gnudi

[pasta] pasta, lasagna

[pasta] pasta, manicotti

[pasta] pasta, ravioli

[pasta] pasta, shells

pasta

pears

peas

peas, split

[pepper] pepper, black

[pepper] pepper, white

pepper

“pestos”

[phyllo dough] phyllo dough, spelt

[phyllo dough] phyllo dough, whole-wheat

phyllo dough

pies

pilafs

PIZZA

polenta

POTATOES

purees

quesadillas

quinoa

raisins

ramps

RICE, esp. basmati, black, brown

risottos

rosemary

sage

[salad dressings] salad dressings, creamy

[salad dressings] salad dressings, hot

salad dressings

[salads] salads, green

[salads] salads, mushroom

[salads] salads, pasta

[salads] salads, spinach

salads

[salt] salt, sea

salt

sandwiches

scallions

[seeds] seeds, pumpkin

[seeds] seeds, sesame

[seeds] seeds, sunflower

seeds

[sesame] sesame, oil

[sesame] sesame, seeds

sesame

shallots

smoothies

sorrel

soufflés

[soups] soups, mushroom

[soups] soups, spinach

[soups] soups, vegetable

[soups] soups, yogurt

soups

soy sauce

spanakopita / spinach pie

spreads

[sprouts] sprouts, mung bean

[sprouts] sprouts, sunflower

sprouts

[squash] squash, delicata

[squash] squash, summer

squash

stews

stir-fries

[stock] stock, vegetable

stock

sugar (just a pinch)

sweet potatoes

tahini

tamari

tangerines

tarragon

thyme

[tofu] tofu, raw

[tofu] tofu, silken

[tofu] tofu, smoked

tofu

TOMATOES

TOMATO SAUCE

vegetables

veggie burgers

[vinegar] vinegar, balsamic

[vinegar] vinegar, brown rice

[vinegar] vinegar, cider

[vinegar] vinegar, red wine

[vinegar] vinegar, rice

[vinegar] vinegar, sherry

[vinegar] vinegar, white

vinegar

wine

YOGURT

[yuzu] yuzu, juice

[yuzu] yuzu, zest

yuzu

zucchini

SPRING

artichokes, esp. baby

artichokes, Jerusalem

arugula

[asparagus] asparagus, green

[asparagus] asparagus, purple

[asparagus] asparagus, white

asparagus

avocados

bamboo shoots

beans, fava

beets

blueberries

borage

boysenberries

carrots

cauliflower

chard, Swiss

cherries

chervil

chicory

chives, esp. garlic

cilantro

cucumbers

currants, red

dill

[endive] endive, belgian

[endive] endive, curly

endive

escarole

fennel, esp. baby

fennel pollen

fiddlehead ferns

[garlic] garlic, green

[garlic] garlic, spring

garlic

[greens] greens, collard

[greens] greens, dandelion

[greens] greens, mizuna

[greens] greens, mustard

[greens] greens, salad

[greens] greens, spring

greens

jícama

leeks

lemons

lemons, Meyer

[lettuces] lettuces, lamb’s

[lettuces] lettuces, oak leaf

[lettuces] lettuces, romaine

[lettuces] lettuces, spring

lettuces

lighter dishes

limes, key

loquats

mâche

mangoes

mint

miso, light

[mushrooms] mushrooms, chanterelle

[mushrooms] mushrooms, morel

[mushrooms] mushrooms, shiitake

mushrooms

nettles

[noodles] noodles, somen

noodles

[onions] onions, spring

[onions] onions, vidalia

onions

[oranges] oranges, blood

oranges

oranges, navel

[peas] peas, english

[peas] peas, spring

[peas] peas, sweet

peas

potatoes, new

radishes

ramps

rhubarb

scallions

[shoots] shoots, garlic

[shoots] shoots, pea

shoots

snow peas

sorrel

soufflés

spinach

[sprouts] sprouts, daikon

sprouts

strawberries

sugar snap peas

tea, green, esp. early

tomatillos

tomatoes, heirloom

wakame

watercress

zucchini blossoms

SPROUTS—IN GENERAL

Category: Vegetables

MatchShares: Sprouts, Alfalfa; Sprouts, Broccoli; Sprouts, Buckwheat; Sprouts, Clover; Sprouts, Lentil; Sprouts, Mung Bean; Sprouts, Pea; Sprouts, Radish; Sprouts, Sunflower Seed

apples

apple juice

avocado

[breads, whole-grain] breads, whole-grain, whole-wheat

breads, whole-grain

[cabbage] cabbage, green

[cabbage] cabbage, red

cabbage

carrots

citrus

cucumbers

garlic

[greens] greens, mesclun

[greens] greens, salad

greens

[lemon] lemon, juice

[lemon] lemon, zest

lemon

[lettuce] lettuce, romaine

lettuce

mint

[oil] oil, olive

oil

onions

parsley

radishes

raisins

[salads] salads, egg

[salads] salads, green

salads

SANDWICHES

sesame seeds

soy sauce

tahini

tomatoes

[vinegar] vinegar, balsamic

[vinegar] vinegar, rice

vinegar

SPROUTS, ALFALFA

Category: Vegetables

avocados

[beans] beans, pinto

beans

[bell peppers] bell peppers, orange

[bell peppers] bell peppers, red

bell peppers

[bread] bread, whole-grain

bread

cabbage

cilantro

dill

ginger

[lemon] lemon, juice

lemon

lime

mango

miso

nori rolls

[onions] onions, green

[onions] onions, red

onions

oranges

raisins

rice paper wrappers

salads

[sandwiches] sandwiches, grilled cheese

[sandwiches] sandwiches, wraps

sandwiches

[sesame] sesame, oil

[sesame] sesame, seeds

sesame

slaws

smoothies

soups

[sprouts, other] sprouts, other, radish

sprouts, other

stir-fries

sunflower seeds

tofu

[tortillas] tortillas, whole-grain

tortillas

vinegar, rice

walnuts

watercress

wraps

SPROUTS, BROCCOLI

Category: Vegetables

beets

carrots

[salads] salads, green

salads

[sandwiches] sandwiches, veggie burgers

sandwiches

[sprouts, other] sprouts, other, clover

sprouts, other

stir-fries

tahini

SPROUTS, BUCKWHEAT

Category: Vegetables

[batters] batters, pancake

[batters] batters, waffle

batters

carrots

lemon

[salads] salads, green

salads

[sandwiches] sandwiches, cheese

sandwiches

[seeds] seeds, sesame

seeds

[shoots] shoots, pea

shoots

[sprouts, other] sprouts, other, alfalfa

sprouts, other

tahini

SPROUTS, CLOVER

Category: Vegetables

cole slaws

onions

salads

[sandwiches] sandwiches, peanut butter

sandwiches

[sprouts, other] sprouts, other, broccoli

sprouts, other

stir-fries

SPROUTS, LENTIL

Category: Vegetables

arugula

beans

[drinks] drinks, juices

[drinks] drinks, smoothies

drinks

ginger

greens, salad

lemons

onions

oranges

peas

rice

[salads] salads, green

[salads] salads, potato

salads

sandwiches

[seeds] seeds, sunflower

seeds

[soups] soups, sprouted lentil

soups

soy sauce

stews

stir-fries

vinegar

SPROUTS, MUNG BEAN

Category: Vegetables

Asian cuisines

[beans] beans, black

beans

[bell peppers] bell peppers, red

bell peppers

bok choy

[cabbage] cabbage, napa

cabbage

carrots

celery

chickpeas

[chiles] chiles, red

chiles

Chinese cuisine

cumin seeds

curry powder

dips

[drinks] drinks, juices

[drinks] drinks, smoothies

drinks

egg rolls

garlic

ginger

[greens] greens, salad

greens

hoisin sauce

hummus

Indian cuisine

kimchi

Korean cuisine

[lemon] lemon, juice

lemon

lentils

lo mein

miso

moo shu vegetables

[mushrooms] mushrooms, shiitake

mushrooms

mustard

mustard seeds

[noodles, asian] noodles, asian, rice

[noodles, asian] noodles, asian, rice vermicelli

[noodles, asian] noodles, asian, udon

noodles, asian

[oil] oil, grapeseed

[oil] oil, peanut

[oil] oil, sesame

oil

[onions] onions, red

onions

pad thai

parsley

peanuts

peanut butter

peas

quinoa

radishes

rice

rice paper wrappers

[salads] salads, asian

[salads] salads, potato

[salads] salads, vegetable

salads

[salt] salt, sea

salt

sandwiches

[sesame] sesame, oil

[sesame] sesame, seeds

sesame

[slaws] slaws, asian

slaws

[soups] soups, miso

soups

soy sauce

spinach

spring rolls, i.e., fried

[sprouts, other] sprouts, other, adzuki

[sprouts, other] sprouts, other, lentil

sprouts, other

stews

STIR-FRIES

stock, vegetable

sugar

summer rolls, i.e., not fried

Thai cuisine

tofu

vegetables

Vietnamese cuisine

[vinegar] vinegar, rice

vinegar

watercress

SPROUTS, PEA

Category: Vegetables

dips

garlic

mustard

[oil] oil, sesame

[oil] oil, vegetable

oil

rice

salads

[soups] soups, cold

[soups] soups, pea

soups

soy sauce

stir-fries

tarragon

tofu

SPROUTS, RADISH

Category: Vegetables

avocado

bread, whole-wheat

dips

greens, salad

oil, nut (e.g., walnut), olive

[onions] onions, red

onions

salad, egg

[sandwiches] sandwiches, egg salad

[sandwiches] sandwiches, wraps

sandwiches

shallots

slaws

stir-fries

sushi, vegetarian

[vinegar] vinegar, red wine

vinegar

SPROUTS, SUNFLOWER SEED

Category: Vegetables

avocado

basil

[citrus] citrus, grapefruit

[citrus] citrus, orange

citrus

dill

garlic

kale

[lemon] lemon, juice

lemon

[oil] oil, sunflower

oil

parsley

pea shoots

salads

[sandwiches] sandwiches, wraps

sandwiches

scallions

[seeds] seeds, sesame

[seeds] seeds, sunflower

seeds

shallots

smoothies

spinach

sushi, vegetarian

tomatoes

vinegar, red wine

SQUASH, ACORN

Category: Vegetables

MatchShares: Squash, Winter

ACORN SQUASH, STUFFED

allspice

almonds

APPLES

[apricots] apricots, dried

apricots

[beans] beans, anasazi

[beans] beans, fava

[beans] beans, kidney

beans

[bell peppers] bell peppers, red

bell peppers

bread crumbs

[bread stuffings] bread stuffings, whole-grain

bread stuffings

bulgur

brown butter

celery

chard, Swiss

CINNAMON

cloves

coconut

coconut milk

corn

[cranberries] cranberries, dried

cranberries

currants

curry powder

fennel

garlic

ginger

hazelnuts

kale

[lemon] lemon, juice

lemon

[liqueur] liqueur, amaretto

[liqueur] liqueur, grand marnier

liqueur

MAPLE SYRUP

mint

miso

[mushrooms] mushrooms, chanterelle

mushrooms

nutmeg

olive oil

onions

[orange] orange, juice

[orange] orange, zest

orange

parsley, flat-leaf

pears

pecans

[pepper] pepper, black

[pepper] pepper, white

pepper

pilafs

pine nuts

pistachios

plums, dried

quinoa

raisins

RICE (e.g., wild)

rice stuffing

sage

salt, sea

savory

scallions

soups

soy sauce

stews

SUGAR, BROWN

sweetener, esp. evaporated cane juice

tamari

vanilla

[vinegar] vinegar, cider

vinegar

SQUASH, BUTTERCUP

Category: Vegetables

MatchShares: Squash, Winter

almonds

arugula

[baked goods] baked goods, muffins

[baked goods] baked goods, pies

baked goods

bell peppers

brown butter

casseroles

chiles

chili powder

cilantro

coconut milk

cumin

curries

garlic

ginger

gratins

hominy

leeks

[lemon] lemon, juice

lemon

lemongrass

[oil] oil, chili

[oil] oil, corn

[oil] oil, peanut

oil

[onions] onions, red

onions

parsnips

[pasta] pasta, gnocchi

[pasta] pasta, ravioli

pasta

peanuts

pears

pepper, black

purees

sage

shallots

[soups] soups, minestrone

[soups] soups, squash

soups

soy sauce

spinach

[squash, other winter] squash, other winter, butternut

squash, other winter

stews

stock, vegetable

tamari

[yogurt] yogurt, greek

yogurt

SQUASH, BUTTERNUT

Category: Vegetables

MatchShares: Squash, Winter

allspice

[apples] apples, fruit

[apples] apples, juice

apples

artichokes, Jerusalem

arugula

[baked goods] baked goods, muffins

baked goods

barley

basil

bay leaf

[beans] beans, adzuki

[beans] beans, lima

[beans] beans, pinto

[beans] beans, white

beans

[berries] berries, blackberries

[berries] berries, blueberries

berries

brown butter

cabbage, savoy

cardamom

carrots

casseroles

cauliflower

cayenne

celery

celery root

chestnuts

chickpeas

[chiles] chiles, ancho

[chiles] chiles, chipotle

[chiles] chiles, jalapeño; chili pepper flakes; chili pepper

chiles

sauce

chives

cilantro

CINNAMON

cloves

coconut

coconut milk

coriander

corn

couscous

cranberries

cumin

curry powder

CURRIES

dates

fennel

GARLIC

GINGER

[grains, whole] grains, whole, bulgur

[grains, whole] grains, whole, farro

[grains, whole] grains, whole, millet

[grains, whole] grains, whole, quinoa

grains, whole

gratins

greens

kale

leeks

[lemon] lemon, juice

[lemon] lemon, zest

lemon

lemongrass

[lime] lime, juice

[lime] lime, zest

lime

MAPLE SYRUP

marjoram

[milk, dairy or nondairy] milk, dairy or nondairy, cashew

milk, dairy or nondairy

[miso] miso, white

miso

[mushrooms] mushrooms, black trumpet

[mushrooms] mushrooms, chanterelle

[mushrooms] mushrooms, wild

mushrooms

NUTMEG

[nuts] nuts, almonds

[nuts] nuts, hazelnuts

[nuts] nuts, peanuts

[nuts] nuts, pecans

[nuts] nuts, pine nuts

[nuts] nuts, pistachios

[nuts] nuts, walnuts

nuts

[oil] oil, canola

[oil] oil, grapeseed

[oil] oil, olive

[oil] oil, pumpkin seed

[oil] oil, walnut

oil

[onions] onions, green

[onions] onions, red

[onions] onions, yellow

onions

[orange] orange, juice

[orange] orange, zest

orange

oregano

paprika, smoked

parsley, flat-leaf

[pasta] pasta, gnocchi

[pasta] pasta, lasagna

[pasta] pasta, ravioli

pasta

pears

Japanese pears

[pepper] pepper, black

[pepper] pepper, white

pepper

pizza

pomegranate seeds

PUMPKIN SEEDS

purees

raisins

[rice] rice, arborio

rice

RISOTTOS

rosemary

saffron

SAGE

[salt] salt, sea

salt

savory

[sesame seeds] sesame seeds, black

[sesame seeds] sesame seeds, white

sesame seeds

shallots

shiso

SOUPS

bisques

spinach

star anise

stews

[stock] stock, mushroom or vegetable

stock

succotash

[sugar] sugar, brown

sugar

sunflower seeds

tahini

tamari

tarragon

tarts

thyme

tofu

tomatoes

vanilla

[vinegar] vinegar, balsamic

[vinegar] vinegar, cider

[vinegar] vinegar, red wine

[vinegar] vinegar, sherry

vinegar

[wine] wine, dry white

wine

yogurt

za’atar

SQUASH, CROOKNECK

Category: Vegetables

MatchShares: Squash, Summer

basil

bay leaf

[chiles] chiles, jalapeño

chiles

cilantro

curry powder

marjoram

[milk] milk, nondairy (almond

[milk] milk, coconut

[milk] milk, rice)

