# A

AÇAI

agave nectar

**bananas**

berries

cassava

cheesecake desserts

ice cream desserts

sorbet desserts

desserts

cocktails drinks

lemonade drinks

drinks

granola

*ice cream*

*jellies*

*juices*

pomegranates

raspberries

***SMOOTHIES***

***sorbets***

*South American cuisine*

yogurt

ACHIOTE SEEDS (aka ANNATO SEEDS)

beans

*Caribbean cuisine*

chiles

cilantro

citrus

cloves

**coriander**

**cumin**

**garlic**

*gravies*

***Latin American cuisines***

lime

***marinades***

***MEXICAN CUISINE***

oil

onions

ORANGES

sour oranges

oregano

*pastes*

**pepper, black**

polenta

potatoes

*Puerto Rican cuisine*

**RICE**

*sauces*

seitan

*sofritos*

*soups*

*South American cuisines*

squash, winter

*stews*

*tacos*

tofu

tomatoes

vinegar

yuca

ADOBO SAUCE and/or SEASONING (see also CHILES, CHIPOTLE)

avocado

beans

*burritos*

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

cauliflower

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

polenta

baked potatoes

potatoes

*sauces*

*soups*

*stews*

vegetable stock

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

garlic

millet grains

grains

greens

lentils

okra

**peanuts**

**peanut butter**

plantains

peanut salad dressings

salad dressings

bean salads

lentil salads

salads

peanut sauces

sauces

bean soups

black-eyed pea soups

peanut soups

yam soups

soups

peanut stews

vegetable stews

stews

sweet potatoes

tomatoes

**yams**, esp. west African

AGAR or AGAR-AGAR (see also KANTEN)

apple

apricots, dried or fresh

*aspics*

bananas

beans, adzuki

berries

coconut

coconut milk

***desserts, gelled***

**fruit juice**

*Japanese cuisine*

*jellies*

*kanten*

kiwi fruit

lemon

*macrobiotic cuisine*

melon

milk, coconut

*“panna cotta,”* vegan

peaches

pears

pomegranates

*puddings*

*soups*

strawberries

sugar

vanilla

watermelon

vegan yogurt

yogurt

AGAVE NECTAR

breads baked goods

baked goods

*cereals, hot breakfast*

cinnamon

tequila-based cocktails

cocktails

fruit desserts

desserts

*drinks*

fruits

*ice cream*

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

pears

pumpkin (esp. amber or dark)

*salad dressings*

barbecue sauces

caramel sauces

sauces

*smoothies*

squash, winter (esp. amber or dark)

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

ALLSPICE

cakes baked goods

cookies baked goods

baked goods

beans

beets

berbere, the Ethiopian spice blend

chai beverages

cocoa beverages

beverages

caribbean cuisine

carrots

chiles

chocolate

**cinnamon**

cloves

coconut

*compotes, fruit*

cucumbers

cumin

indian curry powder

jamaican; curry powder

curry powder

caribbean curries

curries

crumbles desserts

desserts

*English cuisine*

*Ethiopian cuisine*

fruits

**ginger**

quinoa grains

grains

mushroom gravies

gravies

*ice cream*

*Indian cuisine*

jerk dishes jamaican cuisine

jamaican cuisine

*ketchup*

*marinades*

*Mexican cuisine*

*Middle Eastern cuisines*

*Moroccan cuisine*

nutmeg

nuts

oats

onions

pepper, black

broccoli pickled vegetables

cauliflower pickled vegetables

cucumber pickled vegetables

green beans pickled vegetables

pickled vegetables

apple pies

fruit pies

pies

*pilafs*

*puddings*

**pumpkin**

*punch*

*ras el hanout*

rum

*salad dressings*

barbecue sauces

jerk sauces

mole sauces

sauces

fruit soups

tomato soups

soups

squash, winter

*stews*

sugar

sweet potatoes

tamarind

*teas*

vegetables, esp. root

vinegar

*wine, mulled*

**Flavor Affinities**

allspice + black pepper + rum

ALMONDS (and UNSWEETENED ALMOND BUTTER; see also MILK, ALMOND)

amaretto

anise

**apples**

**apricots**

arugula

cookies baked goods

pie crusts baked goods

quick breads baked goods

baked goods

bananas

barley

beans, green

bell peppers

berries

chocolate beverages

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

**chili powder**

**CHOCOLATE**

**COCOA**

**CACAO NIBS**

cinnamon

**citrus**

**coconut**

**coffee**

cornmeal

couscous

cranberries

cumin

currants

*curries*

**DATES**

mousses desserts

puddings desserts

desserts

*dips*

**figs**

fruits

**GARLIC**

ginger

***granola***

grapes

greens

**hazelnuts**

hiziki

ice cream

for cakes icings

cupcakes icings

etc. icings

icings

*Indian cuisine*

kale

lavender

leeks

lemon

lime

liqueurs, fruit (e.g., orange)

**MAPLE SYRUP**

mascarpone

*Mediterranean cuisines*

*Middle Eastern cuisines*

milk

molasses

*Moroccan cuisine*

*muesli*

mushrooms

mustard powder

**nectarines**

noodles, soba

nuts, other

**oats**

**oatmeal**

oil

olives

onions

orange

paprika

passion fruit

**PEACHES**

pears

pecans

pepper

***“pestos”***

*pilafs*

pine nuts

pistachios

plums

polenta

praline

quinces

**raisins**

**raspberries**

rhubarb

rice

rose water

rosemary

rum

*salads*

salt

mole sauces

romesco sauces

sauces

seeds sesame

sesame

sherry

*smoothies*

white gazpacho soups

soups

soy sauce

*Spanish cuisine*

*spiced almonds*

spinach

*spreads*

**strawberries**

*stuffings*

sugar

thyme

**tofu**

**tomatoes**

*trail mix*

*Turkish cuisine*

**VANILLA**

vinegar

watercress

yogurt

zucchini

ALMONDS, MARCONA

*baked goods*

beans

beets

chickpeas

dates

*desserts*

figs

garlic

lemon

maple syrup

oil

paprika, smoked

parsnips

quince paste

rosemary

green salads

vegetable salads

salads

salt

*Spanish cuisine*

squash, summer

winter

thyme

vegetables, root

vinegar, sherry

AMARANTH (THE GRAIN) (see also GREENS, AMARANTH)

almonds

**apples**

**apple juice**

breads baked goods

cookies baked goods

baked goods

beans

blueberries

cabbage

cardamom

*casseroles*

hot breakfast cereals

cereals

chia seeds

chickpeas

chili

chocolate, dark

cinnamon

corn

garlic

ginger

buckwheat grains, other milder

bulgur grains, other milder

millet grains, other milder

quinoa grains, other milder

rice grains, other milder

wild rice grains, other milder

grains, other milder

greens

lemon

maple syrup

***Mexican cuisine***

**milk**

oil

onions

orange

parsley

persimmons

pistachios

*“polenta”*

*“popcorn”*

*porridges*

*puddings*

raisins

***salads****, when popped or sprouted*

scallions

bean soups

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

soups

***South American cuisines***

soy sauce

spinach

*stews*

stock, vegetable

tamari

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

allspice

almonds

**apples**

applesauce

*Asian cuisines*

biscotti baked goods

breads (esp. rye) baked goods

cakes baked goods

cookies baked goods

pies baked goods

shortbread baked goods

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

garlic

ginger

hazelnuts

*Italian cuisine*

lemon

lentils

maple syrup

*marinades*

mayonnaise

*[Eastern]* ***Mediterranean cuisines***

melon

***Middle Eastern cuisines***

*Moroccan cuisine*

nutmeg

nuts

**orange**

parsnips

peaches

pears

pepper

*pickles*

pineapple

**pine nuts**

**plums**, fresh or dried

*Portuguese cuisine*

pumpkin

quince

raisins

rhubarb

rice

*salad dressings*

*salads, fruit*

cream sauces

mole sauces

tomato sauces

sauces

sauerkraut

*Scandinavian cuisine*

sweet potato soups

soups

*Southeast Asian cuisines*

star anise

vegetable stews

stews

strawberries

sugar

sweet potatoes

*teas*

tomatoes

tomato sauce

vanilla

vegetables

*Vietnamese cuisine*

walnuts

wine

ANISE HYSSOP (aka LICORICE MINT)

**apricots**

cookies baked goods

scones baked goods

baked goods

basil

beans

beets

berries

***beverages***

carrots

cherries

chervil

chocolate

currants

crisps desserts

custards desserts

pies desserts

desserts

fennel

**fruit, esp. summer**

bulgur grains

grains

*ices*

*ice creams*

lavender

lemon

lychees

melons

mint

nectarines

oranges

parsley

parsnips

peaches

pears

raspberries

rhubarb

rice

fruit salads

grain salads

green salads

salads

crème anglaise sauces

custard sauces

sauces

melon soups

soups

spinach

squash, winter

sweet potatoes

*“tabboulehs”*

*teas*

tomatoes

vegetables, root

watermelon

wine

zucchini

APPLES (and APPLE CIDER, APPLE JUICE and/or APPLESAUCE)

agave nectar

**allspice**

**almonds**

*apple butter*

***applesauce***

apricots

***BAKED APPLES***

cakes baked goods

muffins baked goods

pies baked goods

baked goods

bananas

**beets**

**blackberries**

blueberries

brandy

cabbage

**Calvados**

**caramel**

**cardamom**

carrots

cashews

cayenne

**celery**

**celery root**

cherries

chestnuts

chiles

*chutneys*

cider

\*CINNAMON

**cloves**

**coconut**

apple compotes, fruit

compotes, fruit

coriander

**CRANBERRIES**, dried or fresh

*crepes*

cucumbers

currants

*custards*

*flans*

**dates**

cobblers desserts

crisps desserts

crumbles desserts

desserts

endive

**fennel**

fennel seeds

**figs**

fruit, dried

**GINGER**

millet grains

quinoa grains

grains

*granola (esp. dried apples)*

grapes

greens, salad

**horseradish**

jícama

***juices***

**kale**

lamb’s lettuce

lavender

lemon

lentils

lettuce

mace

**MAPLE SYRUP**

mascarpone

**mint**

molasses

*muesli*

**mustard**

mustard seeds

**nutmeg**

nuts

**OATS**

**OATMEAL**

oil, nut

onions

oranges

parsnips

**pears**

pepper, black

phyllo dough

pine nuts

plums

*puddings*

**pumpkin**

**quince**

**RAISINS**

raspberries

rhubarb

rice

rosemary

sage

fennel salads

fruit salads

grain salads

green salads

waldorf salads

salads

sauerkraut

seeds

***slaws***

sorrel

butternut squash soups

sweet potato soups

soups

sour cream

spinach

spirits

squash, winter

*stuffings*

sugar

sumac

**SWEET POTATOES**

*trail mix, esp. dried apples*

**vanilla**

*verjus*

vinegar

**WALNUTS**

watercress

wine, red

**yogurt**

zucchini

APRICOTS (see also APRICOTS, DRIED)

**ALMONDS**

apples

arugula

basil

**bay leaf**

beets

berries

brandy

**caramel**

**cardamom**

carrots

hot breakfast cereals

cereals

**cherries**

dark chocolate

chocolate

*chutneys*

**cinnamon**

cloves

coconut

*compotes*

coriander

**couscous**

cranberries

cumin

curry powder

curry spices

crisps desserts

crumbles desserts

custards desserts

desserts

fennel

fennel seeds

figs

fruit, dried

garlic

**ginger**

bulgur grains

quinoa grains

rice grains

grains

*granola*

grapefruit

**hazelnuts**

*ice cream*

jícama

*juices*

juices, fruit

Kirsch

lemon

lemongrass

lemon thyme

lime

mangoes

maple syrup

mascarpone

*Middle Eastern cuisines*

mint

nectarines

nutmeg

nuts

onions

orange

peaches

pecans

pepper

*pilafs, rice*

pineapple

pine nuts

**pistachios**

plums

*preserves*

rice puddings

puddings

raisins

**raspberries**

rice

saffron

fruit salads

rice salads

salads

*salsas*

seeds sesame

sesame

***smoothies***

*sorbets*

fruit soups

soups

sour cream

strawberries

sugar

*tagines, i.e., Moroccan stews*

tarragon

fruit tarts

tarts

thyme

**VANILLA**

vinegar

**yogurt**

wine

APRICOTS, DRIED (see also APRICOTS)

allspice

apples

breads baked goods

cakes baked goods

cookies baked goods

muffins baked goods

pies baked goods

baked goods

bananas

brandy

cabbage

cayenne

cereals, cold or hot breakfast

chestnuts

chiles

chocolate

**cinnamon**

coconut

Cognac

*compotes*

couscous

cranberries

curry powder

custards desserts

desserts

dried fruit, other

*French toast*

**ginger**

bulgur grains

grains

*jams*

*preserves*

kale

lemon

lettuce

lime

maple syrup

mascarpone

*Middle Eastern cuisines*

*Moroccan cuisine*

mint

nuts

oats

oatmeal

orange

*pancakes*

*crepes*

parsley

pears

*porridges*

rice puddings

puddings

raspberries

**rice**

**wild rice**

fruit salads

grain salads

salads

*sauces*

seeds

*stews*

*stuffings*

sugar

sweet potatoes

tamarind paste

vanilla

vinegar

walnuts

wine, sweet

zucchini

ARAME (see also SEA VEGETABLES)

almonds

apple juice

breads baked goods

savory pastries baked goods

strudels baked goods

tarts baked goods

turnovers baked goods

baked goods

bell peppers

broccoli

buckwheat

cabbage

**CARROTS**

*casseroles*

cilantro

citrus

coriander

corn

cucumbers

dill

edamame

**garlic**

ginger, fresh

gomashio

greens, salad, esp. asian

horseradish

***Japanese cuisine***

kale

lettuce

lotus root

mirin

miso

mushrooms

mustard

noodles, asian

oil

onions

*quiches*

**radishes**

rice, brown

ucumber salads

pasta salads

salads

scallions

sea vegetables, other

seeds sesame

sesame

shoots

snow peas

split pea soups

soups

soy sauce

squash, winter

*stews*

*stir-fries*

phyllo dough strudels

strudels

*stuffed cabbage*

*stuffed peppers*

sweeteners

tahini

**tamari**

tempeh

**tofu**

*tofu scrambles*

turmeric

turnips

**vegetables**

vinegar

wasabi

ARROWROOT (aka ARROWROOT FLOUR, POWDER, or STARCH)

**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

biscuits baked goods

breads baked goods

cakes baked goods

cookies baked goods

muffins baked goods

pies baked goods

scones baked goods

baked goods

*crepes*

*custards*

*desserts*

flours, other

***gravies***

*ice creams*

milk

*pie fillings*

***puddings***

fruit sauces

sweet-and-sour sauces

sauces

*soups*

*stews*

*stir-fries*

ARTICHOKE HEARTS (see also ARTICHOKES)

almonds

arugula

**basil**

beans

bell peppers

bread crumbs

bulgur

capers

rice casseroles

casseroles

chickpeas

couscous

*crostini*

crudités

dill

***DIPS***

eggplant

*focaccia*

*fritters*

**garlic**

*gratins*

horseradish

*Italian cuisine*

leeks

lemon

mushrooms

oil

olives

onions

oregano

palm, hearts of

parsley

fettuccine pastas

penne pastas

pastas

peas

pepper, black

**pesto**

**pine nuts**

***PIZZAS***

**potatoes**

*relishes*

rice

risotto

green salads

pasta salads

potato salads

salads

scallions

*soups*

sorrel

**SPINACH**

thyme

tomatoes

**tomatoes, sun-dried**

*Turkish cuisine*

walnuts

wheat berries

wine

zucchini

ARTICHOKES (see also ARTICHOKE HEARTS)

**asparagus**

**basil**

**BAY LEAF**

beans

bell peppers

bouquet garni

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

lentils

lime

marjoram

**mayonnaise**

**mint**

mushrooms

mustard

nutmeg

nuts

oil, nut

**OIL, OLIVE**

olives

onions

**oranges**

**blood oranges**

paprika

**PARSLEY**

pasta

**peas**

pepper

pesto

**pine nuts**

*pizza*

potatoes

*Provençal cuisine*

*ragouts*

rice

risotto

**rosemary**

rutabagas

saffron

sage

green salads

tomato salads

salads

salsify

salt

savory

scallions

**shallots**

sorrel

artichoke soups

soups

soy sauce

**spinach**

*stews*

stock, vegetable

***stuffed artichokes***

tahini

**tarragon**

**THYME**

lemon thyme

**tomatoes**

**vinaigrette**

vinegar

**walnuts**

wine

**yogurt**

za’atar

ARTICHOKES, JERUSALEM (aka SUNCHOKES)

**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

coconut

crème fraîche

croutons

cumin

dill

fennel

*French cuisine*

**GARLIC**

**ginger**

grains, whole

grapefruit

potato gratins

gratins

greens

**HAZELNUTS**

**herbs**

*Italian cuisine*

kale

**LEEKS**

lemon

lentils

lime

maple syrup

*“mashed potatoes”*

mint

mushrooms

mustard

**nutmeg**

oil

olives

onions

oranges

*pancakes*

**PARSLEY**

linguini pastas

ravioli pastas

spaghetti pastas

pastas

pepper

pine nuts

polenta

**POTATOES**

potato purees

root vegetable purees

turnip purees

purees

radicchio

**radishes**

rice, wild

risotto

**rosemary**

sage

green salads

spinach salads

wild rice salads

salads

salt

scallions

seeds

**shallots**

jerusalem artichoke soups

potato soups

vegetable soups

soups

soy sauce

spelt

**spinach**

sprouts

squash, winter

*stews*

*stir-fries*

**STOCK, VEGETABLE**

sugar

sweet potatoes

tamari

tarragon

*tarts*

*tempura*

**thyme**

tomatoes

turnips

vegetables, root

vermouth

vinaigrette

vinegar

**walnuts**

**WATERCRESS**

wine

yogurt

ARUGULA (aka ROCKET)

**apples**

apricots

**asparagus**

**avocado**

**basil**

beans

**beets**

bell peppers

carrots

cashews

chervil

**chickpeas**

chiles

cilantro

corn

croutons

cucumbers

daikon

dates

**eggplant**

endive

**FENNEL**

fennel seeds

**FIGS**

**GARLIC**

**ginger**

grains, whole

**grapefruit**

*gratins*

**GREENS, milder**

softer salad

**hazelnuts**

horseradish

***Italian cuisine***

jícama

leeks

lemon

lentils

lettuce

**lime**

**maple syrup**

*Mediterranean cuisine*

melon

mint

mushrooms

mustard

nuts

oil

olives

onions, green

onions

**ORANGES**

linguini pasta

penne pasta

spaghetti pasta

pasta

**peaches**

**PEARS**

**peas**

**pecans**

**pesto**

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

**pine nuts**

***pizza***

pomegranate seeds

potatoes

pumpkin seeds

**quinoa**

**radicchio**

**raisins**

rice

***risotto***

arugula salads

endive salads

green salads

mesclun salads

radicchio salads

tricolore salad salads

salads

salt, sea

grilled cheese sandwiches

sandwiches

scallions

**shallots**

arugula soups

leek soups

potato soups

soups

sprouts

spinach

squash

***stir-fries***

strawberries

sweet potatoes

**TOMATOES**

**sun-dried tomatoes**

vinegar

**WALNUTS**

**watermelon**

ASAFOETIDA POWDER (aka HING)

beans

cabbage

cauliflower

*chaat masala*

*chutneys*

cumin

*curries*

*Indian vegetarian cuisines*

legumes

lentils

mushrooms

potatoes

rice

spinach

**vegetables**, assorted

ASPARAGUS

**artichokes**

artichoke hearts

**arugula**

**avocado**

**basil**

bay leaf

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

greens, salad

hoisin sauce

**horseradish**

**LEEKS**

lemon

lemon, meyer

mayonnaise

mint

miso

mushrooms

mustard

noodles

nuts

oil

olives

onions

orange

**PARSLEY**

farfalle pasta

fettuccine pasta

pappardelle pasta

pasta

peanuts

peanut sauce

peas

pepper

**pine nuts**

*pizza*

**polenta**

potatoes

rice

***RISOTTO***

**rosemary**

sage

vinaigrette salad dressing

salad dressing

asparagus salads

green salads

potato salads

vegetable salads

salads

salt

romesco sauces

tahini sauces

sauces

scallions

sesame

**SHALLOTS**

**sorrel**

*soufflés*

***SOUPS***

**soy sauce**

**spinach**

***stir-fries***

vegetable stock

stock

*sushi, vegetarian*

**TARRAGON**

asparagus tarts

vegetable tarts

tarts

**thyme**

**tofu**

**tomatoes**

**vinaigrette**

vinegar

wine

watercress

**wine, dry white**

yogurt

ASPARAGUS, WHITE

**asparagus, green**

*Austrian cuisine*

basil

chervil

chili pepper sauce

corn

dill

*French cuisine, esp. Alsatian*

garlic

*German cuisine*

hazelnuts

herbs

*Italian cuisine*

lemon

**mayonnaise**

mushrooms

mustard

oil

onions, yellow

parsley

peas

pepper

*pesto*

potatoes

*risottos*

bean salads

green salads

salads

salt

hollandaise sauces

romesco sauces

sauces

shallots

white asparagus soups

soups

*Spanish cuisine*

sugar

*Swiss cuisine*

tarragon

*terrines*

tofu

vinaigrette

vinegar

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*

dumpling soups

noodle soups

soups

spinach

*stews*

*strudels*

wine

AUTUMN

allspice

almonds

**apples**

artichokes

basil

beans

beets

**bell peppers**

bok choy

broccoli

broccoli rabe

Brussels sprouts

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

guava

*heavier dishes*

horseradish

**huckleberries**

kale

kohlrabi

lentils

lettuce

lovage

lychees

miso, dark

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

*slow-cooked dishes*

snow peas

spices, warming

spinach

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

*stuffings*

sweet potatoes

todok

tomatoes

truffles

turnips

vegetables, root

vinegar, red wine

walnuts

watercress

yams

AVOCADO

artichoke, Jerusalem

arugula

**asparagus**

**basil**

beans

beets

bell peppers, red

breads

bulgur

*burritos*

cabbage

*California cuisine*

**carrots**

cashews

**cayenne**

celery

Central American cuisine

chickpeas

chiles

**chili powder**

chili, vegetarian

chives

**CILANTRO**

**citrus**

coffee

coriander

**corn**

couscous

**CUCUMBERS**

**cumin**

chocolate mousses desserts

desserts

***dips***

endive

*fajitas*

**fennel**

galangal

**garlic**

**ginger**

**GRAPEFRUIT**

greens

***\*GUACAMOLE***

*ice cream*

**jícama**

kumquats

leeks

lemon

lemongrass

lemon verbena

lettuces

lime

**mangoes**

mayonnaise

melon

milk

**mint**

miso

mushrooms

mustard, Dijon

*nachos*

nori

oil

olives

olive paste

onions

oranges, esp. blood oranges

oregano

papaya

paprika

**parsley**

pears

pecans

pepper, black

persimmons

pineapple

pistachios

pomegranates

pomelo

pumpkin seeds

***quesadillas***

**quinoa**

**radishes**

*relishes*

rice

rum

green goddess salad dressings

salad dressings

***SALADS***

***SALSAS***

salt

cheese sandwiches

sandwiches

*sauces*

**scallions**

seeds sesame

sesame

shallots

shiso

*smoothies*

*sorbets*

sorrel

avocado soups

cold soups

tortilla soups

soups

sour cream

**spinach**

*spreads*

sprouts

stock, vegetable

***stuffed avocados***

hand rolls sushi, vegetarian

nori rolls sushi, vegetarian

sushi, vegetarian

*tacos*

tempeh

tofu

**tomatillos**

**TOMATOES**

as a topping veggie burgers

veggie burgers

**vinegar**, esp. balsamic, fruit, rice, wine

walnuts

wasabi

**YOGURT**

zucchini

# B

BAMBOO SHOOTS

***Asian cuisines***

basil

beans

**bell peppers**

bok choy

cabbage

**carrots**

chiles

*Chinese cuisine*

cilantro

green curries

red curries

thai curries

curries

daikon

dashi

dill

**garlic**

**ginger**

jícama

kombu

lime

lotus root

mirin

miso

mushrooms

oil

onions

pineapple

pumpkin seeds

**rice**

sake

asian salads

green salads

salads

scallions

sea vegetables

seitan

shallots

*slaws*

**snow peas**

hot-and-sour soups

mushroom soups

noodle soups

vegetable soups

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

agave nectar

apples

apple juice

apricots

Armagnac

breads baked goods

cakes baked goods

cookies baked goods

muffins baked goods

pies baked goods

quickbreads baked goods

baked goods

berries

bourbon

bread

toast, whole grain

**Calvados**

**caramel**

cardamom

*cereals, breakfast*

cherries

chiles

dark chocolate

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

**MAPLE SYRUP**

nectarines

**nutmeg**

**NUTS**

nut butters

**oats**

**oatmeal**

oil

onions

**oranges**

*pancakes*

**papaya**

passion fruit

**peaches**

pears

**PINEAPPLE**

raisins

**RUM**

*salads, fruit*

sesame seeds

***SMOOTHIES***

sugar

sunflower seeds

sweet potatoes

tamarind

**vanilla**

**walnuts**

**yogurt**

yuzu

BARLEY (e.g., HULLED)

**almonds**

**apples**

**arugula**

avocados

basil

bay leaf

beans

beer

beets

bell peppers

black-eyed peas

*breads*

broccoli de Cicco

broccoli rabe

burdock

cabbage

capers

cardamom

**CARROTS**

cashews

***casseroles***

cauliflower

**celery**

***cereals****, hot breakfast*

chiles

chives

cilantro

cinnamon

coconut

**corn**

currants

curry powder

**dill**

eggplant

fennel

figs

fruits, dried

**GARLIC**

*gratins*

greens

herbs, fresh

**kale**

**leeks**

lemon

**lentils**

*loaves*

maple syrup

marjoram

milk, dairy or non-dairy

**mint**

miso

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

nutmeg

oil

olives

onions

oranges

**oregano**

*“paellas”*

**PARSLEY**

peas

pepper, black

***pilafs***

pomegranates

pomegranate molasses

*puddings*

quinoa

raisins

rice

***“RISOTTOS”***

sage

barley salads

grain salads

green salads

salads

salt, sea

scallions

seeds

seeds sesame

sesame

shallots

mushroom soups

soups

sour cream

soy sauce

spelt

spinach

squash

***stews***

*stir-fries*

stock

*stuffed peppers*

*stuffings*

sweet potatoes

tamari

tarragon

thyme

**tomatoes**

sun-dried tomatoes

**vegetables, root**

*veggie burgers*

vinegar

**yogurt**

zucchini

BARLEY MALT

breads baked goods

cakes baked goods

cookies baked goods

gingerbread baked goods

muffins baked goods

baked goods

baked beans

beans

*cereals, hot breakfast*

custards desserts

desserts

*macrobiotic cuisine*

maple syrup

nuts

*pancakes*

*popcorn*

*caramel corn*

pumpkin

squash

sweet potatoes

BARLEY, PEARL (or PEARLED)

allspice

asparagus

**basil**

beans

beets

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

lentils

lime

mock “meatloaf” loaves

loaves

milk

mint

mushrooms

nutmeg

nuts

oil

onions

orange

**parsley**, flat-leaf

peas

pepper, black

***pilafs***

pistachios

*porridges*

potatoes

raisins

***“RISOTTOS”***

rosemary

saffron

sage

*salads*

salsify

salt

shallots

barley soups

lentil soups

scotch broth soups

vegetable soups

soups

squash, butternut

vegetable stews

stews

mushroom stock

vegetable stock

stock

peppers stuffed vegetables

tomatoes stuffed vegetables

stuffed vegetables

*stuffings*

tarragon

thyme

tomatoes

tomato paste

turnips

vanilla

vinegar

walnuts

watercress

wine, dry red or white

zucchini

BASIL

*aioli*

almonds

artichoke hearts

**artichokes**

asparagus

avocados

beans

beans, summer

beans, white

bell peppers

cocktails beverages

lemonade beverages

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

hazelnuts

***Indian cuisine***

***ITALIAN CUISINE***

jícama

kale

leeks

**lemon**

lemongrass

marjoram

***Mediterranean cuisines***

*Mexican cuisine*

millet

**mint**

mushrooms

nectarines

noodles, asian rice

nuts

**OIL, OLIVE**

**olives**

onions

oregano

parsley

cannelloni pastas

fettuccine pastas

lasagna pastas

penne pastas

spaghetti pastas

pastas

peaches

peanuts

peas

pepper

\****PESTOS***

**PINE NUTS**

**pistachios**

*pistou*

***PIZZAS***

polenta

**potatoes**, esp. new

quinoa

*ratatouille*

rice

*risotto*

rosemary

sage

*salad dressings*

pasta salads

salads

salt

panini sandwiches

sandwiches

pasta sauces

tomato sauces

sauces

asian soups

bean soups

chowder soups

corn soups

minestrone soups

tomato soups

vegetable soups

soups

***Southeast Asian cuisines***

spinach

squash

*stews*

sweet potatoes

thai cuisine

tofu

\***TOMATOES**

**TOMATO SAUCE**

**tomatoes, sun-dried**

vegetables, summer

vinegar

**walnuts**

watermelon

**ZUCCHINI**

BASIL, THAI

*Asian cuisines*

bamboo shoots

cashews

chiles

chili pepper paste (e.g., Thai)

cilantro

coconut milk

corn

green curries

indian red curries

thai curries

curries

**eggplant**

**garlic**

**ginger**

Kaffir lime leaves

lemongrass

lime

mango

*marinades*

mint

mushrooms

asian noodles

noodles

oil

papaya, green

peanuts

***salads***

scallions

shallots

asian soups

coconut milk–based soups

vegetarian pho soups

soups

***Southeast Asian cuisines***

soy sauce

***stir-fries***

stock, vegetable

sugar

***Thai cuisine***

tofu

*Vietnamese cuisine*

zucchini

BAY LEAF

apples, baked

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**

rice puddings

puddings

pumpkin

rice

*risottos*

*salad dressings*

white sauces

sauces

bean soups

soups

squash, winter

***STEWS***

***stocks****, vegetable*

thyme

tomatoes

tomato sauce

vegetables

BEANS—IN GENERAL (or MIXED)

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

lime

marjoram

mayonnaise

mint

oil, olive

**onions**

oregano

paprika

smoked paprika

**PARSLEY**

*pastas*

pesto

*quesadillas*

rice

**rosemary**

saffron

sage

bean salads

green salads

salads

salsa, tomato

salt

**\*SAVORY**

*soups*

**thyme**

tomatoes

tortillas, whole wheat

turmeric

vinegar

BEANS, ADZUKI (aka ADUKI or AZUKI BEANS)

almonds

apples

arame

*Asian cuisines*

barley

basil

**bay leaf**

***bean cakes***

beans, other

bell peppers

**carrots**

*casseroles*

**celery**

chiles

chili powder

*chili, vegetarian*

***Chinese cuisine***

**cilantro**

cinnamon

cloves

cocoa

**coconut**

**coconut milk**

corn

**cumin**

yōkan desserts, esp. japanese

desserts, esp. japanese

bean dips

dips

**garlic**

**GINGER**

millet grains

quinoa grains

grains

***ice cream***

***JAPANESE CUISINE***

kale

**kombu**

lemon

**lime**

***macrobiotic cuisine***

maple syrup

mirin

miso

*mochi*

mushrooms

mustard

asian noodles

noodles

nori

oil

onions

orange

oregano

*pancakes*

parsley

pepper

*pilafs*

*porridges*

posole

pumpkin

raisins

*red bean paste*

rice

bean salads

grain salads

green salads

salads

**salt**, sea

*sauces*

**scallions**

seeds sesame

sesame

shallots

vegetable soups

soups

soy sauce

spinach

*spreads*

squash, summer

squash, winter

bean stews

vegetable stews

stews

*stir-fries*

stock, vegetable

sugar

***sweets, Japanese***

**tamari**

teas

tempeh

*Thai cuisine*

thyme

tomatillos

tomatoes

tomato puree

turmeric

*veggie burgers*

vinegar

wakame

BEANS, ANASAZI

avocado

*baked beans*

beans, other

bell peppers

bread crumbs

carrots

*casseroles*

cayenne

celery

chiles

chili powder

*chili, vegetarian*

cilantro

cinnamon

cloves

coriander

corn

cumin

bean dips

dips

epazote

garlic

kombu

*Latin American cuisines*

*Mexican cuisine*

molasses

***Native American cuisine***

oil

onions

oregano

parsley

potatoes

pumpkin

quinoa

*refried beans*

*salsas*

ean soups

vegetable soups

soups

sour cream

*Southwestern (U.S.) cuisine*

*stews*

stock, vegetable

tomatoes

*veggie burgers*

vinegar

BEANS, BLACK (aka TURTLE BEANS)

**avocado**

basil

**bay leaf**

bell peppers

*black bean cakes*

*Brazilian cuisine*

***BURRITOS***

***CARIBBEAN CUISINE***

**carrots**

*casseroles*

cayenne

**celery**

*Central American cuisines*

chickpeas

*chilaquiles*

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

lime

liquid smoke

**MANGOES**

*Mexican cuisine*

mint

miso

mushrooms

mustard

*nachos*

oil

olives

onions

**ORANGE**

oregano

paprika

parsley

*pâtés*

pepper

plantains

potatoes

*Puerto Rican cuisine*

*purees*

*quesadillas*

**quinoa**

*refried beans*

rice

rosemary

bean salads

corn salads

taco salads

salads

**salsa**

salt

**savory**

scallions

sherry, dry

black bean soups

soups

**sour cream**

***South American cuisines***

*Southwestern (U.S.) cuisine*

soy sauce

spinach

*spreads*

squash

***stews***

**stock, vegetable**

sweet potatoes

***tacos***

tempeh

*Tex-Mex cuisine*

thyme

**TOMATOES**

**tomato paste**

tortillas

*tostadas*

***VEGGIE BURGERS***

vinegar

BEANS, CANNELLINI (see also BEANS, WHITE)

**artichokes**

**artichoke hearts**

arugula

**BASIL**

**bay leaf**

bell peppers

broccoli rabe

*bruschetta*

**carrots**

*“cassoulets,” vegetarian*

celery

chard

chiles

*chili, vegetarian*

chives

cilantro

cloves

couscous

cumin

bean dips

dips

**escarole**

fennel

**GARLIC**

greens, bitter

***ITALIAN CUISINE***

**KALE**

kombu

leeks

lemon

lime

mushrooms

oil

olives

onions

oregano

paprika

**parsley**

fettuccine pastas

linguini pastas

pasta e fagioli pastas

pastas

pepper

pesto

*pistou*

potatoes

*purees*

rice

**rosemary**

**SAGE**

bean salads

green salads

tomato salads

salads

salt

**savory**

shallots

minestrone soups

pasta e fagioli soups

tomato soups

soups

spelt

spinach

*spreads*

***stews***

stock, vegetable

sweet potatoes

thyme

**TOMATOES**

tomatoes, sun-dried

vinegar

walnuts

BEANS, CRANBERRY (and BORLOTTI BEANS, a popular type of cranberry bean)

bay leaf

*beans, baked*

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

oregano

parsley

***PASTAS***

***Portuguese cuisine***

quinoa

rosemary

**sage**

*salads*

scallions

bean soups

minestrone soups

pasta e fagioli soups

soups

*Spanish cuisine*

spinach

*stews*

stock, vegetable

***succotash***

thyme

**tomatoes**

walnuts

zucchini

BEANS, FAVA (aka BROAD BEANS)

**artichokes**

**artichoke hearts**

arugula

**ASPARAGUS**

avocado

**basil**

beans, other

beets

bell peppers

bread crumbs

broccoli rabe

*bruschetta*

carrots

cayenne

celery

chervil

chicory

chiles

**chives**

**cilantro**

couscous

*crostini*

**cumin**

**dill**

***dips***

epazote

*“falafel”*

fennel

**GARLIC**

spring garlic

ginger

*Greek cuisine*

greens

*“hummus”*

*Italian cuisine*

kale

**leeks**

lemon

lemon, Meyer

lettuce

lime

lovage

marjoram

***MEDITERRANEAN CUISINES***

***Middle Eastern cuisines***

**MINT**

*Moroccan cuisine*

mushrooms

nettles

nutmeg

oil

olives

onions

**parsley**

orecchiette pastas

spaghetti pastas

pastas

**peas**

pesto

pistachios

*Portuguese cuisine*

potatoes

***purees***

quinoa

radishes

ramps

rice

***risottos***

rosemary

sage

beet salads

salads

salt

savory

scallions

snap peas

***SOUPS***

*Spanish cuisine*

spinach

*spreads*

***stews***

tahini

**thyme**

**tomatoes**, esp. sun-dried

vinaigrette

walnuts

yogurt

zucchini

BEANS, FERMENTED BLACK (and SAUCE)

arame

asparagus

basil

beans

bell peppers

bok choy

**broccoli**

cabbage

cauliflower

chiles

chili oil, chili paste, chili pepper flakes

***Chinese cuisine***

cilantro

eggplant

**GARLIC**

**GINGER**

greens, asian

hoisin

kale

ketchup

leeks

lemon

lime

mushrooms

asian noodles

rice noodles

soba noodles

noodles

oil

onions

orange

pepper

rice

rice syrup

onion salads

spinach salads

salads

*sauces*

**scallions**

seitan

seeds sesame

sesame

sherry

*soups*

**soy sauce**

spinach

star anise

***STIR-FRIES***

vegetable stock

stock

sugar

tamari

**tofu**

vinegar

wine

yogurt

zucchini

BEANS, FLAGEOLET

arugula

asparagus

basil

**bay leaf**

beans, other

carrots

*cassoulets*

celery

chervil

citrus

couscous

cucumbers

fines herbes

***FRENCH CUISINE***

**garlic**

*gratins*

herbs

*Italian cuisine*

leeks

**lemon**

mint

oil

olives

onions

**parsley**

*pastas*

pesto

pistachios

rice

rosemary

tomato salads

salads

salt

butter sauces

tomato sauces

sauces

savory

shallots

***soups***

*stews*

tarragon

**thyme**

tomatoes

tomato sauce

wine

BEANS, FRENCH GREEN (aka HARICOTS VERTS)

almonds

arugula

avocados

**basil**

bell peppers, red

carrots

chervil

chives

crème fraîche

dill

***French cuisine***

**garlic**

greens

hazelnuts

lemon

mint

oil

olives

onions

orange

**parsley**

pepper

pesto

potatoes

niçoise salads

salads

savory, summer

scallions

**shallots**

*soups*

*stir-fries*

tarragon

thyme

**tomatoes**

vinegar

**walnuts**

BEANS, GIGANTE (aka GIGANDE BEANS or GIANT BEANS)

anise seeds

bay leaf

bread crumbs

**carrots**

*casseroles*

*cassoulet, vegetarian*

**celery**

chili pepper flakes

coriander

dill

fennel

**GARLIC**

grains

***GREEK CUISINE***

lemon

**oil, olive**

olives

onions

oregano

**parsley**

pepper

rice

rosemary

bean salads

salads

salt

*soups*

spinach

vegetable stock

stock

thyme

**TOMATOES**

vinegar

BEANS, GREEN (aka SNAP BEANS, STRING BEANS or WAX BEANS; see also BEANS, FRENCH GREEN)

**ALMONDS**

arugula

barley

**BASIL**

beans, other

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

**hazelnuts**

hiziki

*Indian cuisine*

kale

kasha

leeks

lemon

lentils

lettuce

lime

maple syrup

**marjoram**

millet

**mint**

miso, esp. white

mushrooms

mustard

nutmeg

nuts

oil

okra

olives

onions

orange

oregano

**PARSLEY**

farfalle pastas

pastas

peanuts

pecans

pepper

**pesto**

*pilafs*

pine nuts

pistachios

**POTATOES**

pumpkin seeds

quinoa

rice

risotto

**rosemary**

bean salads

chickpea salads

niçoise salads

tomato salads

salads

salt

**savory**

scallions

seeds sesame

sesame

**SHALLOTS**

bean soups

vegetable soups

soups

soy sauce

spinach

***stews***

***stir-fries***

stock, vegetable

*succotash*

sunflower seeds

**TARRAGON**

tempeh

**thyme**

tofu

tomatoes

turmeric

vinegar

**WALNUTS**

watercress

zucchini

BEANS, KIDNEY (see also BEANS, RED)

anise seeds

avocados

barley

basil

bay leaf

bell peppers

black-eyed peas

*Cajun cuisine*

*Caribbean cuisine*

carrots

*casseroles*

cayenne

celery

*Central American cuisines*

chiles

***CHILI, VEGETARIAN***

chili pepper sauce

chili powder

chives

**cilantro**

**corn**

***Creole cuisine***

**cumin**

bean dips

dips

epazote

fennel

**GARLIC**

ginger

greens

vegetarian gumbo

gumbo

*Jamaican cuisine*

kamut

lemon

lime

*“meatballs,” e.g., with pasta*

***Mexican cuisine***

oil

onions

orange

oregano

paprika

**PARSLEY**

parsnips

pasta

peanuts

peas

potatoes

pumpkin seeds

quinoa

*red beans*

*rice*

***refried beans***

rice

*rice*

*beans*

sage

bean salads

green salads

salads

pasta sauces

sauces

**SAVORY**

scallions

minestrone soups

pasta soups

vegetable soups

soups

*South American cuisines*

soy sauce

*spreads*

vegetable stews

stews

**stock**, vegetable

tarragon

**thyme**

tofu

tomatoes

*veggie burgers*

vinegar

walnuts

wheat berries

zucchini

BEANS, LIMA (aka BUTTER BEANS)

basil

**bay leaf**

beans, green

bell peppers

carrots

*casseroles*

chervil

chili pepper flakes

chives

cilantro

**CORN**

cucumber

**dill**

*dips*

eggplant

fennel

fennel seeds

**garlic**

herbs

horseradish

kale

leeks

lemon

lettuce

marjoram

mint

molasses

mushrooms

nutmeg

**OIL, OLIVE**

olives

onions

oregano

**PARSLEY**

pepper

*purees*

quinoa

**rosemary**

**sage**

three-bean salads

salads

**salt**, sea

scallions

sorrel

***soups***

***Southern (U.S.) cuisine***

spinach

*spreads*

squash

***stews***

***SUCCOTASH***

sumac

tamari

**thyme**

**TOMATOES**

**tomato paste**

vinegar

wine, dry white

yogurt

BEANS, LONG (aka YARD-LONG BEANS)

*Asian cuisines*

beans

bell peppers

chiles

chili paste

chili sauce

cilantro

**coconut**

**coconut milk**

coriander

**cumin**

curry powder

fennel

fennel seeds

fenugreek

**garlic**

**ginger**

lemon

liqueur, anise-flavored

mint

mushrooms

nuts

oil

onions

paprika

pasta

pepper

pesto

*salads*

salt

seeds sesame

sesame

shallots

**soy sauce**

***stir-fries***

sugar

tahini

tamarind

tomatoes

vinegar

walnuts

**water chestnuts**

BEANS, MUNG

asafoetida powder

*Asian cuisines*

bay leaf

bell peppers

bok choy

cabbage, napa

carrots

*casseroles*

cayenne

chiles

*Chinese cuisine*

chives

cilantro

cinnamon

**coconut**

**coconut milk**

coriander

**CUMIN**

***CURRIES***

*dals*

dill

garam masala

**GARLIC**

**GINGER**

bulgur grains

grains

*gravies*

greens

*hummus*

***Indian cuisine***

leeks

lemon

lentils

lime

millet

*moong dal*

*mujadura*

mushrooms

mustard seeds

**noodles**, Asian

oil

onions

*pancakes*

parsley

peas

*pho, vegetarian*

*pilafs*

*purees*

rice

***salads***

salt

*sauces*

miso soups

mung bean soups

soups

*Southeast Asian cuisines*

spinach

*sprouts, mung bean*

*stews*

sugar snap peas

tempeh

tofu

**tomatoes**

turmeric

vegetables

yogurt

BEANS, NAVY (aka YANKEE BEANS)

arugula

asparagus

***BAKED BEANS***

barley

basil

beets

*Boston cuisine*

broccoli rabe

cabbage

carrots

*casseroles*

cauliflower

celery

celery root

chiles

***chili, vegetarian***

cloves

corn

*dips*

fennel

garlic

ketchup

leeks

maple syrup

molasses

mushrooms

mustard

onions

orange

parsley

pasta e fagioli pastas

pastas

pepper

*pilafs*

potatoes

***purees***

quinoa

rice

rosemary

tomato salads

vegetable salads

salads

salt

**savory**

shallots

bean soups

tomato soups

soups

*spreads*

squash, summer

***stews***

sugar

sweet potatoes

thyme

tomatoes

tomato paste

vinegar

BEANS, PINTO

anise seeds

avocado

barbecue sauce

**bay leaf**

beans, other

***burritos***

*casseroles*

chiles

***CHILI, VEGETARIAN***

chips, tortilla

**cilantro**

**corn**

**CUMIN**

***dips***

epazote

fennel

refritos frijoles

frijoles

**GARLIC**

kale

kombu

lemon

lime

liquid smoke

maple syrup

***MEXICAN CUISINE***

mushrooms

mustard

*nachos*

oil, olive

**ONIONS**

**oregano**

**parsley**

*pâtés*

**pepper, black**

*purees*

quinoa

***REFRIED BEANS***

rice

**sage**

taco salads

salads

***salsas***

salt

savory

scallions

***soups***

***Southwestern (U.S.) cuisine***

spelt

*spreads*

***STEWS, vegetarian***

vegetable stock

stock

*tacos*

***Tex-Mex cuisine***

thyme

**tomatoes**

**tomato puree**

tortillas

*tostadas*

*veggie burgers*

BEANS, RED (see also similar BEANS, KIDNEY)

*casseroles*

*chilaquiles*

chiles

***chili, vegetarian***

coffee

*Creole cuisine*

*jambalaya*

*Mexican cuisine*

parsley

***red beans***

***rice***

**RICE**

bean salads

green salads

salads

savory

***soups***

*Southwestern (U.S.) cuisine*

BEANS, WHITE (see also BEANS, CANNELLINI; BEANS, NAVY)

**artichokes**

**arugula**

asparagus

*baked beans*

barley

**BASIL**

bay leaf

bell peppers, red, esp. roasted

bread crumbs

*bruschetta*

cabbage

capers

**carrots**

***casseroles***

***cassoulets***

cauliflower

**celery**

celery root

chard

chervil

chickpeas

chiles

***chili, vegetarian***

chives

couscous

croutons, whole grain

cumin

dates

dill

***dips***

**escarole**

fennel, fennel pollen, fennel seeds

*French cuisine*

frisée

**GARLIC**

greens, bitter

“*hummus,” i.e., white bean*

*Italian cuisine*

**kale**, esp. black

kombu

leeks

lemon

lettuce

maple syrup

molasses

mushrooms

mustard

oil

olives

onions

orange

oregano

**parsley**

***PASTAS***

peas

pepper

***pesto***

potatoes

pumpkin

*purees*

**ROSEMARY**

**SAGE**

bean salads

fennel salads

green salads

salads

salt

tomato sauces

sauces

sauerkraut

*sausages, vegan*

savory

**scallions**

shallots

white bean soups

soups

spelt

**spinach**

*spreads*

squash

***stews***

stock, vegetable

sugar

sweet potatoes

tahini

**tarragon**

**thyme**

**TOMATOES**

**tomatoes, sun-dried**

*Tuscan cuisine*

vegetables, root

vinegar

wheat berries

wine, dry red

BEETS

agave nectar

allspice

anise hyssop

**anise seeds**

**APPLES**

**apple juice**

arame

**ARUGULA**

asparagus

**avocado**

cakes baked goods

baked goods

**basil**

bay leaf

beans

bell peppers

blackberries

black-eyed peas

rye breads

breads

cabbage

**capers**

**CARAWAY SEEDS**

cardamom

*“carpaccio”*

**CARROTS**

cauliflower

**celery**

celery leaves

**celery root**

chard, Swiss

**chervil**

chickpeas

chicory

**chiles**

chili pepper flakes

fried chips

chips

**CHIVES**

chocolate

cocoa

*chutneys*

**cilantro**

**cinnamon**

citrus

**cloves**

**coriander**

couscous

cranberries

**crème fraîche**

*crudités*

**cucumbers**

**cumin**

**curry powder**

“red velvet” desserts

desserts

**DILL**

edamame

**endive**

escarole hearts

*falafel*

**FENNEL, fennel fronds, fennel seeds**

**frisée**

fruit, dried

**GARLIC**

**GINGER**

grains

grapefruit

greens

harissa

red flannel hash

hash

herbs

hiziki

**HORSERADISH**

beets + carrots + celery juices

juices

kale

kumquats

lavender

leeks

lemon

lemon, preserved

lemongrass

lentils

lettuce

**lime**

mace

mâche

mangoes

**maple syrup**

marjoram

**mascarpone**

mayonnaise

milk

**MINT**

mizuna

mushrooms

mustard

nutmeg

nuts

oil

olives

onions

orange

oregano

paprika

**PARSLEY**

parsnips

pasta

pears

pepper

pomegranate

poppy seeds

**potatoes**

**pumpkin seeds**

purslane

quinoa

radishes

raisins

*relishes*

rhubarb

beet risottos

risottos

*Russian cuisine*

rye

sage

beet salads

carrot salads

green salads

salads

salsa verde

salt

savory

scallions

sea vegetables

seeds

**SHALLOTS**

sorrel

borscht soups

soups

**SOUR CREAM**

soy sauce

**spinach**

star anise

*stews*

stock, vegetable

sugar

sunflower seeds

**TARRAGON**

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

**thyme**

tofu

**tomatoes**

turnips

vegetables, root

beet-lentil veggie burgers

veggie burgers

verjus

vinaigrette

vinegar

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

wakame

wasabi

**WATERCRESS**

watermelon

wine, dry red

**YOGURT**

za’atar

BELL PEPPERS—IN GENERAL, or MIXED

anise

arame

artichokes

arugula

**barley**

**BASIL**

**bay leaf**

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

lemons, preserved

lentils

lime

mango

**marjoram**

*“meatloaf,” vegetarian*

***Mediterranean cuisines***

***Mexican cuisine***

millet

mint

miso

mushrooms

noodles, asian

oil

olives

onions

**oregano**

paprika

**PARSLEY**

lasagna pastas

linguini pastas

orzo pastas

spaghetti pastas

pastas

peaches

pears

pepper, black

*pilafs*

pineapple

pine nuts

mushroom pizzas

pizzas

**polenta**

pomegranate molasses

**potatoes**

***purees***

*quesadillas*

**quinoa**

raisins

***ratatouille***

***relishes***

rice

*risottos*

*romesco sauce*

**saffron**

sage

bean salads

green salads

pasta salads

potato salads

tomato salads

vegetable salads

salads

salt

grilled cheese sandwiches

italian sandwiches

sandwiches

***sauces***

sesame seeds

shallots

*slaws*

snow peas

*sofritos*

bean soups

gazpacho soups

gumbo soups

red pepper soups

tomato soups

vegetable soups

soups

*South American cuisines*

*spreads*

**squash, summer**

***stews***

*stir-fries*

**stock, vegetable**

***STUFFED PEPPERS***

israeli couscous stuffings

quinoa stuffings

rice stuffings

stuffings

sweet potatoes

tahini

tempeh

*Tex-Mex cuisine*

*Thai cuisine*

**thyme**

tofu

tomatoes

\***TOMATOES, tomato paste, tomato sauce**

*Turkish cuisine*

vegetables, summer

vinegar

walnuts

wine, dry red or white

yogurt

**zucchini**

berries—in general, or mixed berries (see also specific berries

almonds

apricots

basil

*cereals, breakfast*

chamomile

dark chocolate

chocolate

cinnamon

**crème fraîche**

tarts desserts

trifles desserts

desserts

elderflower syrup

**ginger**

granola

**lemon**

lime

liqueurs

maple syrup

mascarpone

meringue

mint

nectarines

orange

peaches

**pepper, black**

*pie fillings*

summer puddings

puddings

*salads, fruit*

seeds

*smoothies*

**sour cream**

sugar

**vanilla**

vinegar

wine

**yogurt**

BLACKBERRIES (see also BERRIES)

almonds

**apples**

bananas

blueberries

caramel

**cinnamon**

*coulis*

**ICE CREAM**

cobblers desserts

crisps desserts

crumbles desserts

desserts

endive

figs

ginger

hazelnuts

**LEMON**

lemon herbs

**lime**

*mangoes*

maple syrup

mascarpone

melon

milk

**mint**

***muesli***

nectarines

nutmeg

oats

oranges

papaya

pecans

**peaches**

pepper

*pies*

pumpkin seeds

**raspberries**

rhubarb

rose geranium

fruit salads

salads

*sauces*

*smoothies*

*sorbets*

fruit soups

soups

strawberries

sugar

**vanilla**

watermelon

wine

**yogurt**

BLACK-EYED PEAS [aka COWPEAS]

