# 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

*biryani*s

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 cuisine*s**

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*

***SOUP*S**

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

*tea*s

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

*pizza*s

**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 cuisine*s

*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

***pasta*s**

**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

***RISOTTO*S**

**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 mix*es**

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 CUISINE*S**, 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 mix*es

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 cuisine*s**

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*

***pât*é*s***

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**