milk

mint

[oil] oil, olive

[oil] oil, vegetable

oil

onions

oregano

parsley

pepper, black

sage

salt

scallions

[soups] soups, squash

soups

thyme

SQUASH, DELICATA

Category: Vegetables

MatchShares: Squash, Winter

allspice

anise

apples

apple cider

apple juice

[beans] beans, black

[beans] beans, cannellini

[beans] beans, cranberry

[beans] beans, white

beans

beets

bread crumbs

cayenne

celery

[chiles] chiles, chipotle

[chiles] chiles, jalapeño

chiles

cilantro

cinnamon

cloves

cranberries, dried

cumin

dates

fennel

fennel seeds

garlic

kale

[lime] lime, juice

lime

maple syrup

mint

[mushrooms] mushrooms, cremini

[mushrooms] mushrooms, oyster

[mushrooms] mushrooms, shiitake

mushrooms

mustard, Dijon

nutmeg

[nuts] nuts, almonds

[nuts] nuts, hazelnuts

[nuts] nuts, pine nuts

[nuts] nuts, pistachios

[nuts] nuts, walnuts

nuts

oil, olive

[onions] onions, red

[onions] onions, yellow

onions

[orange] orange, juice

orange

parsley

[pepper] pepper, white

pepper

pizzas

pomegranate seeds

[potatoes] potatoes, fingerling

potatoes

quinoa

rice, brown

rosemary

sage

[seeds] seeds, sesame

seeds

soy sauce

squash, stuffed

stock, vegetable

sugar, brown

tahini

THYME

tomatoes

vinegar, apple cider or balsamic

yogurt

SQUASH, HUBBARD

Category: Vegetables

MatchShares: Squash, Winter

allspice

almonds

[baked goods] baked goods, pies

baked goods

bay leaf

[beans] beans, lima

beans

carrots

cayenne

chives

cinnamon

[curry spices] curry spices, coriander

[curry spices] curry spices, cumin

curry spices

fennel

garlic

hazelnuts

leeks

[lemon] lemon, juice

lemon

maple syrup

molasses

nutmeg

[oil] oil, olive

oil

pancakes

pepper, black

purees

risottos

rosemary

sage

salt

soups

squash, stuffed

sugar, brown

tamari

SQUASH, KABOCHA

Category: Vegetables

MatchShares: Squash, Winter

almonds

apples

basil

Thai basil

bay leaf

[beans] beans, adzuki

[beans] beans, cranberry

[beans] beans, green

[beans] beans, kidney

[beans] beans, mung

beans

cayenne

celery root

chard

chestnuts

[chiles] chiles, chipotle

chiles

chili pepper flakes

chili powder

cilantro

cinnamon

coconut

coconut milk

coriander

couscous

cranberries, dried

crème fraîche

cumin

currants

[curry paste, powder, spices, curries] curry paste, powder, spices, curries, thai

curry paste, powder, spices, curries

desserts

fennel

fennel seeds

GARLIC

GINGER

[grains, whole] grains, whole, millet

grains, whole

[greens, winter] greens, winter, mustard

greens, winter

hazelnuts

Japanese cuisine

Kaffir lime leaves

kale

leeks

[lemon] lemon, juice

lemon

lemongrass

[lettuce] lettuce, bibb

lettuce

[lime] lime, juice

[lime] lime, zest

lime

maple syrup

melon, bitter

mirin

[miso] miso, white

miso

[mushrooms] mushrooms, black trumpet

[mushrooms] mushrooms, oyster

mushrooms

noodles, udon

nutmeg

[oils] oils, canola

[oils] oils, olive

[oils] oils, sesame

oils

[onions] onions, red

[onions] onions, sweet

[onions] onions, yellow

onions

[orange] orange, juice

[orange] orange, zest

orange

[paprika] paprika, hot

[paprika] paprika, smoked

paprika

[pastas] pastas, lasagna

pastas

pears

pecans

[pepper] pepper, black

pepper

pies

pomegrantes

puddings

pumpkin seeds

purees

radicchio

raisins

[rice] rice, basmati and/or brown

rice

rice, wild

rosemary

sage

sake

salt, sea

scallions

shiso

[soups] soups, vegetable

soups

[soybeans] soybeans, black

soybeans

soy sauce

stews

stock, vegetable

sugar

tamari

tempura, vegetable

tofu

[tomatoes] tomatoes, green or red

tomatoes

umeboshi paste

[vinegar] vinegar, apple cider

[vinegar] vinegar, balsamic

[vinegar] vinegar, brown rice

vinegar

walnuts

[yuzu] yuzu, juice

[yuzu] yuzu, zest

yuzu

SQUASH, PATTYPAN

Category: Vegetables

MatchShares: Squash, Summer

allspice

apples

asparagus

[bread crumbs] bread crumbs, whole-wheat

bread crumbs

capers

chili pepper flakes

chives

corn

eggplant

garlic

leeks

lemon

[mushrooms] mushrooms, chanterelle

mushrooms

nutmeg

[oils] oils, olive

[oils] oils, walnut

oils

[onions] onions, red

onions

parsley

PATTYPAN SQUASH, STUFFED

pecans

[pepper] pepper, black

pepper

pesto

rosemary

sage

[salt] salt, kosher

salt

[soups] soups, squash

soups

stock, vegetable

thyme

tomatoes

zucchini

SQUASH, SPAGHETTI

Category: Vegetables

basil

bay leaf

[beans] beans, black

[beans] beans, kidney

beans

[bell peppers] bell peppers, red

bell peppers

bok choy

broccoli

bulgur

brown butter

carrots

casseroles

chard

chiles, dried;

chili pepper flakes

cilantro

cinnamon

fennel

GARLIC

ginger

gratins

hazelnuts

lentils

“meatballs”

[mushrooms] mushrooms, button

[mushrooms] mushrooms, chanterelle

[mushrooms] mushrooms, oyster

[mushrooms] mushrooms, porcini

mushrooms

nutmeg

[oil] oil, corn

[oil] oil, flaxseed

[oil] oil, olive

[oil] oil, peanut

[oil] oil, sesame

oil

ONIONS

oregano

parsley

parsnips

“PASTA”

pepper, black

pesto

pistachios

rosemary

sage

salads

salt

[sauces] sauces, pasta

[sauces] sauces, tomato

sauces

“sausage,” vegan

scallions

soy sauce

sugar, brown

thyme

tomatillos

TOMATOES

TOMATO PASTE

TOMATO SAUCE

[vinegar] vinegar, balsamic

[vinegar] vinegar, rice

[vinegar] vinegar, sherry

[vinegar] vinegar, wine

vinegar

walnuts

zucchini

SQUASH, SUMMER

Category: Vegetables

MatchShare: Chayote; Squash, Crookneck; Squash, Pattypan; Zucchini

allspice

arugula

[baked goods] baked goods, muffins

[baked goods] baked goods, quick breads

baked goods

BASIL

[beans] beans, cannellini

[beans] beans, white

beans

[bell peppers] bell peppers, green

[bell peppers] bell peppers, red

bell peppers

bread crumbs

capers

carrots

chard, Swiss

[chiles] chiles, dried

[chiles] chiles, fresh

[chiles] chiles, jalapeño

[chiles] chiles, red

[chiles] chiles, green; chili pepper flakes

chiles

chili

powder

chives

cilantro

cinnamon

coriander

corn

[curry] curry, powder

[curry] curry, spices

curry

DILL

eggplant

enchiladas

epazote

escarole

fennel seeds

GARLIC

ginger

[grains, whole] grains, whole, bulgur

grains, whole

[greens] greens, mustard

[greens] greens, turnip

greens

[lemon] lemon, juice

[lemon] lemon, zest

lemon

marjoram

mint

[mustard] mustard, dijon

[mustard] mustard, mustard seeds

mustard

nutmeg

[oil] oil, canola

[oil] oil, olive

oil

olives

[onions] onions, red

onions

oregano

paprika

PARSLEY

[pasta] pasta, lasagna

[pasta] pasta, linguini

[pasta] pasta, orzo

[pasta] pasta, rigatoni

pasta

pepper, black

pesto

pine nuts

ratatouille

rice

risotto

ROSEMARY

saffron

sage

[salads] salads, green

[salads] salads, pasta

salads

[salt] salt, sea

salt

savory

scallions

shallots

[soups] soups, squash

soups

[stews] stews, vegetable

stews

[stock] stock, vegetable

stock

sunflower seeds

tarragon

thyme

TOMATOES

TOMATO SAUCE

tomatoes, sun-dried

[vegetables, root] vegetables, root, parsnips

[vegetables, root] vegetables, root, turnips

vegetables, root

[vinegar] vinegar, balsamic

[vinegar] vinegar, cider

[vinegar] vinegar, red wine

[vinegar] vinegar, rice wine

[vinegar] vinegar, white wine

vinegar

walnuts

yogurt

zucchini blossoms

SQUASH, WINTER

Category: Vegetables

MatchShares: Squash, Acorn; Squash, Buttercup; Squash, Butternut; Squash, Delicata; Squash, Hubbard; Squash, Kabocha; Pumpkin

allspice

anise seeds

[apples] apples, cider

[apples] apples, fruit

[apples] apples, juice

apples

[baked goods] baked goods, breads

[baked goods] baked goods, cakes

[baked goods] baked goods, cookies

[baked goods] baked goods, muffins

[baked goods] baked goods, pies

baked goods

basil

beans, white

[bell peppers] bell peppers, red

bell peppers

[bread crumbs] bread crumbs, whole-grain

bread crumbs

burritos

brown butter

cardamom

carrots

cashews

casseroles

cauliflower

cayenne

celery

chestnuts

[chiles] chiles, dried

[chiles] chiles, jalapeño

[chiles] chiles, red; chili pepper flakes

chiles

chili powder

cider

cilantro

CINNAMON

[citrus] citrus, juice

[citrus] citrus, zest

citrus

cloves

[coconut] coconut, butter

[coconut] coconut, fruit

[coconut] coconut, milk

coconut

coriander

cornmeal

[cranberries] cranberries, dried

cranberries

cumin

[curry] curry, paste

[curry] curry, powder

[curry] curry, spices

curry

dates

fennel seeds

figs

fig syrup

GARLIC

GINGER

[grains, whole] grains, whole, farro

[grains, whole] grains, whole, spelt

grains, whole

gratins

[greens] greens, mesclun

[greens] greens, mustard

greens

leeks

[lemon] lemon, juice

lemon

lemongrass

licorice

lime

mace

maple syrup

marjoram

mint

mirin

[miso] miso, white

miso

molasses

mousses

[mushrooms] mushrooms, chanterelle

[mushrooms] mushrooms, wild

mushrooms

[noodles] noodles, udon

noodles

NUTMEG

[nuts] nuts, hazelnuts

[nuts] nuts, macadamia

[nuts] nuts, pecans

[nuts] nuts, walnuts

nuts

[oil] oil, olive

[oil] oil, safflower

[oil] oil, sesame

[oil] oil, sunflower

oil

[onions] onions, green

[onions] onions, red

onions

[oranges] oranges, juice

oranges

pancakes

paprika

parsley

parnsips

[pastas] pastas, ravioli

pastas

pears

PECANS

[pepper] pepper, black

pepper

pies

pine nuts

pineapples

pistachios

potatoes

puddings

purees

quince

radicchio

raisins

radicchio

[rice] rice, brown

[rice] rice, wild

rice

risottos

rosemary

rum

SAGE

savory

scallions

[seeds] seeds, flax

[seeds] seeds, pumpkin

[seeds] seeds, sesame (e.g.

[seeds] seeds, black)

seeds

shallots

soufflés

[soups] soups, squash

[soups] soups, winter vegetable

soups

soy sauce

spreads

squash, other winter

squash, stuffed

stews

stock, vegetable

SUGAR, BROWN

tahini

tarragon

thyme

tofu

turmeric

vanilla

[vinegar] vinegar, balsamic

[vinegar] vinegar, sherry

vinegar

WALNUTS

SRIRACHA

Category: Sauces

Asian cuisines

carrots

cashews

celery

chickpeas

chili, vegetarian

fried rice

garlic

ginger

mushrooms

[noodles, asian] noodles, asian, rice

noodles, asian

[onions] onions, green

[onions] onions, white

onions

[rice] rice, jasmine

rice

[sesame] sesame, oil

[sesame] sesame, seeds

sesame

soy sauce

stir-fries

stock, vegetable

Thai cuisine

tofu

tomatoes

STAR ANISE

Category: Spices

Asian cuisines

baked goods

bay leaf

[berries] berries, blackberries

berries

chiles

CHINESE CUISINE

[chocolate] chocolate, milk

chocolate

cinnamon

citrus

curries

curry leaves

curry powder

five-spice powder

ginger

[greens] greens, mizuna

greens

ice creams

Malaysian cuisine

marinades

mint

noodles, Asian

orange

[pears] pears, poached

pears

pepper, black

plums

rose water

salad dressings

[sauces] sauces, barbecue

sauces

sorbets

soups

soy sauce

stews

stir-fries

[sugar] sugar, brown

sugar

teas

[vietnamese cuisine] vietnamese cuisine, pho

vietnamese cuisine

STAR FRUIT

Category: Fruits

agave nectar

cardamom

chili powder

chutneys

[desserts] desserts, tarts (when fully ripe)

desserts

Indian cuisine

kiwi

[lemon] lemon, juice

[lemon] lemon, zest

lemon

[lime] lime, juice

[lime] lime, zest

lime

mango

mint

orange

papayas

[salads] salads, fruit

[salads] salads, green

salads

salsas

salt

smoothies

Southeast Asian cuisines

stir-fries

strawberries

Thai cuisine

STOCK, MUSHROOM

Category: Other

bay leaf

carrots

celery

fennel

garlic

leeks

marjoram

[mushrooms] mushrooms, dried or fresh; mixed

[mushrooms] mushrooms, porcini

[mushrooms] mushrooms, shiitake

[mushrooms] mushrooms, white

mushrooms

oil, olive

[onions] onions, yellow

onions

oregano

parsley

pepper, black

rosemary

salt

tamari

thyme

[wine] wine, marsala

wine

STOCK, VEGETABLE

Category: Other

MatchShares: Dashi

basil

bay leaf

beans, black (fermented)

cabbage

carrots

celery

cilantro

garlic

kombu

leeks

lemongrass

marjoram

mirepoix (carrots + celery + onions)