***AFRICAN CUISINE***

agave nectar

allspice

arugula

**barbecue sauce**

barley

basil

**BAY LEAF**

beans

bell peppers

*burritos*

cabbage

*Cajun cuisine*

capers

***Caribbean cuisine***

**carrots**

*casseroles*

**celery**

chard, Swiss

chiles

*chili, vegetarian*

cilantro

coconut

coriander

**corn**

corn bread

*Creole cuisine*

cumin

dill

*dips*

**GARLIC**

ginger

greens, bitter

*gumbo*

herbs

***HOPPIN’ JOHN***

*“hummus”*

*Indian cuisine*

kombu

lemon

marjoram

mushrooms

oil

olives

onions

oregano

**parsley**

pepper, black

potatoes

rice

sage

bean salads

green salads

hoppin’ john salads

tomato salads

salads

**salt**

scallions

shallots

*soul food*

collard green soups

soups

***SOUTHERN (U.S.) CUISINE***

spinach

***stews***

**stock, vegetable**

*succotash*

tahini

tamari

tamarind

*“Texas caviar”*

**thyme**

**TOMATOES**

vinegar

yogurt

BLUEBERRIES

agave nectar

**almonds**

*(North) American cuisine*

**apples**

apple juice

apricots

breads baked goods

muffins baked goods

pies baked goods

quick breads baked goods

scones baked goods

tarts baked goods

baked goods

**bananas**

blackberries

*cereals, breakfast*

**CINNAMON**

corn

*corn cakes*

**ice cream**

crème fraîche

*crepes*

cucumbers

currants

clafoutis desserts

cobblers desserts

crisps desserts

crumbles desserts

desserts

cocktails drinks

drinks

fennel

fruit, tropical

**ginger**

grains, whole

***granola***

**hazelnuts**

**lavender**

lemon

lime

**mango**

**MAPLE SYRUP**

**MASCARPONE**

melon

**mint**

nectarines

**nutmeg**

nuts

**oats**

**oatmeal**

orange

***PANCAKES***

**PEACHES**

pecans

*pies*

**pineapple**

**raspberries**

**rhubarb**

rice, brown

fruit salads

green salads

salads

*salsas*

***sauces, fruit***

***SMOOTHIES***

*soups, fruit*

**sour cream**

**strawberries**

sugar

thyme

**vanilla**

watermelon

**yogurt**

BOK CHOY (aka CHINESE CABBAGE or PAK CHOI)

agave nectar

almonds

*Asian cuisines*

**beans, black**

**fermented black bean sauce**

**bell peppers**, red

broccoli

broccoli rabe

cabbage

cardamom

**carrots**

cashews

*casseroles*

cauliflower

celery

chiles

**chili pepper flakes, chili paste, chili sauce**

***Chinese cuisine***

**cilantro**

cinnamon

**coconut milk**

curry powder

*curries*

five-spice powder

**GARLIC**

**GINGER**

greens

hoisin

leeks

lemon

lemongrass

**lime**

lotus root

**mirin**

miso

mushrooms

asian noodles

soba noodles

noodles

oil

onions

**peanuts**

**peanut sauce**

ponzu

potatoes

quinoa

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

sugar, brown

tahini

**tamari**

tempeh

*Thai cuisine*

**TOFU**

turmeric

turnips

vinaigrette

vinegar

water chestnuts

wine

zucchini

BORAGE

chervil

chickpeas

chives

gin-based cocktails

e.g. cocktails

pimm’s cup cocktails

cocktails

cucumbers

dill

fruit drinks

iced drinks

drinks

*European cuisines*

fennel

garlic

*German cuisine*

gin

lemon

mint

mustard

oil

parsley

ravioli pasta

pasta

pepper

potatoes

rice

*risottos*

*salad dressings*

bread salads

chickpea salads

fruit salads

green salads

salads

green sauces

herb sauces

sauces

scallions

sorrel

cold soups

cucumber soups

vegetable soups

soups

sour cream

*stocks, vegetable*

*teas*

thyme

tomatoes

vegetables

vinegar

watercress

wine, white

yogurt

BRAGG LIQUID AMINOS

beans

**carrots**

*casseroles*

cauliflower

celery

cilantro

daikon

eggplant

**garlic**

ginger

grains, whole

*gravies*

greens

carrot juices

juices

kale

lemon

lentils

mushrooms

oil

onions

parsley

popcorn

potatoes

*raw cuisine*

rice

caesar salad dressings

salad dressings

*salads*

***sauces***

scallions

**seitan**

gazpacho soups

soups

*spreads*

*stews*

*stir-fries*

*stock, vegetable*

**tofu**

tomatoes

vegetables

*veggie burgers*

BRAZILIAN CUISINE

**beans, black**

cardamom

chiles

cilantro

cloves

coconut milk

*feijoada*

garlic

ginger

greens

kale

nutmeg

onions

orange

parsley

pepper, black

peppers, Brazilian

pumpkin

**rice**

saffron

salsa

thyme

BREAD CRUMBS, WHOLE-GRAIN

arugula

asparagus

beans

for seitan breadings

breadings

*casseroles*

*cassoulets*

cauliflower

endive

fennel

garlic

*gratins*

*Italian cuisine*

legumes

*macaroni*

marjoram

mushrooms

nuts

oil, olive

onions

**parsley**

linguini pastas

macaroni pastas

spaghetti pastas

pastas

pesto

radicchio

rosemary

bean salads

caesar salads

green salads

mushroom salads

salads

gazpacho soups

white bean soups

soups

***stuffings***

thyme

tomatoes

*veggie burgers*

watercress

zucchini

BREAD CRUMBS, PANKO

artichokes

asparagus

*baked dishes*

*breadings*

*crusts*

*deep-fried dishes*

eggplant

herbs

*Japanese cuisine*

lemon

*“meatballs”*

mushrooms

nuts

seitan

squash

for artichokes stuffings

stuffings

tofu

BROCCOLI

**almonds**

avocado

basil

beans

bell peppers

bread crumbs

bulgur

brown butter

**capers**

cashews

*casseroles*

cauliflower

cayenne

chickpeas

chiles

**chili pepper flakes**

chives

cilantro

coconut

coconut milk

coriander

*crepes*

*crudités*

***curries***

curry

dill

flax seeds

**GARLIC**

**ginger**

gomashio

*gratins*

greens, mesclun

*“guacamole”*

hazelnuts

*“hummus”*

leeks

lemon

lime

marjoram

mayonnaise

miso

mushrooms

mustard

asian noodles

rice noodles

soba noodles

noodles

nuts

oil

olives

onions

**orange**

oregano

parsley

fettuccine pasta

linguini pasta

penne pasta

spaghetti pasta

pasta

pepper

***pestos***

*pine nuts*

*pizzas*

potatoes

pumpkin seeds

rice

**rosemary**

sage

green salads

pasta salads

tomato salads

vegetable salads

salads

salsify

**salt**, esp. sea

hollandaise sauces

sauces

savory

scallions

seitan

seeds sesame

sesame

shallots

*slaws*

*soufflés*

broccoli soups

creamy soups

soups

soybeans

**soy sauce**

spinach

sprouts, mung bean

squash

*stews*

***stir-fries***

stock, vegetable

tahini

tamari

tarragon

*tempura*

**thyme**

**tofu**

**tomatoes**

tomatoes, sun-dried

turmeric

vinaigrette

vinegar

**walnuts**

watercress

wheat berries

**wine**, dry white

yogurt

BROCCOLI, CHINESE (aka CHINESE KALE or GAI LAN)

beets

carrots

chives

citrus

five-spice powder

**GARLIC**

**GINGER**

grains

leeks

lemon

mirin

miso

mushrooms

mustard

oil

olives

pasta

peanuts

raisins

sauces

scallions

**soy sauce**

squash, winter

***stir-fries***

sugar

tofu

tomatoes

vinegar

wine

BROCCOLI RABE (aka BROCCOLI RAAB or RAPINI)

almonds

barley

basil

beans

bell peppers

bread crumbs

*bruschetta*

capers

carrots

chestnuts

**chickpeas**

chiles

*Chinese cuisine*

chives

cilantro

citrus

currants

eggplant

\***GARLIC**

ginger

grains

**hazelnuts**

***Italian cuisine***

**lemon**

lemon, Meyer

mushrooms

mustard seeds

noodles, rice

oil

**olives**

onions

**oregano**

paprika

pasta, esp. whole grain

peanuts

pepper, black

**pesto**

*pine nuts*

*pizza*

polenta

potatoes

raisins

rice

*risotto*

salad dressing

***salads***

**salt, sea**

**scallions**

shallots

bean soups

broccoli rabe soups

soups

soy sauce

squash, summer

*stews*

*stir-fries*

stock, vegetable

tempeh

tofu

**tomatoes**

turmeric

vinegar

walnuts

wine, dry white

BROCCOLINI

almonds

basil

bell peppers

bread crumbs

broccoli

broccoli rabe

chiles

cilantro

**garlic**

**ginger**

lemon

mushrooms

mustard

oil

olives

onions

orange

parsley

fettuccine pastas

pastas

peanuts

peanut sauce

pepper

potatoes

*salads*

salt, sea

seeds sesame

sesame

shallots

*soups*

soy sauce

vegetable stock

stock

tofu

tomatoes

vinegar

BROWN RICE SYRUP (aka RICE MALT SYRUP)

cakes baked goods

cookies baked goods

muffins baked goods

baked goods

coffee

*cookies, esp. crisp*

ice cream

*marinades*

pancakes

popcorn

*salad dressings*

waffles

BRUSSELS SPROUTS

**almonds**

**apples** (dried

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

artichokes, Jerusalem

basil

bay leaf

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

fennel

fennel seeds

**GARLIC**

**ginger**

grains, whole

grapefruit

grapes

**hazelnuts**

**juniper berries**

kale

kasha

lemon

lentils

lime

**maple syrup**

marjoram

mint

mirin

miso

mushrooms

mustard

**nutmeg**

oil

onions

orange

oregano

paprika

**parsley**

parnips

pasta

pears

**pecans**

pepper

**pine nuts**

**pistachios**

**potatoes**

raisins

rice

**rosemary**

rutabagas

***salads***

salt

scallions

**sesame seeds**

**shallots**

*slaws*

chestnut soups

vegetable soups

soups

sour cream

**soy sauce**

sprouts

squash

***stir-fries***

**stock, vegetable**

sugar

sunflower seeds

tamari

**thyme**

tofu

turnips

vegetables, root

vermouth

vinaigrette

vinegar

**WALNUTS**

water chestnuts

wine

yogurt

BUCKWHEAT (aka BUCKWHEAT GROATS; see also KASHA NOODLES, SOBA)

almonds

almond butter

apples

arame

asparagus

bananas

basil

**bay leaf**

beans

bell peppers

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

millet grains, other milder

rice grains, other milder

grains, other milder

herbs

*ice cream*

***KASHA***

kohlrabi

leeks

lemon

**maple syrup**

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

mushrooms

soba noodles

noodles

**oil, olive**

onions

***PANCAKES***

**parsley**

farfalle pastas

pastas

*pears*

pepper, black

***pilafs***

pine nuts

*“polentas”*

*porridges*

potatoes

quinces

***Russian cuisine***

sage

***salads***

salt, sea

**scallions**

seeds sesame

sesame

black bean soups

potato soups

soups

sour cream

soy sauce

spinach

squash

mushroom stock

vegetable stock

stock

cabbage stuffed vegetables

mushrooms stuffed vegetables

winter squash stuffed vegetables

stuffed vegetables

*stuffings*

thyme

tofu

tomatoes

vanilla

vegetables

***veggie burgers***

**walnuts**

yogurt

BULGUR, WHOLE WHEAT (see also WHEAT, CRACKED WHEAT BERRIES)

**almonds**

**apples**

**apple juice**

apricots

**arugula**

beans

broccoli

cabbage

**carrots**

*casseroles*

**cauliflower**

*cereals, hot breakfast*

celery

chard

**CHICKPEAS**

chiles

*chili, vegetarian*

cilantro

**cinnamon**

citrus

coriander

corn

**cranberries, dried**

**cucumbers**

**cumin**

currants

dill

**eggplant**

*falafel*

figs

fruit, dried

**garlic**

grape leaves

grapes

greens

herbs, fresh

***kibbeh, vegetarian*** (use fine grain)

leeks

lemon

lentils

lettuce

lime

*“meatballs”*

*“meat sauce”*

*Mediterrean cuisines*

***Middle Eastern cuisines***

*MINT*

mushrooms

mustard

nuts

oil

olives

onions

orange

**PARSLEY**

**peas**

**pepper**, black or white

***PILAFS*** (use large grain)

**pine nuts**

**pistachios**

plums

pomegranates

*puddings*

pumpkin

radishes

**raisins**

rice

*“risottos”*

grain salads

tomato salads

vegetable salads

salads

tomato salsa

salsa

salt

*sauces*

scallions

seeds

seeds sesame

sesame

shallots

*soups*

**spinach**

squash

*stews*

stock, vegetable

bell peppers stuffed vegetables

cabbage stuffed vegetables

grape leaves stuffed vegetables

tomatoes stuffed vegetables

stuffed vegetables

***stuffings***

***TABBOULEH*** (use fine grain)

tamari

tangerines

tarragon

thyme

tofu

**TOMATOES**

**tomato paste**

tomatoes, sun-dried

vinegar

**walnuts**

yogurt

*za’atar*

zucchini

BURDOCK (aka BURDOCK ROOT or GOBO ROOT)

apples

arame

artichokes, Jerusalem

barley

brown rice syrup

cabbage

**CARROTS**

celery

celery leaves

chiles

chili pepper flakes

dashi

dates

fennel seeds

garlic

**GINGER**

millet grains

grains

greens

hiziki

***JAPANESE CUISINE***

kale

***kinpira***

leeks

lemon

lime

lotus root

*macrobiotic cuisine*

*marinades*

**mirin**

**miso**

mushrooms

mustard

noodles, asian

nuts

oil

onions

parsnips

potatoes

rice

**sake**

*salads*

salsify

**scallions**

seeds sesame

sesame

***soups***

**SOY SAUCE**

spinach

squash, winter

*stews*

***stir-fries***

mushroom stock

vegetable stock

stock

**sugar**

tahini

tamari

tarragon

*tempura*

*kinpira*

teriyaki sauce

tofu

tomatoes

vinegar

walnuts

watercress

BURMESE CUISINE

beans

chiles

chili paste

cilantro

coconut

*curries*

eggplant

flour, chickpea

garlic

ginger

greens

lemongrass

lime

noodles, asian

oil

peanuts

rice

scallions

shallots

soy sauce

sprouts, bean

sweet potatoes

tofu

turmeric

BUTTERMILK, LOW-FAT

avocados

bananas

biscuits baked goods

corn breads baked goods

muffins baked goods

scones baked goods

shortcakes baked goods

baked goods

barley

basil

beets

berries

*biscuits*

broccoli

bulgur

cayenne

cherries

chickpeas

**chives**

chocolate

**cilantro**

cinnamon

citrus

corn

corn bread

cucumbers

cumin

dates

dill

garlic

ginger

herbs, fresh

horseradish

lemon

lime

maple syrup

mayonnaise

mint

molasses

mustard

nectarines

nutmeg

oatmeal

oats

onions

orange

***pancakes***

***waffles***

**parsley**

peaches

pepper, black

plums

potatoes

raisins

*raitas*

rhubarb

***SALAD DRESSINGS****, esp. creamy, herb, ranch*

pasta sauces

sauces

**scallions**

*slaws*

*smoothies*

***sorbets***

buttermilk soups

butternut squash soups

cucumber soups

grain soups

soups

squash, butternut

sugar

vanilla

vegetables, green

vinegar

wine

walnuts

wheat berries

Worcestershire sauce, vegetarian

yogurt

# C

CABBAGE, IN GENERAL, or MIXED CABBAGES

**APPLES, APPLE JUICE, APPLE CIDER**

**bell peppers**

brown butter

**CARAWAY SEEDS**

**CARROTS**

**celery**

**cilantro**

***cole slaw***

**dill**

**garlic**

**ginger**

**horseradish**

**juniper berries**

**leeks**

lemon

lime

**mushrooms**

mustard

**nutmeg**

oil

onions

**parsley**

pepper

**POTATOES**

**rice**

***salads***

salt

seeds

seeds sesame

sesame

***SLAWS***

***soups***

**soy sauce**

***stuffed cabbage***

**turnips**

vinegar

CABBAGE, CHINESE (aka NAPA CABBAGE; see also 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

**CARROTS**

cayenne

chicory

chiles

chili powder

*Chinese cuisine*

**cilantro**

cloves

cornstarch

**cucumbers**

cumin

dill

fennel seeds

**garlic**

**GINGER**

greens, louder

hiziki

***kimchi***

lemon

lettuce

lime

lotus root

mint

mirin

miso

mushrooms

mustard seeds

noodles, asian

oil

onions

parsley

**peanuts**

**peanut butter**

pears

peas

pepper, black

*pickles*

pine nuts

radicchio

radishes

raisins

rice

asian salads

cabbage salads

salads

salt

scallions

seeds

seitan

seeds sesame

sesame

asian slaws

slaws

snow peas

asian soups

cabbage soups

vegetable soups

soups

**soy sauce**

*spring rolls*

*stews*

***stir-fries***

vegetable stock

stock

*stuffed cabbage*

sugar

sugar snap peas

tamari

**tofu**

turmeric

vegetables, Asian

vinegar

walnuts

watercress

wine, rice

CABBAGE, GREEN

apples

apple cider/juice

bay leaf

beans

bell peppers

rye bread

bread

bread crumbs, whole grain

*cabbage rolls*

**caraway seeds**

cardamom

**carrots**

**celery**

celery root

celery salt / seeds

cilantro

coriander

croutons

cumin

*curries*, curry powder, curry spices

**dill**

fennel

**garlic**

ginger

*Hungarian cuisine*

juniper berries

leeks

lentils, brown

lime

milk

mustard

oil, olive

onions

parsley

pepper

potatoes

*relishes*

rice

*risottos*

rosemary

cabbage salads

salads

salt

***slaws***

borscht soups

cabbage soups

soups

sour cream

vegetable stock

stock

***stuffed cabbage***

tamari

thyme

tomatoes

tomato paste

vinegar

walnuts

CABBAGE, RED

\***APPLES**

**APPLE JUICE**

**bay leaf**

broccoli

**caraway seeds**

carrots

celery seeds

**chestnuts**

cider, apple or pear

**cinnamon**

**cloves**

cranberries

cumin

dill

dulse

**fennel**

**fennel seeds**

fruit

**garlic**

ginger

greens, salad

juniper berries

kale

lemon

lime

lovage

marjoram

mint

mustard

nutmeg

oil

onions

**pears**

Asian pears

pecans

pepper

pomegranates

raisins

cabbage (cold or warm) salads

green salads

salads

**salt**

scallions

seeds sesame

sesame

shallots

***SLAWS***

borscht soups

sweet-and-sour soups

soups

*stews*

sugar

tarragon

thyme

vinegar

**walnuts**

**wine**, esp. dry red

yogurt

CABBAGE, SAVOY

apples

beans

bell peppers

bread, rye

*cabbage rolls*

caraway seeds

**carrots**

celery

chard, Swiss

chiles

corn

crème fraîche

cumin

dill

fennel

fruits, dried

**garlic**

**ginger**

grains

grapefruit

juniper berries

kale

leeks

lemon

mint

miso

mushrooms

mustard

nutmeg

nuts

oil

onions

**parsley**

*pastas*

pepper

pistachios

potatoes

rice

rosemary

sage

***salads***

salt

sauerkraut

seeds sesame

sesame

*slaws, Asian*

snow peas

cabbage soups

minestrone soups

rice soups

soups

spinach

*stews*

stock, vegetable

***stuffed cabbage***

tamari

tarragon

tempeh

**thyme**

vinegar

yogurt

CACAO or CACAO NIBS (see also CHOCOLATE, DARK)

brownies baked goods

cakes baked goods

cookies baked goods

muffins baked goods

baked goods

hot chocolate beverages

beverages

*candies*

fudge confections

confections

caramel

*cereals, breakfast*

dark chocolate

chocolate

*desserts, esp. raw*

*granola*

*ice creams*

*gelatos*

nuts

oatmeal

popcorn

*puddings*

*salads, fruit*

*smoothies*

*spreads*

sugar

*trail mix*

*energy bars*

vanilla

CAJUN CUISINE

bay leaf

beans

bell peppers

black-eyed peas

**Cajun seasoning**

carrots

**cayenne**

**celery**

chiles

cumin

garlic

*gumbos*

*jambalaya*

okra

**onions**

oregano

paprika

peas

rice

sweet potatoes

tomatoes

CAPERS

artichokes

arugula

**asparagus**

basil

beans

beets

bell peppers

Brussels sprouts

*caponata*

carrots

**cauliflower**

celery

chervil

chickpeas

couscous

dill

*dips*

**eggplant**

escarole

*French cuisine*

**garlic**

*Greek cuisine*

greens

*gremolata*

*Italian cuisine*

kale

lemon

marjoram

mayonnaise

***Mediterranean cuisines***

mustard

oil

olives

**onions**

oregano

**parsley**

farfalle pasta

linguini pasta

pasta

pepper, black

pickles

pine nuts

*pizza*

polenta

potatoes

*Provençal cuisine*

raisins

vinaigrettes salad dressings

salad dressings

bean salads

caesar salads

grain salads

salads

butter sauces

piccata sauces

puttanesca sauces

tartar sauces

tomato sauces

sauces

seitan

**shallots**

*Spanish cuisine*

*spreads*

*tapenades*

tarragon

tofu

**TOMATOES**

tomatoes, sun-dried

*vegetables*

vinegar

**wine, dry white**

zucchini

CARAWAY SEEDS

almonds

**apples**, apple cider, *applesauce*

*aquavit*

*Austrian cuisine*

breads baked goods

cakes baked goods

crackers baked goods

baked goods

barley

beans, green

**beets**

irish soda breads

pumpernickel breads

rye breads

breads

Brussels sprouts

cabbage

**carrots**

cauliflower

chiles

*cole slaw*

cucumbers

liqueurs drinks

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**

potato soups/bisques

pumpkin soups/bisques

sweet potato soups/bisques

soups/bisques

vegan “cheese” spreads

spreads

squash

***stews***

sweet potatoes

tempeh

tofu

vanilla

**vegetables**, esp. root

vinegar

CARDAMOM

vanilla.

almonds

apples

breads baked goods

cakes baked goods

coffee cakes baked goods

cookies baked goods

pastries baked goods

pies baked goods

baked goods

beans

cabbage

caramel

carrots

*cereals, hot breakfast*

chiles

chocolate

cilantro

**cinnamon**

cloves

**coconut**

**coconut milk**

coffee

coriander

cumin

***CURRIES,* curry leaves, curry powder, curry spices**

*custards*

dates

***desserts***

chai drinks

drinks

*Ethiopian cuisine*

fenugreek

fruits

*garam masala*

garlic

ginger

grains

*ice cream*

***INDIAN CUISINE***

lemon

lentils

mangoes

maple syrup

*marinades*

*Middle Eastern cuisines*

milk

mint

orange

parsley

pears

pepper

*pilafs*

**pistachios**

rice puddings

puddings

quince

raisins

*ras el hanout*

**rice**

rose water

saffron

salads, fruit

***Scandinavian cuisine***

*soups*

*Southeast Asian cuisines*

***stews***

sweet potatoes

chai tea

tea

tofu

*Turkish cuisine*

turmeric

vanilla

vegetables

**yogurt**

CARIBBEAN CUISINES (see also JAMAICAN CUISINE)

allspice

basil

bay leaf

chayote

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

orange

oregano

parsley

pineapple

plantains

rum

*salsas*

sugar

tamarind

thyme

yuca

CARROTS

**allspice**

**almonds**

apples

apricots

**arame**

artichokes

asparagus

avocados

cakes baked goods

muffins baked goods

baked goods

**basil**

Thai basil

**bay leaf**

beans

**beets**

bell peppers

broccoli

broccoli rabe

**burdock**

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**

cakes desserts

mousses desserts

desserts

**DILL**

**fennel**

**fennel seeds**

fruit, dried

**GARLIC**

\***GINGER**

bulgur grains

millet grains

quinoa grains

grains

greens

**leeks**

lemon

**lentils**

lime

**maple syrup**

marjoram

mascarpone

**mint**

**miso**

***Moroccan cuisine***

mushrooms

mustard

pad thai noodle dishes, asian

noodle dishes, asian

**nutmeg**

nuts

oil

**olives**

onions

orange

**paprika**

**PARSLEY**

**parsnips**

**peanuts**

**peanut butter**

**peas**

pepper

pesto

**pineapple**

**POTATOES**

carrot purees

root vegetable purees

purees

**RAISINS**

rice

*risotto*

**rosemary**

***SALADS***

**salt**, esp. kosher, sea, savory scallions

seeds

seeds sesame

sesame

**shallots**

cole slaws

slaws

snap peas

carrot soups

onion soups

vegetable soups

soups

soy sauce

spinach

moroccan tagines stews

stews

**stock, vegetable**

sugar

tahini

**tarragon**

**thyme**

tofu

tomatoes

**turmeric**

**turnips**

vanilla

vegetables

vinegar

**walnuts**

**walnut oil**

watercress

**yogurt**

zucchini

CASHEWS and CASHEW NUT BUTTER

almonds

apricots

cookies baked goods

baked goods

bananas

beans

bell peppers

blueberries

**bok choy**

cabbage

cardamom

**carrots**

cauliflower

cayenne

celery

celery root

*Central American cuisines*

**chickpeas**

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

lime

mangoes

milk, coconut

miso

mushrooms

mustard

nutmeg

oil, olive

**onions**

**orange**

papaya, green

*pâtés*

peanut butter

peas

pepper

pineapple

pine nuts

**potatoes**

**pumpkin**

rice

*risottos*

*salad dressings*

***salads***

salt, sea

*satays*

nut sauces

sauces

seeds sesame

sesame

*smoothies*

**snow peas**

carrot soups

cauliflower soups

soups

sour cream

*South American cuisines*

soy sauce

**spinach**

squash, winter

*stews*

***stir-fries***

*stuffings*

sugar

sugar snap peas

tahini

**tempeh**

thyme

tofu

tomatoes

sun-dried tomatoes

vanilla

*veggie burgers*

wasabi

wheat berries

yogurt

CAULIFLOWER

*aloo gobi*

apples

asparagus

barley

**basil**

bay leaf

beans

bell pepper

black-eyed peas

bok choy

bread crumbs

**broccoli**

**Brussels sprouts**

**bulgur**

**BROWN BUTTER**

**CAPERS**

cardamom

**carrots**

**cashews**

cayenne

**celery**

**chervil**

**chickpeas**

chiles

*chili, vegetarian*

**chives**

*chowders*

**cilantro**

cinnamon

citrus

**coconut**

**coconut milk**

**coriander**

corn

couscous

milk

cress

*crudités*

**CUMIN**

***CURRIES***

curry

**dill**

fenugreek

*frito misto*

garam masala

**GARLIC**

**ginger**

*gratins*

greens

hazelnuts

herbs

horseradish

*Indian cuisine*

kale

kasha

**leeks**

lemon

lentils

lime

mango

marjoram

*mashed cauliflower, à la mashed potatoes*

mayonnaise

*Mediterranean cuisines*

*Middle Eastern cuisines*

milk, dairy or nondairy

millet

mint

mushrooms

mustard

noodles, asian

**nutmeg**

nutritional yeast

**nuts**

oil

olives

onions

orange

**oregano**

**paprika**

**PARSLEY**

farfalle pasta

lasagna pasta

linguini pasta

penne pasta

rigatoni pasta

pasta

**peas**

pepper

pesto

**pine nuts**

pistachios

polenta

potatoes

pumpkin

*purees*

**raisins**

rice

*risottos*

rosemary

**saffron**

sage

cauliflower salads

green salads

pasta salads

salads

salt

savory

**scallions**

seeds

seeds sesame

sesame

**shallots**

snow peas

*soufflés*

cauliflower soups

curry soups

vegetable soups

soups

**sour cream**

**soy sauce**

spelt

**spinach**

squash

sriracha sauce

*“steaks”*

***stews***

*stir-fries*

mushroom stock

vegetable stock

stock

**sweet potatoes**

*“tabbouleh”*

*tacos*

tahini

**tamarind**

**tarragon**

**thyme**

tofu

**TOMATOES**

**TOMATO SAUCE**

tomatoes, sun-dried

truffles

**turmeric**

vinegar

wakame

**walnuts**

**watercress**

wine

**yogurt**

CAVIAR, VEGAN

hot dishes.

avocado

*canapes*

*pastas*

potatoes

mock seafood salads

salads

sour cream

*sushi, vegetarian*

CAYENNE (aka RED PEPPER)

cooks.

allspice

almonds

beans

bell peppers

***Cajun cuisine***

cashews

cauliflower

**chickpeas**

***chili, vegetarian***

chocolate

cocoa

cilantro

corn

cumin

*curries*

dill

bean dips

chickpea dips

dips

dulse

eggplant

*enchiladas*

**garlic**

lemon

**lentils**

lime

*low-fat dishes*

*low-salt dishes*

*marinades*

onions

paprika

peas

pecans

pine nuts

plantains

potatoes

*refried beans*

“egg,” potato salads

tofu salads

salads

barbecue sauces

nut sauces

sauces

seeds

beet soups

carrot soups

legume soups

mushroom soups

soups

sour cream

***stews***

sugar

tofu

**tomatoes**

*veggie burgers*

walnuts

yogurt

CELERY

**almonds**

**almond butter**

anise seeds

**APPLES**

artichokes

barley

basil

bay leaf

beans

**beets**

bell peppers, red

bread crumbs

bulgur

**brown butter**

cabbage

capers

caraway

**CARROTS**

***casseroles***

cauliflower

**celery root**, celery salt, celery seeds

**chervil**

chestnuts

chickpeas

chives

cloves

bloody marys cocktails

cocktails

*crudités*

cucumbers

cumin

*curries*

**dill**

endive

**fennel**

**garlic**

grapes

*gratins*

greens, mesclun

hazelnuts

kohlrabi

leeks

lemon

lentils

lime

**lovage**

mâche

maple syrup

marjoram

mayonnaise

***mirepoix*** (celery + carrots + onions)

mushrooms

mustard

nuts

oil

olives

onions

oranges

**PARSLEY**

peanuts

peanut butter

pears

peas

pecans

pepper

pineapple

pistachios

**potatoes**

purslane

radishes

**raisins**

rice

risotto

rosemary

egg salads

fruit salads

pasta salads

potato salads

vegetable salads

salads

salt

***sauces***

scallions

seeds, celery

shallots

*slaws*

snow peas

celery soups

celery root soups

potato soups

vegetable soups

soups

**soy sauce**

squash

***stews***

***stir-fries***

vegetable stocks

stocks

*stuffed celery*

***stuffings***

tarragon

thyme

**tomatoes**

turmeric

turnips

umeboshi paste

vinegar

walnut oil

**WALNUTS**

water chestnuts

watercress

yogurt

CELERY ROOT (aka CELERIAC)

\***APPLES, apple cider, apple juice**

artichokes

beans

beets

bell peppers

bread crumbs

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

lentils

lime

mascarpone

**mayonnaise**

millet

mint

miso

mushrooms

mustard

nutmeg

nuts

oil

olives

**onions**

**oranges**, juice, zest

**oranges**, blood

paprika

**PARSLEY**

**parsnips**

pears

peas

peas, split

pecans

pepper, black

pine nuts

mashed potatoes

potatoes

potato purees

purees

ramps

***remoulades***

rice

*risottos*

root vegetables, other

**rosemary**

rutabaga

saffron

sage

creamy salad dressings

vinaigrette salad dressings

salad dressings

winter salads

salads

salsify

salt

*sauces*

**shallots**

*slaws*

sorrel

celery soups

celery root soups

leek soups

tomato soups

soups

soy sauce

***stews***

**stock, vegetable**

sugar

**tarragon**

**THYME**

**tomatoes**

**tomato paste**

truffles

vegetables, root

vinegar

**walnuts**

**watercress**

wild rice

wine, dry red or white

yogurt

CELERY SALT

beets

*Bloody Marys*

cabbage

celery

chili pepper sauce

dill

*dips*

garlic

juices

onions

*salad dressings*

potato salads

salads

*slaws, cole*

*soups, esp. bean, gazpacho, lentil, tomato*

sour cream

stock, vegetable

tomatoes

CELERY SEEDS

**cabbage**

carrots

celery

bloody marys cocktails

cocktails

cucumbers

dill

*dips*

garlic

**lemon**

*marinades*

mayonnaise

mustard

nuts

oil

onions

pepper, black

***pickles***

potatoes

***SALAD DRESSINGS***

egg salads

fruit salads

macaroni salads

potato salads

vegetable salads

salads

*sauces*

*sauerkraut*

cole slaws

slaws

celery soups

noodle soups

onion soups

zucchini soups

soups

sour cream

spinach

vegetable stews

stews

**tomatoes**

**tomato juice**

**vegetables**

**vegetable juices**

vinegar

Worcestershire sauce, vegetarian

chard

almonds

apples

basil

beans

bell peppers

bread crumbs

bulgur

capers

**carrots**

**CHICKPEAS**

chiles

**chili pepper flakes**

**cilantro**

cinnamon

coconut

**coriander**

buckwheat crepes

crepes

**cumin**

**currants**

***curries***

*dolmas*

eggplant

fennel

fennel seeds

french cuisine

\***GARLIC**

**ginger**

***gratins***

greens, other

kale

lamb’s quarters

leeks

lemons

**LENTILS**

lime

lovage

mascarpone

millet

mint

mirin

mushrooms

**mustard**

mustard seeds

nettles

asian noodles

rice noodles

noodles

**nutmeg**

oil

olives

onions

orange

paprika

parsley

cannelloni pastas

farfalle pastas

fusilli pastas

gnocchi pastas

lasagna pastas

orecchiette pastas

penne pastas

ravioli pastas

tortellini pastas

pastas

**pepper, black**

**PINE NUTS**

**polenta**

potatoes

**quinoa**

**raisins**

rice

*risottos*

saffron

green salads

watercress salads

salads

salt

scallions

seeds

**shallots**

**sorrel**

chard soups

lentil soups

minestrone soups

potato soups

soups

sour cream

**soy sauce**

***stews***

*stir-fries*

**stock**, vegetable

with currants + pine nuts + rice stuffed chard

stuffed chard

**tahini**

tamari

**thyme**

tofu

**TOMATOES**

**TOMATO SAUCE**

tomatoes, sun-dried

vinegar

walnuts

wheat berries

Worcestershire sauce, vegetarian

**yogurt**

zucchini

CHAYOTE (aka CHAYOTE SQUASH and MIRLITON; see also SQUASH, SUMMER)

almonds

apples

bell peppers

bread crumbs

***Caribbean cuisines***

*Central American cuisine*

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

**orange**

oregano

parsley

pumpkin seeds

fruit salads

green salads

potato salads

salads

*salsas*

scallions

*slaws*

*soups*

sour cream

*Southern (U.S.) cuisine*

squash, acorn

*stews*

*stir-fries*

stock, vegetable

***stuffed chayotes***

nori rolls sushi

sushi

sweet potatoes

tarragon

thyme

tofu

**tomatoes**

tortillas, corn

*tostadas*

turmeric

vanilla

watercress

CHERRIES, SOUR and SWEET

**ALMONDS**

**apples**

**apple juice**

**apricots**

cakes baked goods

cookies baked goods

crisps baked goods

baked goods

basil

blackberries

brandy

caramel

cardamom

*cherries jubilee*

chiles

**CHOCOLATE**

*chutneys*

**CINNAMON**

citrus

*clafoutis, cherry*

cloves

coconut

***compotes***

corn / cornmeal

crème fraîche

*crisp, fruit*

currants, red

ginger

granola

hazelnuts

ice cream

\***KIRSCH**

lemon

lemon verbena

mint

nectarines

nutmeg

nuts

**oatmeal**

**oats**

orange

peaches

pears

pecans

pepper, black

*pies*

pistachios

plums

rhubarb

fruit salads

green salads

salads

*sauces, dessert*

***smoothies***

*sorbets*

fruit soups

soups

**sour cream**

star anise

**sugar**

*tarts*

**VANILLA**

vinegar

**wine**, esp. dry, red or port

yogurt

CHERRIES, DRIED, esp. SOUR

**cherries**

**cherry juice**

dark chocolate

chocolate

*compotes*

dates

*desserts*

fruit, other dried

ginger

quinoa grains

wild rice grains

grains

granola

greens

lemon

*muesli*

oats

oranges

pears

*pilafs*

popcorn

quince

*salads*

*sauces*

*stuffings*

*trail mix*

vanilla

vinegar

walnuts

CHERVIL

almonds

artichokes

**asparagus**

basil

beans

*bouquets garnis*

bulgur

**carrots**

**chives**

cilantro

*cold dishes*

couscous

crème fraîche

cucumbers

dill

***FINES HERBES***

***FRENCH CUISINE***

grains, whole

greens

leeks

lemon

lettuces

marjoram

mint

mushrooms

mustard

nuts

oil, olive

**parsley**

***pastas***

**peas**

*pestos*

potatoes

rice

*salad dressings*

egg salads

green salads

potato salads

salads

creamy sauces

sauces

shallots

sorrel

creamy soups

potato soups

vegetable soups

soups

spinach

*stuffings*

**tarragon**

**tomatoes**, **tomato sauces**, sun-dried tomatoes

vinegar

zucchini

CHESTNUTS

**apples, apple cider, apple juice**

cakes baked goods

pies baked goods

baked goods

bay leaf

beans

brandy

bread crumbs

broccoli

broccoli rabe

**BRUSSELS SPROUTS**

cabbage

**carrots**

*casseroles*

cayenne

**celery**

celery root

chickpeas

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

lentils

madeira

maple syrup

milk

mirin

mushrooms

nutmeg

oil

**onions**

orange

**parsley**

**parsnips**

gnocchi pastas

pappardelle pastas

tortellini pastas

pastas

chestnut-lentil pâtés

pâtés

pears

pecans

pepper

*“pestos”*

pine nuts

plums, dried

*puddings*

pumpkin

***purees***

raisins

raspberries

rice

*risottos*

**rosemary**

rum

**sage**

sake

*salads*

salt

sesame seeds, black

shallots

sherry

*soufflés*

chestnut soups

butternut squash soups

soups

*Spanish cuisine*

squash, winter

*stir-fries*

stock, vegetable

corn bread stuffings

stuffings

sugar

tarragon

**vanilla**

vegetables, root

vinegar

wine, red

CHIA SEEDS

apples

biscuits baked goods

breads baked goods

cakes baked goods

cookies baked goods

muffins baked goods

baked goods

bananas

beans, black

berries

carob

cereals, breakfast

*chili, vegetarian*

chocolate

cocoa / cacao

cinnamon

**coconut, coconut butter, coconut milk**

dates

limeade drinks

drinks

flax seeds

ginger

goji berries

*granola*

kale

lemon

lime

maca

mango

maple syrup

milk

mint

nutmeg

nuts

nut butters

**oatmeal, oats, oat bran**

pears

pecans

*porridge*

***PUDDINGS***

raisins

sage

*salads*

*smoothies*

*soups*

squash, spaghetti

sugar

**tofu, silken**

**vanilla**

***veggie burgers***

walnuts

**yogurt**

**frozen yogurt**

CHICKPEAS (aka GARBANZO BEANS)

*(North) African cuisine*

almonds

apples, apple cider, or apple juice

apricots, dried

artichokes

avocados

**basil**

Thai basil

**bay leaf**

beans, green

bell peppers

Bragg Liquid Aminos

pita bread

bread

**bulgur**

cabbage

capers

cardamom

**carrots**

cashews

**cauliflower**

**cayenne**

**celery**

*chana masala*

**chard, Swiss**

chiles

chili pepper flakes

***chili, vegetarian***

**cilantro**

cinnamon

citrus

cloves

**coconut**

**coconut milk**

**coriander**

**couscous**

**cucumbers**

cumin

currants

indian curries

curry powder curries

curry spices curries

curries

dill

hummus dips

dips

**EGGPLANT**

***FALAFEL***

fennel

**GARLIC**

**ginger**

millet grains

quinoa grains

rice grains

grains

***Greek cuisine***

greens, bitter

greens, salad

herbs

\****HUMMUS***

***INDIAN CUISINE***

*Italian cuisine*

**kale**

lemon

**lemons, preserved**

lentils

lime

mangoes

mayonnaise

***Mediterranean cuisines***

***Mexican cuisine***

***MIDDLE EASTERN CUISINES***

*mint*

*Moroccan cuisine*

mushrooms

mustard seeds

oil

olives

onions

**oregano**

paprika

**PARSLEY**

pasta

pepper

peppers, roasted red

**pine nuts**

pistachios

polenta

**potatoes**

**pumpkin**

**quinoa**

rice

**rosemary**

**saffron**

sage

*salad dressings*

bean salads

chopped salads

green salads

vegetable salads

salads

salt

scallions

seeds

minestrone soups

tomato soups

vegetable soups

soups

**SPINACH**

*spreads*

squash

vegetable stews

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

walnuts

**yogurt**

zucchini

CHICORY (see also RADICCHIO, aka RED CHICORY)

almonds

apples

artichokes, Jerusalem

arugula

beans

beets

bread crumbs

capers

carrots

chili pepper flakes

chives

cranberries, dried

fennel

figs

garlic

grapefruit

grapes

***gratins***

greens, other

hazelnuts

**lemon**

lettuces

mint

mustard

nutmeg

nuts

oil, nut

**oil, olive**

olives

onions

oranges

parsley

parsnips

*pastas*

**pears**

pecans

persimmons

pine nuts

potatoes

raisins

rice

bitter green salads

mixed green salads

salads

scallions

shallots

sorrel

*soufflés*

soy sauce

sugar

tomatoes

vegetables, root

vinegar

**walnuts**

watercress

Worcestershire sauce, vegan

zucchini

CHILES—IN GENERAL, or MIXED

*Asian cuisines*

avocados

basil

beans

bell peppers

*Cajun cuisine*

caraway seeds

*Caribbean cuisines*

*Chinese cuisine*

dark chocolate

chocolate

**CILANTRO**

cinnamon

**coconut**

**coconut milk**

coriander

**corn**

corn bread

cucumbers

cumin

***curries***

eggplant

galangal

**GARLIC**

**GINGER**

greens

guacamole

indian cuisine

*Latin American cuisines*

lemon

**lemongrass**

lentils

lime

mangoes

marjoram

\****MEXICAN CUISINE***

*moles*

mushrooms

noodles

nuts

oil

olives

onions

oregano

parsley

pasta

peanuts, esp. in Asian dishes

peas

pineapple

potatoes

*relishes*

**rice**

bean salads

thai salads

salads

***SALSAS***

fruit sauces

moles sauces

salsas sauces

sauces

seeds

seeds sesame

sesame

shallots

*soups*

sour cream

*South American cuisines*

*Southeast Asian cuisines*

*Southwestern (U.S.) cuisine*

soy sauce

*stews*

*stuffed chiles*

sugar

tamarind

*Tex-Mex cuisine*

**\**THAI CUISINE***

thyme

tomatillos

**TOMATOES**

**TOMATO SAUCE**

tortillas

tortilla chips

turmeric

vegetables, sweet

vinegar

yogurt

CHILES, ANAHEIM

beans

*chiles rellenos*

chiles, other

*chili, vegetarian*

corn chowders

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

achiote seeds

**bay leaf**

beans

bulgur

cashews

chiles, other

***chili, vegetarian***

**chocolate**

cloves

coriander

corn

**cumin**

eggplant

epazote

**garlic**

lentils

lime

***Mexican cuisine***

oil

onions

oregano

pepper

rice

*salsas*

salt

adobo sauces

mole sauces

sauces

vegetable soups

soups

*stews*

vegetable stock

stock

*stuffed ancho chiles*

*tacos*

*tamales*

tofu

**tomatoes**

CHILES, CASCABEL

almonds

beans

*casseroles*

chiles, other

*chili*

cilantro

*enchiladas*

*fajitas*

grapefruit

lemon

lime

*Mexican cuisine*

mushrooms

orange

peaches

pumpkin

***salsas, esp. raw***

mole sauces

sauces

*soups*

squash

*stews*

*tacos*

*tamales*

tomatillos

tomatoes

CHILES, CHIPOTLE

agave nectar

arugula

**avocados**

basil

beans

bell peppers

carrots

*casseroles*

*Central American cuisines*

*chilaquiles*

chiles, other;

chili sauce

***CHILI, VEGETARIAN***

chocolate

**cilantro**

corn

**cumin**

*empanadas*

**GARLIC**

lemon

lime

maple syrup

***marinades***

mayonnaise

***Mexican cuisine***

miso

molasses

mushrooms

mustard

oil

onions

orange

oregano

paprika

pepper

*pizzas*

pomegranates

*posole*

potatoes

*quesadillas*

quinoa

rice

*salad dressings*

*salads*

***salsas***

salt

grilled cheese sandwiches

sandwiches

dipping sauces

sauces

sherry, dry

black bean soups

soups

*Southwestern (U.S.) cuisine*

soy sauce

spinach

*spreads*

squash, butternut

***STEWS***

stock, vegetable

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

yams

CHILES, GUAJILLO

achiote seeds

bay leaf

chiles, other

*chili, vegetarian*

cloves

coriander

cumin

epazote

garlic

jícama

lime

*Mexican cuisine*

oil

oregano, Mexican

pepper, black

salt, sea

pasta sauces

sauces

*soups*

*stews*

**tomatoes**

CHILES, HABANERO

allspice

apples

avocados

bell peppers, red

***Caribbean cuisines***

carrots

cilantro

cloves

fruit, tropical

*guacamole*

ketchup

lemon

lime

mangoes

mint

oil, vegetable

onions

oregano

papaya

pineapple

pumpkin

radishes

***salsas***

salt, sea

hot sauces

jerk sauces

sauces

sugar

tomatillos

tomatoes

vinegar, rice wine

CHILES, JALAPEÑO

apples

avocados

beans

carrots

cayenne

*chiles rellenos*

*chutneys*

**cilantro**

cinnamon

coconut milk

corn

*corn bread*

*corn muffins*

cucumbers

cumin

*curries*

*dips*

figs

*guacamole*

jícama

lemon

**LIME**

mangoes

*Mexican cuisine*

mint

oil

onions

palm, hearts of

peanut butter

*“pesto”*

pumpkin seeds

sage

citrus salad dressings

salad dressings

*salads*

salsa verde salsas

salsas

salt

ranchero sauces

sauces

***soups***

squash

*stews*

*tacos*

**tomatillos**

tomatoes

vermouth

vinegar, champagne

CHILES, PASILLA

avocado

bell peppers

cabbage

chiles, other

*chili, vegetarian*

chocolate, Mexican

corn

crema

*enchiladas*

epazote

**garlic**

*guacamole*

lime

mushrooms

oil, olive

onions

potatoes

*salsas*

moles sauces

sauces

scallions

*slaws*

garlic soups

pumpkin soups

tomato soups

tortilla soups

soups

*stuffed peppers*

*tacos*

**tomatoes**

CHILES, POBLANO

avocado

beans

bell peppers, sweet

carrots

*casseroles*

cayenne

chard, Swiss

chiles, other

***CHILES RELLENOS***

chili pepper flakes

chili powder

*chili, vegetarian*

**cilantro**

**CORN**

cumin

***enchiladas***

*fajitas*

**garlic**

grains

hominy

leeks

lime

*Mexican cuisine*

mushrooms

oil, olive

onions

orange

oregano

posole

**potatoes**

pumpkin

*quesadillas*

quinoa

rice

*salad dressings*

*salads*

*salsas*

scallions

black bean soups

corn soups

mushroom soups

potato soups

soups

sour cream

*stews*

stock, vegetable

***stuffed peppers***

*tacos*

tempeh

tofu

tomatillos

**tomatoes**

tortillas, corn

vegetables

*veggie burgers*

zucchini

CHILES, SERRANO

beans

*Bloody Marys*

chili powder

*chili, vegetarian*

cilantro

coriander

corn

cucumbers

cumin

*enchiladas*

garlic

***guacamole***

jícama

lime

*Mexican cuisine*

molasses

oil

onions

orange

pineapple

pumpkin

pumpkin seeds

*salads*

***salsas***

ranchero sauces

sauces

tomatillos

tomatoes

vinegar

CHILES, THAI

basil, Thai

beans

bell peppers

bok choy

broccoli

cashews

cilantro

*curries, Thai*

garlic

ginger

Kaffir lime

lemongrass

lime

mushrooms

rice noodles, asian

noodles, asian

oil

onions

oyster sauce, vegetarian

*pad thai*

rice

scallions

soy sauce

spinach

sprouts, bean

***Thai cuisine***

tofu

CHILI PEPPER FLAKES

breads baked goods

baked goods

bamboo shoots

bell peppers

broccoli

broccoli rabe

chickpeas

*chili, vegetarian*

garlic

*Italian cuisine*

lentils

*marinades*

mushrooms

oil

spaghetti pastas

pastas

***pizzas***

*refried beans*

*salad dressings*

*salads*

dipping sauces

pasta sauces

tomato sauces

sauces

*soups*

*stews*

*stir-fries*

tomatoes

tomato sauce

CHILI POWDER

avocado

beans

chickpeas

chili pepper sauce

***CHILI, VEGETARIAN***

corn

*corn bread*

cumin

*dips*

*enchiladas*

garlic

*guacamole*

*Italian cuisine*

lime

*marinades*

mayonnaise

*Mexican cuisine*

*nachos*

pecans

popcorn

refried beans

rice

*salad dressings*

tomato sauces

sauces

seeds

black bean soups

soups

*stews*

*stir-fries*

tequila

*Tex-Mex cuisine*

tomatoes

tomato sauce

*trail mix, spicy*

sautéed vegetables

vegetables

CHINESE CUISINE

asparagus

bamboo shoots

cabbage

chiles

cinnamon

five-spice powder

garlic

ginger

hoisin sauce

noodles, asian

peanuts

rice

scallions

seeds sesame

sesame

snow peas

**SOY SAUCE**

*spring rolls*

star anise

*steamed dishes*

*stir-fries*

sugar

tofu

vegetables

vinegar, rice wine

wheat

wine, rice

CHIVES

asparagus

avocados

beans

beets

bell peppers, red

**carrots**

celery

chervil

chiles, jalapeño

*Chinese cuisine*

*cole slaws*

corn

couscous

cucumbers

***dips***

***FINES HERBES***

french cuisine

garlic

grains, whole

*gratins*

*gravies*

herbs, other

italian cuisine

leeks

lemon

lentils

lettuce

lime

mushrooms

mustard, Dijon

noodles, egg

oil, olive

olives

onions

parsley

fettuccine pasta

spaghetti pasta

pasta

peas

peas, split

pecans

baked potatoes

mashed potatoes

potatoes

*salad dressings*

bean salads

egg salads

grain salads

pasta salads

potato salads

salads

*sandwiches*

cheese sauces

cream sauces

sauces

shallots

***SOUPS***

cold chowders

cream-based chowders

cucumber chowders

vichyssoise chowders

chowders

**sour cream**

squash, winter

*stews*

*stir-fries*

vegetable stock

stock

*stuffings*

tarragon

tomatoes

vegetables

vinegar

yogurt

zucchini

CHIVES, GARLIC (aka CHINESE CHIVES)

chiles

*Chinese cuisine*

asian dumplings

dumplings

eggplant, Japanese

garlic

ginger

lemon

miso

mushrooms

*Japanese cuisine*

asian noodles

noodles

oil, sesame

parsley

potatoes

rice

*fried rice*

*salad dressings*

shallots

miso soups

soups

soy sauce

sprouts, bean

***stir-fries***

tofu

tomatoes

vegetables

vinegar

CHOCOLATE, DARK (see also CACAO and COCOA POWDER)

achiote

allspice

apples

applesauce

apricots

brownies baked goods

cakes baked goods

cookies baked goods

muffins baked goods

baked goods

**BANANAS**

berries

hot chocolate beverages

beverages

brandy

Brazil nuts

brown rice syrup

*candies*

**CARAMEL**

cashews

cherries

**chestnuts**

chiles

*chili, vegetarian*

**CINNAMON**

cloves

**coconut**

\***COFFEE**

**ESPRESSO**

*cookies*

dates

***DESSERTS***

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

oats

oil, nut

**orange**

passion fruit

**pears**

**plums, dried**

popcorn

*puddings*

**raisins**

**raspberries**

**rum**

dessert sauces

mole sauces

sauces

*sorbets*

sour cream

strawberries

**SUGAR** or Sucanat

**tofu**

**VANILLA**

wine, sweet

yogurt

CHOCOLATE, WHITE

apricots

cookies baked goods

baked goods

berries

cherries

chocolate, other

cinnamon

citrus

coconut

cheesecake desserts

mousses desserts

desserts

ginger

hazelnuts

lemon

lime

mint

nuts

oatmeal

orange

pears

rhubarb

rum

vanilla

CILANTRO (aka CHINESE PARSLEY or FRESH CORIANDER LEAF)

*(North) African cuisines*

almonds

***ASIAN CUISINES*** *(except Japanese)*

**avocado**

basil

beans

**beets**

bell peppers

cardamom

***Caribbean cuisines***

**carrots**

cauliflower

cayenne

celery

**chard**

**chickpeas**

chiles

***chili****, vegetarian*

*chimichurri sauce*

***Chinese cuisine***

***chutneys***

cinnamon

citrus

**coconut**

**coconut milk**

coriander

**CORN**

*corn bread*

couscous

**cucumbers**

**cumin**

indian curries

curries

*dips*

edamame

eggplant

*enchiladas*

epazote

*fajitas*

**GARLIC**

**ginger**

greens

***guacamole***

***INDIAN CUISINE***

jícama

***Latin American cuisines***

lemon

**lemongrass**

lentils

lime

**mangoes**

*marinades*

melon

***MEXICAN CUISINE***

**mint**

miso

*moles*

mushrooms

mustard

noodles, esp. asian

nuts

oil

okra

onions

oranges

blood oranges

*pad thai*

papaya

parsley

orzo pasta

pasta

**peanuts**

pears

peas

pepper, black

***“PESTOS”***

*posole*

**potatoes**

pumpkin seeds

quinoa

rice

*salad dressings*

asian salads

thai salads

salads

green salsas

mexican salsas

tomato salsas

salsas

*sandwiches*

*sauces*

scallions

sorrel

chickpea soups

gazpacho soups

tortilla soups

soups

*South American cuisines*

***Southeast Asian cuisines***

soy sauce

squash

*stews*

sweet potatoes

***tacos***

tahini

tamarind

*Tex-Mex cuisine*

***THAI CUISINE***

**tofu**

**tomatillos**

**TOMATOES**

tortillas

vegetables

*Vietnamese cuisine*

vinegar

wakame

walnuts

wheat berries

**yogurt**

zucchini

CINNAMON

almonds

**APPLES**, **apple cider**

**apple juice**

breads baked goods

cakes baked goods

cookies baked goods

muffins baked goods

pastries baked goods

pies baked goods

baked goods

**bananas**

beans

beets

cocoa beverages

eggnog beverages

hot chocolate beverages

beverages

**blueberries**

coffee cake breakfast / brunch

french toast breakfast / brunch

pancakes breakfast / brunch

breakfast / brunch

carrots

cauliflower

hot cereals, breakfast

cereals, breakfast

chiles

*chili, vegetarian*

**CHOCOLATE**

**COCOA**

cloves

coconut

**coffee**

**espresso**

*compotes, fruit*

corn

couscous

indian curries

curries

curry powder

***custards***

dates

crisps desserts

custards desserts

desserts

*French toast*

***FRUITS***

***fruit desserts***

***garam masala***

**ginger**

grapefruit

grapes

*ice cream*

*Indian cuisine*

lemon

**maple syrup**

*Mediterranean cuisines*

*Mexican cuisines*

*Middle Eastern cuisines*

**milk**

*Moroccan cuisine*

**nutmeg**

nuts

**oatmeal**

onions

orange flower water

**oranges**

blood oranges

*pancakes*

peaches

**pears**

**pecans**

popcorn

*puddings*

raisins

rhubarb

**rice**

rose water

chocolate sauces

sauces

*stews*

rice stuffings

stuffings

sugar

**sweet potatoes**

***teas***

tomatoes

**vanilla**

wine

yogurt

CLOVES

allspice

**apples**, apple cider, apple juice

breads baked goods

biscuits baked goods

cakes baked goods

cookies baked goods

fruitcakes baked goods

gingerbread baked goods

muffins baked goods

pastries baked goods

pies baked goods

baked goods

beets

cardamom

chiles

chocolate

**cinnamon**

coriander

cranberries

cumin

custards desserts

desserts

*drinks*

fenugreek

**fruits**, esp. cooked/stewed

*garam masala*

ginger

lemon

lentils

maple syrup

*marinades*

nutmeg

nuts

onions

orange

pears

pepper

*pilafs*

*puddings*

pumpkin

*quatres épices*

*ras el hanout*

cranberry relishes

relishes

**rice**

*salad dressings*

barbecue sauces

dessert sauces

mole sauces

sauces

*sloppy Joes, vegetarian*

*soups*

soy sauce

squash, winter

*stews*

stock, vegetable

sugar

sweet potatoes

tamarind

*teas*

turmeric

vanilla

wine

COCOA POWDER (see also CACAO and CHOCOLATE, DARK)

**avocado**

brownies baked goods

cakes baked goods

cookies baked goods

baked goods

hot chocolate beverages

hot cocoa beverages

beverages

***chili****, vegetarian*

**coconut**

coconut milk

milk

**nuts**

nut butters

COCONUT, COCONUT CREAM, COCONUT MILK (see also COCONUT BUTTER, COCONUT NECTAR, COCONUT WATER, MILK, COCONUT)

**almonds**

apricots

*“bacon”*

breads baked goods

cakes baked goods

cobblers baked goods

cookies (e.g. baked goods

oatmeal) baked goods

macaroons baked goods

muffins baked goods

pie crusts baked goods

baked goods

**bananas**

basil

beans

bell peppers

*beverages*

cabbage

caramel

*Caribbean cuisines*

**carrots**

cauliflower

granola cereals, breakfast

muesli cereals, breakfast

cereals, breakfast

cherries

chiles

dark chocolate

chocolate

**cilantro**

cinnamon

coconut water

coriander

cranberries, dried

crème fraîche

cucumbers

cumin

indian curries

thai curries

vegetable curries

curries

curry paste

curry powder

dates

cakes desserts

custards desserts

ice creams desserts

pies desserts

puddings desserts

sorbets desserts

desserts

eggplant

fruits, esp. fresh, tropical

galangal

**garlic**

**ginger**

graham crackers

grapefruit

*icings*

*Indian cuisine*

Kaffir lime leaves

kale

kiwi

**LEMON**

**lemongrass**

lentils

lettuce

**LIME**

*macaroons*

maple syrup

*marinades*

melon

milk

mint

miso

nuts

oats / oatmeal

oil

orange

paprika

parsnips

peas

pepper

plantains

pomegranates

potatoes

raspberries

rice

**rum**

fruit salads

green salads

salads

***sauces***

scallions

**sesame seeds**

***SMOOTHIES***

***SOUPS***

*Southeast Asian cuisines*

soy sauce

spinach

squash

strawberries

sugar

**sweet potatoes**

tapioca

tempeh

***THAI CUISINE***

**tofu**

tomatoes

***trail mix***

**turmeric**

**VANILLA**

vinegar, wine

watercress

**yogurt**

zucchini

COCONUT BUTTER

apples

avocado

cakes baked goods

pie crusts baked goods

baked goods

bananas

*breads*

*quick breads*

chia seeds

**chocolate**

cinnamon

coconut

dates

cheesecake desserts

flan desserts

ice cream desserts

pudding desserts

desserts

*dressings*

*frostings*

goji berries

lentils

milk

muffins

pistachios

pumpkin

*raw cuisine*

*sauces*

*sautéed dishes*

*smoothies*

lentil soups

soups

*spreads*

vanilla

COCONUT MILK (see COCONUT MILK, COCONUT) and COCONUT NECTAR

*cereals, breakfast*

*cheesecake*

*desserts*

nuts

oatmeal

*pancakes*

peanut butter

*raw cuisine*

raspberry sauces, fruit

sauces, fruit

*smoothies*

*waffles*

COCONUT WATER

almonds

avocados

cocktails beverages

beverages

coconut

lemon

lime

mangoes

pineapple

*puddings*

rum

*sauces*

*smoothies*

*sorbets*

*soups*

COFFEE / ESPRESSO

allspice

*baked goods*

lattes beverages

beverages

*caramel*

cardamom

chicory

dark chocolate

chocolate

**cinnamon**

cocoa

coconut

coconut milk

custards desserts

desserts

fruits

ice cream

Kaffir lime leaf

**lemon**

lime

liqueurs

mango

milk

nuts

cooked salsas

salsas

*sauces*

*smoothies*

*sorbets*

spices

sugar

tamarind

**vanilla**

walnuts

CORIANDER

apples

*Asian cuisines*

biscuits baked goods

breads baked goods

cookies baked goods

pastries baked goods

pies baked goods

baked goods

beans

beets

bok choy

*cakes*

**carrots**

chiles

*chili, vegetarian*

cinnamon

citrus

citrus zest

cloves

coconut milk

coffee

couscous

**cumin**

indian curries

curries

**curry powder**

***desserts***

fennel

fenugreek

*garam masala*

ginger

grains

***Indian cuisine***

**lemon**

lentils

*marinades*

*Mediterranean cuisines*

*Middle Eastern cuisines*

mushrooms

onions

orange

peas

pepper

polenta

potatoes

pumpkin

*salad dressings*

***salads***

sesame seeds

lentil soups

soups

squash, winter

***stews***

tofu

turmeric

vegetables

CORN

*American cuisine*

arugula

**avocados**

corn bread baked goods

corn muffins baked goods

baked goods

barley

pearl barley

basil

beans

bell peppers

black-eyed peas

blueberries

bulgur

caraway seeds

carrots

***casseroles***

cauliflower

**cayenne**

celery

celery seeds

*Central American cuisines*

chayote

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

jícama

leeks

lemon

lime

lovage

maple syrup

marjoram

mayonnaise

*Mexican cuisine*

milk

**millet**

mint

miso

mushrooms

mustard

mustard seeds

nectarines

nutmeg

oil

onions

**oregano**

***pancakes***

**parsley**

*pastas*

pepper

pepper

*pesto*

pine nuts

**polenta**

**POTATOES**

***puddings***

pumpkin

pumpkin seeds

**quinoa**

***relishes***

**rice**, esp. wild

saffron

**sage**

bean salads

corn salads

egg salads

pasta salads

potato salads

vegetable salads

salads

*salsas*

salt

savory

**scallions**

sesame seeds

shallots

*soufflés*

***SOUPS***

corn chowders

potato chowders

vegetable chowders

chowders

*Southwestern (U.S.) cuisine*

soy sauce

squash

***stews***

**stock**, vegetable

***succotash***

sugar

sweet potatoes

**tarragon**

**thyme**

tomatillos

tomatoes

corn tortillas

tortillas

turmeric

vinegar

wheat berries

yogurt

zucchini

CORNMEAL and POLENTA (see also GRITS)

almonds

almond milk

amaranth

apples

apple butter

artichokes

asparagus

cakes baked goods

corn bread baked goods

corn muffins baked goods

baked goods

**BASIL**

beans

berries

for mushrooms or tofu breading

breading

broccoli

broccoli rabe

carrots

*casseroles*

*cereals, hot breakfast*

cherries

chiles

chives

cinnamon

coconut cream

coriander

corn

cranberries

milk

*croquettes*

breads crusts

pizzas crusts

crusts

*dumplings*

eggplant

escarole

fennel

flours

*“fries,” e.g., baked*

**GARLIC**

*gratins*

greens

*hush puppies*

*(Northern)* ***ITALIAN CUISINE***

*johnnycakes*

kale

lemon

maple syrup

**mascarpone**

milk, dairy or nondairy

molasses

*muffins*

mushrooms

nutmeg

nutritional yeast

oils

olives

onions

**orange**

**oregano**

*pancakes*

*waffles*

**parsley**

**pepper, black**

***pesto***

***POLENTA***

*porridges*

rhubarb

**ROSEMARY**

**SAGE**

salt

“sausage,” vegan

seeds

seeds sesame

sesame

sour cream

spinach

*spoonbread*

squash, winter

**stock, vegetable**

sugar, brown

thyme

**TOMATOES, TOMATO SAUCE, sun-dried tomatoes**

*tortillas*

truffles

vanilla

vegetables, root

vinegar

walnuts

yogurt

zucchini

CORNSTARCH

cookies baked goods

baked goods

*curries*

*custards*

*fondues*

*gravies*

milk

*pie fillings*

chocolate puddings

coconut puddings

puddings

*sauces*

fruit soups

soups

*stir-fries*

sugar

vanilla

COUSCOUS, ISRAELI

agave nectar

allspice

almonds

apples

apricots, dried

artichokes

asparagus

basil

beans

bell peppers

cardamom

**carrots**

cashews

cauliflower

celery

**chickpeas**

chiles

chives

cinnamon

coconut

coconut milk

cranberries, dried

**cucumbers**

cumin

currants

curry

dill

**eggplant**

fennel

figs

fruit, dried

garlic

herbs

lemon

lentils

lettuce

lime

milk

**mint**

miso

mushrooms

oil

olives

onions

**oranges**

paprika

**parsley**

peas

pepper

*pesto*

pine nuts

pistachios

purslane

raisins

*“risottos”*

**saffron**

grain salads

green salads

salads

salt, sea

scallions

shallots

tomato soups

zucchini soups

soups

spinach

squash

*stews, vegetable*

stock, vegetable

*stuffed tomatoes*

sugar, brown

tahini

tarragon

thyme

**tofu**

**tomatoes**

**tomato sauce**

turmeric

vinegar

watercress

wine

yams

yogurt

COUSCOUS, WHOLE-WHEAT

allspice

apples

apple juice

apricots

arugula

asparagus

beans

bell peppers

cabbage

**cardamom**

carrots

cauliflower

cayenne

celery

chervil

**chickpeas**

chiles

chives

**cilantro**

**CINNAMON**

citrus

coriander

corn

cucumbers

**cumin**

**currants**

curry

**dates**

**eggplant**

**fennel**

fruit

**garlic**

**ginger**

grapefruit

harissa

herbs

kale

lemon

lime

melon

milk

**MINT**

***MOROCCAN CUISINE***

mushrooms

***NORTH AFRICAN CUISINES***

nuts

**oil, olive**

olives

**onions, esp. red**

oranges

oregano

papaya

paprika

**parsley**

peas

pepper, black

peppers

*pilafs*

pomegranates

potatoes

pumpkin

radicchio

**raisins**

*“risottos”*

**saffron**

grain salads

salads

salt, sea

*sauces*

scallions

shallots

spinach

squash, summer

winter

vegetable tagines stews

stews

stock, vegetable

sugar

sweet potatoes

***“tabbouleh”***

tahini

tarragon

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

turmeric

turnips

vegetables

**zucchini**

CRANBERRIES

agar-agar

agave nectar

allspice

*American cuisine*

**APPLES, apple cider, apple juice**

apricots

breads baked goods

cakes baked goods

cookies baked goods

muffins baked goods

pies baked goods

quick breads baked goods

scones baked goods

baked goods

beets

caramel

chestnuts

chiles

**CINNAMON**

**cloves**

*cobblers*

*compotes*

**cornmeal**

currants

dates

fruit cobblers or crisps desserts

desserts

cocktails drinks

juices drinks

punches drinks

drinks

figs

**ginger**

***granola***

hazelnuts

*juices*

kale

lemon

lime

**maple syrup**

miso

*muffins*

nutmeg

nuts

**oats**

**oatmeal**

onions

orange

oranges, mandarin

*pancakes*

**pears**

**PECANS**

pepper

persimmons

pomegranates

bread puddings

puddings

**pumpkin**

pumpkin seeds

raisins

raspberries

cranberry relishes

relishes

rice

*salad dressings*

green salads

salads

*salsas*

salt, sea

cranberry sauces

sauces

*sorbets*

fruit soups

soups

squash, winter

*stuffings*

sugar

sweet potatoes

tangerines

*trail mix*

**vanilla**

vinegar

*vodka*

watermelon

wine

yogurt

CRANBERRIES, DRIED

allspice

almonds

almond butter

***American cuisine***

**apples**

**apple juice**

arugula

breads baked goods

cookies baked goods

pastries baked goods

baked goods

beets

bread crumbs

Brussels sprouts

*cereals, hot breakfast*

cinnamon

*desserts*

quinoa grains

grains

***granola***

hazelnuts

maple syrup

milk

mint

*muesli*

nutmeg

oatmeal

oats

onions

oranges

pears

pecans

persimmons

***pilafs***

pomegranates

popcorn

rice puddings

puddings

pumpkin seeds

rice

grain salads

green salads

salads

cranberry sauces

sauces

spinach

corn bread stuffings

stuffings

sugar

***trail mixes***

vanilla

**walnuts**

“CREAM,” CASHEW

cakes baked goods

muffins baked goods

baked goods

crepes

mousses desserts

puddings desserts

semifreddos desserts

desserts

fruit

*gratins*

*gravies*

*ice cream*

*pancakes*

ravioli pastas

pastas

mashed potatoes

potatoes

alfredo sauces

cream sauces

pasta sauces

sauces

*smoothies*

broccoli soups

butternut squash soups

creamy soups

tomato soups

soups

CUBAN CUISINE

bay leaf

beans

bell peppers

cabbage

cilantro

corn

cucumbers

**garlic**

lettuce

**lime**

oranges

peanuts

**plantains**

pumpkin

**RICE**

scallions

squash

sweet potatoes

tomatoes

CUCUMBERS

almonds

anise

anise hyssop

apples

apricots

**arugula**

**avocado**

**basil**

beans

beets

bell peppers

sparkling water beverages

beverages

borage

cabbage

**capers**

caraway seeds

carrots

**cayenne**

celery

celery seeds

**chervil**

chickpeas

chiles

chili pepper sauce

**CHIVES**

garlic chives

**CILANTRO**

citrus

coconut

coconut milk

couscous

cress

*crudités*

**CUMIN**

*curries*, curry powder, curry spices

\***DILL**

*dips*

cocktails drinks

sparkling waters drinks

drinks

eggplant

endive

escarole

**fennel**

galangal

**GARLIC**

**ginger**

bulgur grains

grains

grapes

***Greek cuisine***

greens, salad

hibiscus

**horseradish**

*Indian cuisine*

**jícama**

kale

kefir

lamb’s lettuce

lemon

lemongrass

lentils

lettuce

lime

lovage

mangoes

marjoram

mayonnaise

melon

*Middle Eastern cuisines*

milk, soy

\***MINT**, esp. spearmint

mushrooms

mustard

noodles, asian

oil

olives

onions

orange

**oregano**

palm, hearts of

papaya

**paprika**

**PARSLEY**

peaches

**PEANUTS**

pears

**peas, green**

pepper

*pesto*

**pickles**

pineapple

pine nuts

plums

**pomegranates**

potatoes

pumpernickel

**quinoa**

**radishes**

***RAITAS***

rice

saffron

*salad dressings*

chopped salads

cucumber salads

greek salads

green salads

pasta salads

salads

salsify

salt

***sandwiches***

raita sauces

tzatziki sauces

sauces

savory

**scallions**

sea vegetables

seeds

seeds sesame

sesame

**shallots**

shiso

cold soups

cucumber soups

gazpacho soups

summer soups

vichyssoise soups

white gazpacho soups

soups

**SOUR CREAM**

**soy sauce**

spinach

sprouts

*stews*

strawberries

*stuffed cucumbers*

sugar

*summer rolls*

nori rolls sushi

sushi

*tabbouleh*

tahini

**tarragon**

*Thai cuisine*

thyme

tofu, esp. silken

**TOMATOES**

turmeric

***tzatziki sauce***

vinegar

**wakame**

walnuts

wasabi

**watercress**

watermelon

\***YOGURT**

za’atar

CUMIN

***(North) African cuisines***

avocados

*baba ghanoush*

breads baked goods

baked goods

beans

bell peppers

bulgur

*burritos*

cabbage

**carrots**

cayenne

**chickpeas**

**chiles**

***chili powder***

***CHILI*, *VEGETARIAN***

chives

cilantro

cinnamon

cloves

cocoa

**coriander**

couscous

*Cuban cuisine*

indian curries

curries

*curry leaves*

*curry powder*

*dals*

eggplant

***enchiladas***

fenugreek

garlic

ginger

grains

*Greek cuisine*

*hummus*

***INDIAN CUISINE***

*kebabs*

***Latin American cuisines***

lemon

lentils

**lime**

*marinades*

*Mediterranean cuisines*

***MEXICAN CUISINE***

***MIDDLE EASTERN CUISINES***

mint

*Moroccan cuisine*

mushrooms

**onions**

oregano

paprika

peas

pepper

**potatoes**

*purees*

rice

*salad dressings*

bean salads

rice salads

salads

**salsas**

tomato sauces

sauces

sauerkraut

sesame seeds

bean soups

lentil soups

soups

*Southeast Asian cuisines*

*Spanish cuisine*

squash

***stews***

*tacos*

tamarind

***Tex-Mex cuisine***

tomatoes

tomato sauce

*Turkish cuisine*

turmeric

vegetables

walnuts

**yogurt**

CURRY LEAVES (aka CURRY LEAF)

*Asian cuisines*

beans

naan breads

breads

cabbage

cardamom

**carrots**

cauliflower

**chiles**

***chutneys***

**cinnamon**

citrus

cloves

**coconut**

**coconut milk**

**coriander**

**cumin**

indian curries

southeast asian curries

curries

*dals*

**eggplant**

fennel seeds

fenugreek

garlic

**ginger**

***Indian cuisine***

**lentils**

**mustard seeds**

**okra**

onions

peas

pepper

potatoes

**rice**

yogurt-based salad dressings

salad dressings

*soups*

*stews*

sweet potatoes

tamarind

tomatoes

**TURMERIC**

**vegetables**

yogurt

CURRY PASTE, THAI (e.g., GREEN or RED)

avocado

bamboo shoots

**BASIL, THAI**

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”

asian noodles

noodles

onions

peanuts

pineapple

pistachios

potatoes

rice

scallions

*soups*

**soy sauce**

*stir-fries*

sugar

sugar snap peas

**sweet potatoes**

***THAI CUISINE***

**tofu**

vegetables

zucchini

# D

DAIKON

agave nectar

apples

*Asian cuisines*

bamboo shoots

bell peppers

bok choy

cabbage

**CARROTS**

chiles

*Chinese cuisine*

**cilantro**

*crudités*

**cucumbers**

**dashi**

dulse

*fatty foods*

*fried foods*

**garlic**

**ginger**

grains

greens, daikon

***JAPANESE CUISINE***

kohlrabi

kombu

lemon

lettuce

lime

*macrobiotic cuisine*

maple syrup

**mirin**

miso

mushrooms

mustard

noodles, asian

oil

onions

orange

papaya

parsley

pears

persimmons

*pickles*

potatoes

quinoa

radishes

*raitas*

rice

sake

fruit salads

vegetable salads

salads

*salsas*

salt

bánh mì sandwiches

sandwiches

**scallions**

sea vegetables

seeds sesame

sesame

sesame seeds

asian slaws

slaws

snow peas

miso soups

mushroom soups

soups

**SOY SAUCE**

*spring rolls*

*stews*

***stir-fries***

stock, vegetable

**sugar**

tamari

**tofu**

umeboshi paste

vinegar

wasabi

yogurt

yuzu

DASHI (aka KOMBU DASHI) (see also STOCK, VEGETABLE)

cilantro

ginger

hiziki

kombu

mirin

miso

mushrooms

*noodles, soba*

nori

scallions

***soups, miso***

soy sauce

*tofu*

vinegar, brown rice

DATES

*(North) African cuisine*

amaranth

**APPLES**, dried or fresh;

apple juice

**apricots**

breads baked goods

cakes baked goods

muffins baked goods

pie crusts baked goods

scones baked goods

baked goods

**bananas**

bourbon

bran

cabbage, red

caramel

cardamom

carrots

cherries

dark chocolate

chocolate

**cinnamon**

cloves coffee

**coconut**

truffles confections

confections

cranberries

*desserts*

flax seeds

**ginger**

*granola*

**LEMON**

**maple syrup**

mascarpone

*Middle Eastern cuisine*

milk, almond or other nondairy

miso

nutmeg

nuts

oat flour

**OATS**

**OATMEAL**

oil, olive

onions

orange

parsley

parsnips

**peanuts**

**peanut butter**

**pears**

**pear juice**

*puddings*

pumpkin

quinoa

rice

rum

*salad dressings*

salt, sea

*sauces*

seeds sesame

sesame

fruit smoothies

smoothies

*soups*

*spreads*

squash, winter

sugar

tahini

tamarind

toffee

tofu, silken

**vanilla**

vinegar

yogurt

DILL (see also DILL SEEDS and DILL WEED)

artichokes

asparagus

breads baked goods

baked goods

basil

beans

**beets**

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

**horseradish**

kale

kasha

kohlrabi

lemon

mayonnaise

millet

miso

mushrooms

*noodles*

*Northern European cuisines*

oil, olive

onions

paprika

parsley

farfalle pasta

fettuccine pasta

pappardelle pasta

penne pasta

pasta

peas

pepper

***PICKLES,*** *esp. dill seeds + cucumbers*

*Polish cuisine*

poppy seeds

**POTATOES**

pumpkin

**rice**

*Russian cuisine*

***salad dressings***

egg salads

potato salads

salads

cheese sauces

tomato sauces

yogurt sauces

sauces

sauerkraut

***Scandinavian cuisines***

*slaws*

***soups***

cold chowders

spinach chowders

yogurt chowders

chowders

**SOUR CREAM**

***spinach***

squash

*stews*

tahini

tofu

**tomatoes**

tomato sauces

*Turkish cuisine*

vegetables

vinegar

wheat berries

**YOGURT**

**zucchini**

DILL SEEDS (see also DILL and DILL WEED)

bay leaf

**beets**

rye breads

breads

**cabbage**

carrots

chili powder

cucumbers

cumin

*gravies*

lemon

lentils

onions

paprika

parsley

***PICKLES***

potatoes

rice

*salad dressings*

*sauces*

beet soups

cucumber soups

potato soups

soups

spinach

thyme

turmeric

vegetables

vinegar

DILL WEED (see also DILL and DILL SEEDS)

asparagus

beans

**beets**

**cabbage**

**carrots**

**cucumbers**

*Greek cuisine*

*Indian cuisine*

lemon

mayonnaise

*Middle Eastern cuisines*

mustard

potatoes, esp. new

rice

*Russian cuisine*

egg salads

potato salads

salads

creamy sauces

mustard sauces

sauces

sour cream

yogurt

DULSE (FLAKES)

apples

avocado

beans

cabbage

capers

cashews

celery

*chili, vegetarian*

coconut

curry

dill

*dips*

ginger

*gomashio*

grains

greens

*Irish cuisine*

lemon

miso

mushrooms

soba noodles

noodles

oil

onions

parsley

*pastas*

“fish” pâtés

pâtés

peanuts

peanut butter

*pizza*

**popcorn**

baked potatoes

potatoes

rice

***salads***

salt

“blts” sandwiches

sandwiches

scallions

*Scottish cuisine*

seeds sesame

sesame

bean soups

soups

spinach

sprouts, bean

*stews*

*stir-fries*

tahini

**tofu**

umeboshi paste

vegetables

wakame

walnuts

watercress

*wraps*

# E

EDAMAME

arugula

avocado

beans, green

beets

bell peppers

**carrots**

cashews

chiles

chili pepper flakes

**cilantro**

coconut

**corn**

cucumber

daikon

*dips*

*dumplings*

escarole

**garlic**

**ginger**

bulgur grains

quinoa grains

rice grains

grains

greens

**herbs**

*hummus*

***Japanese cuisine***

kombu

leeks

lemon

lime

**mint**

miso

mushrooms

rice noodles, asian

noodles, asian

oil

onions

parsley

linguini pastas

pastas

*“pâtés”*

peanuts

**pepper, black**

potatoes

**quinoa**

radishes

rice

*risottos*

asian salads

corn salads

green salads

potato salads

salads

**SALT,** esp. **SEA**

*sauces*

**scallions**

sea vegetables

seeds

shallots

miso soups

soups

**soy sauce**

spinach

*spreads*

squash, butternut

*stir-fries*

stock, vegetable

sugar snap peas

**tamari**

tofu

tomatoes

*veggie burgers*

**vinegar, rice wine**

wasabi

watercress

zucchini

EGGPLANT (aka AUBERGINE)

*African cuisines*

artichoke hearts

arugula

***Asian cuisines***

***BABA GHANOUSH***

**BASIL, esp. Thai**

bay leaf

beans

bell peppers

bok choy

whole-grain bread crumbs

bread crumbs

bulgur

**capers**

***caponata***

cardamom

carrots

cashews

***casseroles***

celery

chard

cheese

chervil

**chickpeas**

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

lemongrass

lentils

lime

mace

**marjoram**

*Mediterranean cuisines*

***Middle Eastern cuisines***

millet

**mint**

mirin

miso

*Moroccan cuisine*

***moussaka***

mushrooms

noodles, asian

nutmeg

nuts

oil

okra

olives

onions

orange

**oregano**

**paprika**

**smoked paprika**

**PARSLEY**

lasagna pasta

linguini pasta

orzo pasta

penne pasta

rigatoni pasta

pasta

peanuts

peanut sauce

pepper

***pesto***

**pine nuts**

***pizza***

**polenta**

**pomegranates**

**pomegranate molasses**

**potatoes**

quinoa

radicchio

**raisins**

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

rice

***risotto***

**rosemary**

saffron

sage

sake

asian salads

mediterranean salads

salads

salt

grilled mozzarella sandwiches

sandwiches

savory

scallions

seitan

sesame seeds

**shallots**

shiso leaves

***soups***

*Southeast Asian cuisines*

**soy sauce**

spinach

*spreads*

sprouts

*“steaks”*

***stews***

***stir-fries***

stock, vegetable

*tagines*

**TAHINI**

tamari

**tarragon**

tempeh

*Thai cuisine*

**thyme**

**tofu**

\***TOMATOES**

**TOMATO PASTE**

**TOMATO SAUCE**

**turmeric**

vinegar

**walnuts**

**yogurt**

za’atar

**zucchini**

EGGPLANT, JAPANESE

**basil**

**Thai basil**

bell peppers, red or yellow, esp. roasted

cabbage

capers

chiles

*Chinese cuisine*

*dips*

five-spice powder

**GARLIC**

**ginger**

gomashio

*Indian cuisine*

***Japanese cuisine***

lemon

lime

mint

mirin

**miso**

mushrooms

**oil, olive**

*olives*

onions, red

lasagna pastas

pastas

peanuts

peanut sauce

pine nuts

*pizzas*

*relishes*

rice

sake

*salads*

salt

peanut sauces

sauces

**scallions**

seeds sesame

sesame

shiso

**soy sauce**

spinach

sugar

tamari

tofu

vinegar

yogurt

EGYPTIAN CUISINE

baba ghanoush

beans

chickpeas

coriander

cucumbers

cumin

dill

*dukkah*

fennel seeds

garlic

grape leaves

*hummus*

lentils

marjoram

mint

nuts

oil

macaroni pasta

pasta

pepper, black

pine nuts

rice

salt, sea

seeds

red lentil soups

soups

spinach

*stuffed cabbage*

*tabbouleh*

tahini

thyme

tomatoes

tomato sauce

yogurt

ENDIVE (aka BELGIAN ENDIVE)

almonds

**APPLES**

artichokes, Jerusalem

**arugula**

**avocado**

basil

beans

**BEETS**

bell peppers

berries

whole-grain bread crumbs

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

lettuce

mayonnaise

**mint**

mushrooms

mustard

nutmeg

nuts

oil

olives

onions, red

**ORANGE**

blood orange

oregano

palm, hearts of

papaya

**parsley**

**PEARS**

pecans

pepper

*pizzas*

polenta

pomegranate

**potatoes**

**RADICCHIO**

radishes

rice

spinach salads

tricolore salad (i.e. salads

endive + arugula + radicchio) salads

salads

scallions

shallots

*soups*

vegetable stock

stock

*stuffed endive leaves*

sugar

sugar snap peas

tangerines

tarragon

thyme

tomatoes

truffles, black

vinaigrette

vinegar

**WALNUTS**

**watercress**

**yogurt**

EPAZOTE

avocados

beans

*beans, refried*

*Central American cuisines*

chayote

chilaquiles

chiles

*chili, vegetarian*

cilantro

corn

crema

cumin

garlic

huitlacoche

lime

***MEXICAN CUISINE***

mushrooms

onions

potatoes

cheese quesadillas

quesadillas

*queso fundido*

*refried beans*

rice

*salads*

*salsas*

mole sauces

sauces

bean soups

black bean soups

garlic soups

mushroom soups

tortilla soups

soups

*South American cuisines*

*Southwestern (U.S.) cuisine*

squash, summer

*stews*

*teas, Mexican*

tomatillos

tomatoes

corn tortillas

tortillas

zucchini

zucchini blossoms

ESCAROLE

almonds

apples

artichokes

beans

beets

bell peppers

**bread crumbs**

**croutons**

*bruschetta*

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

lentils

lettuce

mint

mushrooms

mustard

nutritional yeast

oil

olives

onions

**oranges**

blood oranges

**parsley**

parsnips

fettuccine pasta

orzo pasta

penne pasta

spaghetti pasta

pasta

pears

pepper

persimmons

**pine nuts**

***pizzas***

polenta

pomegranates

**potatoes**

radicchio

**raisins**

rice

***salads***

salt

pasta sauces

sauces

**shallots**

escarole soups

minestrone soups

potato soups

white bean soups

soups

squash

white bean stews

stews

**stock, vegetable**

sumac

thyme

tofu

**tomatoes**

**sun-dried tomatoes**

vinegar

**walnuts**

watercress

ETHIOPIAN CUISINE

beans, green

beets

bell pepper, red

**berbere**

cabbage

carrots

cloves

garlic

**ginger**

greens

***INJERA***

legumes

**onions**

paprika

peas

potatoes

spices

*tibs (i.e., sautés)*

turmeric

vegetables, stewed

*wats (i.e., stews)*

# F

FARRO (aka EMMER WHEAT)

apples

apple juice

apricots, dried

artichokes

arugula

asparagus

**basil**

bay leaf

beans

beets

bell peppers, esp. roasted

*breads*

cabbage

carrots

*casseroles*

**celery**

chicory

chickpeas

chiles

**chives**

citrus

coconut

coconut milk

corn

**cucumbers**

dates

dill

dukkah

eggplant

fennel

**garlic**

ginger

grapes

*gratins*

***ITALIAN CUISINE***

**kale**

kefir

leeks

lemon

lemon, preserved

lentils

lovage

mangoes

**marjoram**

*Mediterranean cuisines*

**mint**

mushrooms

nutmeg

nuts

**OIL,** nut, **OLIVE**

olives, black

onions

orange

oregano

**PARSLEY**

parsnips

***pastas***

pears

*pilaf*

pine nuts

pomegranates

quinoa

radicchio

radishes

rice, brown

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

rosemary

grain salads

green salads

salads

**shallots**

hearty soups

minestrone soups

mushroom soups

winter soups

soups

spinach

squash, winter

***stews***

stock

sugar

**thyme**

tofu

**tomatoes**

vinegar

walnuts

wine, dry white

zucchini

FENNEL

**almonds**

anise

apples

**artichokes**

artichoke hearts

artichokes, Jerusalem

**ARUGULA**

**asparagus**

**avocado**

basil

bay leaf

beans

**beets**

**beet juice**

bell peppers

bread crumbs

**capers**

**carrots**

cashews

*casseroles*

cauliflower

**celery**

**celery root**

chard

cherries

chervil

chestnuts

**chickpeas**

chicory

chiles

chili pepper flakes

*Chinese cuisine*

chives

citrus

clementines

**coriander**

couscous

cranberries

**cucumbers**

*curries*

curry powder

curry spices

**dill**

edamame

eggplant

**endive**

escarole

**fennel fronds**

**fennel pollen**

**FENNEL SEEDS**

**figs**

*French cuisine*

frisée

**GARLIC**

ginger

millet grains

quinoa grains

grains

**grapefruit**

*gratins*

greens

**hazelnuts**

***Italian cuisine***

**leeks**

lemon

lentils

lettuce

lime

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

mâche

mango

***Mediterranean cuisines***

mint

mushrooms

mustard

nuts

oil

olives

onions

orange

**orange, blood**

oregano

palm, hearts of

**parsley**

linguini pasta

orecchiette pasta

orzo pasta

pasta

peaches

***pears***

**pecans**

pepper

Pernod

pistachios

*pizza*

pomegranates

**potatoes**

pumpkin seeds

radicchio

radishes

*relishes*

rice

wild rice

***risottos***

saffron

sage

fennel salads

grain salads

green salads

tomato salads

salads

salt

tomato sauces

sauces

scallions

sesame seeds, white

shallots

*slaws*

snap peas

*soufflés*

fennel soups

potato soups

tomato soups

vegetable soups

soups

soy sauce

squash

**star anise**

vegetable stews

stews

*stir-fries*

vegetable stock

stock

*stuffings*

tamari

**tarragon**

**thyme**

**TOMATOES**

**tomato sauce**

turnips

vanilla

verjus

vermouth

vinegar

**WALNUTS**

**watercress**

**wine**, dry white

zucchini

FENNEL FRONDS (or LEAVES)

beans

cabbage

citrus

vodka-based cocktails

cocktails

*egg dishes*

fennel

*Italian cuisine*

lemon

*Mediterranean cuisines*

oil

onions

*pastas*

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

rice

*risottos*

citrus vinaigrettes salad dressings

salad dressings

carrot salads

citrus salads

fennel salads

green salads

salads

*salsas*

*sausages, vegetarian*

barley soups

cucumber soups

soups

FENNEL POLLEN

apricots

asparagus

cakes baked goods

cookies baked goods

baked goods

carrots

chocolate

cinnamon

citrus

crème fraîche

eggplant

fennel

fennel seeds

garlic

*(Central and Northern) Italian cuisine*

leeks

lemon

mushrooms

nuts

oatmeal

orange

ravioli pastas

pastas

pepper, black

*polentas*

potatoes

rice

*risottos*

*salads*

salt

tomatoes

tomato sauce

vegetables

yogurt

FENNEL SEEDS

apples

artichokes, Jerusalem

breads baked goods

cakes baked goods

cookies baked goods

flatbreads baked goods

baked goods

basil

beans

beets

broccoli

Brussels sprouts

**cabbage**

carrots

cauliflower

celery root

chickpeas

*Chinese cuisine*

cinnamon

cloves

coriander

cucumbers

*curries*

cumin

indian desserts

desserts

eggplant

*English cuisine*

*European cuisines*

**fennel**

fenugreek

figs

five-spice powder

*garam masala*

garlic

ginger

grapefruit

greens

*herbes de Provence*

*Italian cuisine*

kohlrabi

leeks

lemon

lentils

*liqueurs*

mangoes

*marinades*

marjoram

*Mediterranean cuisines*

mushrooms

mustard

oil, olive

olives

orange

paprika

parsley

parsnips

*pastas*

peas, split

pepper, black

***pickles***

*pizza*

**potatoes**

pumpkin

*ras el hanout*

rice

saffron

*salad dressings*

pasta salads

potato salads

salads

pasta sauces

sauces

sauerkraut

*Scandinavian cuisine*

shallots

carrot soups

celery root soups

split pea soups

tomato soups

soups

star anise

*stuffings*

sweet potatoes

tarragon

*tea*s

thyme

**tomatoes**

**tomato sauce**

vegetables

walnuts

FENUGREEK

*(Northern) African cuisine*

*baked goods*

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

**garlic**

ginger

greens

***INDIAN CUISINE***

lemon

**LENTILS**

mayonnaise

***Mediterranean cuisines***

Middle Eastern cuisines

mustard seeds

onions

parsnips

peas

peas, split

pepper

pickles

mashed potatoes

potatoes

rice

*salad dressings*

potato salads

salads

raita sauces

white sauces

sauces

lentil soups

soups

**spinach**

squash, winter

***stews****, vegetable*

mint teas

teas

**tomatoes**

*Turkish cuisine*

turmeric

turnips

walnuts

**yogurt**

zucchini

FIDDLEHEAD FERNS

almonds

arugula

asparagus

brown butter

chiles

chives

coriander

cumin

*custards*

fenugreek seeds

**garlic**

ginger

leeks

**lemon**

marjoram

milk

miso

mushrooms

**mustard**

nettles

noodles, soba

nutmeg

oil

onions

oregano

paprika

**parsley**

***pastas***

peas

pepper, black

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

ponzu sauce

potatoes

rice, wild

***risottos***

warm salads

salads

salt

cheese sauces

cream sauces

hollandaise sauces

sauces

savory

seeds sesame

sesame

shallots

*soufflés*

*soups*

soy sauce

squash, summer

stock, vegetable

turmeric

**vinaigrette**

vinegar

zucchini

FIGS (see also FIGS, DRIED)

**anise seeds**

apples

Armagnac

**ARUGULA**

cakes baked goods

corn bread baked goods

muffins baked goods

quick breads baked goods

baked goods

**basil**

bay leaf

berries

caramel

cardamom

breakfast cereals

cereals

chiles

**chocolate**

*chutneys*

**cinnamon**

cloves

coconut

coconut milk

Cointreau

*compotes*

cranberries

*desserts*

endive

fennel

fennel seeds

frisée

**ginger**

grapes

**lavender**

lemon

lettuce, butter

lime

mascarpone

*Mediterranean cuisines*

melon

*Middle Eastern cuisines*

milk, coconut

**mint**

molasses

nuts

oatmeal

oats

oil

**onions**, caramelized

orange

*pancakes*

peaches

**pears**

**pepper**, black

persimmons

phyllo dough

*pizza*

**pomegranates**

quince

**raspberries**

*relishes*

rice

rosemary

blue cheese salad dressings

salad dressings

green salads

spinach salads

salads

salt, sea

sesame seeds

sour cream

spinach

star anise

strawberries

*stuffed figs*

sugar

*tarts*

**thyme**

**vanilla**

vinegar

watercress

wine

yogurt

FIGS, DRIED

almonds

anise seeds

apples

cakes baked goods

muffins baked goods

quick breads baked goods

baked goods

bananas

brandy

cardamom

chestnuts

cinnamon

coconut

cranberries

dates

*desserts*

*granola*

*jams*

lemon

nuts

oats

oatmeal

olives

orange

pears

pecans

pistachios

pumpkin seeds

raisins

*snacks*

*stews*

*tagines*

vinegar

**WALNUTS**

wine

yogurt

FIVE-SPICE POWDER

*braised dishes*

***Chinese cuisine***

garlic

ginger

*marinades*

nuts

rice

*roasted dishes*

*sauces*

seeds

*stews*

*stir-fries*

tofu

FLAXSEEDS

apples

applesauce

avocados

breads baked goods

crackers baked goods

muffins baked goods

pie crusts baked goods

pizza crusts baked goods

quick breads baked goods

baked goods

**bananas**

carrots

carrot juice

breakfast cereals

cereals

citrus

coriander

cottage cheese

*desserts*

fennel

flour

*French toast*

grains

***granola***

herbs

*juices*

kale

*“meatloaf,” vegetarian*

nuts

**oats**

**oat bran**

**oatmeal**

oil, olive

*pancakes*

add to batter waffles

waffles

*pizza doughs*

rice

as a topping salads

salads

sesame seeds

***SMOOTHIES***

***soups***

squash, winter

vegetables

*veggie burgers*

**yogurt**

zucchini

FREEKEH (aka FRIKEH)

*(North) African cuisines*

allspice

apples

apricots, dried

asparagus

breads baked goods

baked goods

beans

beets

bell peppers

bread crumbs

carrots

cayenne

celery

*cereals, hot breakfast*

**chickpeas**

chiles

**cilantro**

**cinnamon**

cloves

coriander

cucumbers

**cumin**

eggplant

fruit, dried

**GARLIC**

grains, other

lemon

lentils

***“meatballs”***

*Mediterranean cuisines*

***Middle Eastern cuisines***

mint

mushrooms

*North African cuisines*

nutmeg

nuts

oil

olives

onions

oregano

paprika

**parsley**

pepper, black

***PILAFS***

**pine nuts**

pistachios

pomegranate seeds

***“risottos”***

saffron

grain salads

salads

salt, sea

seeds

shallots

***soups***

squash, butternut

***stews***

mushroom stock

vegetable stock

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

mirepoix (carrots + celery + onions)

mustard

onions

parsley

*pastries*

pears

potatoes

celery root rémoulades

rémoulades

lentil salads

salads

***SAUCES***

*sautéed dishes*

shallots

spirits

*stocks*

tarragon

savory (e.g. tarts

onion tarts

zucchini) tarts

sweet (e.g. tarts

fruit) tarts

tarts

thyme

tomatoes

truffles

vegetables, root

*vinaigrettes*

vinegars, wine

wheat, esp. as flour

FRISÉE (aka CURLY ENDIVE)

apples

arugula

asparagus

beans, green

beets

bread crumbs

cashews

celery

chives

**endive**

**escarole**

fennel

**garlic**

ginger

grapefruit

greens, other salad

hazelnuts

lemon

mâche

maple syrup

mint

mushrooms

**mustard, Dijon**

nuts

oil

**oranges**

blood oranges, their juices

palm, hearts of

parsley

**pears**

pepper

pomegranates

potatoes

**radicchio**

radishes

green salads

potato salads

salads

salt

savory

seeds

shallots

*soups*

spinach

sprouts

tarragon

thyme

tomatoes

vinegar

wakame

**walnuts**

watercress

FROMAGE BLANC

apricots

asparagus

bananas

basil

berries

*blintzes*

blueberries

breads

*cheesecakes*

chives

citrus

*crêpes*

*desserts*

*dips*

figs

fines herbes

***French cuisine***

fruit

fruit jams

preserves

garlic

granola

herbs

*ice cream*

lavender

leeks

maple syrup

mustard

nectarines

nuts

onions

parsley

peaches

pistachios

*pizzas*

potatoes

fruit salads

salads

*sandwiches*

*sorbets*

carrot soups

soups

*spreads*

strawberries

sugar

tarragon

tomatoes

vanilla

# G

GALANGAL (see also GINGER)

cakes (e.g. baked goods

carrot) baked goods

cookies baked goods

quick breads (e.g. baked goods

banana) baked goods

baked goods

cauliflower

chiles

chocolate

cilantro

citrus

**COCONUT**

**COCONUT MILK**

coriander

green curries

red curries

curries

**GARLIC**

**ginger**

*Indonesian cuisine*

**Kaffir lime leaves**

**LEMONGRASS**

*Malaysian cuisine*

miso

mushrooms

onions

parsley

pears

potatoes

rice

*sauces*

scallions

**shallots**

shiso

coconut soups

soups

*Southeast Asian cuisines*

squash

***stews***

***stir-fries***

vegetable stock

stock

sugar

tamarind

***THAI CUISINE***

turmeric

*Vietnamese cuisine*

GARLIC

**almonds**

*American cuisine*

**artichokes**

artichokes, Jerusalem

asparagus

**BASIL**

bay leaf

beans

beets

***bread***

**bread crumbs**

broccoli

broccoli rabe

capers

carrots

*casseroles*

cauliflower

chard

chickpeas

chiles

*Chinese cuisine*

chives

cloves

corn

couscous

*curries*

***dips***

**eggplant**

escarole

fennel

fiddlehead ferns

*French cuisine*

**GINGER**

*Greek cuisine*

greens

herbs

*Indian cuisine*

***Italian cuisine***

**kale**

*Latin American cuisines*

leeks

legumes

lemon

lentils

lettuce

*Mexican cuisine*

*Middle Eastern cuisines*

mint

mirin

mushrooms

mustard

noodles, asian

**OIL, OLIVE**

olives

**onions**

orange

oregano

paprika

**PARSLEY**

linguini pasta

penne pasta

spaghetti pasta

pasta

peanuts

peas

pepper

*pesto*

pine nuts

*pistou*

*pizza*

mashed potatoes

potatoes

*purees*

**rosemary**

saffron

sage

vinaigrettes salad dressings

salad dressings

***salads***

salt

mole sauces

skordalia sauces

tzatziki sauces

sauces

sesame oil

shallots

sorrel

garlic soups

soups

sour cream

soy sauce

*Spanish cuisine*

**spinach**

*spreads*

squash

*stews*

*stir-fries*

**stock**, vegetable

tahini

tamari

**thyme**

**tofu**

tomatillos

**TOMATOES**

**TOMATO SAUCE**

*Turkish cuisine*

turmeric

*Vietnamese cuisine*

vinegar

yams

yogurt

zucchini

GARLIC, BLACK

*Asian cuisines*

basil

bell peppers, roasted

brown butter

celery root

chiles

chives

*dips*

garlic

kale

*Korean cuisine*

lemon

mushrooms

asian noodles

noodles

oil, olive

olives

parsley

*pastas*

*pizza*

potatoes

*risottos*

*salad dressings*

potato salads

salads

shallots

*tapenades*

**tomatoes**

vinegar

wine

GARLIC, GREEN (aka BABY GARLIC or SPRING

GARLIC)