[mushrooms] mushrooms, shiitake

[mushrooms] mushrooms, white

mushrooms

oil, olive

[onions] onions, yellow

onions

oregano

parsley

parsnips

pepper, black

potatoes

rosemary

sage

salt, kosher or sea

savory

thyme

water

wine, dry white

STRAWBERRIES

Category: Fruits

agave nectar

almonds

apples

apricots

arugula

bananas

BASIL

bell peppers

[berries, other] berries, other, blackberries

[berries, other] berries, other, blueberries

[berries, other] berries, other, raspberries

berries, other

caramel

[chocolate] chocolate, dark

chocolate

cinnamon

coconut

crème fraîche

cucumber

[desserts] desserts, cobblers

[desserts] desserts, crumbles

[desserts] desserts, custards

[desserts] desserts, ice creams

[desserts] desserts, pies

[desserts] desserts, puddings

[desserts] desserts, sorbets

[desserts] desserts, strawberry shortcake

[desserts] desserts, tarts

desserts

[drinks] drinks, sparkling water

[drinks] drinks, sparkling wine

drinks

fennel

figs

ginger

grapefruit

granitas

guava

hazelnuts

jams

kiwi

[lemon] lemon, juice

lemon

[lime] lime, juice

lime

[liqueurs] liqueurs, cointreau

[liqueurs] liqueurs, curaçao

[liqueurs] liqueurs, framboise

[liqueurs] liqueurs, grand marnier

[liqueurs] liqueurs, kirsch

liqueurs

lychees

mango

maple syrup

mascarpone

[melon] melon, cantaloupe

melon

milk, almond

mint

nuts

oats

oatmeal

oil, olive

[orange] orange, juice

[orange] orange, zest

orange

pancakes

passion fruit

peaches

pecans

[pepper] pepper, black

[pepper] pepper, tellicherry

pepper

pineapple

pine nuts

pistachios

\*RHUBARB

[salads] salads, fruit

[salads] salads, green

salads

[sauces] sauces, dessert

sauces

shortcakes

SMOOTHIES

sorbets

[soups] soups, fruit

[soups] soups, “gazpacho”

soups

sour cream

spinach

[sugar] sugar, brown

[sugar] sugar, confectioners’

sugar

tarts

thyme

tofu, silken

tomatoes

VANILLA

VINEGAR, E.G., \*BALSAMIC, esp. aged; red wine

walnuts

watermelon

[wine] wine, beaujolais

[wine] wine, marsala

[wine] wine, port

[wine] wine, rose

[wine] wine, sherry

[wine] wine, sparkling (e.g.

[wine] wine, champagne)

[wine] wine, sweet

wine

yogurt

SUGAR, PALM

Category: Other

MatchShares: Sweetness/Sweeteners

[baked goods] baked goods, cookies

baked goods

bananas

beans, adzuki

chiles

chocolate

COCONUT

COCONUT MILK

coffee

curries, Thai

custards

desserts

fruits

Indonesian cuisine

jackfruit

lime

Malaysian cuisine

mango

maple syrup

pad thai

papaya, green

puddings

pumpkin

rice, sticky

[salads] salads, fruit

salads

sauces

Southeast Asian cuisines

Thai cuisine

water chestnuts

SUGAR SNAP PEAS

Category: Vegetables

asparagus

basil

[bell peppers] bell peppers, yellow

bell peppers

broccoli

brown butter

carrots

cashews

cauliflower

chervil

chiles

chives

cilantro

coconut milk

cumin

curry powder

curries

dill

dips

fennel

garlic

garlic scapes

ginger

grains, whole

horseradish

[lemons] lemons, juice

[lemons] lemons, zest

lemons

lettuce

lotus root

marjoram

MINT

miso

[mushrooms] mushrooms, portobello

[mushrooms] mushrooms, shiitake

mushrooms

mustard, Dijon

[noodles, asian] noodles, asian, soba

noodles, asian

[oils] oils, canola

[oils] oils, corn

[oils] oils, grapeseed

[oils] oils, olive

[oils] oils, sesame

oils

[onions] onions, green

[onions] onions, red

onions

parsley

pastas

peanuts

peanut sauce

peas

pepper, black

pine nuts

pistachios

radishes

rice

sage

[salads] salads, grain

[salads] salads, noodle

[salads] salads, pasta

salads

[salt] salt, kosher

salt

scallions

[sesame] sesame, oil

[sesame] sesame, seeds

sesame

shallots

snow peas

soups

soy sauce

stews

stir-fries

stock, vegetable

sugar

tarragon

thyme

tofu

[vinegar] vinegar, red wine

vinegar

water chestnuts

yogurt

SUMAC

Category: Spices

(North) African cuisines

avocados

[beans] beans, white

beans

beets

bell peppers

[breads] breads, pita

breads

chickpeas

chiles

chili powder

cilantro

coriander

cucumbers

cumin

dips

[drinks] drinks, “lemonade”

drinks

dukkah (Egyptian spice blend of almonds + coriander + cumin + salt +

sesame seeds + sumac)

eggplant

falafel

fennel

garlic

ginger

[grains, whole] grains, whole, farro

[grains, whole] grains, whole, quinoa

grains, whole

HUMMUS

Iranian cuisine

kebabs

Lebanese cuisine

[lemon] lemon, juice

lemon

[lentils] lentils, red

lentils

marinades

mayonnaise

(Eastern) Mediterranean cuisine

MIDDLE EASTERN CUISINES

mint

Moroccan cuisine

oil, olive

[onions] onions, raw

onions

orange

oregano

parsley

pepper, black

pilafs

pine nuts

pomegranates

purslane

rice

[salad dressings] salad dressings, tahini

salad dressings

[salads] salads, chickpea

[salads] salads, cucumber

[salads] salads, fattoush

[salads] salads, tomato

salads

salt

sauces

sesame seeds

sour cream

stews

sugar snap peas

Syrian cuisine

tahini

THYME

tomatoes

Turkish cuisine

vegetables

walnuts

yogurt

za’atar

zucchini

SUMMER

anise hyssop

apricots

arugula

avocados

bamboo shoots

basil

[beans] beans, cranberry

[beans] beans, fava

[beans] beans, green

[beans] beans, lima

beans

[bell peppers] bell peppers, red or yellow

bell peppers

berries

blackberries

blueberries

boiled dishes

bok choy

boysenberries

callaloo

celery

chard

cherries

chickpeas, fresh

[chiles] chiles, poblano

chiles

chilled dishes

beverages

cilantro

corn

cucumbers

currants, black

dill

edamame

eggplant

elderberries

elderflower

escarole

fennel pollen

figs

flowers, edible

FRESHNESS

garlic

goji berries

grapes

[greens] greens, beet

[greens] greens, leafy

[greens] greens, mizuna

greens

grilled dishes

grilling

guavas

[herbs, cooling] herbs, cooling, basil

[herbs, cooling] herbs, cooling, cilantro

[herbs, cooling] herbs, cooling, dill

[herbs, cooling] herbs, cooling, fennel

[herbs, cooling] herbs, cooling, licorice

[herbs, cooling] herbs, cooling, marjoram

[herbs, cooling] herbs, cooling, mint

herbs, cooling

horseradish

huckleberries

ice cream

ices

granitas

jackfruit

kohlrabi

lamb’s-quarter

[lettuce] lettuce, green leaf

[lettuce] lettuce, lamb’s

[lettuce] lettuce, red leaf

lettuce

limes

loquats

lychees

mangoes

[melons] melons, cantaloupe

melons

miso, light

[mushrooms] mushrooms, chicken of the woods

[mushrooms] mushrooms, hedgehog

[mushrooms] mushrooms, lobster

[mushrooms] mushrooms, porcini

mushrooms

nectarines

nettles

[noodles] noodles, chilled

[noodles] noodles, somen

noodles

okra

onions

onions, green

onions, red, Vidalia

papalo

papayas

peaches

pears, Bartlett

peas

picnics

plums

[potatoes] potatoes, new

potatoes

puddings, summer

purslane

raspberries

raw foods

[salads] salads, fruit

[salads] salads, green

[salads] salads, pasta

salads

salsas, fresh

savory, summer

sea beans

shallots

slaws

snow peas

sorbets

[soups, chilled] soups, chilled, fruit

[soups, chilled] soups, chilled, gazpacho

soups, chilled

[spices, cooking] spices, cooking, peppercorns

[spices, cooking] spices, cooking, white; turmeric

spices, cooking

sprouts, daikon

[squash, summer] squash, summer, pattypan

[squash, summer] squash, summer, yellow

[squash, summer] squash, summer, zucchini

squash, summer

steamed dishes

[stone fruits] stone fruits, peaches

[stone fruits] stone fruits, plums

stone fruits

strawberries

summer rolls

tarragon

thyme

tomatillos

TOMATOES

vegetables, green leafy

watercress

WATERMELON

ZUCCHINI

ZUCCHINI BLOSSOMS (peak: July)