*aioli*

artichokes

asparagus

breads baked goods

baked goods

basil

garlic

*gratins*

leeks

lemon

oil

parsley

*pasta*

*pestos*

pine nuts

*pizza*

mashed potatoes

potatoes

*risottos*

*salad dressings*

*salads*

*sauces*

*soups*

*stir-fries*

GARLIC SCAPES

almonds

basil

beans, green

*bread*

*bruschetta*

celery

chickpeas

dill

garlic

greens

*hummus*

lemon

lovage

mushrooms

nuts

oil, nut

**OIL, OLIVE**

parsley

penne pasta

spaghetti pasta

pasta

peanuts

pepper, black

***PESTOS***

pine nuts

potatoes

rice

sage

*salad dressings*

*salads*

salt

garlic soups

leek soups

potato soups

soups

sour cream

spinach

***stir-fries***

***stock, vegetable***

sunflower seeds

teriyaki sauce

thyme

tomatoes

**walnuts**

wine, dry white

GINGER—IN GENERAL

*African cuisines*

agave nectar

almonds

**apples**

apple cider

apricots

***ASIAN CUISINES***

asparagus

breads baked goods

cakes baked goods

cookies baked goods

muffins baked goods

pies baked goods

baked goods

bananas

**basil**

**beans, green**

bell peppers

berries

ales beverages

beers beverages

teas beverages

beverages

blueberries

**bok choy**

broccoli

broccolini

burdock

cabbage

cardamom

*Caribbean cuisine*

**CARROTS**

cashews

cauliflower

celery

cherries

chickpeas

chiles

***CHINESE CUISINE***

dark chocolate

chocolate

**cilantro**

cinnamon

**coconut**

**coconut milk**

coriander

corn

**cranberries**

*ice cream*

cumin

***CURRIES****, esp. Asian or Indian*

tofu deep-fried dishes

vegetables deep-fried dishes

deep-fried dishes

*desserts*

*dips*

edamame

**eggplant**

fennel

fennel seeds

**figs**

fruit

garam masala

\***GARLIC**

*ginger ale*

*gingerbread*

grains, whole

grapefruit

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

**mint**

mirin

**miso**

molasses

*Moroccan cuisine*

mushrooms

rice noodles, asian

noodles, asian

oats

oatmeal

oil

okra

onions

orange

papaya

parsley

parsnips

passion fruit

orzo pasta

pasta

**peaches**

**peanuts**

**PEARS**

peas

*pickled ginger*

*pilafs*

pineapple

**plums**

**potatoes**

**pumpkin**

**raisins**

rhubarb

rice

rum

sake

***salad dressings***

salt

dipping sauces

kung pao sauces

sauces

**scallions**

seitan

seeds sesame

sesame

asian slaws

slaws

**snow peas**

asian soups

hot-and-sour soups

sweet potato soups

soups

***Southeast Asian cuisines***

**SOY SAUCE**

**spinach**

sprouts

squash, winter

moroccan stews

stews

***stir-fries***

sugar

sugar snap peas

**sweet potatoes**

tahini

tamari

tamarind

***teas***

tofu

tomatoes

turmeric

vegetables

vinegar

wasabi

water, soda

watercress

wheat berries

yams

yogurt

zucchini

GINGER, POWDERED (i.e., dried, ground)

almonds

***American cuisine***

anise

apples

apricots

breads baked goods

cakes baked goods

cookies baked goods

gingerbread baked goods

gingersnaps baked goods

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

*stews*

sugar

sweet potatoes

*tagines*

turmeric

vanilla

GOJI BERRIES

**almonds**

apricots

*Asian cuisines*

cookies baked goods

muffins baked goods

scones baked goods

baked goods

bananas

berries

*cereals, hot breakfast*

**chocolate**

**cacao nibs**

coconut

dates

*energy bars*

ginger

***granola***

lemon

lime

maple syrup

muesli

nuts

oatmeal

oats

orange

pears

pomegranates

pomegranate juice

raspberries

salt, sea

fruit sauces

sauces

seeds

***smoothies***

*soups*

*stews*

sweet potatoes

***trail mix***

**walnuts**

yogurt

GRAINS OF PARADISE

*(North and* ***West****)* ***African cuisines***

allspice

apples

cakes baked goods

pies baked goods

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*

butternut squash soups

lentil soups

potato soups

soups

squash

*stews*

tomatoes

vegetables, root

vinegar

zucchini blossoms

GRAPEFRUIT

agave nectar

artichokes, Jerusalem

arugula

**AVOCADOS**

bananas

beets

cabbage

Campari

cashews

celery

celery root

chicory

chiles

chili pepper flakes

cilantro

cinnamon

citrus fruits, other

coconut

*compotes*

coriander

sparkling wine cocktails drinks

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***

fruit salads

green salads

salads

salt, sea

*sauces*

scallions

*smoothies*

***sorbets***

soy sauce

**strawberries**

sugar

tarragon

vanilla

vinegar

vodka

walnuts

watercress

wine

**yogurt**

GRAPE LEAVES

allspice

apricots, dried

beans

bulgur

**cinnamon**

currants

**DILL**

fennel

figs

**garlic**

quinoa grains

rice grains

grains

*Greek cuisine*

hazelnuts

*Iraqi cuisine*

*Lebanese cuisine*

lemon

lentils

**MINT**

mushrooms

nuts

**oil, olive**

onions

**parsley**

pepper, black

**PINE NUTS**

**raisins**

rice

rosemary

scallions

cabbage soups

soups

stock, vegetable

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

*answer to sushi!)*

thyme

tomatoes

*Turkish cuisine*

vinegar

yogurt

GRAPES (and GRAPE JUICE)

**almonds**

**apples**

**apple juice**

arugula

bananas

basil

blueberries

Brussels sprouts

bulgur

cabbage, red

caramel

cardamom

carrots

celery

celery root

chocolate

cinnamon

cloves

cucumbers

tarts desserts

desserts

endive, Belgian

farro

fennel

fennel seeds

figs

garlic

*gazpacho, white*

ginger

quinoa grains

grains

grapefruit

greens

hazelnuts

jícama

lemon

lime

mango

mascarpone

melon

milk, almond

mint

nutmeg

nuts

oil

onions

orange

**parsley**

peanuts

peanut butter

pears

pecans

*pizzas*

raspberries

rice

rosemary

rum

fruit salads

grain salads

green salads

vegetable salads

salads

*salsas*

salt

scallions

fruit soups

white gazpacho soups

soups

sour cream

sprouts

star anise

strawberries

sugar

sumac

tomatoes

vanilla

verjus

vinegar

**WALNUTS**

watercress

watermelon

wine

**yogurt**

GREEK CUISINE (see also MEDITERRANEAN CUISINES)

*allspice*

anise seeds

*baklava*

basil

bay leaf

beans

bell peppers

cinnamon

cloves

dill

*dolmades (stuffed grape leaves)*

**eggplant**

fennel

figs

**GARLIC**

grape leaves

eggplant + pita bread + tzatziki sauce gyros, vegetarian

gyros, vegetarian

*kebabs*

**LEMON**

mint

nutmeg

nuts

**OIL, OLIVE**

olives

onions

**OREGANO**

parsley

phyllo dough

pine nuts

*pita breads*

potatoes

raisins

rice

*salads, esp. mint-garnished*

bean soups

soups

*spanakopita, or spinach + cheese pie*

spinach

*stuffed grape leaves*

thyme

tomatoes

tomato sauce

yogurt

zucchini

GREENS—IN GENERAL OR MIXED (see also ARUGULA; BOK CHOY; CABBAGE; CHARD, SWISS; GREENS, BEET; GREENS, BITTER; GREENS, COLLARD; GREENS, DANDELION; GREENS, SALAD; GREENS, TURNIP; KALE; LETTUCE; SPINACH)

arugula

basil

beans

chiles, chili pepper flakes, chili pepper sauce

**GARLIC**

ginger

quinoa grains

rice grains

grains

lemon

mushrooms

mustard

nuts

**OIL, OLIVE**

onions

*pastas*

pepper, black

potatoes

*salads*

salt

*sandwiches*

seeds

*smoothies*

bean soups

lentil soups

soups

soy sauce

*stews*

stock, vegetable

*veggie burgers*

vinegar

GREENS, AMARANTH (LEAVES/STEMS, aka CALLALOO; see also LAMB’S-QUARTER and SPINACH)

basil

bell peppers

*Caribbean cuisines*

celery root

chiles

coconut milk

coriander

corn

cumin

curry powder

curry spices

**GARLIC**

ginger

bulgur grains

rice grains

grains

*Jamaican cuisine*

kale

leeks

lemon

lentils

lime

oil

okra

**onions**

parsley

plantains

rice

***salads***

salt

*sandwiches*

scallions

sesame seeds

shallots

***soups***

soy sauce

callaloo stews

stews

*stir-fries*

stock, vegetable

sweet potatoes

**thyme**

***tomatoes***

vinegar

wine, dry white

GREENS, BEET

apples

beans

**BEETS**

cabbage

chard

chickpeas

chili pepper flakes

*chili, vegetarian*

cinnamon

coconut milk *curries*

dill

figs

**GARLIC**

ginger

buckwheat grains

bulgur grains

grains

greens, other

hazelnuts

horseradish

kale

leeks

lemon

lentils

nutmeg

oil, olive

oranges

oregano

***pastas***

pecans

pine nuts

*pizzas*

potatoes

raisins

*risottos*

vinaigrettes salad dressings

salad dressings

*smoothies*

beet soups

borscht soups

chickpea soups

soups

*stews*

*stock, vegetable*

vinegar

walnuts

yogurt

GREENS, COLLARD

*African cuisines*

agave nectar

allspice

almonds

almond butter

apples

barley

bay leaf

beans

beer

bell peppers, red

**BLACK-EYED PEAS**

buckwheat

bulgur

cabbage

cardamom

**carrots**

celery

chickpeas

chiles

cinnamon

citrus

cloves

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

**lentils**

liquid smoke

milk, coconut

mushrooms

mustard, Dijon

noodles

nutmeg

oil

olives

onions

orange

paprika, smoked

lasagna pasta

whole-grain pasta

pasta

**peanuts**

**peanut butter**

pepper, black

pine nuts

**potatoes**

quinoa

**raisins**

rice

salt

scallions

seeds

seeds sesame

sesame

shallots

smoked paprika or tofu smoky-flavored foods

smoky-flavored foods

bean soups

lentil soups

sweet potato soups

soups

**sour cream**

*South American cuisines*

***SOUTHERN (U.S.) CUISINE***

soy sauce

*Spanish cuisine*

squash

*stews*

**stock, vegetable**

*stuffed collard greens*

*sushi rolls, vegetarian*

sweet potatoes

**tamari**

tempeh

tofu

**tomatoes**

turmeric

vegetables, root

vinegar

wheat berries

zucchini

GREENS, DANDELION

almonds

apples

avocado

basil

beans

beets

carrots

*casseroles*

cayenne

celery

chickpeas

chiles

chili pepper flakes

chives

croutons

curry powder

dill

endive

fennel

French cuisine

**GARLIC**

ginger

*gratins*

greens, other

hazelnuts

hemp seeds

kale

lemon

lentils

lettuce

maple syrup

*Mediterranean cuisines*

miso

mulberry

mushrooms

mustard

noodles

oranges

oil

onions

orange

parsley

penne pasta

pasta

peanuts

pepper

**pine nuts**

*potatoes*

raisins

risottos

sage

dandelion salads

green salads

pasta salads

salads

salt

scallions

shallots

vegetable soups

soups

soy sauce

spinach

*stews*

*stir-fries*

strawberries

sunflower seeds

tarragon

tempeh

tomatoes

tomatoes, sun-dried

vegetables, milder

vinegar

walnuts

*wasabi*

GREENS, MIZUNA

almonds

apples

arugula

asparagus

avocado

beans

beets

carrots

celery

chestnuts

*Chinese cuisine*

chives

coriander

cranberries, dried

cucumbers

edamame

frisée

ginger

quinoa grains

grains

**greens, milder salad**

***Japanese cuisine***

lemon

miso

noodles, asian

oil

onions, green

orange, blood

pears

peas

plums

potatoes

radicchio

rice

asian salads (esp. young leaves)

green salads (esp. young leaves)

noodle salads (esp. young leaves)

salads (esp. young leaves)

seeds

seeds sesame

sesame

asian soups

soups

**soy sauce**

***STIR-FRIES*** *(esp. older leaves)*

tahini

tamari

tatsoi

tempeh

**tofu**

tomatoes

vinegar

GREENS, MUSTARD

*African cuisines*

*Asian cuisines*

beans

black-eyed peas

bread crumbs

capers

carrots

cashews

cayenne

celery

chickpeas

chiles

chili powder

***Chinese cuisine***

cumin

currants

curry powder

dill

farro

frisée

**GARLIC**

**ginger**

grains

*gratins*

greens, other

***Indian cuisine***

*Japanese cuisine*

kale

lemon

mango

millet

miso

mizuna

molasses

mushrooms

asian noodles

soba noodles

noodles

oil

olives

onions

oranges

**peanuts**

**peanut butter**

pears

pepper, black

pine nuts

**potatoes**

**raisins**

rice

pasta salads

potato salads

salads

salt

*sandwiches*

*sauces*

scallions

sesame seeds

shallots

bean soups

soups

*Southeast Asian cuisines*

***Southern (U.S.) cuisine***

**soy sauce**

*stews*

***stir-fries***

vegetable stock

stock

sweet potatoes

tamari

thyme

**tofu**

*tofu scramble*

**tomatoes**

vegetables, milder and/or sweeter

vinegar

walnuts

wine

Worcestershire sauce, vegetarian

yams

GREENS, SALAD—IN GENERAL MIXED (e.g., MESCLUN) (see also ARUGULA, ENDIVE, ESCAROLE, FRISÉE, LETTUCE, MÂCHE, MIZUNA, RADICCHIO, SALAD DRESSINGS, SPINACH, WATERCRESS, etc.)

almonds

anise seeds

**apples**

**avocados**

basil

beets

blackberries

capers

celery

chervil

chives

cilantro

cranberries, dried

croutons

dill

fennel

**garlic**

hazelnuts

lemon

lentils

mâche

mangoes

marjoram

mint

mustard

nuts

oil

onions, red

oranges

parsley

**pears**

pepper

pine nuts

pistachios

potatoes

radishes

rice

grain salads

green salads

potato salads

salads

salt

savory

sesame seeds

shallots

tamari

tarragon

thyme

tofu

*veggie burgers*

vinegar

walnuts

GREENS, TURNIP

apples

beans

black-eyed peas

bread crumbs

cayenne

chickpeas

**chiles**

**chili pepper flakes**

coconut

coconut milk

cumin

curry powder

dashi

**GARLIC**

ginger

grains

lemon

lime

mint

miso

mushrooms

mustard

noodles, asian

**oil, olive**

olives

**onions**

orange

parsley

***pastas***

pecans

potatoes

rice

saffron

*salads*

salt

“sausage”

seeds sesame

sesame

bean soups

potato soups

root vegetable soups

soups

*Southern (U.S.) cuisine*

soy sauce

stock, vegetable

sweet potatoes

tofu

**tomatoes**

turmeric

turnips

vinegar

walnuts

wine, dry white

GRITS

cayenne

*cereals, hot breakfast*

chard

chiles

chili pepper sauce

cilantro

**corn**

fruit

**garlic**

greens

kale

maple syrup

mascarpone

**milk**

molasses

nutmeg

oil, olive

onions

paprika

pepper

*polenta*

*porridges*

*puddings*

salt

scallions

seeds, sunflower

***Southern (U.S.) cuisine***

vegetable stock

stock

vinegar

watercress

wine

GUAVA, GUAVA JUICE (or NECTAR), GUAVA PASTE

apples

cakes baked goods

muffins baked goods

tarts baked goods

baked goods

**BANANAS**

cocktails beverages

juices beverages

beverages

cashews

chili pepper sauce

chocolate

*chutneys*

cinnamon

citrus

cloves

**coconut**

**coconut cream**

**coconut milk**

*compotes*

cakes desserts

cheesecakes desserts

desserts

fruits, other tropical

ginger

greens

hazelnuts

*Indian cuisine*

*jams*

*preserves*

lemon

lime

mangoes

mascarpone

mustard

nutmeg

nuts

oil, olive

onions

**orange**

papayas

pears

phyllo dough

pineapple

plums

quince

raisins

rum

fruit salads

salads

*sauces*

*smoothies*

*sorbets*

*South American cuisine*

soy sauce

stock, vegetable

**strawberries**

sugar

*tamales*

**vanilla**

vinegar

wine

yogurt

# H

HAZELNUTS (aka FILBERTS)

almonds

**apples**

apricots

artichokes

**arugula**

asparagus

biscotti baked goods

cakes baked goods

cookies baked goods

pies baked goods

baked goods

**bananas**

beans

beets

berries

**Brussels sprouts**

caramel

cauliflower

celery root

*cereals, hot breakfast*

cherries

dark chocolate

chocolate

*chutneys*

**cinnamon**

coffee

espresso

couscous

cranberries

*ice cream*

crisps desserts

desserts

dukkah

eggplant

endive

fennel

**figs**

frisée

fruits

*granola*

grapes

greens, bitter

greens, salad

*ice cream*

kale

leeks

lentils

lettuce

liqueurs

*loaves*

maple syrup

meringue

mint

mushrooms

oil

oranges

parsley

passion fruit

*pastas*

*pâtés*

**peaches**

**PEARS**

persimmons

*pesto*

pineapple

plums, dried

*puddings*

pumpkin

quinoa

radicchio

raisins

**raspberries**

rhubarb

*risottos*

rosemary

fruit salads

green salads

spinach salads

tricolore salads

salads

romesco sauces

sauces

*soups*

*Spanish cuisine*

**spinach**

squash, winter

strawberries

*stuffings*

sugar

sweet potatoes

*toffee*

tomatoes, sun-dried

*trail bars*

**vanilla**

*veggie burgers*

vinegar

zucchini

HIZIKI (aka HIJIKI)

*Asian cuisines*

beans

bell peppers

bok choy

**Bragg Liquid Aminos**

brown rice syrup

burdock

cabbage, napa

**CARROTS**

*casseroles*

cayenne

celery

chiles

cilantro

**citrus**

corn

*“crabcakes,” vegetarian*

edamame

eggplant

**GARLIC**

**GINGER**

**grains**

herbs

*Japanese cuisine*

leeks

lotus root

*macrobiotic cuisine*

mirin

miso

mushrooms

noodles, asian

oil

onions

parsley

*pâtés*

peanuts

peas, green

rice

miso salad dressings

salad dressings

green salads

noodle salads

sea vegetable salads

salads

salt, sea

**scallions**

**SESAME OIL**

**sesame seeds**

shallots

miso soups

soups

soybeans

**SOY SAUCE**

squash

***stews***

*stir-fries*

sugar

sunflower seeds

tahini

**tamari**

*tartar sauce*

tempeh

**TOFU**

tomatoes

turnips

**vegetables**, esp. root, sweet

vinegar

water chestnuts

watercress

yams

HOMINY

avocado

beans

bell peppers

carrots

*casseroles*

celery

chiles

chili

powder

**cilantro**

corn

cumin

**garlic**

**lime**

*Mexican cuisine*

mushrooms

*Native American cuisine*

oil

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— PREPARED or FRESH

**apples**

applesauce

arugula

avocado

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

ketchup

lemon

lime

mascarpone

**mayonnaise**

miso

mushrooms

mustard

oil, olive

**onions**

parsley

parsnips

gnocchi pasta

pasta

peas

pepper, black

**potatoes**

ramps

*relishes*

rosemary

sage

***salad dressings***

grain salads

macaroni salads

potato salads

salads

salt

***sandwiches***

creamy sauces

sauces

scallions

sorrel

**SOUR CREAM**

soy sauce

sugar, brown

tempeh

thyme

tofu

**tomatoes**

**tomato juice**

sun-dried tomatoes

vegetables, root

*veggie burgers*

vinegar

watercress

**YOGURT**

zucchini

HUCKLEBERRIES

agave nectar

**apples**

bananas

*cheesecake*

**cinnamon**

*coulis*

crème fraîche

cobblers desserts

crisps desserts

custards desserts

galettes desserts

ice creams desserts

panna cottas desserts

pastries desserts

pies desserts

soufflés desserts

tarts desserts

desserts

**graham crackers**

*jams*

lemons

lime

orange

buckwheat pancakes

pancakes

**pears**

pine nuts

bread puddings

puddings

sugar

walnuts

HUITLACOCHE

avocado

*Central American cuisines*

chiles

*chiles rellenos*

chocolate

cilantro

**corn**

*crêpes*

*empanadas*

epazote

garlic

*ice cream*

lettuce

lime

***Mexican cuisine***

mushrooms

***onions***

*quesadillas*

*soups*

*stews*

sweet potatoes

*tacos*

*tamales*

corn tortillas

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

onions

paprika

peas

pepper

pistachios, esp. in desserts

poppy seeds

potatoes

**rice, basmati,** esp. in southern India

saffron

sage

raita sauces

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

*stir-fries*

sugar

tamarind

**tempeh**

vegetables

IRISH MOSS

almond milk

bananas

*breads*

cacao

chocolate

cinnamon

**coconut**

**coconut milk**

creamy desserts

custards desserts

flans desserts

mousses desserts

pies desserts

desserts

ice creams

jams

jellies

ranch salad dressings, creamy

salad dressings, creamy

*smoothies*

*soups*

*stocks*

*tiramisu*

vanilla

nut-based yogurt, vegan

yogurt, vegan

ISRAELI CUISINE (see also MEDITERRANEAN CUISINES)

beans

beets

bell peppers, red

pita bread

bread

chickpeas

couscous, Israeli

*dips*

eggplant

*falafel*

harissa

cucumber salads

tabbouleh salads

tomato salads

salads

sandwiches

shawarma

tahini

tomatoes

yogurt

za’atar

ITALIAN CUISINE, NORTHERN

asparagus

**basil**

**beans**

hazelnuts

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

***risottos***

rosemary

sage

cream-based sauces

sauces

truffles, white

**vinegar**, esp. balsamic, wine

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

raisins

red tomato-based sauces

sauces

**tomatoes**

**tomato sauce**

wine

zucchini

# J

JACKFRUIT, UNRIPE GREEN

*Asian cuisines*

bananas

***barbecue dishes***

barbecue sauce

bay leaf

bell peppers

*biryani*

*carnitas*

carrots

cashews

cauliflower

chiles

chili powder

*chili, vegetarian*

*Chinese cuisine*

cilantro

coconut milk

coriander

*“crabcakes”*

cumin

indian curries

thai curries

curries

*desserts, i.e., made with* ripe *jackfruit*

*enchiladas*

garam masala

**garlic**

ginger

*gyros*

*Indian cuisine*

Kaffir lime leaf

leeks

lemon

lemongrass

lime

*Malaysian cuisine*

molasses

mushrooms

*nachos*

oil

onions

oregano

*pasta*

peas, green

potatoes

rice

baos sandwiches

“pulled pork,” “reuben” sandwiches

sandwiches

smoke, liquid

*Southeast Asian cuisines*

soy sauce

*stews*

stock, vegetable

*tacos*

**tomatoes**, tomato paste, tomato sauce

corn tortillas

tortillas

turmeric

wine

JAGGERY

almonds

bananas

coffee beverages

tea beverages

beverages

*breads*

*candies*

cardamom

cashews

chickpeas

coconut milk

puddings desserts

desserts

***Indian cuisine***

milk

peanuts

raisins

rice

**syrups**

**yogurt**

JAMAICAN CUISINE (see also CARIBBEAN CUISINES)

avocados

beans

bell peppers

black-eyed peas

cabbage

carrots

cilantro

coconut

coconut milk

***curries***

garlic

ginger

greens, mustard

tempeh jerk dishes

tofu jerk dishes

vegetables jerk dishes

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

noodles, asian

avocado udon nori rolls

cucumber udon nori rolls

udon nori rolls

*pickled dishes*

pineapple

*poached dishes*

rice

ponzu sauces

teriyaki sauces

sauces

**scallions**

sea vegetables

seeds sesame

sesame

miso soups

soups

\***SOY SAUCE**

squash

*steamed dishes*

sweet potatoes

green tea

tea

*tempura*

vinegar, rice wine

wasabi

wine, rice

yuzu

zucchini

JÍCAMA

**apples**

arugula

**AVOCADO**

basil

beans, black

beans, green

beets

bell peppers

blackberries

broccoli

Brussels sprouts

cabbage

**carrots**

**cayenne**

***Central American cuisines***

chayote

chickpeas

chiles

**chili powder**

**CILANTRO**

citrus

**corn**

*crudités*

**CUCUMBERS**

**fruit**

garlic

**ginger**

**grapefruit**

***guacamole***

horseradish

kumquats

lemon

lemon, preserved

lettuce, mild

lime

*Malaysian cuisine*

**mangoes**

melon

***Mexican cuisine***

millet

**mint**

mushrooms

mustard

rice noodles

noodles

oil

olives

onions

oranges

**papaya**

paprika

**peanuts**

pears

pecans

pepper

**pineapple**

pumpkin seeds

quinoa

radishes

*relishes*

rice

fruit salads

green salads

salads

***salsas***

**salt**

**scallions**

seeds sesame

sesame

**SLAWS**

*South American cuisine*

soy sauce

spinach

sprouts

sugar

*tacos*

tangerines

tomatoes

vinaigrette

vinegar

**watercress**

watermelon

wheat berries

zucchini

JUNIPER BERRIES

apples

artichokes, Jerusalem

bay leaf

*bread*

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 and KAFFIR LIME LEAVES

apples

*Asian cuisines*

*Balinese cuisine*

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

***Malaysian cuisine***

mangoes

*marinades*

mint

mushrooms

asian noodles

noodles

okra

pears

*“pestos”*

rice

*salad dressings*

thai salads

tomato salads

salads

***sauces***

seeds sesame

sesame

coconut soups

hot-and-sour soups

thai soups

soups

***SOUTHEAST ASIAN CUISINES***

star anise

*stews*

***stir-fries***

vegetable stocks

stocks

sugar

tamarind

***THAI CUISINE***

turmeric

vegetables

KALE

**almonds**

anise

**apples**

arame

arugula

**avocados**

**barley**

**basil**

beans

**beets**

bell peppers

black-eyed peas

bok choy

whole-grain bread crumbs

bread crumbs

**Brussels sprouts**

bulgur

cabbage

capers

**caraway seeds**

**carrots**

cashews

*casseroles*

cauliflower

cayenne

celery

celery root

chard

cherries, dried

chestnuts

**chickpeas**

chiles

dehydrated (not fried) chips

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

*juices*

kombu

**leeks**

lemon

**lentils**

maple syrup

mint

miso

mizuna

mushrooms

mustard

noodles, asian

nori

**nuts**

oil

olives

onions

oranges

oregano

papaya

paprika

parsley

lasagna pastas

pastas

**peanuts**

pecans

**pepper, black**

***pestos***

**pine nuts**

pistachios

*pizza*

polenta

*Portuguese cuisine*

**POTATOES**

*purees*

quinoa

radicchio

radishes

raisins

rice

*risottos*

**rosemary**

***SALADS***

salt

savory

**scallions**

sea vegetables

seeds

seeds sesame

sesame

shallots

*slaws*

*smoothies*

snow peas

bean soups

kale soups

minestrone soups

potato soups

vegetable soups

white bean soups

soups

**soy sauce**

spelt

spinach

**squash, summer**

esp. winter

barley stews

winter stews

stews

*stir-fries*

stock, vegetable

*stuffings*

sunflower seeds

**sweet potatoes**

tahini

**tamari**

thyme

**tofu**

**tomatoes**

turnips

vinegar

**walnuts**

yogurt

yuca

KALE, BLACK (aka CAVOLO NERO, DINOSAUR KALE, LACINATO KALE, or TUSCAN KALE)

almonds

beans

bread crumbs

chestnuts

chili pepper flakes

croutons, whole-grain

**garlic**

***Italian cuisine****, esp. Tuscan*

lemon juice

millet

mushrooms

**oil, olive**

lasagna pastas

pastas

**potatoes**

*risottos*

sage

salt

*soups*

tomatoes

vinegar, red wine

KAMUT

almonds

**apples**

**apple juice**

asparagus

avocado

breads baked goods

baked goods

**basil**

bay leaf

beans

beets

bell peppers

broccoli

broccoli rabe

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

**GARLIC**

ginger

quinoa grains, other

rice grains, other

grains, other

kefir

lemon

lentils

lime

lovage

marjoram

mushrooms

mustard

nuts

oil

olives

onions

oranges

**PARSLEY**

parsnips

pecans

pepper, black

***PILAFS***

*pizzas*

pomegranates

raisins

rice

*risottos*

sage

grain salads

green salads

tomato salads

vegetable salads

salads

salt, sea

scallions

minestrone soups

soups

soy sauce

spinach

squash

*stews*

vegetable stock

stock

***stuffings***

sugar snap peas

*tabbouleh*

**thyme**

**tomatoes**, tomato paste, tomato puree

tomatoes, sun-dried

vanilla

vegetables, root

*veggie burgers*

vinegar

watercress

yogurt

KANTEN

apples

**APPLE JUICE**

berries

cherries

cherry juice

citrus

cranberries

cranberry juice

mangoes

mango juice

melons

melon juice

oranges

peaches

peach juice

pears

**pear juice**

pomegranates

pomegranate juice

yuzu

yuzu juice

KASHA (aka TOASTED BUCKWHEAT GROATS; see also 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

mushroom gravies

gravies

jícama

kale

leeks

lemon

lentils

mint

mushrooms

oil

**onions**

oranges

peas, split

parsley

farfalle pasta, whole-grain

pasta, whole-grain

pepper, black

***pilafs***

pistachios

rice, brown

*Russian cuisine*

corn salads

grain salads

salads

salt, sea

scallions

beet soups

cabbage soups

lentil soups

mushroom soups

split pea soups

vegetable soups

soups

soy sauce

spinach

squash, acorn

*stews*

stock, vegetable

cabbage stuffed vegetables

squash stuffed vegetables

tomatoes stuffed vegetables

stuffed vegetables

*stuffings*

sunflower seeds

tofu

tomatoes

*varnishkes, i.e., kasha + farfalle*

vegetables, root

*veggie burgers*

vinegar

**walnuts**

watercress

yogurt

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

zucchini

KELP, KELP GRANULES, KELP POWDER (see also ARAME, KOMBU, SEA VEGETABLES, WAKAME)

almonds

barley

beans

bonito flakes, dried

carrots

chickpeas

deep-fried chips

chips

citrus

***“crabcakes,” meatless***

daikon

***DASHI***

*“fish filets” (i.e., with tofu)*

garlic

ginger

grains

*Japanese cuisine*

kimchi

lemon

lettuces

lime

mirin

miso

mushrooms

nutritional yeast

oil

onions

pepper, black

popcorn

potatoes

rice

***salad dressings***

mock tuna salads

salads

ponzu sauces

sauces

seeds sesame

sesame

***soups***

oyster mushroom chowders

chowders

**soy sauce**

spinach

*stews*

*stir-fries*

dashi stocks

stocks

sugar

tamari

tempeh

tofu

**vinegar, rice**

zucchini

KIWI (aka KIWIFRUIT)

almonds

apples

**avocado**

**bananas**

berries

brown rice syrup

cashews

**cereals, breakfast**

cherries

dark chocolate

chocolate

cinnamon

citrus

**coconut**

Cointreau

**ice cream**

cucumbers

*desserts*

*drinks*

ginger

grapefruit

grapes

greens

hazelnuts

jícama

*kebabs*

Kirsch

lemon

lime

lychees

macadamia nuts

**mangoes**

*marinades*

melon

**mint**

nuts

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, sweet

yogurt

KOHLRABI

almonds

anise

apples

basil

beans

blueberries

broccoli

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

horseradish

*Hungarian cuisine*

*Indian cuisine*

leeks

lemon

lentils

lettuces

maple syrup

marjoram

mayonnaise

melon, esp. muskmelon

mint

mushrooms

mustard

**nutmeg**

oil

onions

paprika

**parsley**

peas

*pies*

**potatoes**

*purees*

radishes

*rémoulades*

*risottos*

rosemary

*salad dressings*

grain salads

green salads

vegetable salads

salads

salt

*sauces*

seeds sesame

sesame

**shallots**

***slaws***

***soups***

**sour cream**

**soy sauce**

*spring rolls*

***stews***

***stir-fries***

stock, vegetable

sugar

tarragon

**thyme**

lemon thyme

tomatoes

turmeric

turnips

vegetables, root

vinegar

za’atar

KOMBU

beans

carrots

cilantro

daikon

***DASHI***

***dips***

eggplant

garlic

**ginger**

**grains**

***JAPANESE CUISINE***

kale

**legumes**

lemon

*macrobiotic cuisine*

millet

**mirin**

**miso**

mushrooms

soba noodles

noodles

nori

oil

onions

pumpkin seeds

radishes

rice

sage

*salads*

***sauces, esp. dipping sauces***

scallions

sea vegetables

bean soups

onion soups

soups

**soy sauce**

squash

root vegetable stews

stews

japanese stocks

soup stocks

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

rice

scallions

seeds sesame

sesame

*soups (served very hot)*

soy bean paste

**SOY SAUCE**

sprouts, mung bean

*stews (served very hot)*

sugar

**tofu**

vegetables

vinegar

wine

KUMQUAT

anise

apples, esp. green

apricots

arugula

avocado

cakes baked goods

muffins baked goods

baked goods

bananas

**beets**

blueberries

brandy

bulgur

chili powder

*Chinese cuisine*

dark chocolate

chocolate

*chutneys*

cilantro

**citrus**

cloves

*compotes*

couscous

**cranberries**

currants

dates

figs

**ginger**

graham cracker

grapefruit

*ice cream*

*Japanese cuisine*

jícama

lemon

lemon curd

lime

mangoes

***marmalades***

mint

mushrooms

onions, red

orange

**papaya**

parsley

pepper

pineapples

pistachios

***preserves***

bread puddings

puddings

raisins

rhubarb

**rum**

*salad dressings*

fruit salads

grain salads

green salads

salads

sauces

*smoothies*

star fruit

strawberries

*stuffings*

sugar

*syrups*

tangerine

vanilla

vinegar, wine

walnuts

KUZU (aka KUDZU ROOT)

bay leaf

*breadings*

*Chinese cuisine*

dashi

kanten desserts

puddings desserts

desserts

*gelled dishes*

ginger

grains

*gravies*

*Japanese cuisine*

lemon

*macrobiotic cuisine*

maple

mirin

asian noodles

noodles

oil, sesame

onions

parsley

peaches

pears

fruit pie fillings

pie fillings

plums

*puddings*

radishes

rice

***SAUCES***

scallions

seeds sesame

sesame

shiso

***soups***

soy sauce

*stews*

stock, mushroom

tamari

umeboshi plum

# L

LAMB’S-QUARTER (aka QUELITE or WILD SPINACH; see also tips for GREENS, AMARANTH; SPINACH)

almonds

asparagus

avocado

beans

*casseroles*

cayenne

celery root

chiles

chili paste

chives

cilantro

crema, Mexican

freekeh

**GARLIC**

herbs

leeks

lemon

miso, esp. light

mushrooms

mustard

nutmeg

nuts

oil

olives

**onions**

orange

*pastas*

pea shoots

peas

*pestos*

potatoes

pumpkin

***purees***

*SALADS*

*sauces*

scallions

***soups***

sour cream

squash

*stews*

*stir-fries*

**tomatoes**

corn tortillas

tortillas

vegetables, milder

vinaigrette

**walnuts**

LAND CRESS (aka GARDEN CRESS; see also WATERCRESS)

beets

carrots

cauliflower

celery

dashi

endive

lemon

*Mediterranean cuisines*

noodles, asian

peas

*pizzas*

potatoes

sake

green salads

vegetable salads

salads

***sandwiches***

creamy soups

potato soups

soups

soy sauce

spinach

vinegar

LAVENDER

**apricots**

arugula

biscotti baked goods

cakes baked goods

cookies baked goods

scones baked goods

shortbread baked goods

baked goods

basil

berries

*candies*

caraway seeds

carrots

cherries

cinnamon

citrus

coconut

corn

**crème fraîche**

***ice cream***

***custards***

*desserts*

lemonade drinks

drinks

**figs**

***French cuisine****, esp. Provençal*

fruit

fruit preserves

guava

***herbes de Provence***

***ICE CREAMS***

lemon

***lemonades***

mangoes

mayonnaise

*Mediterranean cuisines*

**mint**

nectarines

oil

oranges

peaches

plums

potatoes

pumpkin seeds

rhubarb

rice

**rosemary**

saffron

*salad dressings*

fruit salads

salads

*sauces*

savory

***soups***

*stews*

sugar

*syrups*

*teas, herbal*

thyme

tofu

**vanilla**

vinegar

walnuts

watercress

yogurt

LEEKS

**artichokes**

artichokes, Jerusalem

**asparagus**

barley

basil

**bay leaf**

beans

beets

bell peppers

bread crumbs/croutons

cabbage

capers

**carrots**

***casseroles***

**celery**

**chervil**

chestnuts

**chives**

coconut milk

crème fraîche

*custards*

*flans*

**dill**

**FENNEL**

garlic

**ginger**

***gratins***

kale

lemon

lentils

lovage

**mint**

mushrooms

mustard

oil

olives

onions

oranges

oregano

**PARSLEY**

fettuccine pasta

gnocchi pasta

pasta

**peas**

pepper

*pesto*

*pizzas*

**POTATOES**

pumpkin

pumpkin seeds

quinoa

rice

***risotto***

romesco sauce

rosemary

saffron

mustard vinaigrette salad dressings

salad dressings

***salads***

salt

cheese sauces

sauces

scallions

shallots

sorrel

barley soups

jerusalem artichoke soups

lentil soups

potato soups

vichyssoise soups

soups

soy sauce

**spinach**

squash

***stews***

*stir-fries*

***STOCKS, VEGETABLE***

**tarragon**

cheese tarts

potato tarts

tarts

**thyme**

tofu

**tomatoes**

**tomato sauce**

turnips

vinegar

walnuts

watercress

wheat berries

wine

**yogurt**

zucchini

LEMONGRASS

***Asian cuisines***

bamboo shoots

basil, Thai

*Cambodian cuisine*

**carrots**

chiles

chili paste

**cilantro**

**coconut**

**COCONUT MILK**

coriander

corn

***CURRIES, esp. Thai***

*desserts*

eggplant

galangal

**garlic**

**ginger**

grains

*Indonesian cuisine*

Kaffir lime leaf

lemon

lime

lotus root

*Malaysian cuisine*

mushrooms

*noodle dishes*

oil, sesame

onions

*pho, vegetarian*

pineapple

rice

*salad dressings*

tomato salads

salads

***sauces***

scallions

shallots

asian or fruit soups

soups

***SOUTHEAST ASIAN CUISINES***

soy sauce

***stews***

***stir-fries***

stocks, vegetable

sugar

tamari

tamarind

*teas*

***THAI CUISINE***

**tofu**

tomatoes

turmeric

***VIETNAMESE CUISINE***

vinegar, rice

yogurt

LEMONS

*aioli*

**almonds**

amaranth

**artichokes**

arugula

**asparagus**

**avocados**

biscuits baked goods

cakes baked goods

cookies baked goods

quick breads baked goods

scones baked goods

baked goods

**basil**

beans

beets

bell peppers, red

berries

**broccoli**

**capers**

cardamom

carrots

**cauliflower**

***cheesecake***

chickpeas

chives

chocolate

**COCONUT**

coriander

corn

couscous

cucumbers

cumin

currants

cheesecake desserts

puddings desserts

desserts

dill

cocktails drinks

lemonade drinks

drinks

edamame

eggplant

**fennel**

flax

**GARLIC**

**GINGER**

grains, whole

***Greek cuisine***

*gremolatas*

guavas

hazelnuts

herbs

kale

lavender

leeks

*lemon curd*

lentils

lime

mango

maple syrup

*marinades*

mascarpone

milk, almond

**mint**

miso

mushrooms

mustard

noodles

nuts

**OIL, OLIVE**

olives

onions

orange

\***OREGANO**

*pancakes*

papaya

paprika

**parsley**

parsnips

linguini pastas

orzo pastas

spaghetti pastas

pastas

peaches

pears

peas

pecans

**pepper**, **black**

**pistachios**

plantains

**poppy seeds**

potatoes

radicchio

radishes

**rice**

rice, wild

*risottos*

**rosemary**

saffron

lemon “vinaigrette” salad dressings

salad dressings

*sauces*

shallots

avgolemono soups

lentil soups

soups

squash

sugar

*tabbouleh*

**tahini**

**tarragon**

teas

**thyme**

**tofu**

tomatoes

**vanilla**

vinegar

wasabi

wine

yogurt

za’atar

**zucchini**

LEMONS, MEYER

almonds

arugula

**asparagus**

cakes baked goods

cookies baked goods

muffins baked goods

scones baked goods

tarts baked goods

baked goods

bananas

berries

cocktails beverages

beverages

celery

*cheesecake*

citrus

coconut

*compotes*

*custards*

dates

puddings desserts

desserts

fennel

fruit

ginger

bulgur grains

grains

grapefruit

*ice creams*

lemon

lime

maple syrup

mint

*mousses*

onions

orange

parsley

*pastas*

pine nuts

pineapple

pistachios

poppy seeds

*risottos*

***salad dressings***

grain salads

green salads

vegetable salads

salads

butter sauces

sauces

shallots

sugar

tarragon

thyme

tomatoes, cherry

**vanilla**

vegetables

zucchini

LEMONS, PRESERVED

apricots

arugula

barley

beans

bell peppers

cardamom

carrots

chickpeas

chiles

cinnamon

cloves

couscous

cucumbers

eggplant

fennel

**garlic**

ginger

grains

legumes

lemon, fresh

lentils

mint

***MOROCCAN CUISINE***

nigella seeds

olives

onions

**parsley**

*pastas*

pine nuts

potatoes

*relishes*

rice

*risottos*

saffron

***salad dressings***

green salads

pasta salads

potato salads

salads

lentil soups

soups

spinach

squash

*stews*

stock, vegetable

root vegetable tagines

tagines

tofu

tomatoes

turnips

LEMON THYME

asparagus

basil

bay leaf

beets

*beverages*

**carrots**

chives

fennel

figs

**fruits**

ginger

mint

mushrooms

orange

parsley

potatoes

rice

*salad dressings*

fruit salads

green salads

salads

sauces

spinach

*stuffings*

tofu

turnips

vegetables, esp. spring

LEMON VERBENA

almonds

**apricots**

cakes baked goods

shortbread baked goods

baked goods

berries

fruity beverages

iced teas beverages

lassis beverages

beverages

cherries

*compotes*

***custards***, ***flans****,* ***panna cottas***

***desserts***

*European cuisines*

fruits

*ice creams*

lemon

lime

*marinades*

*mayonnaise*

mint

mushrooms

nectarines

peaches

puddings

raspberries

fruit salads

green salads

salads

crème anglaise sauces

sauces

*sorbets*

strawberries

sugar

tamarind

green teas

herbal teas

teas

vanilla

*waters, mineral*

zucchini

LENTILS—IN GENERAL (see also specific LENTILS)

apples

apple juice

artichokes

arugula

asparagus

barley

**basil**

**bay leaf**

beans, green

beer

**beets**

bell peppers

buckwheat

bulgur

cabbage

capers

cardamom

**CARROTS**

cashews

*casseroles*

cauliflower

cayenne

**celery**

celery root

chard

**chickpeas**

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, preserved

lime

mock meatloaf loaves

loaves

marjoram

*Mediterranean cuisines*

*Middle Eastern cuisines*

**mint**

***mujadara***

**mushrooms**

**MUSTARD** (e.g., Dijon)

**mustard seeds** (e.g., black)

nutmeg

oil

onions

orange

oregano

palm, hearts of

paprika

**PARSLEY**

macaroni pasta

spaghetti pasta

pasta

*pâtés*

pepper

***pilafs***

pine nuts

potatoes

*purees*

quinoa

rice

rosemary

lentil salads

vegetable salads

salads

salt

*sauces*

scallions

**shallots**

**sorrel**

***soups***

soy sauce or tamari

**SPINACH**

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

with rice veggie burgers

veggie burgers

vinegar

wakame

walnuts

watercress

yogurt

zucchini

LENTILS, BLACK (aka BELUGA)

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

lentil salads

vegetable salads

salads

lentil soups

winter soups

soups

*South Asian cuisines*

vegetable stock

stock

*stuffed bell peppers or stuffed eggplant*

sweet potatoes

thyme

vegetables

walnuts

wine

yogurt

LENTILS, BROWN

avocados

bell peppers

celery seeds

couscous

*dals*

eggplant

*loaves*

oil, olive

onions

*pâtés*

*patties*

***purees***

rice

*salads*

scallions

winter soups

soups

*South Asian cuisines*

soy sauce

*stews*

bell peppers stuffed vegetables

eggplant stuffed vegetables

stuffed vegetables

tamari

*veggie burgers*

walnuts

LENTILS, FRENCH

**bay leaf**

*beer*

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

mint

mustard

**oil, olive**

onions

paprika

**parsley**

*pastas*

pepper, black

radishes

rice, long-grain white

rosemary

sage

lentil salads

salads

*sauces*

lentil soups

minestrone soups

winter soups

soups

*South Asian cuisines*

bell peppers stuffed vegetables

eggplant stuffed vegetables

stuffed vegetables

**tarragon**

**thyme**

**tomatoes**

tomato paste

vinegar

wine

yogurt

LENTILS, GREEN

*baked dishes*

**bay leaf**

beets

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

*Middle Eastern cuisines*

mint

mushrooms, shiitake

mustard

nettles

*North American cuisines*

oil

olives

onions

parsley

*pasta*

*pâtés*

pepper

rice

green salads

lentil salads

salads

salt, sea

scallions

sorrel

lentil soups

soups

*South American cuisines*

spinach

*stews*

stock, vegetable

tarragon

thyme

tomatoes

turmeric

yogurt

zucchini

LENTILS, RED

asafoetida powder

arugula

avocado

**basil**

**bay leaf**

beets

bell peppers

pita bread

bread

broccoli

**bulgur**

burdock

cardamom

**CARROTS**

cashews

cauliflower

**cayenne**

**celery**

chard

chickpeas

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

*hummus*

***INDIAN CUISINE***

*Italian cuisine*

*kibbe*

kombu

*Lebanese cuisine*

leeks

lemon

lettuce

lime

*loaves*

mango

marjoram

milk, coconut

mint

miso

mushrooms

mustard

**OIL**, canola, **OLIVE**, sesame

olives

onions

orange

oregano

paprika

**PARSLEY**

fettuccine pasta

orecchiette pasta

pasta

lentil pâtés, vegetarian

nut pâtés, vegetarian

pâtés, vegetarian

*patties*

**pepper, black**

*pilafs*

pistachios

pomegranates

pomegranate molasses

potatoes

***purees***

rice

rosemary

*salads*

**salt, sea**

“bolognese” sauces

sauces

scallions

seeds, sunflower

shallots

harira soups

lentil soups

mulligatawny soups

pureed soups

winter soups

soups

**spinach**

*spreads*

squash, winter

***stews***

**STOCK, vegetable**

sweet potatoes

tamarind

thyme

**TOMATOES**

**TOMATO PASTE**

**turmeric**

***veggie burgers***

vinegar

wheat berries

wine

**yogurt**

LENTILS, YELLOW

asafoetida powder

chili powder

cumin

*dals*

*Indian cuisine*

oil

onions

rice

salt

turmeric

lettuces—in general or mixed (see also specific lettuces

arugula

avocado

carrots

cashews

celery

citrus

cucumbers

fennel

garlic

ginger

greens

jícama

leeks

lemon

around vegetables lettuce wraps

firm tofu lettuce wraps

etc. lettuce wraps

lettuce wraps

mint

mushrooms

mustard

oil

olives, Greek

onions

pears

peas

**pepper, black**

pine nuts

pomegranate seeds

radishes

rice

vinaigrettes salad dressings

salad dressings

***SALADS***

**salt**

scallions

shallots

lettuce soups

pea soups

soups

tofu

tomatoes

*vinaigrettes*

vinegar

walnuts

LETTUCE, BUTTER (aka BIBB or BOSTON LETTUCE)

almonds

apples

**avocado**

**basil**

beans

bell peppers

bulgur

carrots

cauliflower

cayenne

celery

celery root

chayote

chervil

chickpeas

chiles

chili pepper flakes

chives

cilantro

cranberries

crème fraîche

cucumbers

cumin

dill

fennel

frisée

**garlic**

ginger

grapefruit

**hazelnuts**

herbs, delicate

jícama

lemon

around firm tofu lettuce wraps

vegetables lettuce wraps

etc. lettuce wraps

lettuce wraps

lovage

mint

miso

mushrooms

mustard

oil

olives

onions

**oranges**

**blood oranges**

**parsley**

parsnips

**pecans**

pepper, black

persimmons

pistachios

pomegranate seeds

quinoa

radicchio

radishes

green salads

tomato salads

salads

*sandwiches*

scallions

seeds

**shallots**

squash

sugar snap peas

tangerines

**tarragon**

thyme

tofu

tomatoes

sun-dried tomatoes

shallot vinaigrette

vinaigrette

vinegar

walnuts

***wraps, lettuce***

yogurt

LETTUCE, LAMB’S (aka CORN SALAD or MÂCHE)

almonds

apples

artichokes

arugula

basil

beets

celery

chervil

chives

citrus

endive

**fennel**

**fennel seeds**

frisée

**garlic**

greens, other salad

jícama

lemon

lettuce, Bibb

mint

mustard

oils

olives

orange

pears

pepper

radicchio

radishes

***SALADS***

salt

*sandwiches*

shallots

tarragon

tomatoes

*vinaigrette*

vinegar

walnuts

yogurt

LETTUCE, ROMAINE

almonds

apples

**AVOCADO**

basil

beans, black

beets

bell peppers

croutons bread

bread

capers

carrots

cayenne

celery

“cheese,” nut

chervil

**chickpeas**

chiles

**chives**

cilantro

corn

corn chips

corn tortillas

croutons

**CUCUMBERS**

**dill**

frisée

**GARLIC**

ginger

grapefruit

jícama

leeks

lemon

lime

lovage

mangoes

mayonnaise

miso

mushrooms

mustard

nori

oil

olives

onions

oranges

**parsley**

pears

pecans

pepper

pistachios

pomegranates

potatoes, esp. new

raisins

caesar salad dressings

vinaigrette salad dressings

salad dressings

caesar salads

chopped salads

greek salads

green salads

salads

salt

*sandwiches*

**scallions**

seeds

shallots

shiso

soy sauce

sprouts

tahini

tamari

**tarragon**

tempeh

thyme

tofu

**TOMATOES**

sun-dried tomatoes

umeboshi paste

vinegar

**walnuts**

watercress

**Worcestershire sauce, vegetarian**

**yogurt**

LIMES (e.g., JUICE, ZEST)

almonds

apples

apricots

arugula

**AVOCADOS**

pies baked goods

tarts baked goods

baked goods

bananas

basil

bell peppers

berries

limeade beverages

margaritas beverages

mojitos beverages

beverages

broccoli

caramel

carrots

chiles

chili powder

**CILANTRO**

**COCONUT**

**COCONUT MILK**

coriander

**corn**

cucumbers

**cumin**

margaritas drinks

drinks

**fruits, esp. tropical**

*garlic*

**ginger**

**graham crackers**

grapes

***guacamole***

guavas

hoisin

*Indian cuisine*

**jícama**

lemon

lemongrass

lettuces

lychees

**mangoes**

***marinades***

mayonnaise

melon

***Mexican cuisine***

**mint**

mushrooms

mustard powder

asian noodles

rice noodles

noodles

nuts

oil

onions

orange

*Pacific Rim cuisines*

**papayas**

peanuts

pears

*pies*

pomegranates

rice puddings

puddings

quinoa

**raspberries**

***rice***

rosemary

rum

***salad dressings***

fruit salads

salads

***salsas***

ponzu sauces

sauces

scallions

sesame

shallots

noodle soups

thai soups

soups

*Southeast Asian cuisines*

soy sauce

squash, butternut

sugar

tapioca

tarragon

*tarts*

tequila

*Thai cuisine*

tofu

tomatillos

**tomatoes**

*Vietnamese cuisine*

vinegar

watermelon

yogurt

LIQUID SMOKE

***baked beans***

beans

cabbage

*casseroles*

*chili, vegetarian*

*dips*

*gravies*

greens

mushrooms

oil, olive

potatoes

barbecue sauces

sauces

seitan

bean soups

split pea soups

soups

soy sauce

*stews*

stock, vegetable

tempeh

*sausage*

tofu

*veggie burgers*

LOTUS ROOT

avocado

bean sprouts

beans

bell peppers

broccoli

cherries

chiles

***Chinese cuisine***

*chips*

cilantro

citrus

cloves

fruit compotes

compotes

cucumbers

*curries*

fennel seeds

garlic

**ginger**

*Indian cuisine*

*Japanese cuisine*

leeks

lemon

lemongrass

lettuce

lime

lychees

*macrobiotic cuisine*

mangoes

miso

mushrooms, esp. Asian

rice noodles, asian

noodles, asian

oil

okra

onions

orange

*pickles*

pumpkin

radishes

rice

*rice, fried*

saffron

***salads***

salt, sea

**sesame oil**

**snow peas**

asian soups

soups

*Southeast Asian cuisine*

**soy sauce**

***stews***

***STIR-FRIES***

stock, vegetable

sugar

sugar snap peas

sunchokes

tamari

*tempura*

tofu

turmeric

vegetables, root

vinegar

water chestnuts

watercress

wine, rice

LOVAGE

apples

breads baked goods

pastries baked goods

baked goods

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

lettuce

marjoram

mint

mushrooms

mustard

nettles, stinging

oil, olive

onions

oregano

parsley

*pesto*

pine nuts

mashed potatoes

potatoes

radishes

rice

carrot salads

egg salads

green salads

salads

tea sandwiches

sandwiches

tomato sauces

sauces

sorrel

lentil soups

tomato soups

soups

spinach

***stews***

stock, vegetable

*stuffings*

sugar snap peas

*“tabbouleh”*

tarragon

thyme

**tomatoes**

**tomato juice**

**turnips**

vegetables, esp. root

vinegar

zucchini

LYCHEES

almonds

bell peppers

berries

cherries

chiles

*Chinese cuisine*

chocolate, white

cilantro

**coconut**

**coconut milk**

fruit tarts desserts

desserts

cocktails drinks

drinks

garlic

gin

**ginger**

grapefruit

*ice cream*

jícama

kiwi

lemon

lemongrass

lime

mango

melon

mint

nectarines

nuts

onions

oranges

passion fruit

peaches

pears

**pineapple**

plums

bread puddings

rice puddings

puddings

rice

rose water

**rum**

sake

***salads, fruit***

*salsas*, *fruit*

sugar

vanilla

vodka

wine

yogurt

# M

MACA, MACA POWDER, or MACA ROOT

**bananas**

berries

chocolate truffles candy

candy

oatmeal cereals, hot breakfast

cereals, hot breakfast

chia seeds

**chocolate**

**cacao nibs**

cinnamon

coconut

coconut water

coffee, espresso

dates

puddings desserts

desserts

coffee-based drinks

drinks

fruit, esp. tropical

maple syrup

milk

nuts, nut butters, nut milks

orange

*pancakes*

*waffles*

***smoothies***

vanilla

MACE

apples

cakes baked goods

cookies baked goods

muffins baked goods

pies baked goods

baked goods

carrots

cherries

**chocolate**

*chocolate, hot*

*chutneys*

**milk**

*custards*

***doughnuts***

eggnog drinks

hot chocolate drinks

drinks

fruits

*hot dogs, vegetarian*

ice cream

lemon

maple syrup

nutmeg

nuts

oats

orange

*puddings*

pumpkin

*purees, vegetable*

raisins

rhubarb

*salads, fruit*

béchamel sauces

cream sauces

onion sauces

sauces

clear soups

cream soups

soups

*stuffings*

sugar

sweet potatoes

vanilla

vegetables

walnuts

wine

MAMEY (aka MAMEY APPLE or MAMEY SAPOTE)

breads baked goods

cakes baked goods

muffins baked goods

pies baked goods

tarts baked goods

baked goods

*beverages*

*Central American cuisines*

citrus

cloves

*coulis*

*Cuban cuisine*

custards desserts

mousses desserts

puddings desserts

desserts

ginger

greens, salad

*ice creams*

*sorbets*

*Mexican cuisine*

milk

*milkshakes*

nutmeg

sake

fruit salads

salads

*smoothies*

sugar

vanilla

*West Indies cuisine*

MANGOES

**almonds**

**almond milk**

arugula

**avocados**

**bananas**

basil, Thai

beans

bell peppers

berries

juices beverages

lassis beverages

punch beverages

beverages

cardamom

cashews

cayenne

chayote

chickpeas

chiles

chocolate, white

***chutneys***

**CILANTRO**

cinnamon

cloves

**COCONUT**

**coconut milk**

coriander

corn

*coulis*

*crepes*

cucumbers

cumin

*curry*

cheesecake desserts

desserts

endive

fennel

fenugreek

**garlic**

**GINGER**

ginkgo nuts

*Indian cuisine*

**jícama**

Kaffir lime leaf

kiwi

***lassis***

lavender

lemon

lettuce

lime

lime, Kaffir

liqueurs

melon

*Mexican cuisine*

milk, coconut

**MINT**

nectarines

noodles, asian

nuts

oil

onions

**oranges**

mandarin oranges

oregano

**PAPAYAS**

paprika, smoked

parsley

**passion fruit**

peaches

peanuts

pears

**pineapple**

plantains

*puddings*

quinoa

rhubarb

rice

**rum**

asian noodle salads

fruit salads

green salads

pasta salads

rice salads

salads

***SALSAS***

salt

*sauces*

scallions

seaweed

seeds sesame

sesame

shallots

***smoothies***

snow peas

***SORBETS***

fruit soups

soups

spinach

star anise

*stir-fries*

sugar

sweet potatoes

tamarind

**tapioca**

*tarts*

tempeh

tofu

tomatillos

**tomatoes**

whole-grain tortillas

tortillas

tropical fruits

vanilla

vinegar

wine

**yogurt**

yuzu

MANGOES, GREEN (see also MANGOES)

*Caribbean cuisines*

chiles

*chutneys*

cilantro

*curries*

*Filipino cuisine*

ginger

lime

mint

oil

onions

*pickles*

*relishes*

*salads*

sesame seeds

sugar

*Thai cuisine*

MAPLE SYRUP

allspice

**apples**

artichokes, Jerusalem

*baked goods*

**bananas**

beans, dried

berries

bourbon

french toast breakfast dishes

pancakes breakfast dishes

waffles breakfast dishes

breakfast dishes

Brussels sprouts

cardamom

carrots

chiles

**cinnamon**

citrus

cloves

*cookies*

corn

cornmeal

cranberries

figs

**ginger**

*glazes*

***granola***

lemon

mascarpone

miso

mustard

nutmeg

nuts

**oats**

**oatmeal**

oranges

**pancakes**

peaches

**pears**

maple pies

pumpkin pies

pies

poppy seeds

*porridges*

**pumpkin**

pumpkin seeds

raisins

rice

rum

rutabagas

seeds, sesame

squash, winter

sugar

sweet potatoes

turnips

**vanilla**

**waffles**

MARJORAM

artichokes

**basil**

bay leaf

beans

beets

bell peppers

*bouquets garnis*

cabbage

capers

carrots

cauliflower

chiles

**corn**

cumin

**eggplant**

*European cuisines*

fennel seeds

fiddlehead ferns

*fines herbes*

*French cuisine*

**garlic**

*Greek cuisine*

greens

*grilled dishes*

*Italian cuisine*

**lemon**

*marinades*

***MEDITERRANEAN CUISINES***

mushrooms

nuts

oil

olives

**onions**

orange

**oregano**

paprika

**parsley**

parsnips

***pastas***

pine nuts

*pizzas*

*Portuguese cuisine*

potatoes

*ratatouille*

**rice**

risotto

**rosemary**

***salad dressings***

bean salads

green salads

pasta salads

tomato salads

salads

barbecue sauces

butter sauces

marjoram sauces

mushroom sauces

pasta sauces

tomato sauces

sauces

bean soups

onion soups

tomato soups

vegetable soups

soups

*spreads*

squash

*stews*

***stuffings***

sugar snap peas

tarragon

**thyme**

**TOMATOES**

**tomato sauces**

vinegar

walnuts

wine

MATCHA POWDER

agave nectar

avocado

cakes baked goods

cookies baked goods

baked goods

bananas

berries

lattes beverages

beverages

cocoa

coconut water

puddings desserts

desserts

ginger

*ice creams*

mangoes

milk, nondairy

pineapple

quinoa

*salad dressings*

***smoothies***

***TEAS***

VEGAN MAYONNAISE

beans

bell peppers

capers

carrots

chiles

corn

garlic

herbs

lemon

mustard

orange

pickles

potatoes

blue cheese salad dressings

ranch salad dressings

salad dressings

egg salads

pasta salads

potato salads

vegetable salads

salads

***sandwiches***

*sauces*

scallions

cole slaws

slaws

spices

*veggie burgers*

MELON—IN GENERAL, or MIXED (see also MELON, CANTALOUPE; MELON, HONEYDEW; WATERMELON; etc.)

arugula

bananas

basil

bell peppers

berries

chiles

cilantro

**coconut**

**coconut milk**

cucumber

*desserts*

garlic

**GINGER**

*granitas*

**grapes**

**LEMON**

lemongrass

**LIME**

**mint**

onions

**oranges**

**pears**

pepper

**rum**

fruit salads

salads

*salsas*

*soups, fruit*

Thai basil

tomatoes

**vanilla**

wine

wine, sweet

yogurt

MELON, BITTER

***Asian cuisines***

beans

*Cambodian cuisine*

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

**onions**

*pickles*

pomegranate seeds

poppy seeds

potatoes

rice

salt

seeds sesame

sesame

*sorbets*

*soups*

soy sauce

squash

***stir-fries***

***stuffed bitter melon***

sugar

tofu

tomatoes

turmeric

vinegar

yogurt

MELON, CANTALOUPE

agave nectar

**basil**

berries

chiles

cilantro

cinnamon

citrus

cucumber

dates

figs

garlic

**GINGER**

*ices*

*granitas*

lemongrass

mango

maple syrup

melon, other

**MINT**

nectarines

nut butter

nutmeg

**oil, olive**

onions, red

**papaya**

peaches

pepper

raisins

**raspberries**

rice, brown

fruit salads

salads

*salsas*

salt

*sorbets*

sorrel

***SOUPS, FRUIT***

vanilla

vinegar

watermelon

wine

**YOGURT**

MELON, HONEYDEW

arugula

**basil**

berries

fruit punch beverages

beverages

cayenne

cinnamon

cucumbers

**GINGER**

kiwi

lemon

lemongrass

**LIME**

maple syrup

melon, other

**MINT**

papaya

pepper

pomegranates

fruit salads

salads

*salsas*

salt

*skewers, fruit*

*smoothies*

*sorbets*

***SOUPS, FRUIT***

sugar

tofu

vanilla

vinegar, esp. fruit

wine

yogurt

MELON, WINTER

bamboo shoots

chili powder

*Chinese cuisine*

cilantro

**coconut milk**

garlic

ginger

Kaffir lime

lemongrass

mushrooms

scallions

shallots

chinese soups

winter melon soups

soups

*stews*

*stir-fries*

MEXICAN CUISINE

achiote

avocados

bay leaf

**BEANS**, esp. black, pinto, red

*burritos*

canela

*chalupas*

chayote

*chilaquiles*

chiles

chili powder

chocolate, Mexican

**cilantro**

cinnamon

citrus

cloves

**CORN**

crema

**cumin**

*enchiladas*

epazote

*fried dishes*

**garlic**

*gorditas*

***guacamole***

lemon

lime

masa harina, i.e., ground corn dough

milk, condensed

**nuts**

onions

orange, esp. bitter

**oregano, Mexican**

potatoes

*quesadillas*

*refried beans*

rice

saffron

***salsas***

scallions

seeds

tortilla soups

soups

**SQUASH**

*tacos*

*tamales*

tomatoes

corn tortillas

tortillas

*tostadas*

vanilla

vegetables

vinegar

wheat

MIDDLE EASTERN CUISINES

beans

bulgur wheat

chickpeas

cinnamon

cloves

coriander

couscous

cumin

dill

eggplant

*falafel*

fruits

garlic

ginger

*hummus*

lemon

lentils

mint

nutmeg

nuts

oil, olive

olives

onions

oregano

parsley

pepper, black

pita

pomegranates

poppy seeds

raisins

ras el hanout

rice

*roasted dishes*

seeds sesame

sesame

**sumac**

tomatoes

**yogurt**

za’atar

MILK, ALMOND

agave nectar

breads baked goods

cakes baked goods

cookies baked goods

muffins baked goods

baked goods

**cacao**

***cereals****, breakfast*

cinnamon

coffee

***desserts, esp. creamy***

***dressings***

***drinks, creamy***

*French toast*

fruit

mango

mint

nutmeg

oats

oatmeal

*puddings*

raspberries

dessert sauces

sauces

***smoothies***

**vanilla**

MILK, COCONUT

agar-agar

agave nectar

***Asian cuisines***

***baked goods***

bananas

basil

beans

*beverages*

brandy

broccoli

*Caribbean cuisines*

carrots

cashews

**cauliflower**

chard

chickpeas

chocolate

coconut

coconut oil

corn

thai curries

curries

*custards*

***DESSERTS***

eggplant

espresso

galangal

garlic

greens

*Hawaiian cuisine*

***ICE CREAMS***

***Indian cuisine***

Kaffir lime leaf

kuzu

*Latin American cuisines*

leeks

**lemongrass**

lentils

**limes**

**key limes**

mangoes

mushrooms

rice noodles, asian

noodles, asian

onions

passion fruit

**peanuts**

peas

pineapple

plantains

**potatoes**

pumpkin puddings

rice puddings

puddings

pumpkin

pumpkin seeds

rice

*salad dressings*

***sauces***

sesame seeds

*smoothies*

***sorbets***

bisque soups

carrot soups

mushroom soups

pea soups

potato soups

tomato soups

soups

**spinach**

squash, winter

indian stews

stews

sugar

sugar snap peas

**sweet potatoes**

**tapioca, pearl**

tempeh

Thai basil

***THAI CUISINE***

tofu

vanilla

“*whipped cream”*

zucchini

MILK, HEMP

agave nectar

cakes baked goods

muffins baked goods

baked goods

pancakes breakfast dishes

waffles breakfast dishes

breakfast dishes

brown rice syrup

cashews

*casseroles*

ranola cereals, breakfast

oatmeal cereals, breakfast

cereals, breakfast

chocolate

**coffee**

dates

*dips*

ice cream

***lattes***

maple syrup

chia seed puddings

puddings

*smoothies*

mushroom soups

soups

vanilla

MILK, RICE

breads baked goods

cakes baked goods

cookies baked goods

muffins baked goods

baked goods

bananas

cinnamon

creamy (e.g. desserts

custards) desserts

desserts

*horchata*

*“ice cream”*

*Latin American cuisine*

*Mexican cuisine*

mac-n-cheese pastas

pastas

banana puddings

rice puddings

puddings

raisins

béchamel sauces

sauces

*smoothies*

sugar

vanilla

MILK, SOY

breads baked goods

cakes baked goods

cookies baked goods

muffins baked goods

baked goods

banana

chocolate

coffee

cappuccinos coffee drinks

lattes coffee drinks

coffee drinks

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

gelatin

lime

mangoes

*mashed potatoes*

*puddings*

raspberries

*salad dressings*

creamy sauces

pasta sauces

sauces

*smoothies*

tofu

**vanilla**

MILLET

***(NORTH) AFRICAN CUISINES***

**almonds**

amaranth

apples

apricots

arugula

*Asian cuisines*

avocado

breads baked goods

muffins baked goods

baked goods

basil

pancake batters

waffle batters

batters

bay leaf

beans

beets

**bell peppers, red**

berries

*“bowls”*

broccoli

**burdock**

cabbage

cardamom

**CARROTS**

*casseroles*

**CAULIFLOWER**

celery

celery root

***CEREALS, HOT BREAKFAST***

**chard**

cherries

chervil

chickpeas

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

bulgur grains, other

quinoa grains, other

rice grains, other

grains, other

*granola*

greens

***(East) Indian cuisine***

leeks

lemon

lentils

lime

mango

maple syrup

milk

*millet cakes*

mint

*muffins*

mushrooms

nuts

oats

oils

onions

**orange**

**oregano**

**PARSLEY**

parsnips

peaches

peas

pepper, black

***PILAFS***

***“POLENTAS”***

***porridges***

*puddings*

**pumpkin**

raisins

raspberries

rice

*“risottos”*

rosemary

saffron

fruit salads

green salads

salads

**salt, sea**

“sloppy joes” sandwiches

sandwiches

scallions

seeds

seeds sesame

sesame

shallots

***SOUPS***

sour cream

soy sauce

squash

***stews*** *(e.g., to thicken)*

*stir-fries*

vegetable stock

stock

artichokes or onions stuffed mushrooms or vegetables

stuffed mushrooms or vegetables

*stuffings*

sweet potatoes

*“tabbouleh”*

tamari

tarragon

tempeh

thyme

tomatillos

tomatoes, sun-dried

**TOMATOES**

**tomato paste**

**tomato sauce**

turmeric

turnips

vanilla

sautéed vegetables

vegetables

***veggie burgers***

vinegar

walnuts

watercress

yams

yogurt

zucchini

MINT (typically SPEARMINT)

almonds

apples

artichokes

*Asian cuisines*

barley

**basil**

beans

bell peppers

berries

juleps beverages

lassis beverages

lemonades beverages

mojitos beverages

teas beverages

beverages

bourbon

Brussels sprouts

cabbage

cardamom

**CARROTS**

cashews

**chickpeas**

chiles

chives

dark chocolate

chocolate

***chutneys***

**cilantro**

citrus

**coconut**

**coconut milk**

coriander

couscous

\***CUCUMBERS**

*curries*

***desserts***

dill

**eggplant**

endive

falafel

figs

frisée

fruits

**garlic**

gin

ginger

**grains**

grapefruit

grapes

grape juice

*ice cream*

*Indian cuisine*

jícama

kale

**LEMON**

**lemongrass**

lentils

lettuce

**LIME**

lovage

lychees

mangoes

*Mediterranean cuisines*

melon

*Middle Eastern cuisine*

millet

*mojitos*

*Moroccan cuisine*

mushrooms, portobello

**noodles, Asian**, esp. rice

olives

**onions**

oranges

orange juice

papaya

**parsley**

pasta

**peaches**

pears

**PEAS**

*“pestos”*

*pilafs*

pineapple

pine nuts

pistachios

potatoes

quinoa

*raitas*

**RICE**

*risotto*

rum

bean salads

fruit salads

grain salads

green salads

thai salads

vegetable salads

salads

***salsas***

“chimichurri” sauces

sauces

scallions

shallots

shoots, bean

*soups*

*Southeast Asian cuisines*

spinach

squash

grain stuffings

stuffings

sugar

***TABBOULEH***

green teas

mint teas

moroccan teas

teas

**TOMATOES**

vegetables

*Vietnamese cuisine*

vinegar

watermelon

wheat berries

**YOGURT**

**zucchini**

MIRIN

***Asian cuisines***

carrots

daikon

garlic

ginger

hiziki

***JAPANESE CUISINE***

*macrobiotic cuisine*

***marinades***

miso

sake

*salad dressings*

dipping sauces

teriyaki sauces

sauces

sesame oil

*soups*

**SOY SAUCE**

*stews*

*stir-fries*

sugar

tofu

vegetables, esp. sweet

vinegar, rice

MISO—IN GENERAL (or MIXED MISOS), ORGANIC

asparagus

avocado

beans

bok choy

Brussels sprouts

burdock

cabbage

**CARROTS**

chives

**cilantro**

daikon

dashi

bean dips

dips

*dressings*

dulse

edamame

eggplant

garlic

**GINGER**

*glazes*

*gravies*

greens

hoisin

***JAPANESE CUISINE***

kombu

leeks

lemon

lemongrass

lotus root

*macrobiotic cuisine*

maple syrup

\****MARINADES***

melon, bitter

millet

mint

mirin

mushrooms

mustard

rice noodles, asian

noodles, asian

nori

oil

onions

orange

parsley

parsnips

peas

*“pestos”*

potatoes

pumpkin

radishes

rice

sake

***SALAD DRESSINGS***

***SAUCES***

**SCALLIONS**

sea vegetables

seeds sesame

sesame

shiso

snow peas

kale soups

miso soups

soups

soybeans

soy sauce

**spinach**

*spreads*

**sprouts, bean**

squash

*stews*

*stir-fries*

*stock, vegetable*

sweet potatoes

tahini

tamari

**TOFU**

tomatoes

turnips

vegetables

vinegar

**WAKAME**

walnuts

**watercress**

MISO, BROWN

basil

beer

garlic

***GRAVIES***

mushrooms

oil, grapeseed

onions

*soups*

tamari

thyme

tofu

tomato paste

wine, dry

MISO, DARK

beans

brown rice syrup

burdock

carrots

*casseroles*

*chili, vegetarian*

daikon

**ginger**

*gravies*

lentils

***marinades***

mirin

mustard

nuts

onions

parsley

red wine sauces

tomato sauces

sauces

sesame paste

carrot soups

dark or mixed miso soups

vegetable (esp. winter) soups

soups

squash, winter

vegetable stews

stews

with root vegetables stir-fries

stir-fries

tofu

tomatoes

tomato sauce

vegetables, root

vinegar, rice

MISO, LIGHT (aka SWEET MISO)

almonds

avocados

beans

chickpeas

corn

dill

bean dips

dips

garlic

ginger

*gravies*

*“hummus”*

lemon

***marinades***

mirin

oil

orange

parsley

mashed potatoes

potatoes

sake

***salad dressings***

***sauces***

sea vegetables

seeds sesame

sesame

“creamy” soups

soups

***spreads***

tofu

**vinegar, rice wine**

wine, rice

MISO, RED

basil

beer

daikon

dashi

eggplant

garlic

ginger

*glazes*

***gravies***

*heartier dishes*

leeks

lemon

***marinades***

mirin

mushrooms

oil, grapeseed

onions

parsley

sake

scallions

sea vegetables

seeds sesame

sesame

richer soups

soups

sprouts, bean

*stews*

tahini

tamari

thyme

tofu

tomato paste

wine, dry

yuzu

MISO, WHITE (see also MISO, LIGHT)

almonds

almond butter

carrots

bean dips

dips

*marinades*

mushrooms

mustard

oil

peanuts

peanut butter

potatoes

*mashed potatoes*

***SALAD DRESSINGS***

***SAUCES****, light*-*colored*

*scrambles, i.e., tofu*

seeds sesame

sesame

miso soups

soups

*stir-fries*

tahini

tofu

vinegar

MISO, YELLOW (see also MISO, LIGHT)

*glazes*

***marinades***

***salad dressings***

*sauces*

***SOUPS****, miso*

tofu

MOLASSES

*baked beans*

breads baked goods

cookies baked goods

gingerbread baked goods

baked goods

blueberries

hot breakfast cereals

cereals

chili pepper flakes

**cinnamon**

cloves

coffee

garlic

**GINGER**

*glazes*

grains

lemon

milk

**nutmeg**

**oatmeal**

orange

pears

barbecue sauces

thai barbecue sauces

sauces

*smoothies*

squash, winter

**sweet potatoes**

tempeh

tofu

**vanilla**

walnuts

MOROCCAN CUISINE

almonds

apricots

bell peppers

carrots

cayenne

*chermoula*

chickpeas

chiles

cilantro

cinnamon

coriander

***couscous***

cucumbers

cumin

dates

figs

fruits

garlic

ginger

harissa

lemons

nuts

oil, olive

olives

onions

oranges

paprika

parsley

pepper

pine nuts

pistachios

raisins

**ras el hanout**

saffron

carrot salads

salads

sesame seeds

carrot stews, aka tagines, vegetarian

chickpea stews, aka tagines, vegetarian

root vegetable stews, aka tagines, vegetarian

stews, aka tagines, vegetarian

sugar

tomatoes

turmeric

MUSHROOMS—IN GENERAL

**almonds**

artichokes

**arugula**

asparagus

avocado

bamboo shoots

**BARLEY**

**basil**

bay leaf

beans

bok choy

bread crumbs

*bread pudding, savory*

Brussels sprouts

cardamom

carrots

*casseroles*

cayenne

celery

chard

**chervil**

chickpeas

chiles

**CHIVES**

**cilantro**

cinnamon

**coriander**

cornmeal

cornstarch

*crepes*

cumin

*Czech cuisine*

daikon

dashi

dill

eggplant

endives

farro

fennel

\***GARLIC**

**ginger**

grains, whole

mushroom gravies

gravies

kale

**leeks**

lemon

lemongrass

**MARJORAM**

**mascarpone**

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

*nuts*

milk

millet

**mint**

mirin

mizuna

**mushrooms, other**

**mustard**

rice noodles

noodles

**nutmeg**

nuts

oil

olives

onions

orange

**oregano**

paprika

**PARSLEY**

pappardelle pastas

ravioli pastas

pastas

*pâtés*

**peas**

pepper

phyllo dough, whole-wheat

***PIZZA***

**POLENTA**

**POTATOES**

quinoa

**rice**

wild rice

*risottos*

**ROSEMARY**

sage

***salads***

salt

mushroom sauces

sauces

sauerkraut

savory

**scallions**

seeds sesame

sesame

**SHALLOTS**

sorrel

mushroom soups

vegetable soups

soups

sour cream

**spinach**

sprouts

squash

mushroom stock

vegetable stock

stock

***stuffed mushrooms***

*stuffings*

tahini

**TARRAGON**

**THYME**

tofu

**tomatoes**

turmeric

*veggie burgers*

vinegar

watercress

wine

*won tons*

yogurt

zucchini

MUSHROOMS, BLACK TRUMPET

artichokes

*casseroles*

garlic

horseradish

onions

parsley

*pastas*

*pizzas*

potatoes

rice

sage

bean salads

salads

creamy sauces

sauces

seitan

shallots

butternut squash soups

soups

squash

*stir-fries*

stock, vegetable

thyme

wine

MUSHROOMS, BUTTON (aka WHITE MUSHROOMS)

barley

buckwheat

chile pepper flakes

cilantro

coconut milk

*curries*

fennel

garlic

lemon

miso

mushrooms, other

noodles

oil, olive

olives

**paprika**

parsley

rice, wild

green salads

mushroom salads

salads

mushroom sauces

sauces

scallions

***soups***

sour cream

*stews*

mushroom stock

stock

*stuffed mushrooms*

tamari

yogurt

MUSHROOMS, CHANTERELLE

beans

bread or toast

buckwheat

celery root

chestnuts

**corn**

fiddlehead ferns

**GARLIC**

**black garlic**

*gravies*

hazelnuts

herbs

leeks

**lemon**

mascarpone

millet

mushrooms, other

mustard

oils

onions

oranges

orange liqueur

**parsley**

***pastas***

pepper

polenta

ramps

rice

***risottos***

rosemary

*salads*

salt

white sauces

sauces

**SHALLOTS**

*soups*

squash

*stews*

*stir-fries*

mushroom stock

vegetable stock

stock

tamari

tarragon

tempeh

**thyme**

vinegar

wine, dry white

wine, fortified

MUSHROOMS, CHICKEN OF THE WOODS

carrots

celery root

garlic

greens, salad

lemon

mushrooms, other

noodles

nuts

onions

orange

parsley

*pastas*

pepper

polenta

rice

*risottos*

rosemary

salt

pasta sauces

teriyaki sauces

sauces

shallots

stock, mushroom

tarragon

thyme

wine

MUSHROOMS, CREMINI (aka CRIMINI or ITALIAN BROWN MUSHROOMS)

allspice

barley

bay leaf

beans, green

beans, white

chili pepper flakes

chives

cloves

**garlic**

mushroom gravies

gravies

hazelnuts

*Italian cuisine*

lemon

lentils, French

maple syrup

marjoram

milk

mushrooms, other

oil, nut

**oil, olive**

**onions**

oregano

parsley

lasagna pastas

ravioli pastas

pastas

walnut-mushroom pâtés

pâtés

peas

**pepper, black**

***pizzas***

polenta

**quinoa**

**rosemary**

sage

salt

mushroom sauces

tomato sauces

sauces

**shallots**

mushroom barley soups

soups

**soy sauce**

**spinach**

bean stews

stews

*stir-fries*

mushroom stock

vegetable stock

stock

***stuffed mushrooms***

for ravioli stuffings

stuffings

sweet potatoes

**tarragon**

**THYME**

tofu

**tomatoes**

**tomato sauce**

*veggie burgers*

vinegar

walnuts

wine

zucchini

MUSHROOMS, ENOKI (aka ENOKITAKE)

apples

*Asian cuisines*

basil

Thai basil

beans, long

bell peppers

carrots

cayenne

chives

**cucumbers**

dill

**garlic**

**ginger**

hoisin

***JAPANESE CUISINE***

lemon

lemongrass

**miso**

mushrooms, other

oil, olive

pepper

radishes

***SALADS***

salt

***sandwiches***

*sauces*

**scallions**

shallots

*slaws*

clear soups

miso soups

soups

**SOY SAUCE**

*spring rolls*

***stir-fries***

stock, vegetable

*sushi*

tamari

tofu

vinegar

**watercress**

MUSHROOMS, HEDGEHOG

*casseroles*

garlic

lemon

mascarpone

orange

parsley

fettuccine pastas

pastas

pepper, black

*pizzas*

potatoes

shallots

wine

MUSHROOMS, HEN OF THE WOODS (aka MAITAKE MUSHROOMS)

breadcrumbs

*bruschettas*

celery root

chiles

*Chinese cuisine*

cilantro

cornmeal

dashi

fiddlehead ferns

**garlic**

grains

*gravies*

herbs

horseradish

hot sauce

*Japanese cuisine*

leeks

**lemon juice**

lentils

lime juice

Madeira

mascarpone

**miso, white**

mushrooms, other

mustard

soba noodles

noodles

oil

onions

spring onions

orange

**PARSLEY**

*pastas*

*pâtés, mushroom*

**PEPPER, BLACK**

*pizzas*

polenta

**RICE**

*salads*

salt

pasta sauces

sauces

scallions

seeds sesame

sesame

shallots

***SOUPS***

**soy sauce**

**spinach**

*stews*

*stir-fries*

mushroom stock

vegetable stock

stock

sweet potatoes

**tamari**

thyme

vinegar

walnuts

wine

Worcestershire sauce, vegetarian

MUSHROOMS, LOBSTER

**corn**

dill

garlic

ginger

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

apples

*Asian cuisines*

asparagus

bay leaf

bok choy

cabbage

carrots

celery

celery root

chervil

chiles

**chives**

cloves

*custards*

**DASHI**

frisée

garlic

ginger

*gohan*

***JAPANESE CUISINE***

Kaffir lime

leeks

lemon

mâche

mirin

miso

mizuna noodles, buckwheat

oil, olive

onions, white

orange

pepper

pine nuts

rice

rosemary

sake

salt

scallions

**shallots**

*soups*

soy sauce

*stir-fries*

sugar

*sukiyaki*

tamari

**thyme**

vinegar, rice wine

wine, dry white

MUSHROOMS, MOREL

artichokes, Jerusalem

asparagus

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, olive**

onions

**parsley**

gnocchi pastas

pastas

**peas**

pepper

**potatoes**

rice

*risottos*

rosemary

saffron

**salt**

creamy sauces

sauces

**SHALLOTS**

sour cream

spinach

*stews*

mushroom stock

vegetable stock

stock

tarragon

**thyme**

tomatoes

vinegar

watercress

wine

MUSHROOMS, OYSTER

artichokes (including Jerusalem)

arugula

***Asian cuisines***

**asparagus**

basil

bay leaf

**beans, black**

beans, fermented black

beans, green

bread crumbs

cabbage

**carrots**

**celery**

**celery root**

chervil

chiles

*Chinese cuisine*

chives

*chowders*

cider

cilantro

cinnamon

coconut

coconut milk

coriander

cornmeal

*crepes*

cumin

green curries

curries

dashi

dill

eggplant

**fennel**

**GARLIC**

**ginger**

*gratins*

greens

horseradish

*Japanese cuisine*

kale

*Korean cuisine*

leeks

lemon

lemongrass

lettuce

lime

**mint**

mirin

mushrooms, other

mustard, Dijon

rice noodles

soba noodles

noodles

nutmeg

nuts

oil

onions

oranges

orange juice

*panko*

**PARSLEY**

parsnips

fettuccine pasta

linguini pasta

pappardelle pasta

ravioli pasta

tagliatelle pasta

pasta

pesto

*pizza*

polenta

**potatoes**

radicchio

rice

rosemary

sage

sake

warm salads

salads

salsify

cream sauces

white sauces

sauces

scallions

seitan

**SHALLOTS**

***SOUPS, BISQUES***

mushroom chowders

chowders

sour cream

soy sauce

**spinach**

squash

*stews*

***stir-fries***

mushroom stock

vegetable stock

stock

sumac

tamarind

tarragon

*tarts*

*tempura*

*teriyaki*

**THYME**

**TOFU**

tomatoes

**vegetables**

vinegar

wine

za’atar

zucchini

MUSHROOMS, POM POM

mushrooms, other

oil, olive

onions

parsley

*pastas*

pepper, black

salt, sea

*sauces*

*stews*

mushroom stock

vegetable stock

stock

tarragon

tomatoes

MUSHROOMS, PORCINI (aka BOLETES or CÈPES; see also MUSHROOMS, WILD)

almonds

artichokes

asparagus

**BARLEY**

basil

bay leaf

bread crumbs

*bruschetta*

*carpaccio, mushroom*

carrots

*casseroles*

chard

chickpeas

chives

cloves

corn

*crostini*

dill

bread dumplings

dumplings

eggplant

endive, Belgian

escarole

figs

*French cuisine*

**GARLIC**

grains

*gravies*

greens, bitter

***Italian cuisine***

leeks

lemon

marjoram

mint

mushrooms, other

oil

onions

palm, hearts of

**PARSLEY**

fettuccine pastas

gnocchi pastas

lasagna pastas

pastas

peanuts

peas

pepper

phyllo dough, whole-wheat

*pilafs*

pine nuts

**polenta**

potatoes

pumpkin

quinoa

rice

***RISOTTOS***

rosemary

sage

*salads*

salt

mushroom sauces

tomato sauces

sauces

savory

**shallots**

***SOUPS***

spinach

squash

***stews***

mushroom stocks

vegetable stocks

stocks

*stuffed peppers or zucchini*

***stuffings***

*tarts*

tempeh

**thyme**

**tomatoes**

**tomato paste**

**truffles, white**

vinegar

wine

MUSHROOMS, PORTOBELLO

almonds

**ARUGULA**

asparagus

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

barley

**basil**

beans

bell peppers

breadcrumbs

broccoli

*bruschetta*

buns

cayenne

celery

celery leaves

chard, Swiss

chervil

chickpeas

chiles

chives

cilantro

couscous

*crepes*

dill

eggplant

endive, Belgian

escarole

*fajitas*

fennel

focaccia

**GARLIC**

ginger

mushroom gravies

gravies

greens

hazelnuts

herbs

*Italian cuisine*

leeks

lemon

mâche

marjoram

millet

mint

*mousses*

mushrooms, other

mustard

oil

onions

orange

oregano

paprika, smoked

**parsley**

parsnips

fettuccine pasta

lasagna pasta

penne pasta

pasta

mushroom pâtés

vegetable pâtés

pâtés

pears

**pepper, black**

**PESTO**

pine nuts

pistachios

*pizza*

**polenta**

potatoes

*quesadillas*

rice

**rosemary**

mushroom salads

salads

**salt, sea**

“french dip,” panini sandwiches

wraps sandwiches

sandwiches

*sauces*

scallions

seeds sesame

sesame

**shallots**

*soups*

**soy sauce**

**SPINACH**

squash, summer

squash, winter

*“steaks,” mushroom*

*stews*

*stir-fries*

mushroom stock

vegetable stock

stock

***STUFFED MUSHROOMS***

*tacos*

tamari

tarragon

**thyme**

tofu

**tomatoes**

**tomato paste**

**TOMATOES, SUN-DRIED**

**tortillas**

**“*veggie burgers”***

vinegar

walnuts

**watercress**

wine

zucchini

MUSHROOMS, SHIITAKE—DRIED and FRESH

arame

artichoke hearts

arugula

***(EAST) ASIAN CUISINES***

asparagus

avocado

bamboo shoots

basil

**Thai basil**

bay leaf

beans

beer

ale

bell peppers

bok choy

brandy

broccoli

*burritos*

cabbage

**carrots**

*casseroles*

cayenne

**celery**

chard

chiles

***Chinese cuisine***

**chives**

coconut milk

daikon

dashi

asian dumplings

dumplings

**eggplant**

escarole

**GARLIC**

**GINGER**

buckwheat grains

grains

**barley**, quinoa, **rice**, wild rice

*gravies*

greens

hazelnuts

***JAPANESE CUISINE***

Kaffir lime leaves

kale

kombu

***Korean cuisine***

leeks

lemon

lemongrass

lettuce

lime

*macrobiotic cuisine*

marjoram

milk, dairy or nondairy

mirin

**MISO**

mushrooms, other

noodles, asian

*nori rolls (i.e., vegetarian sushi)*

nuts

oil

onions

**parsley**

fettuccine pastas

linguini pastas

pastas

*pâtés, mushroom*

**pepper, black**

*pizza*

polenta

*ponzu sauce*

rice

*risotto*

**rosemary**

sage

**sake**

mushroom salads

salads

salt

vegan xo sauces

sauces

savory

**scallions**

seitan

seeds sesame

sesame

**shallots**

shiso

hot-and-sour soups

lentil soups

miso soups

noodle soups

vegetable soups

soups

soybeans

**SOY SAUCE**

**spinach**

*spring rolls*

squash

sriracha sauce

***stews***

***STIR-FRIES***

mushroom and/or vegetable stocks

stocks

*stuffings*

sugar

sugar snap peas

*sushi*

sweet potatoes

*tacos*

**tamari**

**thyme**

**tofu**

*tofu scrambles*

tomatoes, sun-dried

tomato paste

tomato sauce

turnip

*veggie burgers*

vinegar

wine

yuzu

MUSHROOMS, WILD—IN GENERAL, or MIXED (see also CHANTERELLE, HEN OF THE WOODS, MOREL, PORCINI, etc.)

asparagus

**barley**

beans

*crepes*

*crostini*

*enchiladas*

flour

**garlic**

garlic, green

herbs

**leeks**

mirin

nutmeg

oil

onions

**parsley**

pecans

pepper, black

phyllo dough

*pilafs*

pine nuts

*pizza*

**rosemary**

**sage**

salt

seitan

**SHALLOTS**

**soy sauce**

spinach

mushroom stews

stews

**stock, vegetable**

tamari

**tarragon**

mushroom tarts

tarts

**THYME**

tofu

wine

mustard

agave nectar

arugula

**asparagus**

avocado

basil

*beans, baked*

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

**GARLIC**

*glazes*

grains

**greens, salad**

leeks

lemon

lettuce

lime

**maple syrup**

***marinades***

marjoram

mayonnaise

**mushrooms**

oil

**parsley**

pecans

pepper

**potatoes**

radishes

rice

vinaigrettes salad dressings

salad dressings

***salads***

***sandwiches***

***SAUCES***

sauerkraut

sausages, vegan

scallions

seitan

**shallots**

snow peas

sour cream

soy sauce

spinach

sugar

**tarragon**

tempeh

thyme

verjus

vinegar

wine

yogurt

MUSTARD POWDER (aka DRY MUSTARD)

beans

beer

cabbage

*dips*

herbs

lentils

maple syrup

mayonnaise

nutritional yeast

oil

paprika

macaroni pastas

pastas

popcorn

***salad dressings***

barbecue sauces

hollandaise sauces

sauces

*slaws*

spinach

split peas

tofu

vinegar

MUSTARD SEEDS

*African cuisines*

*American cuisine*

*Asian cuisines*

clarified butter

cauliflower

chickpeas

indian curries

curries

*European cuisines*

***Indian cuisines***

lentils

*marinades*

***mustard***

***pickles***

rice

***salad dressings***

***sauces***

spinach

turmeric

vegetables

vinegar

# N

NAMA-FU (see also recommendations for SEITAN)

asparagus

***confections***

dashi

***JAPANESE CUISINE***

mirin

miso

mushrooms

oil

palm, hearts of

sake

*sauces*

sea vegetables

seeds sesame

sesame

shiso

miso soups

vegetable soups

soups

soy sauce

*stews*

*sukiyaki*

umeboshi plum paste

wasabi

water chestnuts

NATIVE AMERICAN CUISINE

**BEANS**

berries

bread

chiles

chocolate

**CORN**

fruit

garlic

grains

maple sugar

nuts

onions

potatoes

seeds

**SQUASH**

tomatoes

NECTARINES (see also tips for PEACHES)

breads baked goods

cakes baked goods

baked goods

**basil**

berries

brandy

**caramel**

*cereals, hot breakfast*

cherries

**cinnamon**

cloves

crisps desserts

fruit cobblers desserts

shortcakes desserts

desserts

figs

**GINGER**

greens, salad

hazelnuts

***ice creams***

lemon

mangoes

maple syrup

mascarpone

melon

mint

**nutmeg**

nuts

oats or oatmeal

oil, olive

orange

*pancakes*

peaches

pepper, black

*pies*

plums

*relishes*

rosemary

fruit salads

salads

*green*

***salsas***

*sorbets*

fruit soups

soups

sugar

tarragon

**VANILLA**

vinegar

wine

**yogurt**

NETTLES (aka STINGING NETTLES)

almonds

*(North) American cuisines*

asparagus

basil

brown butter

chiles

chives

crème fraîche

*curries*

*European cuisines*

fennel

*French cuisine*

**garlic**

*Italian cuisine*

kale

**leeks**

lemon

miso

mushrooms

nuts

**OIL, OLIVE**

**onions**

gnocchi pastas

manicotti pastas

ravioli pastas

pastas

peas

**pepper, black**

***pestos***

pine nuts

*pizza*s

**potatoes**

rice

***risotto***

sage

salt

***sauces***

shallots

*soufflés*

***SOUPS***

mushroom stock

vegetable stock

stock

*teas*

vegetables, milder

walnuts

wine

yogurt

NIGELLA SEEDS

allspice

breads baked goods

baked goods

*flatbreads*

**cardamom**

chickpeas

cinnamon

coriander

cumin

*curries*

**EGGPLANT**

*Egyptian cuisine*

endive

**FENNEL SEEDS**

fenugreek

ginger

greens

***Indian cuisines***

legumes

*Middle Eastern cuisines*

mustard seeds

pepper

**potatoes**

pumpkin

rice

saffron

squash

sweet potatoes

*Turkish cuisine*

turmeric

vegetables

za’atar

NOODLES, CELLOPHANE (aka BEAN THREAD NOODLES, GLASS NOODLES, MUNG BEAN NOODLES)

agave nectar

*Asian cuisines*

asparagus

bell peppers

bok choy

broccoli

Chinese broccoli

cabbage

**carrots**

chiles

cilantro

coconut milk

**cucumbers**

curry powder

*curries*

dulse

eggplant, Asian

garlic

ginger

***Japanese cuisine***

jícama

mirin

miso

mushrooms

oil

onions

pea shoots

peanuts

pepper

sake

noodle salads

salads

**scallions**

sea vegetables

seeds sesame

sesame

hot soups

soups

*sour*

*Southeast Asian cuisines*

**SOY SAUCE**

**spinach**

*spring rolls*

*stir-fries*

mushroom stock

vegetable stock

stock

sugar

tamari

*Thai cuisine*

tofu

vegetables

*Vietnamese cuisine*

vinegar

watercress

NOODLES, CHINESE EGG

asparagus

bok choy

carrots

***Chinese cuisine***

*chow mein*

cilantro

*curries*

garlic

**ginger**

greens, Asian

*lo mein*

mushrooms

oil

peanuts

peanut sauce

scallions

seeds sesame

sesame

*soups*

soy sauce

*stir-fries*

sugar

vinegar

NOODLES, GREEN TEA SOBA

cilantro

cucumbers

edamame

garlic

ginger

mushrooms

nori

oil, sesame

**peanuts**

dipping sauces

sauces

**scallions**

sesame seeds

**soy sauce**

spinach

vinegar, rice

wasabi

NOODLES, KELP

agave nectar

almonds

almond butter

*Asian cuisines*

bell peppers

bok choy

*“bowls”*

cabbage

carrots

**cashews**

**cashew butter**

chiles

chili pepper flakes

chili powder

cilantro

cucumbers

garlic

greens

lemon

lime

miso

mushrooms

oil

onions

orange

***pad thai***

*raw cuisine*

green salads

noodle salads

salads

sea vegetables

seeds sesame

sesame

shallots

shiso

snow peas

*soups*

soy sauce

spinach

***stir-fries***

tahini

tamari

tamarind paste

tomatoes

vegetables

zucchini

NOODLES, RAMEN

**bamboo shoots**

bean sprouts

bok choy

**carrots**

chiles

cilantro

**corn**

cucumbers

eggplant

**garlic**

**GINGER**

greens

***Japanese cuisine***

kale

kombu

lemongrass

**MISO**

mushrooms

**nori**

oil

onions

peas

pickles

*salads*

salt

**SCALLIONS**

sea vegetables

seitan

***SOUPS***

**SOY SAUCE**

sprouts, bean

mushroom stock

vegetable stock

stock

sugar

tamari

tofu

vegetables

vinegar

wine, rice

NOODLES, RICE (aka RICE STICKS—or RICE VERMICELLI, which are thinner strands)

almonds

*Asian cuisines*

**basil**

**Thai basil**

beans

bell peppers

**bok choy**

**broccoli**

cabbage

**carrots**

cashews

cauliflower

cayenne

chiles

chili pepper sauce

**CILANTRO**

coconut

**cucumber**

eggplant

five-spice powder

**GARLIC**

**ginger**

greens

**hoisin sauce**

*Indonesian cuisine*

kimchi

lettuce

lime

maple syrup

**mint**

miso

mushrooms

nori

oil

onions

***PAD THAI, VEGETARIAN***

parsley

**PEANUTS**

ponzu sauce

green salads

noodle salads

salads

sauces

**scallions**

seeds sesame

sesame

shallots

*Singapore cuisine*

*soups*

**SOY SAUCE**

sprouts

***STIR-FRIES***

stock, vegetable

sugar

**tamari**

**TAMARIND**

tempeh

***Thai cuisine***

tofu

tomatoes

vegetables, esp. crisp, green

*Vietnamese cuisine*

vinegar

walnuts

water chestnuts

watercress

zucchini

NOODLES, SHIRATAKI and TOFU SHIRATAKI

bell peppers

bok choy

coconut milk

*curries, esp. Thai*

curry paste

curry spices

garlic

ginger

lime

miso

*pad thai*

noodle salads

vegetable salads

salads

creamy sauces

sauces

scallions

*soups*

soy sauce

*stir-fries*

stock, vegetable

tofu

NOODLES, SOBA—WHOLE-GRAIN

asparagus

avocado

**basil**

Thai basil

beans

beans, fermented black

bell peppers

**broccoli**

**broccolini**

**broccoli rabe**

Brussels sprouts

cabbage

**CARROTS**

**cashews**

celery

chard

chiles

**CILANTRO**

coconut milk

corn

**cucumber**

**daikon**

**dashi**

hot broths dips

dips

edamame

eggplant

**GARLIC**

**GINGER**

**greens, salad**

hoisin sauce

***Japanese cuisine***

Kaffir lime leaves

kale

**kombu**

lemon

lettuce

lime

lotus root

mirin

miso

mushrooms

**nori**

oil

onions, red

orange

**peanuts**

**peanut sauce**

peas

pea shoots

pickled cabbage

plums

plum sauce

radishes

sake

asian salads

chilled noodle salads

salads

**SCALLIONS**

sea vegetables

seeds sesame

sesame

**snow peas**

coconut soups

miso soups

soups

**SOY SAUCE**

**SPINACH**

sprouts

***stir-fries***

vegetable stock

stock

sugar

sugar snap peas

*sushi, noodle*

sweet potatoes

**TAHINI**

tamari

**tempeh**

teriyaki sauce

tofu

tomatoes

vinegar

**wasabi**

water chestnuts

watercress

wine

in rice paper wraps

wraps

NOODLES, SOMEN

bell peppers

carrots

celery

cilantro

cucumber

edamame

garlic

ginger

*Japanese cuisine*

*Korean cuisine*

**lime**

palm, hearts of

papaya

parsnips

**peanuts**

**peanut sauce**

noodle salads

salads

sauces, dipping

scallions

shiso

cold or hot soups

soups

soy sauce

turnips

vinegar

NOODLES, UDON

agave nectar

almonds

beans, green

bell peppers

bok choy

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

maple syrup

**mirin**

miso

mushrooms

**nori**

oil

onions

**peanuts**

**peanut butter**

**peanut sauce**

radishes

sake

asian salads

chilled noodle salads

salads

sauces, dipping

**scallions**

seeds sesame

sesame

snow peas

coconut milk–based soups

soups

**SOY SAUCE**

squash

***stir-fries***

mushroom stock

vegetable stock

stock

sugar snap peas

tahini

tamari

tempura

tofu

vegetables

**vinegar, rice**

wasabi

watercress

NORI (aka LAVER)

arugula

asparagus

**AVOCADO**

barley

beans

bell peppers, red

burdock

**carrots**

chayote

chili pepper flakes

cilantro

**CUCUMBER**

daikon

**ginger, pickled**

grains, whole

berries

greens, dandelion

***Japanese cuisine***

kiwi

kombu

*macrobiotic cuisine*

mango

mirin

miso

mushrooms

soba noodles

noodles

***NORI ROLLS***

onions

popcorn

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

*rice balls*

rye berries

bean salads

grain salads

green salads

salads

**salt, sea**

scallions

sea vegetables

sesame seeds

shiso

snow peas

***SOUPS***

**SOY SAUCE**

spinach

sprouts

*stews*

***SUSHI, VEGETARIAN***

sweet potato

tamari

tempeh

teriyaki sauce

**tofu**

umeboshi

umeboshi paste

**vegetables**

vinegar

wakame

**WASABI**

NUTMEG

apples

biscuits baked goods

cakes baked goods

cookies baked goods

pastries baked goods

pies baked goods

baked goods

bananas

carrots

*cereals, hot breakfast*

chocolate

cinnamon

cloves

coconut milk

**milk**

cheesecake desserts

custards desserts

puddings desserts

desserts

eggnogs drinks, esp. cream- or milk-based

drinks, esp. cream- or milk-based

quiches egg dishes

egg dishes

*French cuisine*

fruit

ginger

greens, bitter

*ice cream*

*Indian cuisine*

italian cuisine

lemon

lemongrass

**mace**

**milk**

mushrooms

macaroni noodle dishes

noodle dishes

***pastas***

mashed potatoes

potatoes

rice puddings

puddings

pumpkin

*quatre épices*

**rice**

barbecue sauces

béchamel sauces

cheese sauces

cream sauces

pasta sauces

tomato sauces

sauces

cream soups

soups

**SPINACH**

squash

vegetable stews

stews

sweet potatoes

vanilla

yams

NUTRITIONAL YEAST (aka affectionately as NOOCH)