SWEET POTATOES

Category: Vegetables

agave nectar

allspice

APPLES

apple cider

apple juice

applesauce

apricots

arugula

[baked goods] baked goods, biscuits

[baked goods] baked goods, breads

[baked goods] baked goods, cakes

[baked goods] baked goods, cookies

[baked goods] baked goods, muffins

[baked goods] baked goods, pies

baked goods

bananas

basil

Thai basil

bay leaf

[beans] beans, black

[beans] beans, green

beans

beans, green

[bell peppers] bell peppers, green

[bell peppers] bell peppers, red

[bell peppers] bell peppers, yellow

bell peppers

bourbon

burritos

brown butter

caramel

cardamom

carrots

casseroles

cauliflower

cayenne

celery

chard, Swiss

chickpeas

[chiles] chiles, chipotle

[chiles] chiles, green

[chiles] chiles, jalapeño

[chiles] chiles, poblano

chiles

[chili] chili, flakes

[chili] chili, paste

[chili] chili, powder

chili

chips, vegetable

chocolate

CILANTRO

CINNAMON

cloves

[coconut] coconut, butter

[coconut] coconut, cream

[coconut] coconut, milk

coconut

coriander

corn

[cranberries] cranberries, dried

[cranberries] cranberries, juice

cranberries

crème fraîche

croutons, whole-grain

cumin

curries

[curry] curry, powder

[curry] curry, spices

curry

custards

[desserts] desserts, custards

[desserts] desserts, pies

[desserts] desserts, puddings

desserts

fennel

figs

fruit, dried

garam masala

GARLIC

GINGER

[grains, whole] grains, whole, barley

[grains, whole] grains, whole, couscous

[grains, whole] grains, whole, millet

[grains, whole] grains, whole, oats

grains, whole

gratins

[greens] greens, collard

[greens] greens, mustard

[greens] greens, salad

greens

hash

hoisin sauce

Indian cuisine

Italian cuisine

Japanese cuisine

KALE

[lemon] lemon, juice

[lemon] lemon, zest

lemon

lemongrass

[lentils] lentils, red

lentils

[lime] lime, juice

[lime] lime, zest

lime

MAPLE SYRUP

marjoram

[milk] milk, almond

[milk] milk, cashew

[milk] milk, coconut

milk

mirin

[miso] miso, sweet

[miso] miso, white

miso

molasses

[mushrooms] mushrooms, shiitake

mushrooms

[mustard] mustard, dijon

mustard

NUTMEG

[nuts] nuts, almonds

[nuts] nuts, peanuts

[nuts] nuts, pecans

[nuts] nuts, walnuts

nuts

[nut butters] nut butters, almonds

[nut butters] nut butters, peanuts

[nut butters] nut butters, pecans

[nut butters] nut butters, walnuts

nut butters

[nut milks] nut milks, almonds

[nut milks] nut milks, peanuts

[nut milks] nut milks, pecans

[nut milks] nut milks, walnuts

nut milks

[oil] oil, grapeseed

[oil] oil, hazelnut

[oil] oil, nut

[oil] oil, olive

[oil] oil, peanut

[oil] oil, sesame

[oil] oil, walnut

oil

[onions] onions, red

[onions] onions, white

[onions] onions, spring

[onions] onions, sweet

[onions] onions, yellow

onions

[oranges] oranges, juice

[oranges] oranges, zest

oranges

oregano

[pancakes] pancakes, sweet potato

pancakes

[paprika] paprika, sweet

[paprika] paprika, smoked

paprika

PARSLEY

parsnips

[pasta] pasta, gnocchi

[pasta] pasta, lasagna

[pasta] pasta, ravioli

pasta

pâtés

pears

[pepper] pepper, black

[pepper] pepper, white

pepper

pineapple

poppy seeds

potatoes, white

pumpkin seeds

purees

quesadillas

quinoa

radicchio

raisins

[rice] rice, brown

rice

ROSEMARY

rum

sage

salads

salsa

[salt] salt, kosher

[salt] salt, sea

[salt] salt, smoked

salt

savory

scallions

[seeds] seeds, sesame

[seeds] seeds, sunflower

seeds

[sesame] sesame, oil

[sesame] sesame, paste

[sesame] sesame, seeds

sesame

shallots

shepherd’s pie

soufflés

[soups] soups, black bean

[soups] soups, sweet potato

[soups] soups, tomato

soups

sour cream

SOY SAUCE

spinach

stews

stock, vegetable

SUGAR, BROWN

tamari

tempeh

tempura

thyme

[tofu] tofu, smoked

tofu

tomatoes

tortillas

turmeric

turnips

vanilla

[vinegar] vinegar, balsamic

[vinegar] vinegar, red wine

[vinegar] vinegar, rice wine

[vinegar] vinegar, sherry

vinegar

waffles, sweet potato

watercress

yogurt

SWEETENERS

Category: Other

[agave nectar] agave nectar, raw

agave nectar

apple juice

applesauce

barley malt syrup

brown rice syrup

cane juice, evaporated

cinnamon

coconut nectar

coconut sugar

dates

date sugar

[fruit, fresh] fruit, fresh, bananas

fruit, fresh

[fruit, dried] fruit, dried, dates

[fruit, dried] fruit, dried, raisins

fruit, dried

[fruit juice, esp. concentrated] fruit juice, esp. concentrated, fruit syrup

fruit juice, esp. concentrated

fruit preserves

jams

maple sugar

maple syrup

mirin

molasses

nutmeg

rice syrup

stevia

sucanat, which is an acronym for sugar cane natural

[sugar] sugar, brown

[sugar] sugar, coconut

[sugar] sugar, date

[sugar] sugar, maple

[sugar] sugar, muscovado

[sugar] sugar, organic

[sugar] sugar, palm

[sugar] sugar, raw

[sugar] sugar, turbinado

sugar

vanilla

# T

TAHINI

Category: Sauces

(North) African cuisines

Asian cuisines

asparagus

baba ghanoush

[baked goods] baked goods, breads

baked goods

[beans] beans, black

[beans] beans, cannellini

[beans] beans, green

[beans] beans, white

beans

beets

bok choy

cabbage

carrots

cashews

cauliflower

CHICKPEAS

cilantro

couscous, Israeli

cumin

dips

eggplant

falafel

fruit

garlic

ginger

Greek cuisine

[greens] greens, salad

greens

halvah

\**HUMMUS*

[icings] icings, for cakes

[icings] icings, cupcakes

icings

[lemon] lemon, juice

lemon

lime

MIDDLE EASTERN CUISINES

[milk, nondairy] milk, nondairy, almond

[milk, nondairy] milk, nondairy, rice

[milk, nondairy] milk, nondairy, soy

milk, nondairy

miso

[mushrooms] mushrooms, shiitake

mushrooms

[noodles, asian] noodles, asian, chilled

[noodles, asian] noodles, asian, soba

noodles, asian

[nuts] nuts, macadamia

nuts

[oil] oil, sesame

oil

[onions] onions, yellow

onions

orange

pine nuts

potatoes

pumpkin

[purees] purees, carrots

[purees] purees, potatoes

[purees] purees, sweet potatoes

purees

quinoa

SALAD DRESSINGS

[salads] salads, fattoush

[salads] salads, fruit

[salads] salads, legume

salads

sandwiches

sauces

[sesame] sesame, oil

[sesame] sesame, seeds

sesame

smoothies

snow peas

soups

soy sauce

spinach

SPREADS

squash, butternut

stews

stock, vegetable

sumac

sweet potatoes

tamari

tempeh

tofu

vanilla

[vinegar] vinegar, balsamic or rice wine

vinegar

walnuts

yogurt

za’atar

zucchini

TAMARI

Category: Sauces

Asian cuisines

baked dishes

casseroles

dips

dipping sauces

ginger

greens, Asian

grilled dishes

marinades

mushrooms

[onions] onions, green

onions

peanuts

pumpkin seeds

roasted dishes

salad dressings

SAUCES

[sesame] sesame, seeds

sesame

soups

stews

stir-fries

sunflower seeds

[sushi] sushi, nori rolls

sushi

tofu

tomatoes

tomato sauce

vinegar, rice

walnuts

TAMARIND

Category: Fruits

apricots

Asian cuisines

bananas

beans

beverages, fruit

black-eyed peas

Caribbean cuisines

carrots

cashews

cauliflower

chard, Swiss

chickpeas

[chiles] chiles, jalapeño

[chiles] chiles, thai

chiles

chili powder

CHUTNEYS

cilantro

[citrus] citrus, grapefruit

[citrus] citrus, lemon

[citrus] citrus, lime

[citrus] citrus, orange

[citrus] citrus, tangerine

citrus

coconut

coconut milk

coriander

cumin

curry leaves, curry powder, curry spices, *curries*

dates

[desserts, frozen] desserts, frozen, granitas

[desserts, frozen] desserts, frozen, sorbets

desserts, frozen

eggplant, Japanese

GARLIC

GINGER

grains

grapefruit

INDIAN CUISINE

Latin American cuisines

legumes

lemon

lemongrass

[lentils] lentils, red

lentils

[lime] lime, juice

[lime] lime, zest

lime

maple syrup

marinades

Mediterranean cuisines

Mexican cuisine

Middle Eastern cuisines

mint

molasses

mushrooms

mustard

mustard seeds

[noodles, asian] noodles, asian, rice

noodles, asian

[oil] oil, grapeseed

oil

oranges

pad thai

peanuts

[potatoes] potatoes, new

potatoes

[rice] rice, basmati

[rice] rice, jasmine

rice

salad dressings

[salads] salads, noodle

[salads] salads, thai

salads

[sauces] sauces, barbecue

[sauces] sauces, sweet-and-sour

[sauces] sauces, tomato

sauces

scallions

shallots

sorbets

[soups] soups, hot-and-sour

[soups] soups, lentil

[soups] soups, vegetable

soups

soy sauce

star anise

stir-fries

[sugar] sugar, brown

[sugar] sugar, palm

[sugar] sugar, white

sugar

sweet potatoes

tamari

tangerines

Thai cuisine

tofu

tomatoes

tomato paste

turmeric

vanilla

vegetables

[vinegar] vinegar, apple cider

[vinegar] vinegar, brown rice

vinegar

walnuts

yogurt

zucchini

TAPIOCA

Category: Other

almonds

apples

bananas

chocolate

coconut

COCONUT MILK

[desserts] desserts, fruit cobblers

[desserts] desserts, crisps

[desserts] desserts, pies

[desserts] desserts, tarts

desserts

fruits

ginger

Malaysian cuisine

mango

maple syrup

[melon] melon, honeydew

melon

milk

nuts

puddings

[sesame seeds] sesame seeds, toasted

sesame seeds

[sugar] sugar, brown

sugar

VANILLA

Vietnamese cuisine

yuzu

TARO ROOT

Category: Vegetables

(West) African cuisines

Asian cuisines

Caribbean cuisines

Chinese cuisine

chips

coconut milk

curries

garlic

Hawaiian cuisine

Japanese cuisine

“mashed potatoes”

milk, coconut

[mushrooms] mushrooms, asian

[mushrooms] mushrooms, dried

mushrooms

“nests”

onions

pancakes, savory

POI

scallions

[sesame] sesame, seeds

sesame

SOUPS

soy sauce

[squash] squash, kabocha

squash

STEWS

sweet potatoes

taro leaves

TARRAGON

Category: Spices

anise

apples

apricots

artichokes

ASPARAGUS

[beans] beans, dried

[beans] beans, fresh

[beans] beans, green

[beans] beans, lima

[beans] beans, white

beans

beets

bouquets garnis

broccoli

capers

carrots

cauliflower

celery seeds

celery root

chervil

chives

[citrus] citrus, grapefruit

[citrus] citrus, lemon

[citrus] citrus, lime

citrus

corn

[dairy products] dairy products, butter

[dairy products] dairy products, cream

dairy products

dill

dips

fennel

fennel seeds

FINES HERBES (i.e., tarragon + chervil + chives + parsley)

French cuisine

frisée

garlic

[grains, whole] grains, whole, barley

[grains, whole] grains, whole, brown rice

[grains, whole] grains, whole, bulgur

[grains, whole] grains, whole, wheat berries

grains, whole

grapefruit

greens, bitter

herbes de Provence

leeks

[lemon] lemon, juice

[lemon] lemon, zest

lemon

[lemony herbs] lemony herbs, balm

[lemony herbs] lemony herbs, thyme

[lemony herbs] lemony herbs, verbena

lemony herbs

lentils

lime

lovage

marinades

marjoram

MAYONNAISE

melon

mint

mushrooms

[mustard] mustard, dijon

mustard

[oil] oil, canola

[oil] oil, hazelnut

[oil] oil, olive

[oil] oil, walnut

oil

onions

[orange] orange, juice

[orange] orange, zest

orange

paprika

PARSLEY

parsley root

pasta

peaches

[peas] peas, english

peas

[pepper] pepper, black

[pepper] pepper, green

[pepper] pepper, pink

pepper

potatoes

radishes

rice

[salad dressings] salad dressings, vinaigrettes

salad dressings

[salads] salads, egg

[salads] salads, fruit

[salads] salads, grain

[salads] salads, green

[salads] salads, pasta

[salads] salads, potato

salads

salsify

[sauces, esp. classic french] sauces, esp. classic french, béarnaise

[sauces, esp. classic french] sauces, esp. classic french, hollandaise; creamy

[sauces, esp. classic french] sauces, esp. classic french, tartar

sauces, esp. classic french

shallots

sorrel

[soups] soups, cream-based

[soups] soups, mushroom

[soups] soups, white bean

soups

spinach

stock, vegetable

stuffings

sugar snap peas

tofu

TOMATOES

vegetables

[vinegar] vinegar, champagne

[vinegar] vinegar, red wine

[vinegar] vinegar, sherry

[vinegar] vinegar, white wine

vinegar

walnuts

zucchini

TATSOI

Category: Vegetables

chives

cucumbers

edamame

garlic

ginger

[greens, other] greens, other, bok choy

[greens, other] greens, other, mizuna

greens, other

mangoes

[mushrooms] mushrooms, shiitake

mushrooms

[noodles, asian] noodles, asian, soba

noodles, asian

[oil] oil, grapeseed

[oil] oil, olive

oil

onions, green

peanuts

peanut sauce

SALADS

scallions

[sea vegetables] sea vegetables, kombu

[sea vegetables] sea vegetables, wakame

sea vegetables

[sesame] sesame, oil

[sesame] sesame, seeds

sesame

shallots

soups

soy sauce

tamari

stews

stir-fries

tahini

[tofu] tofu, baked

tofu

[vinegar] vinegar, rice wine

vinegar

TEFF

Category: Grains

(North) African cuisine

allspice

[baked goods] baked goods, breads

[baked goods] baked goods, cookies

baked goods

casseroles

cayenne

CEREALS, hot breakfast

chives

cinnamon

dates

ETHIOPIAN CUISINE

[grains, other larger] grains, other larger, barley

[grains, other larger] grains, other larger, millet

[grains, other larger] grains, other larger, rice

grains, other larger

gravies

INJERA

maple syrup

milk

[nuts] nuts, pecans

[nuts] nuts, walnuts

nuts

onions

pancakes

parsley

pilafs

raisins

scallions

soups

stews

stuffings

thyme

vegetables

TEMPEH

Category: Legumes

agave nectar

“bacon,” tempeh

barbecue sauce

basil, Thai

bay leaf

[beans] beans, black

[beans] beans, green

[beans] beans, pinto

beans

[bell peppers] bell peppers, roasted

bell peppers

burritos

[cabbage] cabbage, green

cabbage

carrots

casseroles

celery

celery root

chard

[chiles] chiles, chipotle

[chiles] chiles, jalapeño

chiles

CHILI, VEGETARIAN

chili pepper flakes

cilantro

cinnamon

COCONUT

COCONUT MILK

coriander

cumin

curries

curry powder

curries

[fennel] fennel, pureed

fennel

five-spice powder

GARLIC

GINGER

[grains, whole] grains, whole, millet

grains, whole

gravies, mushroom

[greens] greens, collard

greens

hoisin sauce

INDONESIAN CUISINE

kale

kebabs

kombu

[lemon] lemon, juice

lemon

lemongrass

lettuce

[lime] lime, juice

lime

liquid smoke

macrobiotic cuisine

maple syrup

mango

mirin

miso

molasses

[mushrooms] mushrooms, porcini

[mushrooms] mushrooms, portobello

[mushrooms] mushrooms, shiitake

mushrooms

mustard

[noodles] noodles, soba

noodles

[oils] oils, canola

[oils] oils, olive

[oils] oils, peanut

[oils] oils, safflower

[oils] oils, sesame

[oils] oils, sunflower

oils

[onions] onions, red

[onions] onions, yellow

onions

orange

oregano

[paprika] paprika, smoked

[paprika] paprika, sweet

paprika

parsley

pastas

PEANUTS

PEANUT SAUCE

peas

[rice] rice, brown or jasmine

rice

[salad dressing] salad dressing, russian

[salad dressing] salad dressing, thousand island

salad dressing

[salads] salads, “chicken” (e.g.

[salads] salads, + carrots + celery + mayonnaise)

[salads] salads, taco

salads

salt, sea

[sandwiches] sandwiches, “reuben,” tblt

[sandwiches] sandwiches, wraps

sandwiches

[sauces] sauces, pasta

sauces

sauerkraut

scallions

scrambles, tempeh

[sesame] sesame, oil

[sesame] sesame, paste

[sesame] sesame, seeds

sesame

shallots

“*sloppy Joes”*

smoke, liquid

soups

SOY SAUCE

sriracha sauce

star anise

[stews] stews, vegetable

stews

stir-fries

stock, vegetable

[sugar] sugar, brown

sugar

sweet potatoes

tacos

TAMARI

tamarind

thyme

tomatoes

tomato paste

tomato sauce

umeboshi plum sauce

veggie burgers

[vinegar] vinegar, apple cider

[vinegar] vinegar, balsamic

[vinegar] vinegar, brown rice

[vinegar] vinegar, chinese black

[vinegar] vinegar, rice

vinegar

[wine] wine, dry red or white

wine

Worcestershire sauce, vegan

THAI CHILI PASTE

Category: Spices

bamboo shoots

beans, green

bell peppers

broccoli

cabbage

carrots

coconut milk

curries, Thai vegetable

eggplant

lemongrass

[lime] lime, juice

lime

mushrooms

noodles, Asian

onions

peanuts

pineapple

[rice] rice, jasmine

rice

[soups] soups, spicy/sour

[soups] soups, thai

soups

tamari

tofu

tomatoes

zucchini

THAI CUISINE

bamboo shoots

bananas

BASIL, THAI

bell peppers

[chiles] chiles, serrano

[chiles] chiles, thai

chiles

chili paste, esp. Thai

chili powder

chili sauce

cilantro

COCONUT

COCONUT MILK

coriander

cumin

CURRIES

CURRY PASTE, THAI

eggplant, Asian

garlic

ginger

herbs, fresh

Kaffir lime leaves

lemongrass

lime

[mangoes] mangoes, green

mangoes

mint

[noodles] noodles, asian

[noodles] noodles, rice

noodles

pad thai

[papaya] papaya, green

papaya

peanuts

pineapple

relishes

[rice] rice, jasmine

rice

salads

salt

soups

soy sauce

spices

squash, winter

sugar

tamarind

tofu

turmeric

vegetables

THYME

Category: Spices

apples

basil

[baked goods] baked goods, biscotti

[baked goods] baked goods, biscuits

[baked goods] baked goods, cookies

baked goods

bay leaf

[beans, dried] beans, dried, black

[beans, dried] beans, dried, kidney

[beans, dried] beans, dried, pinto

beans, dried

beans, green

beets

bell peppers

BOUQUETS GARNIS

bread puddings, savory

breads

Brussels sprouts

Caribbean cuisine

Cajun cuisine

carrots

casseroles

chard

chives

chowders

[citrus] citrus, lemon

[citrus] citrus, orange

citrus

corn

Creole cuisine

eggplant

European cuisines

fennel

French cuisine

garlic

gratins

Greek cuisine

[greens, salad] greens, salad, mesclun

greens, salad

gumbos

herbes de Provence

Italian cuisine

[jamaican cuisine] jamaican cuisine, jerk dishes

jamaican cuisine

leeks

LEMON

[lettuce] lettuce, romaine

lettuce

lovage

marinades

marjoram

Mediterranean cuisines

Middle Eastern cuisines

[mushrooms] mushrooms, cremini

mushrooms

wild mushrooms

mustard

oil, olive

ONIONS

[orange] orange, zest

orange

oregano

parsley

pastas

pears

peas

peas, split

pepper, black

polenta

potatoes

quinoa

rosemary

[salad dressings] salad dressings, vinaigrettes

salad dressings

[salads] salads, pasta

salads

[sauces] sauces, barbecue

[sauces] sauces, cheese

[sauces] sauces, cream

[sauces] sauces, pasta

[sauces] sauces, red wine

[sauces] sauces, tomato

sauces

savory

sesame seeds

[soups] soups, broths

[soups] soups, chowders

[soups] soups, creamy

[soups] soups, gumbos

[soups] soups, vegetable

soups

spinach

squash, summer

[winter] winter, butternut

[winter] winter, delicata

winter

[stews] stews, mushroom

[stews] stews, vegetable

stews

stocks, vegetable

stuffings

sumac

tofu

TOMATOES

tomato sauce

[vegetables] vegetables, root

[vegetables] vegetables, winter

vegetables

zucchini

TOFU—IN GENERAL

Category: Legumes

MatchShares: Tofu, Firm; Tofu, Smoked

Asian cuisines

asparagus

avocado

basil

[beans] beans, black

[beans] beans, green

[beans] beans, pinto

beans

[bell peppers] bell peppers, red

bell peppers

[black bean paste] black bean paste, fermented

black bean paste

bok choy

“bowls,” e.g., grains/veggies/dressings

broccoli

broccoli rabe

burdock root

[cabbage] cabbage, chinese

[cabbage] cabbage, napa

cabbage

carrots

cashews

celery

chard

“cheesecakes”

[chiles] chiles, ancho

[chiles] chiles, chipotle; chili paste

chiles

chili pepper flakes

chili, vegetarian

Chinese cuisine

cilantro

cinnamon

coconut

coconut milk

[cornmeal] cornmeal, to crust

cornmeal

cumin

curries

curry powder

daikon

dashi

[desserts] desserts, creamy

desserts

dill

dips

dressings

eggplant

five-spice powder

GARLIC

GINGER

[grains, whole] grains, whole, millet

grains, whole

[greens] greens, asian

[greens] greens, collard

greens

hiziki

hoisin

Japanese cuisine

kale

kebabs

Korean cuisine

leeks

[lemon] lemon, juice

[lemon] lemon, zest

lemon

lemongrass

[lime] lime, juice

[lime] lime, zest

lime

maple syrup

mayonnaise

Vegenaise

mint

mirin

MISO

[mushrooms] mushrooms, shiitake

mushrooms

mustard

[noodles, esp. asian] noodles, esp. asian, buckwheat

[noodles, esp. asian] noodles, esp. asian, rice

[noodles, esp. asian] noodles, esp. asian, soba

[noodles, esp. asian] noodles, esp. asian, udon

noodles, esp. asian

nori

[oil] oil, olive

[oil] oil, peanut

[oil] oil, sesame

oil

[onions] onions, green

[onions] onions, red

[onions] onions, spring

[onions] onions, yellow

onions

[orange] orange, juice

[orange] orange, zest

orange

pad thai

PEANUTS

PEANUT SAUCE

pepper, black

plum sauce

pumpkin

pumpkin seeds

quinoa

[rice] rice, black

[rice] rice, brown

rice

rosemary

salad dressings

[salads] salads, green

[salads] salads, mock egg

[salads] salads, vegetable

salads

salt, sea

sandwiches

satays

[sauces] sauces, peanut

sauces

scallions

[sea vegetables] sea vegetables, dulse

[sea vegetables] sea vegetables, hiziki

sea vegetables

scrambles, tofu

[sesame] sesame, oil

[sesame] sesame, sauce

[sesame] sesame, seeds

sesame

shiso

skewers

snap peas

snow peas

[soups] soups, “creamy,” miso

soups

SOY SAUCE

SPINACH

[spreads] spreads, pureed tofu

spreads

spring rolls

[squash] squash, butternut

[squash] squash, kabocha

squash

star anise

STIR-FRIES

[stock] stock, vegetable

stock

[sugar] sugar, brown

sugar

TAMARI

Thai cuisine

tomatoes

umeboshi plum sauce

veggie burgers

[vinegar] vinegar, balsamic

[vinegar] vinegar, brown rice

[vinegar] vinegar, chinese black

[vinegar] vinegar, rice

[vinegar] vinegar, umeboshi

vinegar

walnuts

watercress

wine

zucchini

TOFU, FIRM

Category: Legumes

basil

[bell peppers] bell peppers, green

[bell peppers] bell peppers, red

bell peppers

Bragg Liquid Aminos

brochettes

“cheesecakes”

[chiles] chiles, jalapeño;

chiles

chili pepper sauce

cilantro

coconut milk

curries

“frittatas”

GARLIC

ginger

[greens] greens, bitter

[greens] greens, watercress

greens

hoisin sauce

[lemon] lemon, juice

lemon

maple syrup

marjoram

“meatballs”

[mushrooms] mushrooms, porcini or shiitake

mushrooms

[mustard] mustard, dijon

mustard

nutritional yeast

[oil] oil, grapeseed

[oil] oil, olive

[oil] oil, sesame

oil

[onions] onions, red

onions

[orange] orange, zest

orange

oregano

parsley

pepper, black

[rice] rice, brown

[rice] rice, long-grain

[rice] rice, wild

rice

“ricotta,” tofu

rosemary

[salads] salads, “egg,” green

salads

[salt] salt, sea

salt

sandwiches

[sauces] sauces, barbecue

[sauces] sauces, peanut

sauces

scallions

“*scrambles”*

[sesame seeds] sesame seeds, black

[sesame seeds] sesame seeds, white

sesame seeds

shallots

SOY SAUCE

spinach

steaks, tofu

stir-fries

[stock] stock, vegetable

stock

[sugar] sugar, brown

sugar

tamari

thyme

[tomatoes] tomatoes, cherry

tomatoes

[vegetables] vegetables, broccoli

[vegetables] vegetables, eggplant

[vegetables] vegetables, zucchini

vegetables

[vinegar] vinegar, apple cider

[vinegar] vinegar, brown rice

[vinegar] vinegar, red wine

[vinegar] vinegar, sherry

vinegar

watercress

TOFU SKIN

Category: Legumes

avocado

[cabbage] cabbage, napa

cabbage

carrots

[chiles] chiles, dried red

[chiles] chiles, chili pepper flakes

chiles

cilantro

cinnamon

cloves

coconut milk

curry powder

spices

dashi

ginger

Japanese cuisine

lemongrass

mirin

miso

[mushrooms] mushrooms, shiitake

mushrooms

mustard

mock “seafood” salad

[oil] oil, sesame

oil

onions

[orange] orange, zest

orange

[rice] rice, sushi

rice

salt

[sauces] sauces, dipping

[sauces] sauces, peanut

sauces

scallions

[sesame] sesame, oil

[sesame] sesame, seeds

sesame

shiso

[soups] soups, curry

soups

soy sauce

soybeans, black

star anise

stir-fries

[stock] stock, dashi

[stock] stock, mushroom

[stock] stock, vegetable

stock

sushi

rolls

Thai chili paste

tofu skin “noodles,” sliced long

served with dipping sauce

Vietnamese cuisine

[vinegar] vinegar, rice wine

vinegar

wasabi

[wine, rice] wine, rice, sake

wine, rice

zucchini

TOFU, SMOKED

Category: Legumes

almonds

apples

apple cider

arame

artichokes

asparagus

avocado

basil

[beans] beans, black or kidney

beans

beets

bell peppers

breads, whole-grain

cabbage

carrots

cauliflower

cayenne

chard

cilantro

[citrus] citrus, lemon

[citrus] citrus, lime

[citrus] citrus, orange

citrus

coconut

corn

cucumbers

daikon

[dips] dips, spinach

dips

edamame

[eggplant] eggplant, japanese

eggplant

garlic

[grains] grains, rye berries

grains

[greens] greens, asian

[greens] greens, mustard

[greens] greens, salad

greens

Kaffir lime

kale

lentils

[lettuce] lettuce, romaine

lettuce

lime

mint

mirin

[miso] miso, white

miso

[mushrooms] mushrooms, enoki

[mushrooms] mushrooms, oyster

[mushrooms] mushrooms, portobello

[mushrooms] mushrooms, shiitake

mushrooms

[noodles, asian] noodles, asian, rice

[noodles, asian] noodles, asian, soba

[noodles, asian] noodles, asian, udon

noodles, asian

[oil] oil, olive

[oil] oil, sesame

oil

[onions] onions, red

onions

PAD THAI

parsley

[pastas] pastas, carbonara

pastas

pears

pesto

quinoa

[rice] rice, basmati

[rice] rice, jasmine

[rice] rice, wild

rice

[salads] salads, asian

[salads] salads, cobb

[salads] salads, mushroom

[salads] salads, noodle

[salads] salads, pasta

[salads] salads, spinach

salads

[sandwiches] sandwiches, avocadolt

[sandwiches] sandwiches, “blt”

sandwiches

scallions

[sesame] sesame, oil

[sesame] sesame, sauce

[sesame] sesame, seeds

sesame

snow peas

[soups] soups, corn

[soups] soups, lentil

[soups] soups, miso

[soups] soups, vegetable

soups

soy sauce

spinach

spring rolls

[sprouts] sprouts, daikon radish

sprouts

[squash, winter] squash, winter, butternut

squash, winter

stews

stir-fries

stock, vegetable

sugar snap peas

thyme

tomatoes

tomatoes, sun-dried

veggie burgers

vinegar, balsamic

walnuts

watercress

TOMATILLOS

Category: Vegetables

AVOCADOS

basil

[bell peppers] bell peppers, green

bell peppers

chilaquiles

[chiles] chiles, ancho

[chiles] chiles, chipotle

[chiles] chiles, green

[chiles] chiles, guajillo

[chiles] chiles, jalapeño

[chiles] chiles, poblano

[chiles] chiles, serrano

chiles

CILANTRO

corn

cucumbers

cumin

[egg dishes] egg dishes, huevos rancheros

egg dishes

enchiladas

epazote

GARLIC

guacamole

jícama

[lettuce] lettuce, romaine

lettuce

[lime] lime, juice

lime

mangoes

Mexican cuisine

mint

oil, olive

[onions] onions, red

[onions] onions, white

[onions] onions, yellow

onions

oregano

polenta

posole

pumpkin seeds

quinoa

salad dressings

salads

[salsas] salsas, green

[salsas] salsas, esp. salsa verde

salsas

salt, sea

[sauces] sauces, enchilada

sauces

scallions

[soups] soups, cold

[soups] soups, green gazpacho

soups

Southwestern (U.S.) cuisine

stock, vegetable

tacos

Tex-Mex cuisine

thyme

[tomatoes] tomatoes, cherry

tomatoes

[tortillas] tortillas, corn

tortillas

[vinegar] vinegar, red wine

vinegar

TOMATOES

Category: Vegetables

almonds

artichokes

arugula

asparagus

avocados

barley

\*BASIL

bay leaf

[beans] beans, black

[beans] beans, borlotti

[beans] beans, cannellini

[beans] beans, cranberry

[beans] beans, dried

[beans] beans, fava

[beans] beans, green

[beans] beans, kidney

[beans] beans, mung

[beans] beans, pinto

[beans] beans, red

[beans] beans, white

beans

beets

[bell peppers] bell peppers, green

[bell peppers] bell peppers, red

[bell peppers] bell peppers, esp. roasted

bell peppers

breads (e.g., focaccia)

bread crumbs

bruschetta

capers

caraway seeds

casseroles

cauliflower

cayenne

celery

celery seeds

[chard] chard, swiss

chard

chervil

chickpeas

[chiles] chiles, jalapeño; chili pepper flakes

chiles

chili pepper sauce

chili, vegetarian

CHIVES

chutneys

cilantro

cinnamon

coriander

corn

couscous

CUCUMBERS

cumin

curries

dill

EGGPLANT

enchiladas

fennel

French cuisine

GARLIC

gazpacho

ginger

[grains, whole] grains, whole, barley

[grains, whole] grains, whole, bulgur

[grains, whole] grains, whole, farro

grains, whole

gratins

[greens] greens, baby

[greens] greens, salad

greens

gumbos

Italian cuisine

leeks

legumes

[lemon] lemon, juice

lemon

lemon thyme

lentils

[lettuce] lettuce, romaine

lettuce

lime

lovage

marjoram

Mexican cuisine

mint

[mushrooms] mushrooms, porcini or portobello

mushrooms

nutmeg

OIL, OLIVE

[olives] olives, black

[olives] olives, green

olives

[onions] onions, red

[onions] onions, sweet

[onions] onions, yellow

onions

orange

orange juice

OREGANO

[paprika] paprika, hot

[paprika] paprika, smoked

[paprika] paprika, sweet

paprika

PARSLEY, flat-leaf

parsnips

PASTAS

[pepper] pepper, black

[pepper] pepper, white

pepper

pesto

pizza

polenta

potatoes

pumpkin

purees

quinoa

ratatouille

relishes

[rice] rice, black

[rice] rice, brown

rice

risottos

rosemary

saffron

sage

[salad dressings] salad dressings, vinaigrettes

salad dressings

[salads] salads, bean

[salads] salads, bread (e.g.

[salads] salads, panzanella)

[salads] salads, grain

[salads] salads, green

[salads] salads, spinach

[salads] salads, tomato

salads

[salsas] salsas, pico de gallo

salsas

[salt] salt, kosher

[salt] salt, sea

[salt] salt, smoked

salt

sandwiches

[sauces] sauces, marinara

[sauces] sauces, pasta

[sauces] sauces, pizza

[sauces] sauces, tomato

sauces

savory

scallions

seitan

shallots

shiso

snap peas

SOUPS, e.g gazpacho, tomato, vegetable

sour cream

soy sauce

Spanish cuisine

spinach

[squash] squash, summer

squash

stews

[stocks] stocks, vegetable

stocks

sugar (just a pinch)