almonds

arrowroot

artichokes

barley

beans

bread, garlic

*breadings*

broccoli

cashews, raw

***casseroles***

chard

*dips*

*dressings*

garlic

***gravies***

hummus

kelp powder

lemon

macaroni

milk, nondairy

mustard

nuts, raw

oil

onion

paprika

***pastas***

pepper, black

pizza

**POPCORN**

baked potatoes

potatoes

rice

***salad dressings***

*salads*

salt

“cheese-y” sauces

sauces

**sesame seeds**

***soups***

spinach

*spreads*

*stews*

***stocks, vegetable***

tamari

thyme

tofu

turmeric

vegetables

NUTS, BRAZIL

apples

cakes baked goods

cookies baked goods

pies baked goods

baked goods

*cereals, hot breakfast*

chocolate

dates

*desserts*

figs

nuts, mixed

*piecrusts*

raisins

*salads*

*smoothies*

*snacks*

***stuffings***

*trail mix*

NUTS, MACADAMIA

almonds

breads baked goods

cookies baked goods

muffins baked goods

baked goods

bananas

broccoli

cabbage

chiles

dark chocolate

chocolate

cinnamon

coconut

coconut milk

coffee

***desserts***

fruits, dried

garlic

ginger

grapes

***HAWAIIAN CUISINE***

hazelnuts

*ice cream*

kiwi

lemon

lime

mangoes

nectarines

**oats**

**oatmeal**

orange

*pancakes*

papaya

pears

*pestos*

**pineapple**

rice

rum

*salads*

pineapple salsas

salsas

chocolate sauces

nut sauces

sauces

*soups*

*spreads*

starfruit

*stir-fries*

strawberries

sugar, brown

tangerines

**vanilla**

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OATMEAL and OATS

**ALMONDS**

**APPLES**

**APPLE JUICE**

apricots

biscuits baked goods

breads baked goods

cakes baked goods

cookies baked goods

muffins baked goods

quick baked goods

baked goods

***breads***

**bananas**

berries

for seitan breading

breading

cardamom

cashews

celery

***CEREALS, HOT BREAKFAST***

**CINNAMON**

coconut

fruit crisps desserts

desserts

*crumbles*

dill

fennel seeds

fruits, dried

ginger

***GRANOLA***

***Irish cuisine***

juice, fruit

kefir

**MAPLE SYRUP**

*“meatballs” or “meatloaf,” vegetarian*

milk, dairy or nondairy

molasses

***muesli***

nutmeg

nuts

\****OATMEAL***

oil

orange

*pancakes*

*waffles*

parsley

**peaches**

pears

**PLUMS**

**RAISINS**

sage

salt, sea

***Scottish cuisine***

seeds

irish soups

scottish soups

or as a thickener soups

to make creamier soups

soups

stock, vegetable

sugar

*trail mix*

**vanilla**

***veggie burgers***

yogurt

OIL, ACORN SQUASH SEED

Brussels sprouts

*casseroles*

*marinades*

*salads*

winter soups

soups

squash, esp. winter

sautéed vegetables

vegetables

OIL, ALMOND

almonds

asparagus

*baked goods*

*Chinese cuisine*

*dressings*

*Indian cuisine*

lettuce

mustard

*pastas*

vinaigrettes salad dressings

salad dressings

*salads*

*sauces*

*sautéed dishes*

*stir-fries*

vegetables

vinegar

OIL, ARGAN

**almonds**

**almond paste**

basil

bell peppers

chickpeas

chocolate

couscous

cucumbers

*desserts*

*dips*

*hummus*

lemon

**lentils**

***Moroccan cuisine***

*pastas*

*pestos*

pine nuts

rice

***salad dressings***

***salads***

*sauces*

seeds sesame

sesame

bean soups

cucumber soups

lentil soups

pea soups

potato soups

vegetable soups

soups

tagines stews

stews

sweet potatoes

tomatoes

vegetables

verjus

vinegar

yogurt

za’atar

zucchini

OIL, AVOCADO

avocado

cilantro

fruit

grapefruit

lemon

lime

melon

orange

*pestos*

***salad dressings***

***salads***

vegetables

vinegar

yogurt

OIL, CAMELINA SEED

asparagus

muffins baked goods

quick breads baked goods

baked goods

cabbage

carrots

*cereals, hot breakfast*

chickpeas

dill

baba ghanoush dips

hummus dips

dips

eggplant

garlic

*granola*

kale

lemon

*marinades*

mustard

primavera pastas

pastas

pepper, black

*pestos*

*pilafs*

rice

***salad dressings***

***salads***

*sauces, oil-based*

asian slaws

cole slaws

slaws

*smoothies*

vegetables

vinegar

zucchini

OIL, CANOLA

*Asian cuisines*

muffins baked goods

quick breads baked goods

baked goods

chiles

asian curries

curries

*dips*

*dressings*

*Mexican cuisine*

*pancakes*

*salad dressings*

*salads*

*sauces*

*soups*

*spicy dishes*

*stews*

OIL, CHILI

*Asian cuisines*

cabbage

cilantro

garlic

ginger

mangoes

noodles, Asian

oil, sesame

peanuts

*salad dressings*

dipping sauces

peanut sauces

sauces

shallots

soy sauce

sugar

sweet potatoes

tatsoi

vinegar

OIL, COCONUT

agave nectar

**almonds**

**almond butter**

*Asian cuisines*

cakes baked goods

cookies baked goods

baked goods

**chocolate**

**cocoa powder**

coconut

truffles confections

confections

coriander

*curries*

raw desserts

desserts

*doughnuts*

garlic

ginger

greens

*“ice creams”*

*icings*

*Indian cuisine*

lime

nutmeg

oatmeal

onions

**popcorn**

scallions

*Southeast Asian cuisine*s

*stir-fries*

sweet potatoes

OIL, FLAXSEED

artichokes

bell peppers

bread

***cereals, breakfast***

herbs

lemon

mustard, Dijon

popcorn

*porridges*

rice

***SALAD DRESSINGS***

*salads*

*sauces*

***smoothies***

*spreads*

vinegar, apple cider

OIL, GRAPESEED

citrus

coconut

herbs

*marinades*

***mayonnaises***

oils, other

vinaigrettes salad dressings

salad dressings

*salads*

sauces, oil-based

***sautéed dishes***

vinegar

OIL, HAZELNUT

apples

**artichokes**

*baked goods*

beans

berries

bread

broccoli

chicory

citrus juices

confections desserts

cookies desserts

desserts

*dips*

*dressings*

endive

figs

garlic

greens

**hazelnuts**

lemon

mustard

oils, other quieter

***pastas***

pears

persimmons

potatoes

rice

vinaigrettes salad dressings

salad dressings

*salads*

***sauces***

shallots

spinach

tomatoes

OIL, HEMP

garlic

quinoa grains

grains

lemon

mustard

oils, other quieter

*pestos*

popcorn

***salad dressings***

*salads*

*sauces*

*smoothies*

avocado soups

cold soups

soups

vegetables

vinegar

OIL, LEMON

artichokes

arugula

asparagus

pastries baked goods

baked goods

beans, green

beets

broccoli

broccolini

carrots

chili pepper flakes

fennel

garlic

olives, black

parsley

*pastas*

pepper

rosemary

lemon vinaigrettes salad dressings

salad dressings

*salads*

thyme

OIL, OLIVE

almonds

arugula

cakes baked goods, esp. italian

cookies baked goods, esp. italian

piecrusts baked goods, esp. italian

baked goods, esp. italian

basil

beans

beets

bread

breadcrumbs

*bruschetta*

capers

chickpeas

chiles

citrus

coriander

cornmeal

cumin

*dressings*

eggplant

fennel

french cuisine

**GARLIC**

greens, bitter

salad

herbs

hummus

*Italian cuisine*

lemons

limes

***marinades***

*mayonnaises*

***Mediterranean cuisines***

*Middle Eastern cuisines*

*Moroccan cuisine*

mushrooms

mustard

oils, other

**olives**

onions

oranges

**parsley**

***pastas***

pepper, black

*pesto*

pine nuts

*pizzas*

**potatoes**

rosemary

vinaigrettes salad dressings

salad dressings

bean salads

green salads

panzanella salads

pasta salads

potato salads

salads

salt

cold sauces

sauces

*sautéed dishes*

*soups*

*Spanish cuisine*

thyme

**tomatoes**

vegetables

vinegar

walnuts

OIL, PEANUT

***ASIAN CUISINES***

*baked goods*

*Chinese cuisine*

*curries*

*fried dishes*

fruits

garlic

ginger

lentils

asian noodles

noodles

pasta

**peanuts**

asian salad dressings

fruit salad dressings

salad dressings

fruit salads

salads

peanut sauces

sauces

scallions

seeds sesame

sesame

soy sauce

***STIR-FRIES***

tofu

vinegar

OIL, PINE NUT

basil

broccoli

broccoli rabe

chard

chili pepper flakes

garlic

parsley

*pastas*

*pestos*

pine nuts

rice

*sauces*

soy sauce

spinach

*stuffings*

thyme

tomatoes

vinegar

OIL, PISTACHIO

apples

asparagus

avocado

breads baked goods

baked goods

beets

*dips*

*dressings*

garlic

grapes

lettuce

*mayonnaise*

orange

*pastas*

pears

*pestos*

**pistachios**

*salad dressings*

*salads*

*sauces*

tomatoes

vinegar

zucchini

zucchini blossoms

OIL, PUMPKIN SEED

*American cuisine*

***Austrian cuisine***

avocados

pastries baked goods

baked goods

citrus

corn

*Croatian cuisine*

*desserts*

*dips*

*dressings*

ice cream

*Indian cuisine*

maple syrup

*marinades*

*Mexican cuisine*

mustard

oils, other quieter

***pastas***

**pumpkin**

**pumpkin seeds**

rice

***salads***

*sauces*

*Slovenian cuisine*

***soups***

squash

vegetables

vinegar

OIL, RED PALM

*(West) African cuisine*

muffins baked goods

baked goods

bananas

chiles

*chili, vegetarian*

cilantro

coconut

couscous

*curries*

egg dishes

garlic

ginger

lemon

lime

*macaroni*

oils, other

onions

*pastas, homemade (for yellow/orange color)*

plantains

popcorn

rice

*salad dressings*

tomato sauces

sauces

pumpkin soups

soups

tomatoes

tomato sauce

sautéed vegetables

vegetables

OIL, SAFFLOWER

artichokes, Jerusalem

***baked goods***

chicory

*curries*

*granola*

lettuces

asian noodles

noodles

*salad dressings*

***salads***

salsify

*stir-fries*

OIL, SESAME

***ASIAN CUISINES***

*baked goods*

beans

*Chinese cuisine*

*dips*

*dipping sauces*

*dressings*

garlic

**ginger**

grains

greens

*Japanese cuisine*

*Korean cuisine*

lemon

lime

***MARINADES***

mirin

**miso**

mustard

asian noodles

noodles

oil, other

orange

*pastas*

pumpkin

asian salad dressings

salad dressings

asian salads

green salads

noodle salads

salads

***SAUCES***

**SEEDS, SESAME**

miso soups

soups

**SOY SAUCE**

***STIR-FRIES***

sugar snap peas

**tamari**

**tofu**

vinegar

OIL, SUNFLOWER SEED

***salad dressings***

green salads

spinach salads

salads

***sauces***

sprouts, sunflower

sunflower seeds

vinegar

OIL, TRUFFLE—IN GENERAL (i.e., BLACK or WHITE)

leeks

mushrooms

***pastas***

potatoes

***risottos***

*salad dressings*

OIL, TRUFFLE—BLACK

*French cuisine*

*marinades*

mushrooms

potatoes

*salads*

OIL, TRUFFLE—OREGON

mushrooms

*pastas, esp. creamy*

*pizzas*

popcorn

baked potatoes

mashed potatoes

potatoes

*risottos*

creamy sauces

sauces

OIL, TRUFFLE—WHITE

artichokes

asparagus

***Italian cuisine***

*marinades*

mushrooms

fettuccine pastas

gnocchi pastas

pastas

potatoes

***risottos***

OIL, WALNUT

apples

artichokes, Jerusalem

arugula

asparagus

breads baked goods

scones baked goods

baked goods

**beets**

breads

celery

celery leaves

chicory

citrus

*dips*

**endive**

escarole

fennel

figs

frisée

garlic

grapes

greens

ice cream

lemon

lentils

**mustard, Dijon**

oil, other quieter

parsley

***pasta*s**

**peaches**

**pears**

pepper, black

persimmons

pomegranates

radicchio

vinaigrettes salad dressings

salad dressings

grain salads

green salads

salads

*sauces*

**shallots**

**tomatoes**

vegetables

vinegar

**WALNUTS**

OKRA

***African cuisine***

apricots, dried

**BASIL**

beans

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

lime

*Mediterranean cuisines*

*Middle Eastern cuisines*

mint

mushrooms

mustard seeds

nutmeg

oil

onions

orange

**PARSLEY**

pepper, black

plantains

**potatoes**

*ratatouille*

rice

*salads*

salt

tomato sauces

sauces

***SOUPS***

***Southern (U.S.) cuisine***

***STEWS***

sweet potatoes

**thyme**

\***TOMATOES**

**turmeric**

**vinegar**

yogurt

OLIVES—IN GENERAL, or MIXED

**almonds**

artichokes

arugula

asparagus

avocados

breads baked goods

focaccia baked goods

baked goods

basil

bay leaf

beans

**bell peppers**, esp. roasted

*breads*

**CAPERS**

*caponata*

cauliflower

chard, Swiss

**chickpeas**

chiles

cilantro

citrus

coriander

couscous

cumin

*dips*

eggplant

endive

**fennel**

figs

**GARLIC**

grains

***Greek cuisine***

greens

**herbs**

hummus

kale

leeks

lemon

mayonnaise

***Mediterranean cuisines***

*Moroccan cuisine*

*muffulettas*

mushrooms

nuts

**OIL, OLIVE**

onions

orange

oregano

paprika

**parsley**

linguini pastas

spaghetti pastas

pastas

pepper

pesto

**pine nuts**

***PIZZA***

polenta

potatoes

*Provençal cuisine*

rice

*risottos*

**ROSEMARY**

bean salads

chopped salads

grain salads

greek salads

niçoise salads

pasta salads

salads

*salsas*

salt

***sandwiches***

pasta sauces

puttanesca (vegetarian) sauces

sauces

spinach

*spreads*

***TAPENADES***

**thyme**

**TOMATOES**

sun-dried tomatoes

vegetables, roasted

vinegar

walnuts

zucchini

OLIVES, KALAMATA

brine

artichoke hearts

**basil**

bell peppers

**capers**

*caponata*

cardoons

chard, Swiss

chickpeas

**chili pepper flakes**

cucumbers

cumin

**GARLIC**

***GREEK CUISINE***

herbs

leeks

lemon

miso

mushrooms

mustard, Dijon

**OIL, OLIVE**

onions

orange

**oregano**

paprika

parsley

linguini pasta

penne pasta

rigatoni pasta

pasta

*pastes, olive*

pepper, black

***pizza***

polenta

potatoes

rosemary

*salad dressings*

greek salads

spinach salads

salads

salt, sea

pasta sauces

puttanesca sauces

sauces

scallions

spinach

*spreads*

*tapenades*

tofu

**tomatoes**

**tomato sauce**

tomatoes, sun-dried

vinegar

wine, dry

OLIVES, MANZANILLA (aka SPANISH OLIVES)

almonds

martinis cocktails

cocktails

**garlic**

oil, olive

**pimento**

*pizza*

*salads*

*Spanish cuisine*

OLIVES, NIÇOISE

herbs

lemon

lettuce

onions

oranges

*pastes, olive*

potatoes

rosemary

niçoise salads

vegetable salads

salads

salt

*tapenades*

thyme

OLIVES, PICHOLINE

artichokes

avocadoes

bay leaf

chickpeas

citrus

fennel

*French cuisine, esp. Provençal*

garlic

lemon

mustard

oil, olive

onions

orange

egg salads

fennel salads

green salads

salads

thyme

vinegar

ONIONS—IN GENERAL, or MIXED

apples

arame

arugula

avocado

barley

pearl barley

**basil**

**bay leaf**

beans

beets

**bell peppers**

black-eyed peas

breadcrumbs

focaccia breads

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

frisée

**GARLIC**

grains, whole

***gravies***

greens

kale

lemon

**LENTILS**

Madeira

marjoram

milk

mint

miso

mushrooms

**mustard, Dijon**

**nutmeg**

oil

olives

oregano

**PARSLEY**

parsnips

ziti pastas

pastas

pepper

*pies*

pine nuts

***pizza***

polenta

poppy seeds

**potatoes**

pumpkin

quinoa

raisins

*relishes*

rice

*risottos*

**ROSEMARY**

**sage**

*salad dressings*

***SALADS***

salt

*sandwiches*

***sauces***

savory

shallots

sherry

sorrel

onion soups

vegetable soups

soups

**soy sauce**

**spinach**

squash

***stews***

vegetable stocks

stocks

with cheese stuffed onions

herbs stuffed onions

and/or rice stuffed onions

stuffed onions

sugar (i.e., a pinch)

sumac

sweet potatoes

tahini

tamari

***tarts, onion***

**THYME**

**TOMATOES**

**tomato paste**

vegetables

*veggie burgers*

vinegar

walnuts

wine

yogurt

zucchini

ONIONS, CIPOLLINI

bay leaf

cinnamon

*Italian cuisine*

*kebabs*

oil, olive

onions, other

*pastas*

raisins

rosemary

sage

*salads*

*sauces*

shallots

stock, vegetable

sugar

thyme

vinegar

wine, dry red

ONIONS, PEARL

breadcrumbs

Brussels sprouts

burdock

carrots

*casseroles*

garlic

grains

*gratins*

*kebabs*

lentils

mushrooms

oil

parsley

pasta

potatoes

rice

rosemary

*salads*

*sauces*

shallots

mushroom soups

soups

spinach

*stews*

mushroom stock

vegetable stock

stock

tempeh

vinegar

ONIONS, RED (see also ONIONS)

avocado

beans

beets

carrots

cauliflower

celery

chickpeas

cilantro

fennel

fruits

garlic

ginger

jícama

lemon

lime

maple syrup

miso

mushrooms

**OIL, OLIVE**

olives

*onion rings*

orange

parsley

pepper, black

*pizza*

potatoes

*quesadillas*

green salads

potato salads

tomato salads

salads

fruit salsas

tomato salsas

salsas

salt

*soups*

squash, winter

**stock, vegetable**

sweet potatoes

**thyme**

tomatoes

*veggie burgers*

vinegar

wine

ONIONS, VIDALIA

onions

basil

breadcrumbs

garlic

mustard, Dijon

**oil, olive**

pepper, black

pine nuts

salt

*sauces*

*stuffed onions*

thyme

vinegar

wine, dry white

zucchini

ORANGES, ORANGE JUICE, ORANGE ZEST

anise seeds

**apples**

apricots

Armagnac

arugula

*Asian cuisines*

asparagus

**avocados**

cakes baked goods

muffins baked goods

quick breads baked goods

scones baked goods

tarts baked goods

baked goods

**bananas**

barley

basil

beans

**BEETS**

berries

juices beverages

sangrias beverages

smoothies beverages

beverages

brandy

broccoli

broccolini

bulgur

cabbage

**cardamom**

**CARROTS**

celery root

*cereals, hot breakfast*

chickpeas

chili pepper flakes

chiles

*Chinese cuisine (native ingredient)*

chives

dark chocolate

chocolate

cilantro

**CINNAMON**

citrus fruits, other

**cloves**

**coconut**

*compotes*

**coriander**

**couscous**

**CRANBERRIES**

cumin

daikon

**DATES**

puddings desserts

desserts

endive

escarole

**FENNEL**

figs

fruit, dried

fresh

**garlic**

**GINGER**

greens

*“gremolata”*

horseradish

**jícama**

kiwi

lettuce

liqueurs, orange

**mangoes**

maple syrup

*marinades*

*marmalade*

mascarpone

mesclun

millet

**mint**

miso

mushrooms

**mustard, Dijon**

noodles, Asian

nuts

oil

olives

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*

avocado salads

carrot salads

fruit salads

green salads

salads

***sauces***

scallions

seitan

seeds sesame

sesame

shallots

berry smoothies

pineapple smoothies

smoothies

snow peas

fruit soups

soups

*sorbets*

**soy sauce**

spinach

squash

star anise

starfruit

*stir-fries*

sugar

**sweet potatoes**

tamari

tofu

turnips

**vanilla**

vinegar

watercress

wine

yams

**yogurt**

ORANGES, BLOOD (see also ORANGES)

almonds

arugula

avocado

beets

juices beverages

mimosas beverages

beverages

Brussels sprouts

caramel

chicory

chiles

chocolate

cilantro

cinnamon

citrus, other

cloves

fruit tarts desserts

desserts

endive

**FENNEL**

quinoa grains

grains

grapefruit

greens, salad

*ices/granitas*

jícama

kiwi

kumquats

lemon

lettuce

mangoes

mint

oil

olives

onions, red

papaya

**pomegranates**

poppy seeds

radishes

***salad dressings***

fruit salads

green salads

salads

*salsas*

***sauces***

spinach

sugar

tangerines

thyme

vanilla

vinegar

walnuts

watercress

wine, sparkling

ORANGES, MANDARIN

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

lettuce

lime

mangoes

mint

nutmeg

oil

onions

orange

parsley

peaches

pears

**pecans**

pepper, black

rice

***salad dressings***

fruit salads

green salads

spinach salads

salads

*salsas*

*sauces*

shallots

***sorbets***

spinach

strawberries

sugar

*tarts*

tomatoes

vinegar

yogurt

OREGANO

**basil**

beans, dried

**bell peppers**, red

yellow, esp. roasted

capers

cayenne

chickpeas

chiles

*chili, vegetarian*

cilantro

citrus

corn

cumin

**EGGPLANT**

endive

fennel

**garlic**

grains

***Greek cuisine***

***Italian cuisine***

*kebabs*

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***

greek salads

salads

salt, sea

***SAUCES, esp. pasta, PIZZA, tomato***

scallions

minestrone soups

spinach soups

tomato soups

yogurt soups

soups

*Southwest (American) cuisine*

**squash, summer**

squash, winter

*stews*

*stuffings*

tahini

\***TOMATOES**

**TOMATO SAUCE**

vegetables

zucchini

OREGANO, MEXICAN

beans

*burritos*

*Central American cuisines*

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

PALM, HEARTS OF (aka HEARTS OF PALM)

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

lemongrass

lentils

lettuce

lime

mango

mayonnaise

mushrooms

mustard

noodles, asian

oil

Old Bay seasoning

onions

**oranges**

blood oranges

oregano

papaya

parsley

pepper, black

pineapple

green salads

noodle salads

salads

salt

scallions

***soups***

*South American cuisines*

spinach

*spreads*

sprouts

stock, vegetable

*tacos*

tangerines

thyme

tomatoes

**vinaigrette**

vinegar

PALM SHORTENING

cakes baked goods

cookies baked goods

crumbles baked goods

piecrusts baked goods

baked goods

*desserts*

french fries

fries

*icings*

PAPAYA (i.e., RED)

agave nectar

arugula

**AVOCADOS**

bananas

beans

**bell peppers**, red

berries

*Caribbean cuisines*

carrots

**cayenne**

chiles

*chutneys*

**CILANTRO**

cinnamon

citrus

**coconut**

**cucumbers**

cumin

*curries*

daikon

garlic

**GINGER**

grapefruit

greens, salad

*ice creams*

*jams*

**jícama**

kiwi

lavender

lemongrass

lettuce

**MANGO**

*marinades*

melon

**MINT**

nutmeg

nuts

oil, olive

**ONIONS**, **RED**

orange

**passion fruit**

peaches

**pineapple**

rice

*salad dressings*

fruit salads

salads

***SALSAS***

salt

scallions

shallots

***SMOOTHIES***

*sorbets*

soy sauce

spinach

sprouts, mung bean

sugar

*summer rolls*

tofu

tomatoes

tortillas, corn

vanilla

vinegar

**yogurt**

PAPAYA, GREEN (UNRIPE)

basil, Thai

beans, green

carrots

chiles

cucumbers

**garlic**

**ginger**

lettuce

lime

mint

onions, red

**PEANUTS**

thai salads

salads

**soy sauce**

sugar

**tamari**

tamarind

***Thai cuisine***

tomatoes

vinegar, rice

PAPRIKA (see also PAPRIKA, SMOKED)

beans, black

cayenne

chiles

chili powder

***chili, vegetarian***

cilantro

coriander

corn

**cumin**

***deviled eggs***

eastern european cuisines

**garlic**

*goulash, vegetarian*

***Hungarian cuisine***

lemon

lime

*marinades*

mushrooms

**onions**

orange

oregano

pecans

pepper, black

**potatoes**

purees

rice

*salad dressings*

macaroni salads

potato salads

salads

cream sauces

tomato sauces

sauces

sauerkraut

***soups***

**sour cream**

*Southwestern (U.S.) cuisine*

***Spanish cuisine,* esp. smoked paprika**

*spreads*

***stews***

mushroom stroganoff

stroganoff

sweet potatoes

*Texas cuisine*

**tomatoes**

turmeric

vegetables

vinegar

PAPRIKA, SMOKED

Pimenton

Pimenton De La Vera

almonds

avocados

bell peppers

*casseroles*

chickpeas

coriander

cumin

eggplant

**garlic**

greens

*hummus*

kale

legumes

lemon

mushrooms

nuts

**oil, olive**

onions

orange

mushroom paella

vegetarian paella

paella

*pastas*

**potatoes**

rice

root vegetables

*salad dressings*

salt, sea

romesco sauces

tomato sauces

yogurt sauces

sauces

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

seitan

bean soups

chickpea soups

kale soups

lentil soups

split pea soups

tomato soups

vegetable soups

winter soups

soups

*squash*

sour cream

***Spanish cuisine***

*stews*

stock, vegetable

sweet potatoes

tahini

*tempeh bacon*

**tomatoes**

yogurt

PARSLEY, generally ITALIAN (aka FLAT-LEAF PARSLEY)

**almonds**

apples

artichokes

avocados

*baba ghanoush*

barley

**basil**

bay leaf

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

**lentils**

lovage

marjoram

*Mediterranean cuisines*

*Middle Eastern cuisines*

**MINT**

*Moroccan cuisine*

**mushrooms**

noodles

**OIL, OLIVE**

olives

**onions**

orange

**parsnips**

fettuccine pastas

linguini pastas

penne pastas

spaghetti pastas

pastas

peas

pepper, black

***pestos***

pine nuts

*pizza*

**POTATOES**

radishes

**rice**

rosemary

*salad dressings*

egg salads

green salads

parsley salads

pasta salads

potato salads

rice salads

tabbouleh salads

salads

verde salsas

salsas

salt, sea

*sandwiches*

chimichurri sauces

parsley sauces

pasta sauces

sauces

**savory**

scallions

**SHALLOTS**

sorrel

bean soups

carrot soups

onion soups

soups

spinach

squash

***stews***

vegetable stocks

stocks

*stuffings*

sumac

sweet potatoes

***TABBOULEH***, or Middle Eastern parsley salad with bulgur

**tarragon**

thyme

**tomatoes**

sun-dried tomatoes

vinegar

**walnuts**

**zucchini**

PARSLEY ROOT

apples

bay leaf

beans

caraway seeds

**carrots**

cauliflower

celery

chestnuts

crème fraîche

*European cuisines, esp. Central*

*Eastern*

fennel

garlic

*gratins*

*hash*

hazelnuts

lemon

maple syrup

*mashed potatoes*

mushrooms

oil, olive

**ONIONS**

orange

**PARSLEY**

pepper, black

*pilafs*

**POTATOES**

parsnip purees

potato purees

purees

*rémoulades*

sage

*salads*

salt

chimichurri sauces

sauces

shallots

*slaws*

celery root soups

potato soups

soups

squash

vegetable stews

stews

**stock, vegetable**

thyme

truffles

turnips

vegetables, other root

vinegar

watercress

wine, dry white

PARSNIPS

**allspice**

anise seeds

**APPLES**

**apple cider**

**apple juice**

breads baked goods

cakes baked goods

muffins baked goods

pies baked goods

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

***curries***

**dates**

cakes desserts

custards desserts

desserts

dill

fennel

**GARLIC**

**GINGER**

***gratins***

greens, bitter

*hash browns*

horseradish

*“hummus”*

kale

**LEEKS**

lemon

**lentils**

lettuce

lime

mace

**MAPLE SYRUP**

marjoram

mayonnaise

milk

**mint**

miso

mushrooms

mustard

**NUTMEG**

nuts

oils

onions

orange

*pancakes*

paprika

**PARSLEY**

gnocchi pasta

ravioli pasta

pasta

**pears**

pepper

**POTATOES**

**pumpkin**

carrot purees

parsnip purees

potato purees

pumpkin purees

purees

rice

“root rice” (a raw alternative to rice)

root vegetables, other

**ROSEMARY**

**rutabaga**

**sage**

parsnip salads

vegetable salads

salads

**SALT, SEA**

savory

scallions

seeds sesame

sesame

shallots

*slaws*

sorrel

***SOUPS***

cream bisques

lentil bisques

parsnip bisques

potato bisques

winter vegetable bisques

bisques

sour cream

squash, winter

star anise

***STEWS***

**STOCK, vegetable**

sugar

sweet potatoes

**tarragon**

**THYME**

tofu

**turmeric**

**turnips**

**vanilla**

**VEGETABLES, other root**

vinegar

wine

yogurt

PASSION FRUIT

agave nectar

apples

bananas

**basil**

*cakes*

**caramel**

chiles, chipotle

dark chocolate

chocolate

cinnamon

citrus

**COCONUT**

**COCONUT MILK**

filled desserts

frozen desserts

panna cottas desserts

puddings (e.g. desserts

rice) desserts

sorbets desserts

tarts desserts

desserts

fruit, other tropical

ginger

ice cream

**kiwi**

lemongrass

lime

mangoes

*marinades*

melon

meringue

mint

nuts

papayas

pineapple

plums

raspberries

rum

*salad dressings*

*salads, fruit*

*sauces*

*smoothies*

**STRAWBERRIES**

sugar

**vanilla**

vinegar

wine

yogurt

PEACHES

allspice

apples

apple juice

apricots

arugula

pies baked goods

scones baked goods

baked goods

**basil**

berries

**caramel**

cardamom

salata

chiles

chocolate

*chutneys*

cilantro

**CINNAMON**

**cloves**

coconut

*compotes*

coriander

\***CREAM**

crème fraîche

cress

currants

cobblers desserts

crisps desserts

crumbles desserts

melba desserts

pies desserts

desserts

endive

**fennel**

**GINGER**

grains, whole

grapes

greens, salad

hazelnuts

***ice cream***

kefir

lavender

lemon

lemongrass

**LEMON VERBENA**

**lime**

lychees

mangoes

**MAPLE SYRUP**

**mascarpone**

**MINT**

nutmeg

nuts

**oats**

**oatmeal**

**oil, olive**

onions, red

orange

pepper, black

pomegranates

pumpkin seeds

radishes

rosemary

rum

saffron

fruit salads

grain salads

green salads

salads

*salsas*

salt, sea

scallions

sherry

***smoothies***

*sorbets*

cold and/or fruit soups

soups

sour cream

*Southern (U.S.) cuisine*

spirits

stone fruits, other

sugar

tarragon

**VANILLA**

vinegar

watercress

whiskey

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

**yogurt**

yuzu

PEANUTS and PEANUT BUTTER

***African cuisines***

**agave nectar**

apples

*American cuisine*

*Asian cuisines*

cookies baked goods

muffins baked goods

baked goods

**bananas**

basil, Thai

**beans, green**

bell peppers

bran

broccoli

cabbage

*candy*

carrots

**cayenne**

chiles

*Chinese cuisine*

dark chocolate

chocolate

**CILANTRO**

cinnamon

cloves

**COCONUT**

**COCONUT MILK**

**cucumbers**

cumin

***curries***

*desserts*

***dips***

***dipping sauces***

fruit, dried

**GARLIC**

**GINGER**

*granola*

grapes

greens, bitter

greens, salad

lemongrass

lime

mangoes

**mint**

noodles, esp. asian

nuts, other

oats

oatmeal

oils

onions, red

orange

*pad thai*

paprika

*pastas*

pepper, black

*pesto*

potatoes

pumpkin

raisins

**rice**

thai salad dressings

salad dressings

cabbage salads

noodle salads

thai salads

salads

salt

*sandwiches*

*satays*

peanut sauces

vegetable sauces

sauces

**scallions**

seeds

seeds sesame

sesame

*smoothies*

peanut soups

sweet potato soups

soups

*Southeast Asian cuisines*

**SOY SAUCE**

spinach

*stews*

*stir-fries*

sugar

sweet potatoes

tahini

**tamari**

**tamarind**

tamarind juice

**tempeh**

***Thai cuisine***

**TOFU**

tomatoes

*trail mix*

turmeric

vanilla

*Vietnamese cuisine*

vinegar

PEARS—IN GENERAL

agave nectar

allspice

**anise seeds**

**APPLES**

**apple cider**

**apple juice**

**ARUGULA**

cakes baked goods

pies baked goods

tarts baked goods

baked goods

**bananas**

blackberries

bourbon

brandy

cabbage

**CARAMEL**

**cardamom**

cashew cream

celery

cherries

chestnuts

chicory

chives

**CHOCOLATE (esp. dark)**

**cocoa**

**CINNAMON**

citrus

**cloves**

**CRANBERRIES**

crème fraîche

currants

**dates**

crisps desserts

crumbles desserts

ice creams desserts

sorbets desserts

tarts desserts

desserts

**endive**

**fennel**

fennel seeds

**figs**

fruits, dried

**GINGER**

gingerbread

grapefruit

greens, bitter or salad

juniper berries

lemon

lettuces

lime

**MAPLE SYRUP**

**mascarpone**

mint

molasses

**nutmeg**

nuts

oats

oatmeal

oils

onions

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

fruit salads

green salads

spinach salads

salads

salt, sea

dessert sauces

sauces

shallots

*smoothies*

*soups*

sour cream

**SPINACH**

squash, winter

**star anise**

*stews, esp. dried pears*

sugar

**tarragon**

thyme

*trail mixes, esp. dried pears*

**VANILLA**

vinegar

**WATERCRESS**

wine, red or white—dry or sweet

yogurt

PEAS (aka ENGLISH PEAS, GARDEN PEAS, or GREEN PEAS; see also BLACK-EYED PEAS snd PEAS, SPLIT)

allspice

**almonds**

**artichokes**

**ASPARAGUS**

avocados

barley

**BASIL**

bay leaf

**beans, fava**

breadcrumbs

bulgur

cabbage

cardamom

**CARROTS**

**cashews**

*casseroles*

cauliflower

**celery**

**chervil**

chiles

**chives**

**cilantro**

**coconut milk**

coriander

couscous

crème fraîche

cucumbers

***CURRIES****, esp. green*

curry powder

**dill**

fennel

garam masala

garlic

**GINGER**

grapefruit

greens, bitter

*“guacamole”*

*“hummus”*

Kaffir lime leaf

**LEEKS**

lemon

lemongrass

lettuce

lime

marjoram

mayonnaise

**MINT**

mushrooms

noodles

nutmeg

oils

onions

oregano

*paellas, vegetarian*

**PARSLEY**

fettuccine pastas

fusilli pastas

penne pastas

pastas

pepper

pesto

potatoes

quinoa

rice

***RISOTTOS***

rosemary

saffron

**sage**

pasta salads

vegetable salads

salads

salt

*sauces*

**savory**

**scallions**

seeds sesame

sesame

**shallots**

snow peas

sorrel

pea soups

spinach soups

vegetable soups

soups

sour cream

soy sauce

spelt

**spinach**

squash

***stews***

*stir-fries*

vegetable stock

stock

sugar snap peas

**tarragon**

**thyme**

tofu

tomatoes

turmeric

turnips

vinegar

yogurt

PEAS, SPLIT

barley

basil

**BAY LEAF**

bell peppers

**CARROTS**

**celery**

chili pepper flakes

chili powder

chives

cilantro

croutons

cumin

***curries***

curry powder

curry spices

*dals*

dill

*dips*

dulse

**GARLIC**

ginger

greens, salad

herbs

kale

leeks

lemon

marjoram

mint

**OIL, OLIVE**

onions

oregano

**paprika, smoked**

**PARSLEY**

*pastas*

peas, fresh

pepper

pesto

potatoes

***purees***

purslane

rice

**rosemary**

*salads*

**salt, sea**

*sauces*

savory

sorrel

split pea soups

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

PECANS

almonds

***(Native and North) American cuisines***

**APPLES**

asparagus

breads baked goods

cakes baked goods

cookies baked goods

pastries baked goods

pies baked goods

scones baked goods

baked goods

bananas

berries

bourbon

brown rice syrup

Brussels sprouts

cabbage, red

**caramel**

*casseroles*

cayenne

celery

granola cereals, breakfast

cereals, breakfast

**cherries**, esp. dried

chili powder

**chocolate**

cinnamon

clementines

**CRANBERRIES, DRIED**

**dates**

***DESSERTS***

endive

figs

garlic

ginger

grains, whole

***granola***

grapes

greens, bitter

butter pecan ice cream

ice cream

kale

lemon

lentils

lettuce

**MAPLE SYRUP**

**molasses**

*muesli*

mushrooms

mustard

nutmeg

nuts

oats

**ORANGES**

*pancakes*

paprika

parsley

*pâtés*

peaches

**PEARS**

pecan pies

sweet potato pies

pies

*pilafs*

pineapple

*pizzas*

pomegranate seeds

popcorn

*puddings*

**PUMPKIN**

*purees, vegetable*

radicchio

raisins

rice

***salads***

salsify

**salt, sea**

seitan

butternut squash soups

soups

***Southern (U.S.) cuisine***

spinach

squash, winter

*stuffings*

sugar

sumac

**SWEET POTATOES**

tamari

*tarts*

**vanilla**

*veggie burgers*

*waffles*

wheat germ

yogurt

PEPPER, BLACK

allspice

*(North) American cuisine*

apricots

spice cakes baked goods

baked goods

basil

berries

*Cajun cuisine*

cardamom

cherries

cinnamon

cloves

coconut milk

coriander

*Creole cuisine*

cumin

*European cuisines*

fruit, fresh

garlic

ginger

*gravies*

*Indian cuisine*

lemon

lentils

lime

*marinades*

nutmeg

nuts

oil, olive

olives

onions

parsley

*pickles*

potatoes

pumpkin

rosemary

*salad dressings*

*salads*

**SALT**

black pepper sauces

sauces

*soups*

*Southeast Asian cuisine*

*Southern (U.S.) cuisine*

*stocks*

strawberries

thyme

tomatoes

turmeric

vegetables

vinegar

PEPPER, ESPELETTE

almonds

***Basque cuisine***

bell peppers

*breads*

chocolate

bloody marys drinks

drinks

garlic

mayonnaise

oil, olive

onions

parsley

potatoes

PEPPER, SZECHUAN

*Asian cuisines*

beans

chiles

*Chinese cuisine*

citrus fruit

*deep-fried dishes*

*five-spice powder*

garlic

**ginger**

*Indian cuisine*

*Japanese cuisine*

mushrooms

noodles, Asian

onions

salt

scallions

seeds sesame

sesame

*soups*

soy sauce

star anise

*stir-fries*

PEPPER, WHITE

allspice

*Asian cuisines*

cloves

coriander

*European cuisines*

ginger

white gravies

gravies

*Japanese cuisine*

lemongrass

*macaroni*

*mashed potatoes*

nutmeg

*pastas*

potatoes

clear salad dressings

salad dressings

white sauces

sauces

cream soups

light-colored soups

white soups

soups

*Southeast Asian cuisines*

*stocks*

*Thai cuisine*

*white*

*light-colored foods*

PEPPERMINT

apples

brownies baked goods

cakes baked goods

cookies baked goods

esp. as icing baked goods

baked goods

berries

chiles

**CHOCOLATE**

**cocoa**

cilantro

cucumbers

***desserts****, esp. chocolate*

***drinks***

ice cream

mangoes

spinach salads

salads

***sauces***

*smoothies*

*sorbets*

*stews*

***TEAS***

vanilla

yogurt

PEPPERS, PIQUILLO

aioli

almonds

artichokes

asparagus

**beans, white**

bread

chickpeas

chocolate, dark

**garlic**

lemon

**mushrooms**

**oil, olive**

olives

onions

orange

*“paella,” vegetarian*

paprika

parsley

pepper, black

potatoes

rice

*salads*

salt

*soups*

***Spanish cuisine***

*spreads*

*stews*

with goat cheese or white beans stuffed piquillo peppers

stuffed piquillo peppers

sugar

tomatoes

vinegar

PERSIMMONS

agave nectar

avocados

breads baked goods

cakes baked goods

cookies baked goods

muffins baked goods

pies baked goods

quick breads baked goods

baked goods

(esp. Hachiya)

bananas

barley

brandy

caramel

cherries

**CINNAMON**

cloves

cranberries

*custards*

daikon

endive, Belgian

escarole

figs

frisée

**ginger**

graham crackers

grapefruit

grapes

greens, salad

*ice cream*

*jams*

kiwi

leeks

lemon

lettuces

lime

**maple syrup**

mushrooms, wild

**nutmeg**

nuts

oil

onions

oranges

orange juice

parsnips

pears

Asian pears

pepper, black

pineapple

pomegranates

***puddings*** (esp. Hachiya)

radicchio

radishes

raisins

rice

rum

***SALADS*** (esp. Fuyu)

salt

dessert sauces

sauces

seeds sesame

sesame

shallots

*smoothies*

*sorbets*

*soups*

soy sauce

stock, vegetable

sugar

sweet potatoes

tofu

tofu paste

turnips

**vanilla**

vinegar

watercress

yams

**yogurt**

yuzu

PHYLLO, WHOLE-WHEAT

apples

***baklava***

figs

***Greek cuisine***

***Middle Eastern cuisines***

mushrooms

nuts

oil

pears

*phyllo triangles*

***spanakopita***

spinach

*strudels*

vegetables, roasted

PINEAPPLE

agave nectar

apricots

avocados

cakes (esp. pineapple upside-down) baked goods

baked goods

**BANANAS**

basil

**beans, black**

beets

**bell peppers, red**

berries

caramel

*Caribbean cuisines*

cashews

chiles

chili powder

dark chocolate

chocolate

*chutneys*

**CILANTRO**

**cinnamon**

cloves

**COCONUT**

**COCONUT MILK**

**ice cream**

**cucumbers**

*curries*

curry powder/spices

piña coladas drinks

drinks

fruit, other tropical

**garlic**

**ginger**

grapefruit

***Hawaiian cuisine***

jícama

kiwi

kumquats

lavender

lemon

lemongrass

lime

liqueurs

**mangoes**

maple syrup

melon

**mint**

molasses

mushrooms, portobello

nutmeg

nuts

oil

onions

orange

palm, hearts of

papayas

parsnips

**passion fruit**

pepper

raisins

rice

rosemary

rum

sage

*salad dressings*

fruit salads

salads

***SALSAS***

salt

teriyaki sauces

sauces

scallions

seeds

seitan

*skewers, fruit*

***SMOOTHIES***

*sorbets*

*soups*

sour cream

spirits

**star anise**

vegetable stews

stews

*stir-fries*

sugar

sweet potatoes

tempeh

tofu

**tomatoes**

**VANILLA**

*Vietnamese cuisine*

vinegar

**YOGURT**

PINE NUTS (aka PIGNOLI)

*(North) African cuisine*

**anise**

apples

apricots

**arugula**

**asparagus**

cookies baked goods

baked goods

**BASIL**

beans, green

**beets**

bell peppers

breadcrumbs

**BROCCOLI**

broccoli rabe

carrots

chard, Swiss

chickpeas

couscous

cranberries, dried

currants

***desserts***

**eggplant**

endive

escarole

fennel

**GARLIC**

grains, whole

berries

greens, bitter

greens, salad

***Italian cuisine****, esp. southern*

kale

lemon

lettuce

maple syrup

mascarpone

***(Eastern) Mediterranean cuisines***

*Mexican cuisine*

*Middle Eastern cuisines*

nuts, other

oil, nut

**olive oil**

**olives**

onions

oranges

parsley

***PASTAS: fettuccine, orzo, penne, ravioli, spaghetti***

\****PESTOS***

***pilafs***

potatoes

radicchio

**RAISINS**

**rice**

*“ricotta,” pine nut*

*risottos*

rosemary

saffron

sage

fruit salads

green salads

pasta salads

spinach salads

salads

*sauces*

*soups*

**SPINACH**

squash

*stuffed grape leaves*

sweet potatoes

tahini

tangerines

tofu

**TOMATOES**

**sun-dried tomatoes**

*Turkish cuisine*

vanilla

vegetables

watercress

wheat berries

zucchini

PISTACHIOS

**almonds**

apricots

arugula

asparagus

avocados

baklava baked goods

cakes baked goods

cookies baked goods

muffins baked goods

quick breads baked goods

baked goods

**basil**

beets

*biryani*

broccoli

Brussels sprouts

**bulgur**

**CARDAMOM**

carrots

celery

cherries

chili powder

dark chocolate

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

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

grain salads

salads

salt

*sauces*

*smoothies*

squash

sugar

sumac

tahini

tomatoes

*Turkish cuisine*

vanilla

vegetables

vinegar

walnuts

watercress

watermelon

**YOGURT**

PLANTAINS—IN GENERAL, or MIXED

*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

ginger

***Latin American cuisines***

lemon

lime

oils

onions

rice

PLANTAINS, GREEN

*African cuisine*

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

*Mexican cuisine*

molasses

mole sauces

oils

**olives**

onions

paprika

**pepper, black**

*Puerto Rican cuisine*

rice

salsa

salt

scallions

shallots

***soups***

***STEWS***

thyme

***TOSTONES***

yogurt

PLANTAINS, SWEET (e.g., BROWN or YELLOW)

*African cuisine*

allspice

beans, black

bell peppers

*Central American cuisine*

chocolate

cilantro

cinnamon

cloves

coconut milk

*Cuban cuisine*

puddings desserts

desserts

fruits, tropical

garlic

ginger

lemon

lime

*Mexican cuisine*

molasses

oil, olive

onions, red

orange

pepper, black

raisins

rice

rum, esp. dark

salt

scallions

*soups*

star anise

*stews, vegetable*

sugar

PLUMS

allspice

anise hyssop

**apples**

**apple juice**

**apricots**

arugula

bananas

bay leaf

beans

bell peppers

blackberries

caramel

cardamom

**cherries**

chiles

chocolate

*chutneys*

cilantro

**CINNAMON**

**cloves**

*compotes, fruit*

coriander

crème fraîche

custard

dates

cobblers desserts

crisps desserts

crumbles desserts

pies desserts

tarts desserts

desserts

garlic

**GINGER**

grapefruit

Kirsch

lemon

lime

liqueurs

maple syrup

mascarpone

mint

molasses

nectarines

nutmeg

nuts

oatmeal

oats

oil, olive

onions, red

orange

parsley

passion fruit

**peaches**

pears

pepper

ponzu

port

raspberries

rhubarb

sage

fruit salads

green salads

spinach salads

salads

plum salsas

salsas

salt

plum sauces

sauces

seeds sesame

sesame

shallots

*sorbets*

star anise

strawberries

sugar

**VANILLA**

vinegar

walnuts

wine

yogurt

PLUMS, DRIED (aka PRUNES) and DRIED PLUM PUREE

**ALMONDS**

apples

apricots

breads baked goods

cakes baked goods

muffins baked goods

baked goods

bananas

caramel

chestnuts

dark chocolate

chocolate

**CINNAMON**

cloves

coffee

*compotes*

cornmeal

crème fraîche

*crisps*

currants

cobblers desserts

desserts

*granola*

hazelnuts

ice cream

*jams*

*preserves*

**LEMON**

liqueurs

mascarpone

nuts

oatmeal

oats

orange

*pancakes*

pears

pecans

pistachios

poppy seeds

*porridges*

bread puddings

puddings

raisins

*salads*

*snacks*

squash, winter

star anise

*stews*

sugar

vanilla

vinegar, balsamic

**WALNUTS**

wine

yogurt

POMEGRANATE MOLASSES

allspice

arugula

bananas

beans

bell peppers

*beverages*

bulgur

cardamom

carrots

chickpeas

chiles

**cinnamon**

cloves

cumin

***desserts***

*dips*

*drinks*

eggplant

garlic

**ginger**

*glazes*

grapefruit

lemon

lentils

*marinades*

*Middle Eastern cuisines*

mustard

mustard seeds

**oil, olive**

pears

*pilafs*

***SALAD DRESSINGS***

***salads***

*sauces*

*sorbets*

spinach

lentil stews

stews

*Turkish cuisine*

vegetables, esp. root

vinegar

**walnuts**

POMEGRANATES and POMEGRANATE JUICE (see also POMEGRANATE MOLASSES)

agave nectar

allspice

almonds

**apples**

arugula

**avocado**

bananas

barley

beans

bell peppers

bulgur

cardamom

carrots

cherries

chickpeas

chiles

chocolate

**cinnamon**

cloves

coconut

**couscous**

cranberries

**cucumbers**

cumin

*curries*

fruit cobblers desserts

desserts

*crisps, ices, sorbets*

*dips*

*drinks*

**eggplant**

endive

figs

frisée

**garlic**

**ginger**

*glazes*

grains

*granita*

**grapefruit**

greens, salad

legumes

lemon

lentils

**lime**

maple syrup

*marinades*

*Mediterranean cuisines*

melon

***Middle Eastern cuisines***

**mint**

mustard

mustard seeds

**oil, olive**

olives

onions

**ORANGES**

orange juice

parsley

pears

pecans

*pilafs*

pine nuts

pistachios

quinces

quinoa

rice

***SALAD DRESSINGS***

cucumber salads

fruit salads

green salads

salads

***sauces***

*smoothies*

***SORBETS***

***soups****, esp. autumn*

spinach

squash, winter

lentil stews

stews

sugar

sumac

sweet potatoes

tahini

thyme

tomatoes

*Turkish cuisine*

vegetables, esp. root

vinegar

**WALNUTS**

watermelon

wheat berries

**yogurt**

yuzu

popcorn

almonds

**caramel**

cayenne

chili pepper flakes

cinnamon

coconut

coriander

cumin

**curry powder**

dill, dried

dulse

**garlic**

**garlic powder**

gomashio

herbs, esp. dried

lemon

**nutritional yeast**

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—IN GENERAL, WITH SKIN

arugula

asparagus

breads baked goods

cakes baked goods

baked goods

**basil**

**bay leaf**

beans

bell peppers

broccoli

cabbage

capers

caraway seeds

cardamom

**carrots**

cashews

*casseroles*

**cauliflower**

**cayenne**

**celery**

**CELERY ROOT**

celery seeds

**chard**

**chervil**

chicory

**chickpeas**

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

*gratins*

greens

**horseradish**

*Indian cuisine*

**kale**

lavender

**LEEKS**

lemon

lentils

**lovage**

**marjoram**

**mayonnaise**

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

**mint**

mushrooms

mustard

**nutmeg**

oil

okra

olives

onions

oregano

**paprika**

**PARSLEY, esp. flat-leaf**, parsley root

**parsnips**

gnocchi pasta

pasta

peas

peas, split

pepper

**pesto**

pine nuts

***potato cakes / potato pancakes***

ramps

**ROSEMARY**

**rutabagas**

**saffron**

**SAGE**

egg salads

green salads

potato (cold or hot) salads

salads

salt

**savory**

scallions

shallots

*skordalia*

**SORREL**

leek soups

potato soups

sorrel soups

vegetable soups

soups

**sour cream**

**spinach**

squash, winter

***stews***

stock, vegetable

*stuffed baked potatoes* / *twice-baked potatoes*

sweet potatoes

tahini

**tarragon**

**THYME**

**tomatoes**

truffles

**turmeric**

**turnips**

**vegetables, root**

vinegar

**walnuts**

watercress

wine

**yogurt**

POTATOES, BLUE (or PURPLE)

artichokes

beans

chiles

*chips*

chives

cilantro

corn

garlic

greens

lemon

*mashed potatoes*

oil

paprika

parsley

*Peruvian cuisine*

green salads

potato salads

salads

salt

shallots

potato soups

vegetable soups

soups

thyme

vinegar

POTATOES, FINGERLING

beans, green

capers

cashew cream

chervil

chiles

chives

dulse

fines herbes

garlic

horseradish

mayonnaise

oil, olive

paprika, smoked

**parsley**

pepper, black

*pizzas*

**rosemary**

sage

green salads

green bean salads

potato salads

salads

salt

shallots

*soups*

corn chowders

chowders

tarragon

Worcestershire sauce, vegetarian

POTATOES, NEW (aka RED POTATOES)

capers

carrots

cashews

chives

dill

**garlic**

*gratins*

herbs

horseradish

leeks

lemon

mint

mustard

**oil, olive**

paprika

**parsley**

pepper

**rosemary**

saffron

green salads

potato salads

salads

salt

savory

scallions

shallots

***soups***

***bisques***

sour cream

*stews*

stock, vegetable

tarragon

**thyme**

vinegar

walnuts

yogurt

PUMPKIN (see also SQUASH, WINTER)