tabbouleh

tamari

tamarind

tarragon

tarts

THYME

tofu

[tomatoes, stuffed] tomatoes, stuffed, with rice

tomatoes, stuffed

turmeric

[vinegar] vinegar, balsamic

[vinegar] vinegar, red wine

[vinegar] vinegar, rice

[vinegar] vinegar, sherry

[vinegar] vinegar, or wine

vinegar

watermelon

wheat berries

Worcestershire sauce, vegan

yogurt

ZUCCHINI

TOMATOES, GREEN

Category: Vegetables

bell peppers

chives

corn

cornmeal

dill

mustard

[oil] oil, olive

[oil] oil, vegetable

oil

[onions] onions, red

onions

parsley

pepper, black

salsas

[salt] salt, sea

salt

savory

scallions

soups

tomatoes, fried green

TOMATOES, SUN-DRIED

Category: Vegetables

almonds

artichokes

artichoke hearts

arugula

asparagus

BASIL

bay leaf

[beans] beans, white

beans

bell peppers

[bread] bread, whole-wheat

bread

capers

cashews

casseroles

chickpeas

[chiles] chiles, jalapeño

[chiles] chiles, red

chiles

chili pepper flakes

dips

enchiladas

GARLIC

harissa

hazelnuts

hummus

Italian cuisine

kale

[lemon] lemon, juice

[lemon] lemon, zest

lemon

[lime] lime, juice

[lime] lime, zest

lime

Mediterranean cuisines

OLIVE OIL

[olives] olives, black

[olives] olives, kalamata

olives

[onions] onions, red

onions

[orange] orange, zest

orange

oregano

parsley

[pastas] pastas, cannelloni

[pastas] pastas, linguini

pastas

pepper, black

pesto

pine nuts

PIZZA

polenta

potatoes

risottos

rosemary

[salads] salads, bean

[salads] salads, grain

[salads] salads, green

[salads] salads, potato

salads

salt, sea

[sandwiches] sandwiches, cheese

[sandwiches] sandwiches, panini

sandwiches

[sauces] sauces, pasta

[sauces] sauces, tomato

sauces

scallions

shallots

soups

spinach

spreads

stews

stuffings

tapenades

thyme

tofu

tomato paste

tomatoes, fresh

tortillas

[vinegar] vinegar, balsamic

[vinegar] vinegar, rice wine

vinegar

walnuts

[wine] wine, dry white

wine

TRITICALE

Category: Grains

[baked goods] baked goods, biscuits

[baked goods] baked goods, breads

baked goods

basil

casseroles

[cereals] cereals, muesli

cereals

chard

chives

cilantro

cinnamon

dates

dill

garlic

ginger

greens

[mushrooms] mushrooms, cremini

[mushrooms] mushrooms, shiitake

mushrooms

[mustard] mustard, dijon

mustard

[oil] oil, nut

[oil] oil, olive

[oil] oil, sesame

[oil] oil, walnut

oil

onions

oregano

pancakes

parsley

peanuts

pepper, black

pilafs

porridges

raisins

sage

salads, grain

scallions

[squash, winter] squash, winter, butternut

squash, winter

stock, vegetable

thyme

[vinegar] vinegar, balsamic

[vinegar] vinegar, sherry

vinegar

TRUFFLES, BLACK

Category: Vegetables

celery root

chives

FRENCH CUISINE

leeks

Madeira

[mushrooms] mushrooms, black

[mushrooms] mushrooms, morel

[mushrooms] mushrooms, porcini

mushrooms

[oil, nut] oil, nut, pecan

[oil, nut] oil, nut, walnut

oil, nut

pastas

potatoes

sauces

soups

stock, vegetable

TRUFFLES, PACIFIC NORTHWEST

Category: Vegetables

celery root

leeks, esp. with black truffles

nuts, esp. hazelnuts

pastas, esp. with white truffles

potatoes, esp. with white truffles

risottos

salads, esp. with white truffles

vegetables, root, esp. with white truffles

TRUFFLES, WHITE

Category: Vegetables

fonduta

ITALIAN CUISINE

[mushrooms] mushrooms, porcini

mushrooms

oil, olive

parsley

[pastas] pastas, fettuccine

pastas

polenta

potatoes

[rice] rice, arborio

rice

RISOTTOS

TURKISH CUISINE

artichokes

[beans] beans, fava

[beans] beans, green

beans

bell peppers

bulgur

carrots

chickpeas

chiles

chili pepper flakes

cinnamon

cloves

cucumbers

cumin

dill

EGGPLANT

garlic

grape leaves

lemon

[lentils] lentils, red

lentils

mint

nutmeg

[nuts] nuts, almonds

[nuts] nuts, pistachios

[nuts] nuts, walnuts

nuts

oil, olive

olives

onions

[oregano] oregano, dried

oregano

paprika

parsley

pepper, black

phyllo dough

pistachios

pita bread

pomegranates

rice

rose water

sesame seeds

spinach

sumac

tahini

TOMATOES

tomato paste

walnuts

yogurt

zucchini

TURMERIC

Category: Spices

MatchShares: Curry Powder

carrots

CAULIFLOWER

chickpeas

chiles

cilantro

cinnamon

cloves

coconut

coconut milk

coriander

cumin

[curries] curries, indian

[curries] curries, thai (esp. red

[curries] curries, yellow)

curries

\*CURRY LEAF

CURRY POWDER

dals

[fruit, dried] fruit, dried, cranberries

[fruit, dried] fruit, dried, currants

[fruit, dried] fruit, dried, raisins

fruit, dried

garlic

ginger

[grains] grains, quinoa

grains

greens, stewed

INDIAN CUISINE

kohlrabi

[lemon] lemon, juice

lemon

lemongrass

lentils

lime

Middle Eastern cuisines

Moroccan cuisine

mustard

mustard seeds

[noodles] noodles, asian

[noodles] noodles, rice

noodles

oil, olive

okra

onions

peanuts

peas

pepper, black

pickles

pistachios

potatoes

raisins

[rice] rice, basmati

[rice] rice, brown

rice

salad dressings

[salads] salads, egg

salads

sauces

scallions

shallots

[soups] soups, carrot

[soups] soups, sweet potato

soups

Southeast Asian cuisines

spinach

STEWS

stir-fries

sugar, brown

sweet potatoes

tagines

tamarind

Thai cuisine

tofu

tofu scrambles (for yellow color)

vegetables, esp. root

yogurt

TURNIPS

Category: Vegetables

allspice

almonds

anise seeds

apples

apple cider

apricots, dried

basil

bay leaf

bread

[bread crumbs] bread crumbs, whole-grain

bread crumbs

broccoli

broccoli rabe

cabbage

caraway seeds

CARROTS

celery, celery leaves, celery root

chili pepper flakes

chives

cilantro

cinnamon

[citrus] citrus, zest

citrus

couscous

curry powder

dill

French cuisine

GARLIC

ginger

gratins

[greens] greens, turnip

greens

kale

kohlrabi

leeks

[lemon] lemon, juice

[lemon] lemon, zest

lemon

lentils

maple syrup

mascarpone

“mashed potatoes”

mirin

[miso] miso, white

miso

[mushrooms] mushrooms, porcini

[mushrooms] mushrooms, portobello

mushrooms

[mustard] mustard, dijon

[mustard] mustard, mustard powder

mustard

nutmeg

[oil] oil, grapeseed

[oil] oil, nut

[oil] oil, olive

[oil] oil, sunflower

[oil] oil, vegetable

[oil] oil, walnut

oil

[onions] onions, green

[onions] onions, white

[onions] onions, yellow

onions

[orange] orange, juice

[orange] orange, zest

orange

PARSLEY

parsnips

pears

peas

pecans

[pepper] pepper, black

[pepper] pepper, white

pepper

pine nuts

poppy seeds

POTATOES

new potatoes

pumpkin

purees

radishes

rosemary

rutabagas

[salads] salads, grated

salads

[salt] salt, kosher

[salt] salt, rock

[salt] salt, sea

salt

savory

[sesame seeds] sesame seeds, black

[sesame seeds] sesame seeds, white

sesame seeds

shiso

[soups] soups, creamy

[soups] soups, minestrone

[soups] soups, potato

[soups] soups, turnip

soups

soy sauce

[squash, winter] squash, winter, acorn

[squash, winter] squash, winter, butternut

squash, winter

star anise

stews

stir-fries

stock, vegetable

[sugar] sugar, brown

sugar

sweet potatoes

tarragon

THYME

lemon thyme

tofu

tomatoes

vegetables, root, esp. roasted

vinaigrette

[vinegar] vinegar, balsamic or white balsamic

[vinegar] vinegar, red wine

[vinegar] vinegar, rice

[vinegar] vinegar, sherry

[vinegar] vinegar, white

vinegar

wine

walnuts

watercress

[wine] wine, red

[wine] wine, sherry

wine

yogurt

# U

UMEBOSHI

Category: Fruits

agave nectar

avocado

basil

[beans] beans, kidney

beans

BROCCOLI

[cabbage] cabbage, napa

cabbage

cauliflower

celery

chives

cilantro

[corn] corn, corn on the cob

corn

cucumbers

[curries] curries, thai

curries

daikon

dips

dressings

frisée

garlic

ginger

grains

[greens] greens, collard

greens

Japanese cuisine

jícama

[lemon] lemon, juice

lemon

lentils

[lettuces] lettuces, romaine

lettuces

[lime] lime, juice

lime

macrobiotic cuisine

marinades

mayonnaise

mirin

mushrooms

mustard, Dijon

[noodles, asian] noodles, asian, soba

noodles, asian

nori

NORI ROLLS

[oil] oil, olive

[oil] oil, peanut

[oil] oil, sesame

oil

parsley

pecans

[rice] rice, short-grain brown

[rice] rice, sushi

[rice] rice, white

rice

RICE BALLS

[salad dressings] salad dressings, caesar

[salad dressings] salad dressings, green

salad dressings

[salads] salads, caesar

[salads] salads, green

salads

SAUCES

scallions

[sesame] sesame, paste

[sesame] sesame, seeds

[sesame] sesame, sauce

sesame

SHISO

snow peas

soups

sour cream

spreads

stir-fries

sugar

tamari

tempeh

[tofu] tofu, extra-firm

tofu

[vegetables] vegetables, sautéed

vegetables

vinegar, rice

walnuts

# V

VANILLA

Category: Other

apples

apricots

[baked goods] baked goods, cakes

[baked goods] baked goods, cookies

baked goods

bananas

[beans] beans, green

beans

beets

[berries] berries, raspberries

[berries] berries, strawberries

berries

[beverages] beverages, eggnogs

beverages

brandy

cardamom

cheesecake

cherries

chiles

CHOCOLATE

[cinnamon] cinnamon, ceylon

cinnamon

cloves

coffee

[desserts] desserts, custards

desserts

\*ICE CREAM

French toast

[fruits] fruits, poached

fruits

ginger

[lemon] lemon, juice

[lemon] lemon, zest

lemon

maple syrup

milk

nutmeg

[nuts] nuts, almonds

[nuts] nuts, cashews

nuts

oats

oatmeal

peaches

pears

pepper, black

[puddings] puddings, avocado

[puddings] puddings, bread

[puddings] puddings, chia seed

[puddings] puddings, rice

puddings

pumpkin

raspberries

[rice] rice, basmati

[rice] rice, jasmine

rice

salads, fruit

[sauces] sauces, butter

[sauces] sauces, cream

[sauces] sauces, dessert

sauces

smoothies

[soups] soups, fruit

soups

spices, other

strawberries

[sugar] sugar, brown

sugar

teas

tofu

tomatoes

[vegetables, sweet] vegetables, sweet, corn

[vegetables, sweet] vegetables, sweet, peas

vegetables, sweet

vodka

wine

yogurt

VERJUS

Category: Other

apples

arugula

beets

desserts

[drinks] drinks, cocktails

drinks

French cuisine

fruit

grapes

greens, salad

herbs

[icy desserts] icy desserts, granitas

[icy desserts] icy desserts, sorbets

[icy desserts] icy desserts, esp. fruit-flavored

icy desserts

kiwi

lettuces, butter

marinades

mustards

[oil] oil, olive

oil

peaches

pears

salad dressings

[salads] salads, fruit

[salads] salads, green

salads

sauces

[soups] soups, fruit

[soups] soups, gazpacho

soups

stews

thyme

VIETNAMESE CUISINE

bananas

basil, Thai

chiles

cilantro

coconut milk

cucumbers

curry powder

curry spices

dill

garlic

ginger

lemon

lemongrass

lettuce

lime

[milk] milk, sweetened condensed (e.g.

[milk] milk, in coffee)

milk

mint

[noodles] noodles, rice

noodles

peanuts

raw dishes

[rice] rice, jasmine

rice

[rolls] rolls, spring

[rolls] rolls, summer

rolls

[salads] salads, rice noodle

salads

scallions

shallots

spring rolls

sprouts, bean

star anise

sugar

summer rolls

tapioca, pearl

vinegar, rice

VINEGAR, APPLE CIDER

Category: Other

apples

apple juice

baked goods

black-eyed peas

chutneys

cucumbers

fruits

grains, whole

[herbs] herbs, dill

herbs

marinades

[oils] oils, olive

[oils] oils, peanut

[oils] oils, sunflower

oils

peaches

pears

peas

plums

SALAD DRESSINGS

[salads] salads, fruit

[salads] salads, green

[salads] salads, pasta

[salads] salads, vegetable

salads

salt, sea

slaws

[soups] soups, borscht

soups

vegetables, esp. steamed

vegetables, pickled

VINEGAR, BALSAMIC

Category: Other

beets

cakes

cherries

citrus fruits

desserts, fruit

eggplant

fennel

figs

fruits

garlic

[greens] greens, bitter

[greens] greens, braised

greens

ice cream

(Northern) ITALIAN CUISINE

[kale] kale, braised

kale

marinades

[mustard] mustard, dijon

[mustard] mustard, dry

[mustard] mustard, seeds

mustard

OIL, OLIVE, esp. extra-virgin

onions, esp. caramelized

orange

pasta

[pepper] pepper, black or white

pepper

salad dressings

salads

[salt] salt, kosher

salt

scallions

seitan

shallots

soups

\*STRAWBERRIES

sugar

\*TOMATOES

vegetables

[vinegars, other] vinegars, other, stronger

[vinegars, other] vinegars, other, e.g.

[vinegars, other] vinegars, other, red wine

[vinegars, other] vinegars, other, sherry

vinegars, other

VINEGAR, BANYULS

Category: Other

barley

beans

chickpeas

French cuisine, esp. Provençal

[greens, salad] greens, salad, frisée

greens, salad

[lentils] lentils, black

[lentils] lentils, french

[lentils] lentils, green

lentils

marinades

[oil] oil, hazelnut

[oil] oil, olive

[oil] oil, walnut

oil

ragoûts

[salad dressings] salad dressings, vinaigrettes

salad dressings

[salads] salads, frisée

[salads] salads, green

salads

salt, sea

sauces

walnuts

VINEGAR, BEER

Category: Other

[oil] oil, olive

oil

salads

vegetables

watercress

VINEGAR, BROWN RICE

Category: Other

Asian cuisines

bean paste, fermented

Chinese cuisine

condiments

garlic

grains

Japanese cuisine

marinades

[mushrooms] mushrooms, portobello

[mushrooms] mushrooms, smoked

mushrooms

noodles, Asian

[oil] oil, sesame

oil

[rice] rice, sushi

rice

salad dressings

salads

[sauces] sauces, dipping

[sauces] sauces, sweet-and-sour

[sauces] sauces, vegan xo

sauces

[soups] soups, rice-based

soups

soy sauce

sriracha

stews

stir-fries

sugar

sushi, vegetarian

tamari

[vegetables] vegetables, grilled

vegetables

[zucchini] zucchini, grilled

zucchini

VINEGAR, CHAMPAGNE

Category: Other

[berries] berries, raspberries

[berries] berries, strawberries

berries

[citrus] citrus, grapefruit

[citrus] citrus, lemon

[citrus] citrus, lime

[citrus] citrus, orange

[citrus] citrus, tangerine; juice

[citrus] citrus, zest

citrus

fruit, esp. berries, citrus, stone fruit

greens, salad, esp. lighter

[herbs] herbs, lemon thyme

herbs

[lettuces] lettuces, butter

lettuces

[oil] oil, nut

[oil] oil, olive

[oil] oil, truffle

oil

[orange] orange, juice

[orange] orange, zest

orange

salad dressings

[salads] salads, fruit,“quieter”

salads

sauces

vegetables, “quieter”