**ALLSPICE**

almonds

*American cuisine*

**APPLES**

**apple cider**

**apple juice**

*baked baby pumpkins*

bread puddings baked goods

breads baked goods

cookies baked goods

muffins baked goods

pies baked goods

quick baked goods

baked goods

*breads, scones*

basil

**BAY LEAF**

beans

brandy

breadcrumbs

brown butter

caramel

cardamom

carrots

cashews

**cayenne**

**celery**

*cheesecake*

chestnuts

**chickpeas**

chiles

bonnet

chili pepper flakes

chives

dark chocolate

chocolate

**cilantro**

**CINNAMON**

**CLOVES**

**COCONUT**

**COCONUT MILK**

cognac

**coriander**

corn

couscous

cranberries

**cumin**

***curries***

**curry leaves**

**curry paste**

**curry powder**

*custards*

cheesecakes desserts

pies desserts

desserts

fennel

fennel seeds

frisée

garam masala

**GARLIC**

**GINGER**

graham cracker crumbs

*gratins*

greens

hazelnuts

**leeks**

lemon

lemongrass

lime

mace

**MAPLE SYRUP**

milk, dairy or nondairy

**millet**

mint

mirin

miso

molasses

mushrooms

mustard

mustard seeds

**NUTMEG**

**nuts**

**oats**

**oatmeal**

oils

onions

orange

*pancakes*

*waffles*

paprika

**parsley**

**parsnips**

cannelloni pastas

gnocchi pastas

orzo pastas

ravioli pastas

tortellini pastas

pastas

peanuts

pears

**PECANS**

pepper

***PIES***

pineapple

pine nuts

pistachios

plantains

plums, dried

potatoes

***puddings***

**PUMPKIN SEEDS**

quinces

radicchio

**raisins**

rice

rice, wild

rice syrup ***risottos***

**rosemary**

rum

**SAGE**

salt

sesame seeds

***soufflés***

pumpkin soups

winter vegetable soups

soups

*Southeast Asian cuisines*

soy sauce

spinach

***stews***

**stock, vegetable**

*stuffed mini-pumpkins*

sugar

tarragon

**thyme**

tofu

tomatoes

**vanilla**

vegetables, root

vinegar

**WALNUTS**

wine, white

yogurt

zucchini

PURSLANE (aka VERDOLAGA)

arugula

**basil**

beans

**beets**

bell peppers

pita bread

bread

Brussels sprouts

carrots

chickpeas

chiles

chives

cilantro

**CITRUS**

couscous, Israeli

**cucumbers**

dill

*dips*

eggplant

**garlic**

grapefruit

hazelnuts

kale

lemon

lentils

lettuce

*Mexican cuisine*

mint

mustard, Dijon

noodles, rice

oil, olive

olives

onions

oranges

**parsley**

pepper, black

pistachios

**potatoes**

*Provençal (French) cuisine*

radishes

*salad dressings*

bread salads

chopped salads

cucumber salads

egg salads

fattoush salads

green salads

potato salads

vegetable salads

salads

*salsas*

salt, sea

*sandwiches*

**scallions**

shallots

sorrel

bonne femme soups

soups

sour cream

squash

stock, vegetable

sumac

**tahini**

tarragon

**tomatillos**

**TOMATOES**

vinegar

yogurt

zucchini

# Q

QUELITES (see LAMB’S-QUARTER)

QUINCES

\***APPLES**

**APPLE JUICE**

cakes baked goods

crisps baked goods

pies baked goods

baked goods

cherries, dried tart

chicory

chili pepper flakes

***chutneys***

cilantro

**CINNAMON**

***compotes***

coriander

crème fraîche

*crepes*

cumin

apple or pear: crisps desserts

crumbles desserts

tarts desserts

desserts

**ginger**

lemon

**maple syrup**

nutmeg

nuts

oil

orange

*pancakes*

***paste****, aka membrillo*

\***PEARS**

***pies***

apple tarts

pear tarts

tarts

**pomegranates**

pomegranate molasses

*preserves/jams*

bread puddings

rice puddings

puddings

raspberries

green salads

salads

sugar

**vanilla**

vinegar

wine

yogurt

QUINOA

**almonds**

**almond milk**

**arugula**

**avocados**

breads baked goods, multigrain

muffins baked goods, multigrain

baked goods, multigrain

basil

beans

beets

**bell peppers, esp. red or yellow**

carrots

celery

***cereals, hot breakfast***

chard, Swiss

chiles

chives

**cilantro**

citrus

**CORN**

**cucumbers**

**cumin**

endive

fruit, dried

**garlic**

grains, other

greens

kale

mexican cuisine

**mint**

**mushrooms,** esp. cremini, shiitake

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

oil

onions

oregano

**parsley**

***pilafs***

pineapple

pomegranate seeds

grain salads

green salads

salads

salt, esp. sea

scallions

cucumber soups

soups

*South American cuisines*

**SPINACH**

squash, esp. winter

*stews*

mushroom stock

vegetable stock

stock

bell peppers stuffed vegetables

tomatoes stuffed vegetables

zucchini stuffed vegetables

stuffed vegetables

*stuffings*

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

***“tabbouleh”***

tomatoes

*veggie burgers*

vinegar

yogurt

zucchini

# R

RADICCHIO

**apples**

**arugula**

basil

bay leaf

beans

beets

**breadcrumbs**

cabbage

capers

carrots

chickpeas

chicory

chili pepper flakes

chives

citrus

**endive**

escarole

**FENNEL**

fennel seeds

figs

frisée

fruit, dried

fruit, tree

**GARLIC**

grains

grapefruit

*gratins*

greens

hazelnuts

horseradish

***ITALIAN CUISINE***

lemon

lettuce

lime

mango

mushrooms

mustard

oil

onions

orange

parsley

lasagna pastas

orecchiette pastas

penne pastas

spaghetti pastas

pastas

**pears**

pecans

pepper

**pine nuts**

pistachios

***pizza***

polenta

potatoes

pumpkin

radishes

rice

***RISOTTO*S**

**rosemary**

sage

grain salads

mixed green salads

tricolore (radicchio + arugula + endive) salads

salads

salt

**shallots**

***soups***

soy sauce

spinach

squash, winter

*stews*

mushroom stock

vegetable stock

stock

tamari

thyme

tomatoes

vinegar

**WALNUTS**

watercress

wine

Worcestershire sauce, vegan

RADISHES—IN GENERAL (see also DAIKON)

almonds

arugula

asparagus

**avocados**

basil

beans

beets

bell peppers

rye bread

bread

**cabbage**

capers

**carrots**

cayenne

**celery**

celery salt

chervil

chickpeas

**chives**

**cilantro**

**cucumbers**

curry powder

**dill**

edamame

european cuisines

**fennel**

**garlic**

grains, whole

greens

*hummus*

lemon

lettuce

lime

lovage

mâche

marjoram

mesclun

**MINT**

mushrooms

mustard

oil

olives

onions

**ORANGES**

blood oranges

oregano

parsley

pears

pecans

**pepper, black**

pistachios

purslane

radish sprouts

rosemary

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

bean salads

grain salads

green salads

potato salads

radish salads

vegetable salads

salads

salt

**scallions**

seeds sesame

sesame

shallots

**snow peas**

gazpacho soups

vegetable soups

soups

**soy sauce**

vietnamese spring rolls

spring rolls

**sugar snap peas**

tamari

**thyme**

turnips

vinegar

watercress

**yogurt**

RADISHES, BLACK

almonds

apples

beans

bell peppers

chili pepper flakes

*chips*

chives

cilantro

**garlic**

ginger

greens

**lemon**

mint

mirin

oil

onions

oranges, blood

**parsley**

parsnips

pepper

potatoes

green salads

potato salads

salads

salt

shallots

shiso

*soups*

squash

***stews***

sweet potatoes

vinegar, rice

walnuts

RADISHES, WATERMELON

apples

arugula

asparagus

**avocado**

brown butter

carrots

cayenne

celery

chives

cilantro

citrus

crème fraîche

cucumbers

dill

fennel

figs

frisée

**GARLIC**

jícama

kale

leeks

**lemon**

lime

mayonnaise

mint

mustard

noodles, asian

nuts

oil

olives

onions, white

orange

parsnips

peas

pepper, black

pomegranate seeds

pumpkin seeds

quinoa

citrus salads

grain salads

green salads

three-bean salads

salads

**salt, sea**

sesame seeds

soy sauce

spinach

strawberries

sugar

sugar snap peas

tarragon

vinegar

watercress

watermelon

RAISINS

allspice

**almonds**

anise

**apples**

apricots

breads baked goods

cookies baked goods

fruitcakes baked goods

muffins baked goods

scones baked goods

baked goods

bananas

barley, pearl

brandy

broccoli rabe

cabbage

caramel

cardamom

**CARROTS**

celery root

***cereals, cold or hot breakfast***

chard

chestnuts

chickpeas

dark chocolate

chocolate

**cinnamon**

cloves

cognac

*compotes*

corn

**couscous**

crème fraîche

currants

custard

dates

***desserts***

escarole

fruit, other dried

garlic

**ginger**

***granola***

greens

hazelnuts

rum ice cream

ice cream

*Indian cuisine*

*Italian cuisine, esp. Venetian*

**kale**

lemon

liqueurs

maple syrup

mascarpone

*Moroccan cuisine*

nutmeg

**nuts**

**OATS**

**OATMEAL**

onions

orange

parsley

orzo pasta

pasta

peanuts

**pears**

pecans

**pineapples**

**pine nuts**

pistachios

plums, dried

bread puddings

rice puddings

puddings

**pumpkin**

pumpkin seeds

quinces

**quinoa**

rice

**RUM**

arrot salads

waldorf salads

salads

mole sauces

sauces

*snacks*

sour cream

Southern Comfort

**spinach**

squash

*stews*

*stuffings*

sugar

sunflower seeds

sweet potatoes

*tagines*

*trail mix*

vanilla

**walnuts**

whiskey

wine

yogurt

RAMPS

*(North) American cuisine*

**ASPARAGUS**

beans, fava

breadcrumbs

carrots

cayenne

chard

chiles

fiddlehead ferns

**garlic**

*gratins*

greens

hazelnuts

lemon

lentils

lovage

mascarpone

mushrooms, wild

mustard

nettles

oil, nut

**oil, olive**

**onions, spring**

**oranges**

**parsley**

fettuccine pasta

linguini pasta

spaghetti pasta

pasta

peas

pepper, black

*“pestos”*

polenta

potatoes

rice

***risottos***

shallots

asparagus soups

soups

soy sauce

spinach

*stews*

vegetable stock

stock

sunflower seeds

tarragon

thyme

tomatoes

vinegar

**walnuts**

wine, dry white

yogurt

RASPBERRIES

**ALMONDS**

apples

**apricots**

breads baked goods

muffins baked goods

scones baked goods

baked goods

bananas

berries, other

*beverages*

dark chocolate

chocolate

\***CHOCOLATE, WHITE**

**cinnamon**

citrus fruits

cloves

*coulis*

crème anglaise

crème fraîche

crepes desserts

crisps desserts

crumbles desserts

custards desserts

desserts

**figs**

ginger

graham crackers

grapefruit

grapes

**hazelnuts**

**ice cream**

lemon

lime

liqueurs

**mangoes**

maple syrup

mascarpone

melons

meringue

milk

**mint**

**nectarines**

nuts

**oats**

**oatmeal**

oil

orange

*pancakes*

papaya

**PEACHES**

**pears**

pecans

pepper, black

pineapple

pine nuts

**pistachios**

plums

poppy seeds

*preserves*

quince

rhubarb

vinaigrettes salad dressings

salad dressings

fruit salads

green salads

salads

***sauces***

*smoothies*

***sorbets***

sour cream

star anise

sugar

tangerine

**vanilla**

verbena

vinegar

watermelon

wine

**YOGURT**

RHUBARB

**ALMONDS**

almond-flavored *cookies* or cream

**ANGELICA**

**APPLES**

**apple juice**

apricots

cakes baked goods

pies baked goods

tarts baked goods

baked goods

bananas

berries

caramel

**cardamom**

celery

cherries

*chutneys*

**CINNAMON**

citrus

**cloves**

coconut cream

coconut milk

***compotes****, fruit*

crème fraîche

crème de cassis

cobblers desserts

crisps desserts

crumbles desserts

custards desserts

fools desserts

desserts

drinks, esp. sparkling

elderflower syrup

fruit

**GINGER**

grapefruit

hazelnuts

*ice creams*

**lemons**

meyer lemons

lime

**mangoes**

**maple syrup**

milk

mint

nutmeg

**oats**

**oatmeal**

orange

peaches

pepper

pineapple

pistachios

plums

polenta

pomegranates

tapioca puddings

puddings

raisins

**raspberries**

raspberry juice

rose water

*salads*

***sauces***

rhubarb soups

strawberry soups

sweet-and-sour soups

soups

*sorbets*

sour cream

spinach

star anise

*stews*

\***STRAWBERRIES**

sugar

**VANILLA**

vinegar

wine

**YOGURT**

RICE—IN GENERAL

amaranth

*American cuisine, esp. Southern*

*Southwestern*

anise seeds

***ASIAN CUISINES***

basil

bay leaf

beans

bell peppers

horchata beverages

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

**garlic**

**ginger**

greens, Asian

*Indian cuisine*

*Italian cuisine*

*Japanese cuisine*

*Korean cuisine*

leeks

legumes

lemon

lemon thyme

lemongrass

marjoram

*Mexican cuisine*

*Middle Eastern cuisines*

**milk**

mushrooms

nutmeg

nuts

**onions**

oranges

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**

bell peppers stuffed mushrooms or vegetables

eggplants stuffed mushrooms or vegetables

tomatoes stuffed mushrooms or vegetables

stuffed mushrooms or vegetables

sugar

tamari

tarragon

*terrines, vegetable*

thyme

**tomatoes**

turmeric

vanilla

vegetables

vinegar, rice

yogurt

RICE, ARBORIO (aka RISOTTO)

**artichokes**

arugula

**ASPARAGUS**

**basil**

beans

beer

**beets**

bell peppers

**carrots**

cauliflower

celery

**chard, Swiss**

chiles

chives

corn

**fennel**

fiddlehead ferns

**garlic**

garlic, green

greens

***(NORTHERN) ITALIAN CUISINE***

juice, vegetable

kale

**leeks**

lemon

lemon thyme

lime

maple syrup

mascarpone

**mint**

mushrooms

mustard seeds

nettles

nutmeg

**oil, olive**

onions

*paellas*

**PARSLEY**

**PEAS**

pepper

*pesto*

**pine nuts**

*puddings, rice*

radicchio

\****RISOTTOS***

***risotto cakes***

**SAFFRON**

**sage**

salt, kosher

**scallions**

**shallots**

**sorrel**

**spinach**

squash, summer or winter

stock

tarragon

**thyme**

**tomatoes**

tomatoes, sun-dried

**truffles, white**

vanilla

vermouth

vinegar, balsamic

wine

**zucchini**

zucchini blossoms

RICE, BASMATI, BROWN BASMATI RICE

**ALMONDS**

apricots

basil

**bay leaf**

beans

bell peppers, esp. red

*biryani*

cardamom

carrots

cashews

cauliflower

cherries, dried

chervil

chickpeas

chiles, esp. dried red

chives

cilantro

**cinnamon**

**cloves**

coconut

coconut milk

**cumin**

currants

indian curries

curries

dates

dill

**fennel seeds**

garam masala

**garlic**

**ginger**

***INDIAN CUISINE***

lemon

lime

mangoes

mascarpone

milk

mint

mustard seeds

oil

onions

orange

***Pakistani cuisine***

parsley

orzo pasta

pasta

peas

***pilafs***

**pine nuts**

**pistachios**

*puddings*, *rice*

raisins

**saffron**

rice salads

salads

salt

scallions

seeds, pumpkin

*soups*

squash, winter

stock, vegetable

strawberries

*stuffings*

sugar

tarragon

**turmeric**

**vanilla**

RICE, BLACK (aka FORBIDDEN RICE)

***Asian cuisines***

avocados

bananas

basil

beets

bell peppers

bok choy

cabbage

carrots

cashews

celery

chickpeas

chiles

***Chinese cuisine***

chives

cilantro

cinnamon

**COCONUT**

**coconut** butter/ cream/**milk**

***desserts***

garlic

ginger

greens

kimchi

lettuces

lime

mangoes

maple syrup

milk, dairy or nondairy

mirin

mushrooms, porcini

nutmeg

nuts

oil

onions

onions, green

orange

peanuts

peas

pepper, black

*pilafs*

rice puddings

puddings

pumpkin seeds

*risottos*

rice salads

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 (see also SPANISH CUISINE)

asparagus

garlic

mushrooms

oil, olive

olives

onions, yellow

***PAELLAS***

paprika

parsley

saffron

***Spanish cuisine***

stock, vegetable

tomatoes

wine, dry white

RICE, BROWN—IN GENERAL

basil

bay leaf

bell peppers

*bibimbap*

broccoli

broccoli rabe

burdock

cabbage

**carrots**

cayenne

with fruit cereals, hot breakfast

cereals, hot breakfast

nuts

chili, vegetarian

cilantro

coriander

cucumbers

edamame

fennel seeds

*fried rice*

**garlic**

**GINGER**

grains, other whole

greens

**kale**

legumes

lemon

lime

*macrobiotic cuisine*

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

miso

mushrooms

nuts

oil

onions

**PARSLEY**

peas

***pilafs***

*puddings*

raisins

*“risottos”*

grain salads

salads

scallions

sea vegetables

seitan

sesame seeds

tomato soups

soups

**SOY SAUCE**

**SPINACH**

sprouts

squash

*stir-fries*

**stock, vegetable**

sweeteners

**tahini**

**tamari**

tarragon

thyme

**TOFU**

**tofu skin**

turmeric

vegetables, esp. root

*veggie burgers*

vinegar

**walnuts**

watercress

RICE, JASMINE (see also THAI CUISINE)

bay leaf

cashews

cilantro

**coconut**

**coconut milk**

cranberries, dried

*curries*

dates

*desserts*

fennel seeds

garlic

ginger

grapes

lemon

lemongrass

melon

milk, coconut

orange

peanuts

pecans

*pesto*

*pilafs*

plantains

*salads*

seitan

***THAI CUISINE***

tofu

walnuts

yogurt

RICE, STICKY

*Asian cuisines*

banana leaves

bananas

*bibimbap*

carrots

coconut

coconut milk

cucumber

*desserts, Asian*

gomashio

*Japanese cuisine*

kimchi

*Korean cuisine*

mango

mushrooms, shiitake

oil

pineapple

scallions

sprouts, mung bean

strawberries

sugar

*sushi*

*Thai cuisine*

vanilla

zucchini

RICE, WILD

**almonds**

***AMERICAN CUISINE***

**apples**

apple cider

apple juice

artichoke hearts

**asparagus**

breads baked goods

cakes baked goods

baked goods

bay leaf

beans

bell peppers

bulgur

cardamom

carrots

*casseroles*

**celery**

celery leaves

celery seeds

**celery root**

chives

cinnamon

**corn**

*crepes*

dates

dill

fruit, dried

**GARLIC**

rice grains, other

grains, other

greens

hazelnuts

**leeks**

lemon

maple syrup

*Midwestern American cuisine*

mushrooms

mustard

*Native American cuisine*

nuts

oil

onions

orange

oregano

***pancakes***

*waffles*

**parsley**

**pecans**

**pepper, black**

***pilafs***

**PINE NUTS**

pumpkin

raisins

rices, other

**sage**

wild rice salads

salads

salt

**scallions**

seeds

**shallots**

mushroom soups

soups

sour cream

soy sauce

**spinach**

**squash, summer**

winter

**stock, vegetable**

cabbage stuffings

mushrooms stuffings

peppers stuffings

pumpkins stuffings

squash stuffings

stuffings

tamari

tangerines

**tarragon**

**thyme**

vinegar

**WALNUTS**

watercress

**wine, dry white**

zucchini

ROSEMARY

apples

apricots

asparagus

breads baked goods

cakes baked goods

cookies baked goods

focaccia baked goods

scones baked goods

shortbread baked goods

baked goods

barley

bay leaf

beans

beets

bell peppers

***bouquet garni***

bread crumbs

***breads***

Brussels sprouts

cabbage

carrots

cauliflower

celery

chives

**citrus**

*desserts*

**eggplant**

*egg dishes*

fennel

fennel seeds

**figs**

*French cuisine, esp. Provençal*

fruit

\***GARLIC**

gin

grains

grapefruit

grapes

vegetables grilled dishes

grilled dishes

*herbes de Provence*

*Italian cuisine*

*kebobs, vegetable*

lavender

leeks

lemon

lentils

lime

lovage

***marinades***

marjoram

***Mediterranean cuisines***

milk

mint

mushrooms

**oil, olive**

**olives**

**onions**

orange

oregano

**parsley**

**parsnips**

orzo pastas

pastas

pears

peas

pepper, black

pine nuts

***pizza***

polenta

**POTATOES**

pumpkin

quinoa

radicchio

rice

*risotto*

sage

*salad dressings*

bean salads

fruit salads

salads

barbecue sauces

cream sauces

pasta sauces

tomato sauces

sauces

savory

scallions

shallots

sherry

bean soups

minestrone soups

tomato soups

soups

**spinach**

**squash**, summer

winter

***stews***

stock, vegetable

strawberries

***stuffings***

**sweet potatoes**

**thyme**

tofu

**TOMATOES**

**tomato juice**

**tomato sauce**

**vegetables**, esp. grilled, kebabs, roasted

vinegar

wine

yogurt

**zucchini**

RUTABAGAS

agave nectar

allspice

almonds

**APPLES**

**apple cider**

**apple juice**

artichokes, Jerusalem

pies baked goods

tarts baked goods

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

served with eggs hash

hash

**hazelnuts**

*herbes de Provence*

horseradish

kale

**leeks**

lemon

lentils

lime

**mace**

**maple syrup**

marjoram

mint

miso

mushrooms, wild

**mustard**

**nutmeg**

nuts

oil

onions

orange

oregano

paprika

**PARSLEY**

parsley root

**parsnips**

**pears**

pepper

mashed potatoes

potatoes

***purees***

quinoa

raisins

**rosemary**

saffron

**sage**

***salads***

**salt, sea**

savory

**scallions**

*Scottish cuisine*

rutabaga soups

soups

**sour cream**

squash, winter

star anise

***stews***

*stir-fries*

vegetable stock

stock

sugar

*Swedish cuisine*

sweet potatoes

tarragon

**THYME**

tofu

tomatoes

**TURNIPS**

vanilla

**vegetables, root**

vinegar

watercress

RYE BERRIES (aka WHOLE RYE)

anise

**apples**

breads baked goods

baked goods

beans

beets

bell peppers

pumpernickel breads

rye breads

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

leeks

lentils

maple syrup

molasses

mustard

*Northern European cuisines*

nuts

oil

onions

orange

parsley

parsnips

peas

***pilafs***

potatoes

raisins

*“risottos”*

*Russian cuisine*

sage

grain salads

salads

sauerkraut

***Scandinavian cuisines***

borscht soups

soups

***stews***

stock, vegetable

*stuffings*

sugar, brown

sunflower seeds

thyme

tomatoes

vegetables

vinegar

# S

SAFFRON

breads baked goods

cakes baked goods

scones baked goods

baked goods

basil

bell peppers

*biryani*

cardamom

cayenne

chard

chives

cinnamon

couscous

*curries*

*desserts*

eggplant

fennel

garlic

ginger

***(Northern) Indian cuisine***

lemon

marjoram

mayonnaise

*Mediterranean cuisines*

*Moroccan cuisine*

nuts

oil, olive

orange

***PAELLA, vegetarian***

parsley

linguini pasta

pasta

pepper

*pilafs*

potatoes

*puddings, rice*

raisins

\***RICE**

\****RISOTTOS***

rose water

*salad dressings*

cream sauces

tomato sauces

sauces

shallots

*soups*

*Spanish cuisine*

bean stews

vegetable stews

stews

tomatoes

yogurt

zucchini

SAGE

artichokes

asparagus

biscuits baked goods

corn bread baked goods

focaccia baked goods

baked goods

beans—in general

*bread*

*bread crumbs*

brown butter

*casseroles*

chestnuts

**corn**

cornmeal

eggplant

fennel

**GARLIC**

garlic scapes

grains

*gravies*

juniper berries

leeks

**lemon**

lentils

marjoram

***Mediterranean cuisines***

mint

mushrooms

**OIL, OLIVE**

onions

**parsley**

gnocchi pasta

lasagna pasta

orecchiette pasta

spaghetti pasta

pasta

peas

pepper, black

*“pestos”*

pine nuts

*pizza*

**POTATOES**

**pumpkin**

rice

baked ricotta

ricotta

***risotto***

**rosemary**

rutabaga

bean salads

herb salads

salads

***sauces***

savory

butternut squash soups

lentil soups

pumpkin soups

sweet potato soups

white bean soups

soups

squash, winter

*stews*

stock, vegetable

***STUFFINGS***

**thyme**

**tomatoes**

vegetables

vinegar

**walnuts**

SALSIFY

anise

apples

artichokes

artichokes, Jerusalem

bell peppers

**bread crumbs**

burdock

**brown butter**

carrots

cayenne

celery

celery root

chard

**chervil**

**chives**

coriander

crème fraîche

currants

endive, Belgian

fennel

garlic

quinoa grains

rice grains

grains

*gratins*

*hashes*

hazelnuts

herbs

leeks

lemon

lovage

mushrooms

mustard, Dijon

nuts

oil

**onions**

onions, green

orange

**PARSLEY**

parsnips

fettuccine pasta

pasta

pepper, black

polenta

pomegranates

potatoes

*purees*

quince

*risottos*

sage

vinaigrettes salad dressings

salad dressings

*salads*

salt

hollandaise sauces

sauces

scallions

**SHALLOTS**

sorrel

salsify soups

vegetable soups

soups

***stews***

mushroom stock

vegetable stock

stock

**thyme**

tomatoes

truffles, black

vinegar

wine, white

yogurt

SALT, BLACK

apples

bananas

*chats*

chili pepper flakes

***chutneys***

cucumbers

fruits

*Indian cuisine*

kiwi

lemon

oranges

*pickles*

*raitas*

*salad, vegan “egg”*

“cheese” sauces

sauces

tofu

tomatoes

yogurt

SALT, SMOKED

beans

lentils

baked potatoes

potatoes

SALT, TRUFFLE

celery root

egg dishes

popcorn

potatoes

*risottos*

*salads*

vegetables

SAUERKRAUT

**apples**

apple cider

“bacon”

bay leaf

rye bread

bread

**caraway seeds**

carrots

*casseroles*

chestnuts

dill

*Eastern European cuisine*

fennel seeds

garlic

juniper berries

mushrooms

noodles

oil

**onions**

pepper, black

potatoes

rosemary

thousand island salad dressing

salad dressing

salt

“reuben,” “sausage” sandwiches

sandwiches

*sausages, vegan*

savory, winter

shallots

sour cream

*stews*

sugar, brown

tempeh

vinegar

wine, dry to off-dry white

SAVORY

basil

bay leaf

beans, dried

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

*Italian cuisine*

kale

lavender

legumes

lemon

**lentils**

marjoram

***Mediterranean cuisines***

mint

mushrooms

nutmeg

oil, olive

olives

onions

oregano

paprika

parsley

*pâtés*

**peas**

polenta

**potatoes**

rice

**rosemary**

**sage**

vinaigrettes salad dressings

salad dressings

bean salads

potato salads

salads

gravies sauces

tomato sauces sauces

sauces

seitan

shallots

bean soups

split pea soups

tomato-based soups

soups

squash, summer

***stews***

stock, vegetable

***stuffings***

tarragon

**thyme**

**tomatoes**

**tomato sauces**

vegetables, esp. root

vinegar

wine, red

zucchini

SCALLIONS (aka GREEN ONIONS or SPRING ONIONS)

artichokes

***Asian cuisines***

**asparagus**

**basil**

bay leaf

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

**fennel**

**garlic**

**ginger**

grains, whole

*gravies*

greens

*Japanese cuisine*

*Korean cuisine*

**leeks**

lemon

lemongrass

lima beans

lime

mangoes

*marinades*

milk, coconut

mint

miso

**mushrooms**

mustard

noodles, asian

nutmeg

oil

oranges

oregano

*pancakes, scallion*

papayas

paprika

**parsley**

*pastas*

peanuts

pepper

pineapple

baked potatoes

mashed potatoes

potatoes

rice

*risottos*

**rosemary**

sage

*salad dressings*

asparagus salads

corn salads

noodle salads

potato salads

tomato salads

zucchini salads

salads

*salsas*

salt

*sandwiches*

*sauces*

*scallion pancakes*

sesame oil

gazpacho soups

mushroom soups

noodle soups

soups

*Southeast Asian cuisines*

soy sauce

squash

***stir-fries***

vegetable stock

stock

sugar

*tabbouleh*

*Thai cuisine*

**thyme**

tofu

**tomatoes**

vegetables

vinegar

walnuts

watermelon

zucchini

SEA BEANS (aka GLASSWORT or SAMPHIRE)

avocados

cayenne

chiles

dill

garlic

ginger

lemon

lime

mushrooms

oil

pepper, black

***salads***

*stir-fries*

*tempura*

vinegar

SEEDS, HEMP

almonds

avocados

breads baked goods

cookies baked goods

muffins baked goods

piecrusts baked goods

quick breads baked goods

baked goods

beans, white

bell peppers

berries

blackberries

cabbage

carrots

cashews

cashew butter

muesli cereals, breakfast

cereals, breakfast

celery root

*chili, vegetarian*

chocolate

cilantro

***dips***

grains, whole

***granola***

lemon

lime

mushrooms

soba noodles

noodles

**oatmeal**

oil

onions, green

***PESTOS***

*pilafs*

popcorn

rice

*salad dressings*

green salads

salads

***smoothies***

*soups*

chickpea spreads

spreads

squash, winter

*stir-fries*

***trail mix*es**

vegetables

*veggie burgers*

vinegar, white wine

walnuts

watercress

**yogurt**

SEEDS, POPPY

almonds

apples

*Asian cuisines*

bagels baked goods

biscuits baked goods

breads baked goods

cakes baked goods

cookies baked goods

pastries baked goods

rolls baked goods

baked goods

beans

blueberries

cabbage

*candies*

carrots

cauliflower

cinnamon

cloves

curry powder

***desserts***

cheese dips

dips

eggplant

*egg dishes*

*(Central) European cuisines*

fruits

ginger

***Indian cuisine***

lemon

lentils

*Mediterranean cuisines*

*Middle Eastern cuisines*

**noodles**

nutmeg

onions

oranges

blood oranges

pappardelle pastas

pastas

potatoes

plums, dried

**rice**

*Russian cuisine*

for fruit or green salads salad dressings, esp. creamy

salad dressings, esp. creamy

fruit salads

pasta salads

salads

cream sauces

sauces

sesame seeds

cole slaws

slaws

*soups*

**sour cream**

spinach

strawberries

sugar

tomatoes

*Turkish cuisine*

vanilla

vegetables

walnuts

**zucchini**

SEEDS, PUMPKIN

*American cuisine*

breads baked goods

cakes baked goods

cookies baked goods

muffins baked goods

baked goods

beans

*breadings*

caramel

cayenne

chiles

chili powder

cilantro

**cinnamon**

coriander

corn

**cranberries, dried**

cumin

curry powder

*enchiladas*

**garlic**

grains, whole

***granola***

hazelnuts

lemon

lime

**maple syrup**

masa

*“mayonnaise,” vegan*

***MEXICAN CUISINE***

***moles***

*muesli*

oatmeal

oil

***pestos***

**pumpkin**

quinoa

raisins

rice

*salad dressings*

green salads

noodle salads

pasta salads

salads

*salsas*

salt

mole sauces

pumpkin seed sauces

sauces

seitan

butternut squash soups

pumpkin soups

soups

*South American cuisines*

*Southwestern (U.S.) cuisine*

soy sauce

spinach

*spreads*

squash

*stews*

sugar

*tamales*

tamari

tofu

tomatillos

tomatoes

sun-dried tomatoes

*trail mixes*

*veggie burgers*

yams

SEEDS, SUNFLOWER

apricots

breads baked goods

cookies baked goods

muffins baked goods

piecrusts baked goods

baked goods

beans, green

*casseroles*

hot breakfast cereals

cereals

cranberries, dried

*desserts*

fruit

grains, whole

berries

***GRANOLA***

leeks

lemon

lentils

molasses

***muesli***

nutritional yeast

nuts

*pancakes*

*pastas*

***pâtés***

*pestos*

raisins

*“risottos”*

green salads

salads

seeds, other

*soups*

*Southwestern (U.S.) cuisine*

*spreads*

*stuffings*

tamari

tofu, esp. silken

tomatoes, sun-dried

***trail bars***

***mixes***

***veggie burgers***

yogurt

SEITAN (see also tips for NAMA-FU)

***Asian cuisines***

***barbecue sauce***

basil

Thai basil

bay leaf

beans

bell peppers

Bragg Liquid Aminos

broccoli

broccoli rabe

burdock

**CAPERS**

**caper berries**

carrots

*“chicken”* (+ chicken-flavored vegetarian stock)

chickpeas

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

mushrooms

mustard

rice noodles

noodles

nori

nutritional yeast

oil

olives

onions

oregano

**paprika, smoked**

parsley

*pastas*

peanuts

peanut butter

**PECANS**

**pepper, black**

***“piccata”***

*pilafs*

pine nuts

polenta

ponzu

pumpkin seeds

rice

**rosemary**

sage

salt, sea

club (with crisp tempeh “bacon”) sandwiches

philly “cheesesteak,” sandwiches

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***

mushroom stock

vegetable stock

stock

mushroom stroganoff

stroganoff

sweet potatoes

tahini

**TAMARI**

tamarind

thyme

tofu

**tomatoes**

tomato paste

tomatoes, sun-dried

turmeric

umeboshi plum sauce

vinegar, balsamic

wakame

walnuts

wine

Worcestershire sauce, vegan

yuzu

SESAME SEEDS—IN GENERAL (aka GOMA)

***ASIAN CUISINE*S**, esp. black sesame seeds

**asparagus**

avocado

bagels baked goods

breads baked goods

breadsticks baked goods

cakes baked goods

cookies baked goods

corn baked goods

baked goods

*bread, crackers, pastries, piecrusts*

bananas

basil

beans

berries

broccoli

brown rice syrup

burdock

cabbage

carrots

*casseroles*

chickpeas

chili

*Chinese cuisine, esp. black sesame seeds*

cilantro

citrus

cucumber

daikon

dates

cakes desserts

cookies desserts

puddings desserts

desserts

*dressings*

falafel

fruit

garlic

**GINGER**

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

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

noodles, esp. asian

**nori**

*“pesto”*

rice

***salad dressings***

fruit salads

green salads

pasta salads

salads

salt

mole sauces

tahini sauces

sauces

scallions

seeds, other

seitan

sesame

shallots

shiso

snow peas

***soups***

**soy sauce**

spinach

*spreads*

***stir-fries***

sugar snap peas

sumac

nori rolls sushi

sushi

*tahini*

tamari

thyme

**TOFU**

tomatoes

*trail mix*es

vegetables

vinegar, rice

SHALLOTS

*Asian cuisines*

asparagus

avocados

basil

**bay leaf**

**beans, green**

beets

**Brussels sprouts**

carrots

chiles

*Chinese cuisines*

chives

citrus

coconut milk

corn

*curries*

*dips*

eggplant

endive

european cuisines

fennel

***French cuisine****, esp. northern*

fruit

galangal

**garlic**

ginger

grains, whole

*gravies*

greens, bitter

legumes

lemongrass

lemon

lentils

lettuce

lime

*marinades*

*Mediterranean cuisines*

miso

mushrooms

mustard

asian noodles

noodles

oil

orange

papaya

**parsley**

parsnips

*pastas*

peanuts

**pepper, black**

**POTATOES**

raisins

rosemary

sage

***SALAD DRESSINGS, esp. vinaigrettes***

***SALADS***

salt, sea

butter sauces

french sauces

sauces

***soups***

***SOUTHEAST ASIAN CUISINES***

squash

*stews*

**stock, vegetable**

sugar

**tarragon**

**thyme**

tofu

**tomatoes**

vegetables

vinegar

wine

Worcestershire sauce, vegan

zucchini

SHISHITO PEPPERS

*Asian cuisines*

chili pepper flakes

lemon

miso

oil

*pickled peppers*

salt

seeds sesame

sesame

soy sauce

*stir-fries*

*stuffed shishito peppers*

SHISO LEAF (aka JAPANESE BASIL or PERILLA)

avocado

beets

cabbage

corn

**cucumbers**

daikon

edamame

garlic

ginger

grains, whole

grapefruit

***JAPANESE CUISINE***

*Korean cuisine*

lime

melons

mirin

miso

mushrooms

noodles, asian

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

oil

onions

peaches

rice

sake

pasta salads

salads

scallions

seeds

snow peas

noodle soups

soups

soy sauce

*spring rolls*

*stir-fries*

***sushi****, vegetarian*

tamari

*tempura*

tofu

**umeboshi plums**

**plum paste**

vinegar

SHOOTS, PEA

*Asian cuisines*

avocado

basil

chervil

*Chinese cuisine*

chives

corn

dill

endive, Belgian

**GARLIC**

**ginger**

grapefruit

kale

lemon

mango

mushrooms

noodles, Asian

*nori rolls*

oil

orange

*pastas*

pears

radishes

*risottos*

***SALADS***

salt

*sandwiches*

seeds

shallots

*soups*

*Southeast Asian cuisines*

sprouts

***stir-fries***

stock, vegetable

strawberries

sugar

vinegar

wheat berries

SHOOTS, SUNFLOWER

apples

avocado

garlic

lemon

**oil, olive**

pepper, black

*pestos*

***salads***

salt, sea

sunflower seeds

yogurt

SLOW-COOKED

cumin

garlic

ginger

horseradish

onions

oregano

rosemary

shallots

thyme

SNOW PEAS (aka CHINESE PEA PODS) (see also SUGAR SNAP PEAS)

***Asian cuisines***

bamboo shoots

bean sprouts

bell peppers

bok choy

broccoli

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

mustard

noodles, esp. asian

oil

onions

orange

*pad thai*

peanuts

peanut sauce

**peas**

pepper

*ponzu sauce*

**radishes**

rice

asian salads

bean salads

grain salads

noodle salads

salads

salt

**SCALLIONS**

**SESAME, E.G., OIL, seeds**

asian slaws

slaws

*soups*

*Southeast Asian cuisines*

**SOY SAUCE**

sprouts, bean

squash, summer

***STIR-FRIES***

**stock, vegetable**

sugar

sugar snap peas

tarragon

*Thai cuisine*

**TOFU**

vinaigrette

**vinegar, rice**

water chestnuts

*Worcestershire sauce, vegetarian*

zucchini

SORGHUM (aka JOWAR and MILO)

*African cuisines*

avocado

bay leaf

carrots

*cereals, hot*

cayenne

chili powder

chives

coconut milk

cucumbers

curry powder

garlic

ginger

*Indian cuisine*

*khichuri*

lemon

lentils

mirin

miso

oil, olive

onions

orange

oregano

parsley

pepper, black

*pilafs*

pine nuts

*popped sorghum (like popcorn)*

savory or sweet porridges

porridges

raisins

rosemary

grain salads

salads

salt, sea

seeds sesame

sesame

s*oups*

soy sauce

vegetable stock

stock

tahini

thyme

vegetables

vinegar, rice

SORREL

**asparagus**

basil

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

**leeks**

lemon

lentils

lovage

mint

mushrooms

mustard

nettles

nutmeg

oils

olives

onions

onions, spring

**parsley**

*pastas*

peas, split

peas

pepper

pine nuts

**POTATOES**

*purees*

purslane

ramps

rice

***risottos***

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

salt

***sandwiches***

cream sauces

sorrel sauces

white sauces

sauces

**shallots**

cream soups

lentil soups

potato soups

sorrel soups

soups

sour cream

**SPINACH**

mushroom stock

vegetable stock

stock

tarragon

thyme

tomatoes

**vegetables**, esp. green, grilled, root

vinegar

**wine**, dry white

yogurt

SOUTH AMERICAN CUISINE

beans

bell peppers

chiles

**corn**

fruit, tropical

maca

potatoes

quinoa

**squash**

yuca

SOUTHWESTERN (U.S.) CUISINE

avocados

beans

bell peppers

cactus

cayenne

chayote

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 (see also EDAMAME, which are green soybeans)

*baked beans*

bay leaf

cardamom

carrots

*casseroles*

cayenne

celery

chiles

***chili, vegetarian***

cilantro

coriander

cumin

garlic

ginger

millet grains

grains

*“hummus”*

lemon

mint

molasses

mushrooms

*natto*

nut butter

oats

oil

onions

peanuts

grain salads

green salads

salads

scallions

sesame seeds

minestrone soups

vegetable soups

soups

**soy sauce**

spinach

squash

star anise

*stews*

tahini

tamari

tamarind

*tempeh*

***veggie burgers***

vinegar

wasabi

SOY SAUCE, NATURALLY FERMENTED (see also TAMARI)

*Asian cuisines*

basil, Thai

chiles

***Chinese cuisine***

citrus

asian dumplings

dumplings

eggplant

**garlic**

**ginger**

greens

*Japanese cuisine*

***marinades***

mirin

molasses

mushrooms

mustard

mustard paste

noodles, asian

oil

onions

**rice**

*salad dressings*

***sauces***

***dipping sauces***

seeds sesame

sesame

*soups*

*stir-fries*

sugar

*sushi, vegetarian*

tamarind

tempeh

**tofu**

vinegar, rice

SOY SAUCE, THAI (aka LIGHT, THIN, or WHITE SOY SAUCE)

*marinades*

asian noodles

rice noodles

noodles

dipping sauces

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

parsley

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

pimenton

pine nuts

pomegranates

rice

*roasted dishes*

saffron

*soups*

*stews*

thyme

tomatoes

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

vanilla

**vinegar, sherry**

walnuts

wine

SPELT BERRIES

allspice

apples

artichokes, Jerusalem

avocado

breads baked goods

cakes baked goods

muffins baked goods

baked goods

basil

beans

Brussels sprouts

*casseroles*

celery

hot breakfast cereals

cereals

**chickpeas**

*chili, vegetarian*

chives

cilantro

cinnamon

cumin

currants

dill

*dolmas*

escarole

european cuisines

fennel

french cuisine

**garlic**

ginger

grains, other

kale

kefir

lemon

lentils

lovage

marjoram

*Mediterranean cuisines*

mushrooms

nuts

oil

onions

*pancakes*

parsley

*pastas*

pepper, black

***pilafs***

pine nuts

*pizza dough*

***“risottos”***

grain salads

green salads

salads

salt

minestrone soups

vegetable soups

soups

squash

*stews*

strawberries

grape leaves stuffings

vegetables stuffings

stuffings

*“tabbouleh”*

tarragon

tempeh

thyme

tofu

turnips

vinegar

walnuts

za’atar

SPINACH

allspice

**apples**

artichokes

arugula

asparagus

**avocado**

**basil**

beans

beets

bell peppers

bread crumbs

broccoli

*burritos*

*calzones*

capers

cardamom

**carrots**

*casseroles*

cauliflower

**cayenne**

chervil

**CHICKPEAS**

chicory

chiles

**chili pepper flakes**

**chives**

cilantro

cloves

**coconut milk**

coriander

*crepes*

**cumin**

**curry powder/spices**

***curries***

**dill**

***dips***

**eggplant**

*falafel*

figs

fruit, dried

**GARLIC**

**GINGER**

gomashio

bulgur grains

quinoa grains

grains

*gratins*

*Greek cuisine*

horseradish

***Indian cuisine***

***Italian cuisine***

***Japanese cuisine***

leeks

lemon

**lemongrass**

**LENTILS**

lime

lovage

mace

**marjoram**

*Mediterranean cuisines*

milk

**mint**

mirin

miso

mushrooms

mustard

soba noodles

noodles

\***NUTMEG**

**NUTS**

nut butters

**nuts,** pistachios, **WALNUTS**

oil

olives

onions

orange

oregano

**parsley**

cannelloni pasta

gnocchi pasta

gnudi pasta

lasagna pasta

manicotti pasta

ravioli pasta

shells pasta

pasta

**pears**

peas

peas, split

pepper

*“pestos”*

phyllo dough

*pies*

*pilafs*

***PIZZA***

**polenta**

**POTATOES**

*purees*

*quesadillas*

**quinoa**

**raisins**

ramps

**RICE**, esp. basmati, black, brown

*risottos*

rosemary

sage

creamy salad dressings

hot salad dressings

salad dressings

green salads

mushroom salads

pasta salads

spinach salads

salads

salt

*sandwiches*

**scallions**

seeds

seeds sesame

sesame

**shallots**

*smoothies*

**sorrel**

*soufflés*

mushroom soups

spinach soups

vegetable soups

yogurt soups

soups

**soy sauce**

***spanakopita / spinach pie***

*spreads*

sprouts

squash

***stews***

***stir-fries***

vegetable stock

stock

sugar (just a pinch)

**sweet potatoes**

**tahini**

**tamari**

tangerines

tarragon

thyme

tofu

**TOMATOES**

**TOMATO SAUCE**

vegetables

*veggie burgers*

vinegar

wine

**YOGURT**

yuzu

zucchini

SPRING

**artichokes, esp. baby**

artichokes, Jerusalem

arugula

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

escarole

fennel, esp. baby

fennel pollen

fiddlehead ferns

garlic

greens

jícama

leeks

lemons

lemons, Meyer

lettuces

*lighter dishes*

limes, key

loquats

mâche

mangoes

mint

miso, light

mushrooms

nettles

noodles

onions

oranges

oranges, navel

peas

potatoes, new

**radishes**

**ramps**

**rhubarb**

**scallions**

shoots

snow peas

sorrel

*soufflés*

**spinach**

sprouts

**strawberries**

sugar snap peas

tea, green, esp. early

tomatillos

tomatoes, heirloom

wakame

watercress

zucchini blossoms

SPROUTS—IN GENERAL, or MIXED

**apples**

**apple juice**

avocado

whole-wheat breads, whole-grain

breads, whole-grain

cabbage

**carrots**

citrus

cucumbers

garlic

greens

lemon

lettuce

mint

oil

onions

parsley

radishes

raisins

egg salads

green salads

salads

***SANDWICHES***

sesame seeds

soy sauce

tahini

tomatoes

vinegar

SPROUTS, ALFALFA

avocados

beans

bell peppers

whole-grain bread

bread

cabbage

cilantro

dill

ginger

lemon

lime

mango

miso

*nori rolls*

onions

oranges

raisins

*rice paper wrappers*

***salads***

grilled cheese sandwiches

wraps sandwiches

sandwiches

seeds sesame

sesame

*slaws*

*smoothies*

*soups*

sprouts, other

*stir-fries*

sunflower seeds

tofu

whole-grain tortillas

tortillas

vinegar, rice

walnuts

watercress

*wraps*

SPROUTS, BROCCOLI

beets

carrots

green salads

salads

veggie burgers sandwiches

sandwiches

sprouts, other

*stir-fries*

tahini

SPROUTS, BUCKWHEAT

pancake batters

waffle batters

batters

carrots

lemon

green salads

salads

cheese sandwiches

sandwiches

seeds

shoots

sprouts, other

tahini

SPROUTS, CLOVER

*cole slaws*

onions

*salads*

peanut butter sandwiches

sandwiches

sprouts, other

*stir-fries*

SPROUTS, LENTIL

arugula

beans

juices drinks

smoothies drinks

drinks

ginger

greens, salad

lemons

onions

oranges

peas

rice

green salads

potato salads

salads

*sandwiches*

seeds

sprouted lentil soups

soups

soy sauce

*stews*

***stir-fries***

vinegar

SPROUTS, MUNG BEAN

***Asian cuisines***

beans

bell peppers

bok choy

cabbage

carrots

celery

chickpeas

chiles

***Chinese cuisine***

cumin seeds

curry powder

*dips*

juices drinks

smoothies drinks

drinks

*egg rolls*

**garlic**

ginger

greens

hoisin sauce

*hummus*

*Indian cuisine*

kimchi

*Korean cuisine*

lemon

lentils

*lo mein*

miso

*moo shu vegetables*

mushrooms

mustard

mustard seeds

rice noodles, asian

noodles, asian

oil

onions

***pad thai***

parsley

peanuts

peanut butter

peas

quinoa

radishes

rice

*rice paper wrappers*

asian salads

potato salads

vegetable salads

salads

salt

*sandwiches*

seeds sesame

sesame

asian slaws

slaws

miso soups

soups

soy sauce

spinach

***spring rolls****, i.e., fried*

sprouts, other

*stews*

***STIR-FRIES***

stock, vegetable

sugar

*summer rolls, i.e., not fried*

*Thai cuisine*

tofu

vegetables

*Vietnamese cuisine*

vinegar

watercress

SPROUTS, PEA

*dips*

garlic

mustard

oil

rice

*salads*

cold soups

pea soups

soups

soy sauce

*stir-fries*

tarragon

tofu

SPROUTS, RADISH (see also SPROUTS, DAIKON)

avocado

*bread, whole-wheat*

*dips*

greens, salad

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

onions

*salad, egg*

egg salad sandwiches

wraps sandwiches

sandwiches

shallots

*slaws*

*stir-fries*

*sushi, vegetarian*

vinegar

SPROUTS, SUNFLOWER SEED

**avocado**

basil

citrus

dill

garlic

kale

lemon

oil

parsley

pea shoots

***salads***

wraps sandwiches

sandwiches

scallions

seeds

shallots

*smoothies*

spinach

*sushi, vegetarian*

tomatoes

vinegar, red wine

SQUASH, ACORN (see also SQUASH, WINTER)

***ACORN SQUASH, STUFFED***

allspice

almonds

**APPLES**

apricots

beans

bell peppers

***bread crumbs***

whole-grain bread stuffings

bread stuffings

bulgur

brown butter

celery

chard, Swiss

**CINNAMON**

cloves

coconut

coconut milk

corn

cranberries

currants

curry powder

fennel

**garlic**

**ginger**

hazelnuts

kale

lemon

liqueur

**MAPLE SYRUP**

mint

miso

mushrooms

**nutmeg**

**olive oil**

onions

orange

parsley, flat-leaf

pears

pecans

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

SQUASH, BUTTERCUP (see also SQUASH, WINTER)