VINEGAR, COCONUT

Category: Other

curries

Filipino cuisine

rice

Southeast Asian cuisines

stir-fries

VINEGAR, QUINCE

Category: Other

apples

artichokes, Jerusalem

[baked goods] baked goods, pastries

baked goods

[berries] berries, strawberries

berries

[cabbage] cabbage, braised

cabbage

celery root

chestnuts

[citrus] citrus, orange

citrus

fruit, fresh

melon

[oil] oil, olive

[oil] oil, pine nut

[oil] oil, pistachio

oil

onions

pears

pineapple

pine nuts

pistachios

pumpkins

quince

[salads] salads, green

salads

sauces

VINEGAR, RED WINE

Category: Other

MatchShares: Vinegar, Wine

chard, Swiss

cold dishes

French cuisine

garlic

[greens] greens, dandelion

[greens] greens, salad

[greens] greens, stronger

greens

kale

[lemon] lemon, juice

lemon

marinades

mushrooms

mustard, Dijon

[oils] oils, nut

[oils] oils, olive (esp. extra-virgin)

oils

pepper, black

[salad dressings] salad dressings, vinaigrettes

salad dressings

salads

sauces

shallots

soups

spinach

stews

vegetables, root

VINEGAR, RICE

Category: Other

Asian cuisines

bamboo shoots

burdock

[cabbage] cabbage, chinese

[cabbage] cabbage, napa

cabbage

carrots

chiles

chili pepper flakes

chili, vegetarian

Chinese cuisine

[citrus] citrus, grapefruit

[citrus] citrus, lemon

[citrus] citrus, lime

[citrus] citrus, orange

[citrus] citrus, tangerine; juice

[citrus] citrus, zest

citrus

cloves

cucumbers

daikon

fruit

garlic

ginger

grains, whole

JAPANESE CUISINE

Korean cuisine

[lime] lime, juice

lime

lotus root

mirin

mushrooms

noodles, Asian

[oils] oils, peanut

[oils] oils, sesame

oils

pickled vegetables, Asian

[rice] rice, sushi

rice

salad dressings

[salads] salads, asian

[salads] salads, cucumber

[salads] salads, fruit

[salads] salads, green

[salads] salads, noodle

salads

[sauces] sauces, dipping

[sauces] sauces, ponzu

sauces

soups

SOY SAUCE

[stews] stews, asian

stews

stir-fries

sugar

sushi

tamari

turnips

[vegetables] vegetables, lighter

vegetables

Vietnamese cuisine

yuzu

VINEGAR, SHERRY

Category: Other

beans

beets

[citrus] citrus, grapefruit

[citrus] citrus, lemon

[citrus] citrus, lime

[citrus] citrus, orange

[citrus] citrus, tangerine; juice

[citrus] citrus, zest

citrus

fennel

garlic

grains

greens, bitter

herbs

[lemon] lemon, juice

[lemon] lemon, zest

lemon

marinades

[mustard] mustard, dijon

mustard

[oils] oils, nut

[oils] oils, olive

[oils] oils, walnut

oils

onions

[orange] orange, juice

[orange] orange, zest

orange

potatoes

radicchio

[salad dressings] salad dressings, sherry vinaigrette

salad dressings

[salads] salads, fruit

[salads] salads, vegetable

salads

salt

[sauces] sauces, butter

sauces

[soups] soups, gazpacho

soups

SPANISH CUISINE

tomatoes

[vinegar, other] vinegar, other, balsamic

[vinegar, other] vinegar, other, red wine

[vinegar, other] vinegar, other, white wine

vinegar, other

walnuts

VINEGAR, UMEBOSHI PLUM

Category: Other

beans

beets

DIPS

grains

greens

marinades

miso

pickles

SALAD DRESSINGS

sauces, fresh

cooked

shiso leaf

[soups] soups, miso

soups

stews

[vegetables] vegetables, steamed

vegetables

VINEGAR, WHITE WINE

Category: Other

berries

cauliflower

[citrus] citrus, juice

[citrus] citrus, zest

citrus

dill

French cuisine

lighter-colored foods

marinades

melons

mustard, Dijon

[oil] oil, olive

[oil] oil, safflower

[oil] oil, sunflower

oil

peaches

[pepper] pepper, black

[pepper] pepper, white

pepper

[salad dressings] salad dressings, vinaigrettes

salad dressings

salads

[sauces] sauces, bearnaise

[sauces] sauces, hollandaise

sauces

shallots

soups

stews

tarragon

[vegetables] vegetables, grilled

vegetables

VINEGAR, WINE—IN GENERAL

Category: Other

berries

fruit

marinades

melon

salad dressings

salads

salsas

sauces

stews

# W

WAKAME

Category: Vegetables

agave nectar

Asian cuisines

beans

bok choy

carrots

cayenne

[chiles] chiles, jalapeño

[chiles] chiles, chili pepper flakes

chiles

Chinese cuisine

CUCUMBERS

daikon

garlic

ginger

gomashio

grains

[greens] greens, collard

[greens] greens, dandelion

[greens] greens, mustard

greens

Japanese cuisine

kale

legumes

[lemon] lemon, juice

lemon

lentils

[lime] lime, juice

lime

macrobiotic cuisine

miso

[noodles] noodles, ramen

[noodles] noodles, soba

noodles

[oil] oil, olive

[oil] oil, sesame

oil

[onions] onions, green

[onions] onions, red

onions

[orange] orange, juice

orange

[patés] patés, nut

patés

potatoes

radishes

[rice] rice, brown

[rice] rice, short-grain

rice

[salads] salads, cucumber

[salads] salads, green

salads

salt, sea

scallions

[seeds] seeds, pumpkin

[seeds] seeds, sesame

seeds

slaws

[soups] soups, cold

[soups] soups, miso

[soups] soups, winter

soups

soy sauce

spring rolls

[squash, winter] squash, winter, butternut

squash, winter

stews

stir-fries

stocks, vegetable

tamari

tempeh

tofu

vegetables

[vinegar] vinegar, rice wine

vinegar

WALNUTS

Category: Nuts

APPLES

[apricots] apricots, dried

apricots

artichokes

artichoke hearts

arugula

[baked goods] baked goods, breads

[baked goods] baked goods, cakes

[baked goods] baked goods, cookies

[baked goods] baked goods, muffins

[baked goods] baked goods, pastries

[baked goods] baked goods, tarts

baked goods

baklava

bananas

basil

[beans] beans, fava

[beans] beans, green

[beans] beans, white

beans

BEETS

bell peppers, red, esp. roasted

[berries] berries, blueberries

berries

cabbage

caramel

carrots

celery

celery root

cereals, hot

chard

[cherries] cherries, dried

[cherries] cherries, sour

cherries

[chocolate] chocolate, dark

[chocolate] chocolate, milk

[chocolate] chocolate, white

chocolate

cinnamon

coconut

coffee

couscous

cranberries

cucumbers

cumin

currants

dates

[desserts] desserts, fruit crisps

desserts

eggplant

endive, Belgian

fennel

FIGS

frisée

[fruits] fruits, dried

[fruits] fruits, fresh

fruits

garlic

[grains, whole] grains, whole, amaranth

[grains, whole] grains, whole, barley

[grains, whole] grains, whole, bulgur

[grains, whole] grains, whole, oats

[grains, whole] grains, whole, quinoa

[grains, whole] grains, whole, spelt berries

[grains, whole] grains, whole, wheat berries

grains, whole

granola

grapefruit

grapes

Greek cuisine

[greens] greens, beet

[greens] greens, bitter

[greens] greens, salad

greens

ice cream

kumquats

leeks

[lemon] lemon, juice

[lemon] lemon, zest

lemon

[lettuce] lettuce, romaine

lettuce

maple syrup

mascarpone

miso, sweet white

molasses

muesli

muffins

[mushrooms] mushrooms, porcini

mushrooms

nutmeg

[nuts, other] nuts, other, cashews

[nuts, other] nuts, other, hazelnuts

nuts, other

oats

oatmeal

[oil] oil, olive

[oil] oil, walnut

oil

[olives] olives, green

olives

onions

[orange] orange, juice

[orange] orange, zest

orange

pancakes

parsley

parsnips

[pastas] pastas, bowtie

[pastas] pastas, cannelloni

[pastas] pastas, orzo

[pastas] pastas, pappardelle

pastas

pastries

pâtés

peaches

PEARS

pestos

phyllo dough

pizzas

[plums] plums, dried

[plums] plums, fresh

plums

pomegranates

pomegranate molasses

pumpkin

quinces

quinoa

RAISINS

[rice] rice, brown

[rice] rice, wild

rice

[salads] salads, waldorf

salads

[salt] salt, sea

salt

sage

[sauces] sauces, tomato

[sauces] sauces, walnut

sauces

[seeds] seeds, hemp

[seeds] seeds, pumpkin

seeds

snacks

soups

spelt berries

spinach

[squash] squash, summer

[squash] squash, winter

squash

stuffings

sugar

sweet potatoes

tabbouleh

tapenade

thyme

tomatoes

sun-dried tomatoes

trail mix

vanilla

vinegar, sherry

[wine, sweet] wine, sweet, madeira

[wine, sweet] wine, sweet, port

[wine, sweet] wine, sweet, sherry

wine, sweet

YOGURT

zucchini

WASABI

Category: Spices

Asian cuisines

avocados

cold dishes

ginger

JAPANESE CUISINE

marinades

mayonnaise

[noodles] noodles, soba

noodles

nori rolls

potatoes

[rice] rice, sticky

rice

salad dressings

sauces

[sesame] sesame, oil

[sesame] sesame, seeds

sesame

SOY SAUCE

[sugar] sugar, brown

sugar

SUSHI

tahini

tamari

tempura

tofu

vinegar, brown rice

WATER CHESTNUTS

Category: Vegetables

Asian cuisines

bamboo shoots

beans, fermented black

beans, green

[bell peppers] bell peppers, red

bell peppers

bok choy

broccoli

Brussels sprouts

[cabbage] cabbage, red

cabbage

carrots

celery

chiles, dried

Chinese cuisine

cilantro

corn

dumplings

edamame

GARLIC

GINGER

hoisin sauce

leeks

[lettuce] lettuce, bibb

lettuce

lettuce wraps

mint

[mushrooms] mushrooms, chinese

[mushrooms] mushrooms, dried

[mushrooms] mushrooms, oyster

[mushrooms] mushrooms, shiitake

mushrooms

noodles, Asian

[nuts] nuts, macadamia

nuts

[oil] oil, olive

[oil] oil, peanut

[oil] oil, sesame

[oil] oil, vegetable

oil

onions, red

[orange] orange, juice

orange

parsley

peanuts

peanut sauce

peas

pineapple

pine nuts

rice, brown

[salads] salads, fruit

[salads] salads, noodle

[salads] salads, rice

[salads] salads, vegetable

salads

scallions

[sesame] sesame, oil

[sesame] sesame, seeds

sesame

snow peas

[soups] soups, winter melon

soups

SOY SAUCE

spring rolls

sriracha

stews

STIR-FRIES

stock, vegetable

sugar

sugar snap peas

[tofu] tofu, extra-firm

tofu

vegetables

[vinegar] vinegar, balsamic

[vinegar] vinegar, rice

vinegar

watercress

wine, rice

WATERCRESS

Category: Vegetables

MatchShares: Land Cress

almonds

apples

asparagus

avocado

[beans] beans, fermented black

[beans] beans, white

beans

BEETS

bell peppers, esp. red

carrots

Jack, pecorino, ricotta, ricotta salata, sheep’s milk, white

chicory

[chiles] chiles, jalapeño

chiles

Chinese cuisine

chives

cilantro

citrus

cucumbers

currants

dill

endive

fennel

garlic

ginger

grains, whole

grapefruit

greens, milder salad

horseradish

jícama

leeks

[lemon] lemon, juice

lemon

[lettuce] lettuce, butter

[lettuce] lettuce, romaine

lettuce

lime

mascarpone

mayonnaise

mint

[mushrooms] mushrooms, button

[mushrooms] mushrooms, enoki

[mushrooms] mushrooms, portobello

mushrooms

[mustard] mustard, dijon

[mustard] mustard, grainy

mustard

[oils] oils, canola

[oils] oils, grapeseed

[oils] oils, olive

[oils] oils, peanut

[oils] oils, sesame

[oils] oils, vegetable

[oils] oils, walnut

oils

olives

[onions] onions, red

onions

[orange] orange, blood

[orange] orange, sections

orange

parsley

parsnips

pastas

peaches

pears

peas

[pepper] pepper, black

[pepper] pepper, white

pepper

pineapple

pistachios

pomegranates

POTATOES

radicchio

radishes

raspberries

rice

[salads] salads, bean

[salads] salads, egg

[salads] salads, green

[salads] salads, potato

[salads] salads, watercress

salads

[salt] salt, kosher

[salt] salt, sea

salt

[sandwiches] sandwiches, egg salad

[sandwiches] sandwiches, grilled cheese

[sandwiches] sandwiches, tea

sandwiches

sauces

[sesame] sesame, seeds

sesame

shallots

[soups] soups, barley

[soups] soups, creamy

[soups] soups, miso

[soups] soups, mushroom

[soups] soups, potato

soups

sour cream

soy sauce

stews

stir-fries

stock, vegetable

strawberries

tamari

tangerines

thyme

tofu

TOMATOES

tomatoes, sun-dried

Vietnamese cuisine

vinaigrette

[vinegar] vinegar, balsamic

[vinegar] vinegar, champagne

[vinegar] vinegar, red wine

[vinegar] vinegar, rice wine

[vinegar] vinegar, sherry

[vinegar] vinegar, white

vinegar

balsamic, white wine

walnuts

[wine] wine, dry white

[wine] wine, rice

wine

yogurt

yuca

WATERMELON

Category: Fruits

agave nectar

agua fresca

almonds

[arugula] arugula, baby

arugula

basil

[berries] berries, blackberries

[berries] berries, blueberries

[berries] berries, raspberries

[berries] berries, strawberries

berries

[chiles] chiles, jalapeño

chiles

chili powder

cilantro

cranberries

cucumbers

desserts

[drinks] drinks, agua fresca

drinks

fennel

granitas, ices, sorbets

jícama

[lemon] lemon, juice

[lemon] lemon, zest

lemon

[lime] lime, juice

[lime] lime, zest

lime

maple syrup

[melon, other] melon, other, cantaloupe

melon, other

MINT

[oil] oil, avocado

[oil] oil, canola

[oil] oil, grapeseed

[oil] oil, olive

oil

[onions] onions, green

[onions] onions, red

onions

[orange] orange, juice

orange

parsley

pepper, black

pistachios

poppy seeds

rosemary

[salads] salads, fruit

salads

salsas, fruit

[salt] salt, kosher

[salt] salt, sea

salt

scallions

sesame seeds, black

shallots

sorbets

[soups] soups, fruit

[soups] soups, “gazpacho,” watermelon

soups

sugar

TOMATOES

vanilla

[vinegar] vinegar, balsamic (black or white)

[vinegar] vinegar, raspberry

[vinegar] vinegar, red wine

[vinegar] vinegar, rice wine

[vinegar] vinegar, sherry

vinegar

yogurt

WHEAT BERRIES

Category: Grains

MatchShares: Bulgur

apples

artichoke hearts

asparagus

[baked goods] baked goods, breads

baked goods

bay leaf

[beans] beans, black

[beans] beans, white

beans

bell peppers

breads

carrots

casseroles

cereals, hot breakfast

celery

chard, Swiss

chickpeas

[chiles] chiles, green

[chiles] chiles, jalapeño

chiles

chili, vegetarian (e.g., with beans)

cilantro

citrus

cloves

coriander

corn

cumin

curry powder

dill

eggplant

fennel

figs

GARLIC

garlic chives

ginger

grains, other, e.g, barley, rice

kale

[lemon] lemon, juice

[lemon] lemon, zest

lemon

lentils

lime

milk

[mushrooms] mushrooms, shiitake

[mushrooms] mushrooms, wild

mushrooms

[nuts] nuts, almonds

[nuts] nuts, cashews

[nuts] nuts, pine nuts

[nuts] nuts, walnuts

nuts

[oil] oil, olive

[oil] oil, sesame

oil

[onions] onions, red

[onions] onions, yellow

onions

parsley

peaches

peas

pepper, black

pilafs

pomegranate molasses

pumpkin seeds

quinoa

raisins

ramps

[rice] rice, basmati

[rice] rice, brown

[rice] rice, wild

rice

“*RISOTTOS”*

rosemary

sage

[salads] salads, grain

[salads] salads, green

salads

[salt] salt, sea

salt

scallions

shallots

soups

spinach

[sprouts] sprouts, bean

sprouts

[stews] stews, vegetable

stews

[stock] stock, mushroom

[stock] stock, vegetable

stock

[stuffings] stuffings, mushroom

stuffings

[sugar] sugar, brown

sugar

tamari

tarragon

thyme

tofu

tomatoes

tomatoes, sun-dried

turmeric

turnips

vegetables, esp. root

vinaigrette

[vinegar] vinegar, balsamic

[vinegar] vinegar, cider

[vinegar] vinegar, sherry

vinegar

[wine] wine, dry white

wine

yams

yogurt

zucchini

WINTER

allspice

apples

artichokes, Jerusalem

baked dishes

bananas

[beans] beans, dried

[beans] beans, pinto

[beans] beans, white

beans

beets

braised dishes

broccoli

Brussels sprouts

buckwheat

[cabbage] cabbage, red

[cabbage] cabbage, savoy

cabbage

cardoons

casseroles

cauliflower

celery root

chayote

chestnuts

chicories

chocolate

cinnamon

citrus

clementines

coconut

cranberries

daikon

dates

endive, Belgian

escarole

fennel

[flour, heavier] flour, heavier, buckwheat

flour, heavier

frisée

grains, heavy

grapefruit

gratins

[greens, bitter] greens, bitter, mustard

[greens, bitter] greens, bitter, turnip

greens, bitter

herbs, dried

hot dishes

jícama

kale

kasha

kumquats

leeks

lemons

lemons, Meyer

lentils

limes

mâche

maple syrup

melon, winter

miso, dark

[mushrooms] mushrooms, matsutake

[mushrooms] mushrooms, wild

mushrooms

noodles, soba, esp. served hot

nutmeg

nuts

oils, nut

[onions] onions, pearl

onions

[oranges] oranges, blood

oranges

oranges, mandarin

parsley root

parsnips

passion fruit

pears

plantains

pomelo

potatoes, esp. baked

pressure-cooked dishes

radicchio

[radishes] radishes, black

radishes

ragoûts

roasted dishes

[root vegetables] root vegetables, carrots

[root vegetables] root vegetables, celery root

[root vegetables] root vegetables, parsnips

[root vegetables] root vegetables, rutabagas

[root vegetables] root vegetables, sweet potatoes

[root vegetables] root vegetables, turnips

root vegetables

rosemary

rutabagas

sage

salsify

savory, winter

SLOW-COOKED

soups, hot

spices, warming

[squash, winter] squash, winter, acorn

[squash, winter] squash, winter, buttercup

[squash, winter] squash, winter, butternut

[squash, winter] squash, winter, delicata

squash, winter

stews

sweet potatoes

tangerines

todok

[truffles] truffles, black

truffles

turnips

ugli fruit

wakame

water chestnuts

yams

# Y

YAMS

Category: Vegetables

African cuisine

agave nectar

allspice

almonds

apples

[apricots] apricots, dried

[apricots] apricots, fresh

apricots

Asian cuisine, sometimes called “the potato of Asia”

bananas

cardamom

Caribbean cuisine

carrots

cayenne

chestnuts

chiles rellenos

chili pepper flakes

chili powder

chips

cilantro

CINNAMON

cloves

COCONUT

COCONUT MILK

coriander

crème fraîche

cumin

currants

curry powder

curry spices

GARLIC

ginger

gratins

[greens, bitter] greens, bitter, mustard

greens, bitter

kale

[lemon] lemon, juice

[lemon] lemon, zest

lemon

[lime] lime, juice

lime

maple syrup

[milk] milk, coconut

[milk] milk, rice

milk

millet

mustard

mustard seeds

North African cuisines

nutmeg

[oil] oil, canola

[oil] oil, corn

[oil] oil, grapeseed

[oil] oil, olive

[oil] oil, peanut

[oil] oil, sesame

oil

onions

[orange] orange, juice

[orange] orange, zest

orange

oregano

parsnips

[pasta] pasta, gnocchi

pasta

peanuts

peanut butter

peas, green

pepper, black

pistachios

[plantains] plantains, green

plantains

potatoes

puddings

quesadillas

rice, brown

sage

salads

salt, kosher or sea

[seeds] seeds, pumpkin

[seeds] seeds, sesame

[seeds] seeds, sunflower

seeds

[sesame] sesame, oil

[sesame] sesame, seeds

sesame

shallots

[soups] soups, kale

[soups] soups, peanut

[soups] soups, yam

soups

soy sauce

stews

tamari

[tamarind] tamarind, paste

tamarind

tangerine

tempeh

thyme

tomatoes

tomato paste

turmeric

veggie burgers

yogurt

YOGURT

Category: Other

almonds

apples

apricots

avocados

bananas

barley

basil

[beans] beans, fava

[beans] beans, lima

[beans] beans, white

beans

beets

berries, in general or mixed

blueberries

carrots

cayenne

celery

cereals, breakfast, esp. GRANOLA, MUESLI

cherries

chervil

chickpeas

chives

cilantro

coconut

coriander

CUCUMBERS

cumin

DILL

dips

drinks

EGGPLANT

fennel

figs

fruit, dried

GARLIC

ginger

[grains, whole] grains, whole, bulgur

[grains, whole] grains, whole, oats

[grains, whole] grains, whole, spelt

grains, whole

Greek cuisine

[greens] greens, dandelion

greens

hazelnuts

herbs, in general or mixed

horseradish

Indian cuisine

lamb’s lettuce

[lassis] lassis, mango

lassis

lavender

Lebanese cuisine

[lemon] lemon, juice

lemon

lentils

[lime] lime, juice

lime

mango

maple syrup

marinades

Middle Eastern cuisines

MINT

mushrooms

[mustard] mustard, dijon

[mustard] mustard, seeds

mustard

nuts

oats

oil, olive

[onions] onions, yellow

onions

[orange] orange, juice

[orange] orange, zest

orange

oregano

papaya

paprika

parsley

peaches

peas

pecans

pineapple

pistachios

plantains

pomegranate seeds

potatoes

radishes

raisins

RAITAS

raspberries

rhubarb

rice

[salad dressings] salad dressings, green goddess

salad dressings

salads

salt

[sauces] sauces, raita

[sauces] sauces, tzatziki

[sauces] sauces, yogurt

sauces

scallions

smoothies

[soups] soups, cucumber

soups

sorrel

spinach

spreads

squash, butternut

strawberries

[sugar] sugar, brown

sugar

tahini

tamarind

tempeh

thyme

tomatoes

Turkish cuisine

vanilla

[vinegar] vinegar, balsamic

[vinegar] vinegar, red wine

[vinegar] vinegar, sherry

[vinegar] vinegar, wine

vinegar

WALNUTS

watercress

[yogurt] yogurt, frozen or semi-frozen

yogurt

za’atar

zucchini

YUCA

Category: Vegetables

Asian cuisines

[baked goods] baked goods, breads

baked goods

[beans] beans, kidney

beans

[bell peppers] bell peppers, roasted

bell peppers

beans, black

cakes, yuca

chayote

[chiles] chiles, jalapeño

[chiles] chiles, serrano;

chiles

chili pepper flakes

chips, yuca

CILANTRO

COCONUT, coconut cream, coconut milk

corn

curry powder

custard

Dominican cuisine

fries, yuca

GARLIC

ginger

Indian cuisine

Latin American cuisines

[lime] lime, juice

lime

Mexican cuisine

noodles

[oil] oil, olive

[oil] oil, vegetable

oil

onions

orange

oregano

parsley

plantains

[salt] salt, sea

salt

shepherd’s pie

[soups] soups, corn

soups

South American cuisines

Southwestern (U.S.) cuisine

spinach

stews

sweet potatoes

tarragon

Thai cuisine

thyme

[tortillas] tortillas, corn

[tortillas] tortillas, whole-wheat

tortillas

[vinegar] vinegar, red wine

[vinegar] vinegar, white wine

vinegar

YUZU

Category: Fruits

Asian cuisines

bananas

[beverages] beverages, cocktails

[beverages] beverages, juices

[beverages] beverages, lemonades/limeades

beverages

[chiles] chiles, green

[chiles] chiles, red

chiles

daikon

desserts

Japanese cuisine

Korean cuisine

marinades

mirin

miso

[oil] oil, canola

[oil] oil, grapeseed

[oil] oil, olive

[oil] oil, vegetable

oil

[orange] orange, juice

orange

pomegranates

PONZU SAUCE

salad dressings

salt

[sauces] sauces, mayonnaises

[sauces] sauces, mignonettes

sauces

sea vegetables

[sesame] sesame, seeds

sesame

shiso

sorbet

Southeast Asian cuisines

soy sauce

sugar

tapioca

[vinegar] vinegar, rice

vinegar

# Z

ZA’ATAR (HERB)

Category: Spices

dips

hummus

Mediterranean cuisines

Middle Eastern cuisines

oil, olive

olives

sesame seeds

soups

sumac

ZA’ATAR (SPICE BLEND)

Category: Spices

[beans] beans, black

[beans] beans, fava

[beans] beans, white

beans

[breads] breads, whole-grain flatbreads

[breads] breads, pita

breads

cauliflower

chickpeas

[cucumbers] cucumbers, sliced

cucumbers

[dips] dips, for bread

dips

eggplant

falafel

fennel

garlic

hummus

kebabs

Lebanese cuisine

lentils

[lime] lime, juice

lime

Mediterranean cuisines

MIDDLE EASTERN CUISINES

mint

North African cuisine

OLIVE OIL

[olives] olives, black

olives

onions

pasta

peas

pistachios

pizza

[potatoes] potatoes, baked

[potatoes] potatoes, fried

[potatoes] potatoes, steamed

potatoes

quinoa

rice

rosemary

saffron

salads

sandwiches

tomatoes

[vegetables] vegetables, grilled

vegetables

[yogurt] yogurt, greek

yogurt

zucchini

ZUCCHINI

Category: Vegetables

MatchShares: Squash, Summer

almonds

apples

artichokes

arugula

asparagus

[baked goods] baked goods, breads

[baked goods] baked goods, cakes

[baked goods] baked goods, muffins

[baked goods] baked goods, quick breads

baked goods

BASIL

Thai basil

[beans] beans, fava

[beans] beans, green

[beans] beans, kidney

beans

[bell peppers] bell peppers, green

[bell peppers] bell peppers, red

[bell peppers] bell peppers, esp. roasted

bell peppers

bread crumbs

bulgur

capers

“carpaccio”

carrots

cayenne

chervil

chickpeas

[chiles] chiles, ancho

[chiles] chiles, green

[chiles] chiles, poblano; chili pepper flakes

chiles

chili powder

chips, vegetable

chives

cilantro

cinnamon

citrus

coconut milk

corn

couscous

curry powder

curries

DILL

eggplant

GARLIC

ginger

gratins

hazelnuts

“lasagna,” made with zucchini strips instead of noodles

leeks

[lemon] lemon, juice

[lemon] lemon, zest

lemon

[lime] lime, juice

[lime] lime, zest

lime

marjoram

mascarpone

millet

MINT

[mushrooms] mushrooms, cremini

mushrooms

[noodles, asian] noodles, asian, kelp

[noodles, asian] noodles, asian, rice

noodles, asian

nutmeg

[oils] oils, grapeseed

[oils] oils, hazelnut

[oils] oils, olive

[oils] oils, pecan

[oils] oils, sunflower

[oils] oils, walnut

oils

[olives] olives, black

olives

onions

[orange] orange, fruit

[orange] orange, juice

orange

oregano

parsley

[pasta] pasta, farfalle

[pasta] pasta, fettuccine

[pasta] pasta, lasagna

[pasta] pasta, linguini

[pasta] pasta, orecchiette

[pasta] pasta, penne

[pasta] pasta, rigatoni

pasta

pecans

[pepper] pepper, black

[pepper] pepper, white

pepper

pesto

pilafs

PINE NUTS

pistachios

pizza

polenta

potatoes

pumpkin

quinoa

raisins

ratatouille

[rice] rice, brown

rice

risottos

rosemary

sage

[salads] salads, raw zucchini

salads

[salt] salt, kosher

[salt] salt, sea

salt

sauces

[soups] soups, potato

[soups] soups, tomato

[soups] soups, vegetable

[soups] soups, zucchini

soups

spinach

stews

stir-fries

tagines

tahini

tamari

tapenade

tarragon

tempura

thyme

tofu

TOMATOES

sun-dried tomatoes

vanilla

veggie burgers (e.g., zucchini + almonds)

[vinegar] vinegar, balsamic

[vinegar] vinegar, champagne

[vinegar] vinegar, red wine

[vinegar] vinegar, sherry

[vinegar] vinegar, white wine

vinegar

walnuts

yogurt

zucchini blossoms

[zucchini, stuffed] zucchini, stuffed, with couscous

[zucchini, stuffed] zucchini, stuffed, mushrooms

[zucchini, stuffed] zucchini, stuffed, pine nuts

[zucchini, stuffed] zucchini, stuffed, raisins

[zucchini, stuffed] zucchini, stuffed, rice

[zucchini, stuffed] zucchini, stuffed, ricotta

zucchini, stuffed

ZUCCHINI BLOSSOMS

Category: Vegetables

basil

beans

[beets] beets, yellow

beets

[bell peppers] bell peppers, red

[bell peppers] bell peppers, yellow

bell peppers

bread crumbs

capers

celery

milk, soft

[chiles] chiles, poblano

chiles

chives

cilantro

corn

dill

epazote

French cuisine

GARLIC

grains

gratins

herbs

Italian cuisine

lemon

marjoram

Mediterranean cuisines

[mexican cuisine] mexican cuisine, quesadillas

[mexican cuisine] mexican cuisine, soups

mexican cuisine

mint

nutmeg

OIL, OLIVE

[olives] olives, french

[olives] olives, italian

olives

[onions] onions, white

onions

[orange] orange, juice

[orange] orange, zest

orange

oregano

parsley

[pastas] pastas, fettuccine

[pastas] pastas, gnocchi

[pastas] pastas, linguini

[pastas] pastas, pappardelle

pastas

pepper, black

pine nuts

potatoes, new

rice

risottos

sage

salads

[salt] salt, sea

salt

sauces

scallions

shallots

soups

Southwestern (U.S.) cuisine

spinach

squash, summer

stock, vegetable

[stuffed zucchini blossoms] stuffed zucchini blossoms, fried

stuffed zucchini blossoms

tempura

thyme

tomatoes

tomato sauce

zucchini