**almonds**

arugula

muffins baked goods

pies baked goods

baked goods

bell peppers

**brown butter**

*casseroles*

**chiles**

**chili powder**

cilantro

coconut milk

cumin

*curries*

**garlic**

ginger

*gratins*

hominy

leeks

lemon

lemongrass

oil

onions

parsnips

gnocchi pasta

ravioli pasta

pasta

peanuts

pears

pepper, black

*purees*

sage

shallots

minestrone soups

squash soups

soups

soy sauce

**spinach**

squash, other winter

*stews*

**stock, vegetable**

tamari

yogurt

SQUASH, BUTTERNUT (see also SQUASH, WINTER)

**allspice**

apples

artichokes, Jerusalem

**arugula**

muffins baked goods

baked goods

barley

basil

bay leaf

beans

berries

brown butter

cabbage, savoy

**cardamom**

carrots

*casseroles*

cauliflower

cayenne

**celery**

celery root

**chestnuts**

**chickpeas**

chiles

sauce

chives

**cilantro**

**CINNAMON**

**cloves**

coconut

**coconut milk**

**coriander**

**corn**

**couscous**

**cranberries**

**cumin**

**curry powder**

***CURRIES***

dates

fennel

**GARLIC**

**GINGER**

grains, whole

*gratins*

greens

kale

**leeks**

lemon

lemongrass

lime

**MAPLE SYRUP**

marjoram

milk, dairy or nondairy

miso

mushrooms

**NUTMEG**

nuts

oil

onions

orange

oregano

paprika, smoked

**parsley, flat-leaf**

gnocchi pasta

lasagna pasta

ravioli pasta

pasta

**pears**

Japanese pears

pepper

*pizza*

**pomegranate seeds**

**PUMPKIN SEEDS**

*purees*

raisins

rice

***RISOTTOS***

**rosemary**

**saffron**

**SAGE**

salt

savory

sesame seeds

shallots

shiso

***SOUPS***

***bisques***

spinach

star anise

***stews***

stock

*succotash*

sugar

sunflower seeds

tahini

tamari

tarragon

*tarts*

**thyme**

**tofu**

**tomatoes**

**vanilla**

vinegar

wine

**yogurt**

za’atar

SQUASH, CROOKNECK (see also SQUASH, SUMMER)

basil

bay leaf

chiles

cilantro

**curry powder**

marjoram

milk

mint

oil

onions

oregano

parsley

pepper, black

sage

salt

scallions

squash soups

soups

thyme

SQUASH, DELICATA (see also SQUASH, WINTER)

allspice

anise

**apples**

**apple cider**

**apple juice**

beans

**beets**

bread crumbs

cayenne

celery

chiles

**cilantro**

cinnamon

cloves

cranberries, dried

**cumin**

dates

fennel

fennel seeds

garlic

kale

lime

**maple syrup**

mint

mushrooms

mustard, Dijon

**nutmeg**

nuts

**oil, olive**

onions

orange

parsley

pepper

*pizzas*

pomegranate seeds

potatoes

quinoa

rice, brown

rosemary

**sage**

seeds

soy sauce

*squash, stuffed*

stock, vegetable

**sugar, brown**

tahini

**THYME**

tomatoes

**vinegar**, apple cider or balsamic

yogurt

SQUASH, HUBBARD (see also SQUASH, WINTER)

allspice

almonds

pies baked goods

baked goods

bay leaf

beans

carrots

cayenne

chives

cinnamon

curry spices

fennel

garlic

hazelnuts

leeks

lemon

maple syrup

molasses

nutmeg

oil

*pancakes*

pepper, black

*purees*

*risottos*

rosemary

sage

salt

***soups***

*squash, stuffed*

sugar, brown

tamari

SQUASH, KABOCHA (see also SQUASH, WINTER)

almonds

**apples**

basil

Thai basil

bay leaf

beans

cayenne

celery root

chard

chestnuts

chiles

chili pepper flakes

chili powder

**cilantro**

**cinnamon**

**coconut**

**coconut milk**

coriander

couscous

cranberries, dried

crème fraîche

**cumin**

currants

curry paste, powder, spices, curries

*desserts*

fennel

fennel seeds

**GARLIC**

**GINGER**

grains, whole

greens, winter

hazelnuts

***Japanese cuisine***

Kaffir lime leaves

kale

**leeks**

lemon

**lemongrass**

lettuce

lime

**maple syrup**

melon, bitter

**mirin**

miso

mushrooms

**noodles, udon**

nutmeg

oils

onions

orange

paprika

lasagna pastas

pastas

pears

pecans

pepper

*pies*

pomegrantes

*puddings*

**pumpkin seeds**

*purees*

radicchio

raisins

rice

rice, wild

rosemary

**sage**

sake

**salt, sea**

scallions

shiso

vegetable soups

soups

soybeans

**soy sauce**

***stews***

**stock, vegetable**

sugar

**tamari**

*tempura, vegetable*

**tofu**

tomatoes

umeboshi paste

vinegar

walnuts

yuzu

SQUASH, PATTYPAN (see also SQUASH, SUMMER)

allspice

apples

asparagus

bread crumbs

capers

chili pepper flakes

chives

corn

eggplant

**garlic**

leeks

lemon

mushrooms

nutmeg

oils

onions

**parsley**

***PATTYPAN SQUASH, STUFFED***

pecans

pepper

*pesto*

rosemary

sage

salt

squash soups

soups

**stock, vegetable**

thyme

tomatoes

zucchini

SQUASH, SPAGHETTI

**basil**

bay leaf

beans

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

nutmeg

oil

**ONIONS**

oregano

parsley

parsnips

***“PASTA”***

**pepper, black**

*pesto*

pistachios

rosemary

**sage**

*salads*

**salt**

pasta sauces

tomato sauces

sauces

*“sausage,” vegan*

scallions

soy sauce

sugar, brown

**thyme**

tomatillos

**TOMATOES**

**TOMATO PASTE**

**TOMATO SAUCE**

vinegar

walnuts

zucchini

SQUASH, SUMMER (see also CHAYOTE; SQUASH, CROOKNECK; SQUASH, PATTY PAN; ZUCCHINI)

allspice

arugula

muffins baked goods

quick breads baked goods

baked goods

**BASIL**

beans

bell peppers

bread crumbs

**capers**

carrots

chard, Swiss

chiles

chili

powder

**chives**

**cilantro**

**cinnamon**

coriander

corn

curry

**DILL**

**eggplant**

*enchiladas*

epazote

escarole

**fennel seeds**

**GARLIC**

**ginger**

grains, whole

greens

lemon

**marjoram**

**mint**

mustard

nutmeg

oil

olives

onions

**oregano**

paprika

**PARSLEY**

lasagna pasta

linguini pasta

orzo pasta

rigatoni pasta

pasta

**pepper, black**

pesto

**pine nuts**

*ratatouille*

**rice**

*risotto*

**ROSEMARY**

saffron

sage

green salads

pasta salads

salads

salt

savory

**scallions**

shallots

squash soups

soups

vegetable stews

stews

vegetable stock

stock

sunflower seeds

**tarragon**

**thyme**

**TOMATOES**

**TOMATO SAUCE**

tomatoes, sun-dried

vegetables, root

vinegar

**walnuts**

**yogurt**

zucchini blossoms

SQUASH, WINTER—IN GENERAL, OR MIXED SQUASHES (see also PUMPKIN; SQUASH, ACORN; SQUASH, BUTTERCUP; SQUASH, BUTTERNUT; SQUASH, DELICATA; SQUASH, HUBBARD; SQUASH, KABOCHA)

**allspice**

anise seeds

apples

breads baked goods

cakes baked goods

cookies baked goods

muffins baked goods

pies baked goods

baked goods

**basil**

beans, white

bell peppers

whole-grain bread crumbs

bread crumbs

*burritos*

**brown butter**

cardamom

carrots

cashews

*casseroles*

cauliflower

cayenne

celery

chestnuts

chiles

chili powder

cider

cilantro

**CINNAMON**

citrus

**cloves**

coconut

**coriander**

cornmeal

cranberries

**cumin**

curry

dates

fennel seeds

figs

fig syrup

**GARLIC**

**GINGER**

grains, whole

*gratins*

greens

leeks

lemon

lemongrass

licorice

lime

mace

**maple syrup**

marjoram

**mint**

mirin

miso

molasses

*mousses*

mushrooms

noodles

**NUTMEG**

nuts

oil

onions

oranges

*pancakes*

paprika

**parsley**

parnsips

ravioli pastas

pastas

**pears**

**PECANS**

pepper

*pies*

pine nuts

pineapples

pistachios

potatoes

*puddings*

*purees*

quince

radicchio

raisins

radicchio

rice

***risottos***

**rosemary**

rum

**SAGE**

savory

scallions

seeds

shallots

*soufflés*

squash soups

winter vegetable soups

soups

soy sauce

*spreads*

squash, other winter

*squash, stuffed*

*stews*

stock, vegetable

**SUGAR, BROWN**

tahini

tarragon

**thyme**

tofu

turmeric

vanilla

vinegar

**WALNUTS**

SRIRACHA (aka CHILI GARLIC SAUCE)

*Asian cuisines*

carrots

cashews

celery

chickpeas

chili, vegetarian

*fried rice*

garlic

ginger

mushrooms

rice noodles, asian

noodles, asian

onions

rice

seeds sesame

sesame

soy sauce

*stir-fries*

stock, vegetable

*Thai cuisine*

tofu

tomatoes

STAR ANISE

***Asian cuisines***

***baked goods***

bay leaf

berries

chiles

***CHINESE CUISINE***

chocolate

**cinnamon**

citrus

*curries*

curry leaves

curry powder

***five-spice powder***

**ginger**

greens

*ice creams*

*Malaysian cuisine*

*marinades*

mint

noodles, Asian

orange

pears

pepper, black

plums

rose water

*salad dressings*

barbecue sauces

sauces

*sorbets*

*soups*

soy sauce

*stews*

*stir-fries*

sugar

***teas***

vietnamese cuisine

STAR FRUIT (aka CARAMBOLA)

agave nectar

cardamom

chili powder

*chutneys*

tarts (when fully ripe) desserts

desserts

*Indian cuisine*

kiwi

lemon

lime

mango

mint

orange

papayas

fruit salads

green salads

salads

*salsas*

salt

*smoothies*

*Southeast Asian cuisines*

*stir-fries*

strawberries

*Thai cuisine*

STOCK, MUSHROOM

bay leaf

carrots

celery

fennel

garlic

leeks

marjoram

mushrooms

oil, olive

onions

oregano

parsley

pepper, black

rosemary

salt

tamari

thyme

wine

STOCK, VEGETABLE (see also DASHI)

basil

**bay leaf**

beans, black (fermented)

cabbage

**carrots**

**celery**

cilantro

**garlic**

kombu

**leeks**

lemongrass

marjoram

mirepoix (carrots + celery + onions)

mushrooms

oil, olive

onions

oregano

**parsley**

parsnips

**pepper, black**

potatoes

rosemary

sage

**salt, kosher or sea**

savory

**thyme**

water

wine, dry white

STRAWBERRIES

**agave nectar**

**almonds**

apples

apricots

arugula

**bananas**

**BASIL**

bell peppers

berries, other

caramel

dark chocolate

chocolate

cinnamon

coconut

crème fraîche

cucumber

cobblers desserts

crumbles desserts

custards desserts

ice creams desserts

pies desserts

puddings desserts

sorbets desserts

strawberry shortcake desserts

tarts desserts

desserts

sparkling water drinks

sparkling wine drinks

drinks

fennel

figs

**ginger**

grapefruit

*granitas*

guava

hazelnuts

*jams*

**kiwi**

lemon

lime

liqueurs

lychees

mango

**maple syrup**

**mascarpone**

melon

milk, almond

**mint**

nuts

oats

oatmeal

oil, olive

orange

*pancakes*

**passion fruit**

peaches

pecans

pepper

pineapple

pine nuts

pistachios

\***RHUBARB**

fruit salads

green salads

salads

dessert sauces

sauces

*shortcakes*

***SMOOTHIES***

***sorbets***

fruit soups

“gazpacho” soups

soups

sour cream

spinach

sugar

***tarts***

thyme

tofu, silken

tomatoes

**VANILLA**

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

**walnuts**

watermelon

wine

**yogurt**

SUGAR, PALM

cookies baked goods

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**

fruit salads

salads

*sauces*

*Southeast Asian cuisines*

***Thai cuisine***

water chestnuts

SUGAR SNAP PEAS (aka SNAP PEAS)

asparagus

**basil**

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

lettuce

lotus root

marjoram

**MINT**

miso

mushrooms

mustard, Dijon

noodles, asian

oils

onions

parsley

***pastas***

peanuts

peanut sauce

peas

**pepper, black**

pine nuts

pistachios

radishes

rice

sage

grain salads

noodle salads

pasta salads

salads

salt

**scallions**

seeds sesame

sesame

shallots

snow peas

*soups*

**soy sauce**

*stews*

***stir-fries***

stock, vegetable

sugar

tarragon

thyme

**tofu**

vinegar

water chestnuts

yogurt

SUMAC

*(North) African cuisines*

avocados

beans

beets

bell peppers

pita breads

breads

**chickpeas**

chiles

chili powder

cilantro

coriander

**cucumbers**

cumin

*dips*

“lemonade” drinks

drinks

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

sesame seeds + sumac)

eggplant

falafel

fennel

garlic

ginger

grains, whole

***HUMMUS***

*Iranian cuisine*

*kebabs*

*Lebanese cuisine*

lemon

lentils

*marinades*

mayonnaise

*(Eastern) Mediterranean cuisine*

***MIDDLE EASTERN CUISINES***

mint

*Moroccan cuisine*

oil, olive

onions

orange

oregano

**parsley**

pepper, black

*pilafs*

pine nuts

pomegranates

purslane

**rice**

tahini salad dressings

salad dressings

chickpea salads

cucumber salads

fattoush salads

tomato salads

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

bell peppers

berries

blackberries

blueberries

*boiled dishes*

bok choy

boysenberries

callaloo

celery

chard

**cherries**

chickpeas, fresh

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

*grilled dishes*

***grilling***

guavas

herbs, cooling

horseradish

huckleberries

*ice cream*

*ices*

*granitas*

jackfruit

kohlrabi

lamb’s-quarter

lettuce

limes

loquats

lychees

mangoes

melons

miso, light

mushrooms

**nectarines**

nettles

noodles

okra

onions

onions, green

onions, red, Vidalia

papalo

papayas

**peaches**

pears, Bartlett

peas

*picnics*

**plums**

potatoes

*puddings, summer*

purslane

raspberries

raw foods

fruit salads

green salads

pasta salads

salads

*salsas, fresh*

savory, summer

sea beans

shallots

*slaws*

snow peas

*sorbets*

fruit soups, chilled

gazpacho soups, chilled

soups, chilled

spices, cooking

sprouts, daikon

squash, summer

*steamed dishes*

stone fruits

strawberries

*summer rolls*

tarragon

thyme

tomatillos

**TOMATOES**

vegetables, green leafy

watercress

**WATERMELON**

**ZUCCHINI**

**ZUCCHINI BLOSSOMS** (peak: July)

SWEET POTATOES

agave nectar

**allspice**

**APPLES**

**apple cider**

**apple juice**

**applesauce**

apricots

arugula

biscuits baked goods

breads baked goods

cakes baked goods

cookies baked goods

muffins baked goods

pies baked goods

baked goods

bananas

basil

Thai basil

bay leaf

beans

beans, green

bell peppers

**bourbon**

*burritos*

brown butter

caramel

**cardamom**

**carrots**

*casseroles*

**cauliflower**

**cayenne**

celery

chard, Swiss

**chickpeas**

chiles

chili

***chips, vegetable***

chocolate

**CILANTRO**

**CINNAMON**

**cloves**

coconut

**coriander**

**corn**

cranberries

crème fraîche

*croutons, whole-grain*

**cumin**

***curries***

curry

*custards*

custards desserts

pies desserts

puddings desserts

desserts

fennel

figs

fruit, dried

garam masala

**GARLIC**

**GINGER**

grains, whole

*gratins*

greens

***hash***

hoisin sauce

*Indian cuisine*

*Italian cuisine*

*Japanese cuisine*

**KALE**

lemon

lemongrass

lentils

lime

**MAPLE SYRUP**

marjoram

milk

mirin

miso

**molasses**

mushrooms

mustard

**NUTMEG**

nuts

nut butters

nut milks

oil

onions

oranges

oregano

sweet potato pancakes

pancakes

paprika

**PARSLEY**

parsnips

gnocchi pasta

lasagna pasta

ravioli pasta

pasta

*pâtés*

**pears**

pepper

**pineapple**

poppy seeds

potatoes, white

pumpkin seeds

***purees***

*quesadillas*

**quinoa**

radicchio

**raisins**

rice

**ROSEMARY**

rum

**sage**

*salads*

*salsa*

salt

savory

**scallions**

seeds

seeds sesame

sesame

**shallots**

*shepherd’s pie*

***soufflés***

black bean soups

sweet potato soups

tomato soups

soups

sour cream

**SOY SAUCE**

**spinach**

***stews***

**stock, vegetable**

**SUGAR, BROWN**

tamari

tempeh

*tempura*

**thyme**

tofu

**tomatoes**

*tortillas*

turmeric

turnips

**vanilla**

vinegar

***waffles, sweet potato***

watercress

**yogurt**

SWEETNESS / SWEETENERS

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, dried

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

vanilla

# T

TAHINI

*(North) African cuisines*

*Asian cuisines*

asparagus

***baba ghanoush***

breads baked goods

baked goods

beans

beets

bok choy

cabbage

**carrots**

cashews

cauliflower

**CHICKPEAS**

cilantro

couscous, Israeli

cumin

***dips***

**eggplant**

***falafel***

fruit

**garlic**

**ginger**

*Greek cuisine*

greens

*halvah*

\****HUMMUS***

for cakes icings

cupcakes icings

icings

lemon

**lime**

***MIDDLE EASTERN CUISINES***

milk, nondairy

**miso**

mushrooms

noodles, asian

nuts

oil

onions

orange

pine nuts

potatoes

pumpkin

carrots purees

potatoes purees

sweet potatoes purees

purees

quinoa

***SALAD DRESSINGS***

fattoush salads

fruit salads

legume salads

salads

*sandwiches*

***sauces***

seeds sesame

sesame

*smoothies*

snow peas

*soups*

soy sauce

spinach

***SPREADS***

squash, butternut

*stews*

stock, vegetable

sumac

sweet potatoes

tamari

tempeh

**tofu**

vanilla

vinegar

walnuts

**yogurt**

za’atar

zucchini

TAMARI

***Asian cuisines***

*baked dishes*

*casseroles*

***dips***

***dipping sauces***

**ginger**

greens, Asian

*grilled dishes*

*marinades*

mushrooms

onions

peanuts

pumpkin seeds

*roasted dishes*

*salad dressings*

***SAUCES***

seeds sesame

sesame

*soups*

*stews*

*stir-fries*

sunflower seeds

nori rolls sushi

sushi

tofu

tomatoes

tomato sauce

vinegar, rice

walnuts

TAMARIND and TAMARIND PASTE

apricots

***Asian cuisines***

bananas

**beans**

***beverages****, fruit*

black-eyed peas

*Caribbean cuisines*

**carrots**

**cashews**

cauliflower

chard, Swiss

chickpeas

chiles

chili powder

***CHUTNEYS***

**cilantro**

citrus

**coconut**

**coconut milk**

**coriander**

cumin

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

dates

granitas desserts, frozen

sorbets desserts, frozen

desserts, frozen

eggplant, Japanese

**GARLIC**

**GINGER**

grains

grapefruit

***INDIAN CUISINE***

***Latin American cuisines***

legumes

lemon

lemongrass

lentils

lime

maple syrup

***marinades***

*Mediterranean cuisines*

***Mexican cuisine***

*Middle Eastern cuisines*

mint

molasses

mushrooms

mustard

mustard seeds

rice noodles, asian

noodles, asian

oil

oranges

*pad thai*

**peanuts**

potatoes

rice

*salad dressings*

noodle salads

thai salads

salads

barbecue sauces

sweet-and-sour sauces

tomato sauces

sauces

scallions

**shallots**

*sorbets*

hot-and-sour soups

lentil soups

vegetable soups

soups

**soy sauce**

star anise

***stir-fries***

sugar

sweet potatoes

tamari

tangerines

***Thai cuisine***

**tofu**

**tomatoes**

**tomato paste**

**turmeric**

vanilla

vegetables

vinegar

walnuts

yogurt

zucchini

TAPIOCA (see also FLOUR, TAPIOCA)

almonds

apples

bananas

chocolate

**coconut**

**COCONUT MILK**

fruit cobblers desserts

crisps desserts

pies desserts

tarts desserts

desserts

**fruits**

ginger

*Malaysian cuisine*

mango

**maple syrup**

melon

milk

nuts

***puddings***

sesame seeds

sugar

**VANILLA**

*Vietnamese cuisine*

yuzu

TARO (aka TARO ROOT)

*(West) African cuisines*

*Asian cuisines*

*Caribbean cuisines*

*Chinese cuisine*

*chips*

coconut milk

*curries*

garlic

***Hawaiian cuisine***

***Japanese cuisine***

*“mashed potatoes”*

milk, coconut

mushrooms

*“nests”*

onions

***pancakes, savory***

***POI***

scallions

seeds sesame

sesame

***SOUPS***

soy sauce

squash

***STEWS***

sweet potatoes

taro leaves

TARRAGON

anise

apples

apricots

artichokes

**ASPARAGUS**

beans

**beets**

*bouquets garnis*

broccoli

capers

carrots

cauliflower

celery seeds

celery root

chervil

**chives**

citrus

corn

dairy products

dill

*dips*

fennel

fennel seeds

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

***French cuisine***

frisée

garlic

grains, whole

grapefruit

greens, bitter

***herbes de Provence***

leeks

lemon

lemony herbs

lentils

**lime**

lovage

*marinades*

marjoram

***MAYONNAISE***

melon

mint

**mushrooms**

mustard

oil

onions

orange

paprika

**PARSLEY**

parsley root

pasta

peaches

peas

pepper

**potatoes**

radishes

rice

vinaigrettes salad dressings

salad dressings

egg salads

fruit salads

grain salads

green salads

pasta salads

potato salads

salads

salsify

béarnaise sauces, esp. classic french

hollandaise; creamy sauces, esp. classic french

tartar sauces, esp. classic french

sauces, esp. classic french

**shallots**

sorrel

cream-based soups

mushroom soups

white bean soups

soups

spinach

stock, vegetable

*stuffings*

sugar snap peas

tofu

**TOMATOES**

vegetables

vinegar

walnuts

**zucchini**

TATSOI (aka TAT SOI)

chives

cucumbers

edamame

**garlic**

**ginger**

greens, other

mangoes

mushrooms

noodles, asian

oil

onions, green

peanuts

peanut sauce

***SALADS***

scallions

sea vegetables

seeds sesame

sesame

shallots

***soups***

**soy sauce**

**tamari**

*stews*

***stir-fries***

tahini

tofu

vinegar

TEFF

*(North) African cuisine*

allspice

breads baked goods

cookies baked goods

baked goods

*casseroles*

cayenne

***CEREALS, hot breakfast***

chives

cinnamon

dates

***ETHIOPIAN CUISINE***

grains, other larger

*gravies*

***INJERA***

maple syrup

milk

nuts

onions

*pancakes*

parsley

*pilafs*

raisins

scallions

*soups*

*stews*

*stuffings*

thyme

vegetables

TEMPEH

agave nectar

*“bacon,” tempeh*

**barbecue sauce**

basil, Thai

**bay leaf**

beans

bell peppers

*burritos*

cabbage

**carrots**

***casseroles***

celery

celery root

chard

chiles

***CHILI, VEGETARIAN***

**chili pepper flakes**

**cilantro**

cinnamon

**COCONUT**

**COCONUT MILK**

coriander

**cumin**

*curries*

**curry powder**

*curries*

fennel

five-spice powder

**GARLIC**

**GINGER**

grains, whole

*gravies, mushroom*

greens

hoisin sauce

***INDONESIAN CUISINE***

kale

***kebabs***

kombu

lemon

**lemongrass**

**lettuce**

lime

liquid smoke

*macrobiotic cuisine*

**maple syrup**

mango

mirin

miso

molasses

mushrooms

**mustard**

soba noodles

noodles

oils

onions

**orange**

oregano

paprika

**parsley**

*pastas*

**PEANUTS**

**PEANUT SAUCE**

**peas**

rice

russian salad dressing

thousand island salad dressing

salad dressing

“chicken” (e.g. salads

+ carrots + celery + mayonnaise) salads

taco salads

salads

salt, sea

“reuben,” tblt sandwiches

wraps sandwiches

sandwiches

pasta sauces

sauces

**sauerkraut**

**scallions**

*scrambles, tempeh*

seeds sesame

sesame

**shallots**

“***sloppy Joes”***

smoke, liquid

*soups*

**SOY SAUCE**

sriracha sauce

star anise

vegetable stews

stews

***stir-fries***

stock, vegetable

sugar

**sweet potatoes**

*tacos*

**TAMARI**

tamarind

thyme

**tomatoes**

**tomato paste**

**tomato sauce**

umeboshi plum sauce

***veggie burgers***

vinegar

wine

Worcestershire sauce, vegan

THAI CHILI PASTE, VEGETARIAN

bamboo shoots

beans, green

**bell peppers**

**broccoli**

cabbage

carrots

**coconut milk**

***curries, Thai vegetable***

eggplant

**lemongrass**

lime

mushrooms

noodles, Asian

onions

**peanuts**

pineapple

rice

spicy/sour soups

thai soups

soups

tamari

tofu

tomatoes

zucchini

THAI CUISINE

bamboo shoots

bananas

**BASIL, THAI**

bell peppers

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

mint

asian noodles

rice noodles

noodles

*pad thai*

papaya

peanuts

pineapple

relishes

rice

*salads*

salt

*soups*

soy sauce

spices

squash, winter

sugar

tamarind

tofu

turmeric

vegetables

THYME

apples

**basil**

biscotti baked goods

biscuits baked goods

cookies baked goods

baked goods

**bay leaf**

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

corn

*Creole cuisine*

**eggplant**

*European cuisines*

fennel

***French cuisine***

**garlic**

*gratins*

*Greek cuisine*

greens, salad

*gumbos*

*herbes de Provence*

***Italian cuisine***

jerk dishes jamaican cuisine

jamaican cuisine

**leeks**

**LEMON**

lettuce

lovage

*marinades*

**marjoram**

***Mediterranean cuisines***

***Middle Eastern cuisines***

mushrooms

**wild mushrooms**

mustard

**oil, olive**

**ONIONS**

orange

**oregano**

**parsley**

*pastas*

pears

peas

peas, split

pepper, black

polenta

**potatoes**

quinoa

**rosemary**

vinaigrettes salad dressings

salad dressings

pasta salads

salads

barbecue sauces

cheese sauces

cream sauces

pasta sauces

red wine sauces

tomato sauces

sauces

**savory**

**sesame seeds**

broths soups

chowders soups

creamy soups

gumbos soups

vegetable soups

soups

spinach

**squash, summer**

winter

mushroom stews

vegetable stews

stews

*stocks, vegetable*

*stuffings*

sumac

tofu

**TOMATOES**

**tomato sauce**

vegetables

zucchini

TOFU—IN GENERAL

***Asian cuisines***

**asparagus**

**avocado**

**basil**

beans

bell peppers

black bean paste

bok choy

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

broccoli

broccoli rabe

burdock root

cabbage

carrots

cashews

celery

chard

*“cheesecakes”*

chiles

chili pepper flakes

*chili, vegetarian*

***Chinese cuisine***

**cilantro**

cinnamon

**coconut**

**coconut milk**

cornmeal

**cumin**

***curries***

curry powder

daikon

dashi

creamy desserts

desserts

dill

*dips*

*dressings*

**eggplant**

five-spice powder

**GARLIC**

**GINGER**

grains, whole

greens

hiziki

**hoisin**

***Japanese cuisine***

**kale**

***kebabs***

***Korean cuisine***

leeks

lemon

**lemongrass**

lime

maple syrup

*mayonnaise*

*Vegenaise*

**mint**

**mirin**

**MISO**

mushrooms

**mustard**

noodles, esp. asian

nori

oil

onions

orange

*pad thai*

**PEANUTS**

**PEANUT SAUCE**

**pepper, black**

plum sauce

pumpkin

pumpkin seeds

**quinoa**

rice

**rosemary**

*salad dressings*

green salads

mock egg salads

vegetable salads

salads

salt, sea

*sandwiches*

*satays*

peanut sauces

sauces

**scallions**

sea vegetables

***scrambles, tofu***

seeds sesame

sesame

shiso

*skewers*

snap peas

snow peas

“creamy,” miso soups

soups

**SOY SAUCE**

**SPINACH**

pureed tofu spreads

spreads

*spring rolls*

squash

star anise

***STIR-FRIES***

vegetable stock

stock

sugar

**TAMARI**

*Thai cuisine*

**tomatoes**

umeboshi plum sauce

*veggie burgers*

vinegar

walnuts

watercress

wine

**zucchini**

TOFU, FIRM or EXTRA-FIRM

basil

bell peppers

Bragg Liquid Aminos

*brochettes*

*“cheesecakes”*

chiles

chili pepper sauce

cilantro

coconut milk

*curries*

*“frittatas”*

**GARLIC**

**ginger**

greens

**hoisin sauce**

lemon

maple syrup

marjoram

*“meatballs”*

mushrooms

mustard

nutritional yeast

oil

onions

orange

oregano

parsley

**pepper, black**

rice

***“ricotta,” tofu***

rosemary

“egg,” green salads

salads

salt

*sandwiches*

barbecue sauces

peanut sauces

sauces

scallions

**“*scrambles”***

sesame seeds

shallots

**SOY SAUCE**

spinach

*steaks, tofu*

***stir-fries***

vegetable stock

stock

sugar

**tamari**

thyme

tomatoes

broccoli vegetables

eggplant vegetables

zucchini vegetables

vegetables

vinegar

watercress

TOFU SKIN (aka YUBA)

avocado

cabbage

carrots

chiles

cilantro

cinnamon

cloves

coconut milk

curry powder

spices

dashi

ginger

*Japanese cuisine*

lemongrass

mirin

miso

mushrooms

mustard

*mock “seafood” salad*

oil

onions

orange

rice

salt

dipping sauces

peanut sauces

sauces

scallions

seeds sesame

sesame

shiso

curry soups

soups

soy sauce

soybeans, black

star anise

*stir-fries*

dashi stock

mushroom stock

vegetable stock

stock

*sushi*

*rolls*

Thai chili paste

*tofu skin “noodles,” sliced long*

*served with dipping sauce*

*Vietnamese cuisine*

vinegar

wasabi

wine, rice

zucchini

TOFU, SMOKED

almonds

apples

apple cider

arame

artichokes

asparagus

**avocado**

basil

beans

beets

bell peppers

*breads, whole-grain*

**cabbage**

**carrots**

cauliflower

cayenne

chard

cilantro

citrus

coconut

corn

cucumbers

daikon

spinach dips

dips

edamame

eggplant

**garlic**

grains

greens

Kaffir lime

kale

lentils

lettuce

lime

mint

mirin

miso

mushrooms

rice noodles, asian

noodles, asian

oil

onions

***PAD THAI***

parsley

carbonara pastas

pastas

pears

pesto

quinoa

rice

asian salads

cobb salads

mushroom salads

noodle salads

pasta salads

spinach salads

salads

avocadolt sandwiches

“blt” sandwiches

sandwiches

scallions

seeds sesame

sesame

snow peas

corn soups

lentil soups

miso soups

vegetable soups

soups

soy sauce

spinach

*spring rolls*

sprouts

squash, winter

*stews*

*stir-fries*

stock, vegetable

sugar snap peas

thyme

tomatoes

tomatoes, sun-dried

*veggie burgers*

vinegar, balsamic

walnuts

watercress

TOMATILLOS

**AVOCADOS**

basil

bell peppers

*chilaquiles*

chiles

**CILANTRO**

**corn**

cucumbers

cumin

huevos rancheros egg dishes

egg dishes

*enchiladas*

epazote

**GARLIC**

***guacamole***

jícama

lettuce

lime

mangoes

***Mexican cuisine***

mint

oil, olive

onions

**oregano**

polenta

*posole*

pumpkin seeds

quinoa

*salad dressings*

***salads***

green salsas

esp. salsa verde salsas

salsas

**salt, sea**

enchilada sauces

sauces

scallions

cold soups

green gazpacho soups

soups

***Southwestern (U.S.) cuisine***

stock, vegetable

*tacos*

***Tex-Mex cuisine***

thyme

tomatoes

corn tortillas

tortillas

vinegar

TOMATOES, TOMATO JUICE, TOMATO PASTE, and TOMATO SAUCE

almonds

**artichokes**

**arugula**

asparagus

**avocados**

barley

**\*BASIL**

bay leaf

beans

beets

bell peppers

***breads (e.g., focaccia)***

***bread crumbs***

*bruschetta*

**capers**

caraway seeds

***casseroles***

**cauliflower**

cayenne

**celery**

celery seeds

chard

chervil

**chickpeas**

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

*gratins*

greens

*gumbos*

***Italian cuisine***

leeks

legumes

lemon

lemon thyme

**lentils**

lettuce

**lime**

**lovage**

**marjoram**

*Mexican cuisine*

**mint**

mushrooms

nutmeg

**OIL, OLIVE**

olives

onions

orange

orange juice

**OREGANO**

paprika

**PARSLEY, flat-leaf**

parsnips

***PASTAS***

pepper

*pesto*

***pizza***

**polenta**

**potatoes**

pumpkin

***purees***

**quinoa**

*ratatouille*

*relishes*

rice

***risottos***

**rosemary**

saffron

sage

vinaigrettes salad dressings

salad dressings

bean salads

bread (e.g. salads

panzanella) salads

grain salads

green salads

spinach salads

tomato salads

salads

pico de gallo salsas

salsas

salt

***sandwiches***

marinara sauces

pasta sauces

pizza sauces

tomato sauces

sauces

savory

**scallions**

seitan

**shallots**

shiso

snap peas

***SOUPS****, e.g gazpacho, tomato, vegetable*

sour cream

soy sauce

*Spanish cuisine*

**spinach**

squash

***stews***

vegetable stocks

stocks

sugar (just a pinch)

*tabbouleh*

tamari

tamarind

**tarragon**

*tarts*

**THYME**

**tofu**

with rice tomatoes, stuffed

tomatoes, stuffed

**turmeric**

vinegar

**watermelon**

wheat berries

Worcestershire sauce, vegan

**yogurt**

**ZUCCHINI**

TOMATOES, GREEN

bell peppers

chives

corn

**cornmeal**

dill

mustard

oil

onions

parsley

**pepper, black**

*salsas*

salt

savory

scallions

*soups*

*tomatoes, fried green*

TOMATOES, SUN-DRIED (or OVEN-DRIED TOMATOES)

almonds

**artichokes**

**artichoke hearts**

arugula

asparagus

**BASIL**

bay leaf

beans

bell peppers

whole-wheat bread

bread

capers

cashews

*casseroles*

chickpeas

chiles

chili pepper flakes

*dips*

*enchiladas*

**GARLIC**

harissa

hazelnuts

*hummus*

***Italian cuisine***

kale

lemon

lime

***Mediterranean cuisines***

**OLIVE OIL**

olives

onions

orange

oregano

parsley

cannelloni pastas

linguini pastas

pastas

**pepper, black**

***pesto***

pine nuts

***PIZZA***

polenta

potatoes

***risottos***

rosemary

bean salads

grain salads

green salads

potato salads

salads

salt, sea

cheese sandwiches

panini sandwiches

sandwiches

pasta sauces

tomato sauces

sauces

scallions

shallots

*soups*

spinach

*spreads*

***stews***

*stuffings*

*tapenades*

thyme

tofu

*tomato paste*

**tomatoes, fresh**

*tortillas*

vinegar

walnuts

wine

TRITICALE

biscuits baked goods

breads baked goods

baked goods

basil

*casseroles*

muesli cereals

cereals

chard

chives

cilantro

cinnamon

dates

dill

garlic

ginger

greens

mushrooms

mustard

oil

onions

oregano

*pancakes*

parsley

peanuts

pepper, black

*pilafs*

*porridges*

raisins

sage

*salads, grain*

scallions

squash, winter

stock, vegetable

thyme

vinegar

TRUFFLES, BLACK

celery root

chives

***FRENCH CUISINE***

leeks

Madeira

mushrooms

oil, nut

*pastas*

**potatoes**

*sauces*

*soups*

stock, vegetable

TRUFFLES, PACIFIC NORTHWEST (esp. OREGON)

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

*fonduta*

***ITALIAN CUISINE***

mushrooms

oil, olive

parsley

fettuccine pastas

pastas

polenta

potatoes

rice

***RISOTTOS***

TURKISH CUISINE

artichokes

beans

bell peppers

bulgur

carrots

chickpeas

chiles

chili pepper flakes

cinnamon

cloves

cucumbers

cumin

dill

**EGGPLANT**

**garlic**

grape leaves

**lemon**

lentils

**mint**

nutmeg

nuts

**oil, olive**

**olives**

onions

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 (see also CURRY POWDER, which contains turmeric)

carrots

**CAULIFLOWER**

chickpeas

chiles

cilantro

**cinnamon**

cloves

**coconut**

**coconut milk**

coriander

**cumin**

indian curries

thai (esp. red curries

yellow) curries

curries

\***CURRY LEAF**

***CURRY POWDER***

*dals*

fruit, dried

garlic

ginger

quinoa grains

grains

*greens, stewed*

***INDIAN CUISINE***

kohlrabi

lemon

lemongrass

**lentils**

lime

*Middle Eastern cuisines*

*Moroccan cuisine*

***mustard***

**mustard seeds**

asian noodles

rice noodles

noodles

oil, olive

okra

**onions**

peanuts

**peas**

**pepper, black**

***pickles***

pistachios

**potatoes**

raisins

rice

***salad dressings***

egg salads

salads

***sauces***

scallions

shallots

carrot soups

sweet potato soups

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 (see also GREENS, TURNIP)

allspice

almonds

anise seeds

apples

apple cider

apricots, dried

basil

bay leaf

***bread***

whole-grain bread crumbs

bread crumbs

broccoli

broccoli rabe

cabbage

caraway seeds

**CARROTS**

celery, celery leaves, celery root

chili pepper flakes

**chives**

cilantro

cinnamon

citrus

couscous

curry powder

**dill**

***French cuisine***

**GARLIC**

**ginger**

***gratins***

greens

kale

kohlrabi

**leeks**

lemon

**lentils**

maple syrup

mascarpone

*“mashed potatoes”*

mirin

miso

mushrooms

mustard

nutmeg

oil

onions

orange

**PARSLEY**

**parsnips**

pears

peas

pecans

pepper

pine nuts

poppy seeds

**POTATOES**

**new potatoes**

pumpkin

*purees*

radishes

**rosemary**

**rutabagas**

grated salads

salads

salt

savory

sesame seeds

shiso

creamy soups

minestrone soups

potato soups

turnip soups

soups

soy sauce

squash, winter

star anise

***stews***

***stir-fries***

**stock, vegetable**

sugar

sweet potatoes

**tarragon**

**THYME**

lemon thyme

tofu

**tomatoes**

**vegetables, root,** esp. roasted

*vinaigrette*

vinegar

wine

walnuts

watercress

wine

yogurt

# U

UMAMI

**Flavor:** savory, or savory

salty

Umami-rich vegetarian foods include these:

cheese aged foods

aged foods

bean pastes, fermented

beer

broccoli

*caramelized dishes*

carrots, caramelized

*fermented foods*

*beverages (e.g., miso, tamari, wine)*

grapefruit

grapes

*grilled dishes*

ketchup

miso

mushrooms

nutritional yeast

onions, caramelized

potatoes

*ripe foods*

*roasted dishes*

sauerkraut

sea vegetables

soybeans

soy sauce

stock, mushroom

sweet potatoes

tamari

tea, green

tempeh

tofu

tomatoes

tomato sauce, sun-dried tomatoes

truffles

umeboshi plums

plum paste

vinegar

walnuts

wine

UMEBOSHI, UMEBOSHI PASTE (aka PICKLED PLUM

PUREE), UMEBOSHI PLUMS (see also VINEGAR, UMEBOSHI PLUM)

[oo-meh-BOH-shee]

**Flavor:** sour/very salty/sweet/umami, with complex fruity notes

**Volume:** moderate–very loud

**What it is:** Japanese “plum” fermented with salt

shiso

**Botanical relative:** apricots (not plums)

**Brands:** Eden Foods, Emperor’s Kitchen (plum paste)

agave nectar

avocado

basil

beans

**BROCCOLI**

cabbage

cauliflower

celery

chives

cilantro

corn

**cucumbers**

thai curries

curries

daikon

***dips***

***dressings***

frisée

garlic

ginger

grains

greens

***Japanese cuisine***

jícama

lemon

lentils

lettuces

lime

*macrobiotic cuisine*

*marinades*

*mayonnaise*

mirin

mushrooms

mustard, Dijon

noodles, asian

**nori**

***NORI ROLLS***

oil

parsley

pecans

rice

***RICE BALLS***

caesar salad dressings

green salad dressings

salad dressings

caesar salads

green salads

salads

***SAUCES***

scallions

seeds sesame

sesame

**SHISO**

snow peas

*soups*

*sour cream*

*spreads*

*stir-fries*

sugar

**tamari**

tempeh

tofu

sautéed vegetables

vegetables

**vinegar, rice**

**walnuts**

**Flavor Affinities**

umeboshi + agave nectar + garlic + mustard + olive oil + *salad dressing*

umeboshi + broccoli + rice + scallions + tofu

umeboshi + lentils + walnuts

**umeboshi + nori + rice + rice vinegar** + scallions + walnuts

umeboshi + nori + rice + rice vinegar + shiso

**umeboshi + olive oil** + parsley + rice + sesame seeds

**umeboshi + olive oil** + rice vinegar + sugar + tamari

# V

VANILLA

apples

apricots

cakes baked goods

cookies baked goods

baked goods

bananas

beans

beets

berries

eggnogs beverages

beverages

brandy

cardamom

*cheesecake*

cherries

chiles

**CHOCOLATE**

cinnamon

cloves

**coffee**

custards desserts

desserts

*\*****ICE CREAM***

*French toast*

fruits

ginger

lemon

**maple syrup**

**milk**

nutmeg

nuts

oats

oatmeal

peaches

pears

pepper, black

avocado puddings

bread puddings

chia seed puddings

rice puddings

puddings

pumpkin

raspberries

rice

*salads, fruit*

butter sauces

cream sauces

dessert sauces

sauces

smoothies

fruit soups

soups

spices, other

**strawberries**

sugar

teas

tofu

tomatoes

vegetables, sweet

vodka

wine

**yogurt**

VERJUS

apples

arugula

beets

*desserts*

cocktails drinks

drinks

*French cuisine*

fruit

grapes

greens, salad

herbs

granitas icy desserts

sorbets icy desserts

esp. fruit-flavored icy desserts

icy desserts

kiwi

lettuces, butter

*marinades*

*mustards*

oil

peaches

pears

*salad dressings*

fruit salads

green salads

salads

*sauces*

fruit soups

gazpacho soups

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

mint

rice noodles

noodles

peanuts

*raw dishes*

rice

spring rolls

summer rolls

rolls

rice noodle salads

salads

scallions

shallots

*spring rolls*

sprouts, bean

star anise

sugar

*summer rolls*

tapioca, pearl

vinegar, rice

VINEGAR, APPLE CIDER (aka VINEGAR, CIDER)

apples

apple juice

*baked goods*

black-eyed peas

*chutneys*

cucumbers

**fruits**

grains, whole

herbs

***marinades***

oils

peaches

pears

peas

plums

***SALAD DRESSINGS***

fruit salads

green salads

pasta salads

vegetable salads

salads

salt, sea

*slaws*

borscht soups

soups

vegetables, esp. steamed

*vegetables, pickled*

VINEGAR, BALSAMIC

beets

*cakes*

cherries

citrus fruits

***desserts, fruit***

eggplant

fennel

**figs**

**fruits**

garlic

greens

**ice cream**

***(Northern) ITALIAN CUISINE***

kale

***marinades***

mustard

**OIL, OLIVE,** esp. extra-virgin

**onions**, esp. caramelized

orange

pasta

pepper

***salad dressings***

*salads*

salt

scallions

seitan

**shallots**

*soups*

\***STRAWBERRIES**

sugar

\***TOMATOES**

vegetables

vinegars, other

VINEGAR, BANYULS

barley

beans

chickpeas

*French cuisine, esp. Provençal*

greens, salad

lentils

*marinades*

oil

*ragoûts*

vinaigrettes salad dressings

salad dressings

frisée salads

green salads

salads

salt, sea

*sauces*

walnuts

VINEGAR, BEER

oil

*salads*

vegetables

watercress

VINEGAR, BROWN RICE (aka CHINESE BLACK VINEGAR)

***Asian cuisines***

bean paste, fermented

*Chinese cuisine*

*condiments*

garlic

grains

*Japanese cuisine*

*marinades*

mushrooms

noodles, Asian

oil

rice

***salad dressings***

*salads*

dipping sauces

sweet-and-sour sauces

vegan xo sauces

sauces

rice-based soups

soups

**soy sauce**

sriracha

*stews*

***stir-fries***

sugar

*sushi, vegetarian*

tamari

vegetables

zucchini

VINEGAR, CHAMPAGNE

berries

citrus

fruit, esp. berries, citrus, stone fruit

greens, salad, esp. lighter

herbs

lettuces

oil

orange

*salad dressings*

fruit,“quieter” salads

salads

*sauces*

vegetables, “quieter”

VINEGAR, COCONUT

*curries*

*Filipino cuisine*

rice

*Southeast Asian cuisines*

*stir-fries*

VINEGAR, QUINCE

apples

artichokes, Jerusalem

pastries baked goods

baked goods

berries

cabbage

celery root

chestnuts

citrus

fruit, fresh

melon

oil

onions

pears

pineapple

pine nuts

pistachios

pumpkins

quince

green salads

salads

*sauces*

VINEGAR, RED WINE (see also VINEGAR, WINE–IN GENERAL)

chard, Swiss

*cold dishes*

*French cuisine*

**garlic**

greens

kale

lemon

***marinades***

mushrooms

**mustard, Dijon**

oils

pepper, black

vinaigrettes salad dressings

salad dressings

*salads*

***sauces***

shallots

*soups*

spinach

*stews*

vegetables, root

VINEGAR, RICE (WINE)

***Asian cuisines***

bamboo shoots

burdock

cabbage

carrots

chiles

chili pepper flakes

*chili, vegetarian*

***Chinese cuisine***

citrus

cloves

**cucumbers**

daikon

**fruit**

garlic

**ginger**

grains, whole

***JAPANESE CUISINE***

*Korean cuisine*

lime

lotus root

mirin

mushrooms

**noodles, Asian**

oils

*pickled vegetables, Asian*

rice

***salad dressings***

asian salads

cucumber salads

fruit salads

green salads

noodle salads

salads

dipping sauces

ponzu sauces

sauces

*soups*

**SOY SAUCE**

asian stews

stews

***stir-fries***

**sugar**

***sushi***

tamari

turnips

vegetables

*Vietnamese cuisine*

yuzu

VINEGAR, SHERRY

beans

beets

citrus

fennel

**garlic**

**grains**

greens, bitter

herbs

lemon

***marinades***

mustard

oils

onions

orange

**potatoes**

radicchio

sherry vinaigrette salad dressings

salad dressings

fruit salads

vegetable salads

salads

salt

butter sauces

sauces

gazpacho soups

soups

***SPANISH CUISINE***

tomatoes

vinegar, other

walnuts

VINEGAR, UMEBOSHI PLUM (or UME PLUM)

beans

beets

***DIPS***

grains

greens

*marinades*

miso

*pickles*

***SALAD DRESSINGS***

*sauces, fresh*

*cooked*

shiso leaf

miso soups

soups

*stews*

vegetables

VINEGAR, WHITE WINE

berries

cauliflower

citrus

dill

*French cuisine*

lighter-colored foods

***marinades***

melons

mustard, Dijon

oil

peaches

pepper

vinaigrettes salad dressings

salad dressings

*salads*

bearnaise sauces

hollandaise sauces

sauces

shallots

**soups**

***stews***

tarragon

vegetables

VINEGAR, WINE—IN GENERAL

berries

fruit

***marinades***

melon

***salad dressings***

*salads*

*salsas*

*sauces*

*stews*

# W

WAKAME (FRESH and DRIED)

agave nectar

***Asian cuisines***

beans

bok choy

**carrots**

cayenne

chiles

*Chinese cuisine*

**CUCUMBERS**

daikon

garlic

**ginger**

**gomashio**

grains

greens

***Japanese cuisine***

kale

legumes

lemon

lentils

lime

*macrobiotic cuisine*

**miso**

soba noodles

noodles

oil

onions

orange

nut patés

patés

potatoes

radishes

rice

cucumber salads

green salads

salads

**salt, sea**

scallions

seeds

*slaws*

cold soups

miso soups

winter soups

soups

**soy sauce**

*spring rolls*

squash, winter

*stews*

*stir-fries*

*stocks, vegetable*

**tamari**

tempeh

tofu

vegetables

vinegar

WALNUTS

**APPLES**

apricots

**artichokes**

artichoke hearts

**arugula**

breads baked goods

cakes baked goods

cookies baked goods

muffins baked goods

pastries baked goods

tarts baked goods

baked goods

*baklava*

**bananas**

**basil**

beans

**BEETS**

**bell peppers, red, esp. roasted**

berries

cabbage

**caramel**

**carrots**

**celery**

celery root

*cereals, hot*

**chard**

cherries

dark chocolate

chocolate

cinnamon

coconut

coffee

couscous

**cranberries**

cucumbers

cumin

currants

**dates**

fruit crisps desserts

desserts

**eggplant**

**endive, Belgian**

fennel

**FIGS**

frisée

fruits

**garlic**

grains, whole

***granola***

grapefruit

**grapes**

*Greek cuisine*

greens

ice cream

kumquats

leeks

lemon

lettuce

**maple syrup**

mascarpone

miso, sweet white

molasses

muesli

*muffins*

mushrooms

nutmeg

nuts, other

**oats**

**oatmeal**

oil

olives

**onions**

orange

*pancakes*

**parsley**

parsnips

bowtie pastas

cannelloni pastas

orzo pastas

pappardelle pastas

pastas

*pastries*

***pât*é*s***

peaches

**PEARS**

***pestos***

phyllo dough

*pizzas*

plums

**pomegranates**

**pomegranate molasses**

pumpkin

**quinces**

quinoa

**RAISINS**

rice

waldorf salads

salads

salt

**sage**

tomato sauces

walnut sauces

sauces

seeds

*snacks*

*soups*

spelt berries

**spinach**

squash

*stuffings*

sugar

**sweet potatoes**

*tabbouleh*

*tapenade*

thyme

**tomatoes**

sun-dried tomatoes

*trail mix*

**vanilla**

**vinegar, sherry**

wine, sweet

**YOGURT**

**zucchini**

WASABI

*Asian cuisines*

**avocados**

*cold dishes*

**ginger**

***JAPANESE CUISINE***

*marinades*

*mayonnaise*

soba noodles

noodles

*nori rolls*

potatoes

rice

*salad dressings*

*sauces*

seeds sesame

sesame

**SOY SAUCE**

sugar

***SUSHI***

tahini

tamari

tempura

tofu

vinegar, brown rice

WATER CHESTNUTS

*Asian cuisines*

**bamboo shoots**

beans, fermented black

**beans, green**

bell peppers

**bok choy**

**broccoli**

Brussels sprouts

cabbage

**carrots**

celery

**chiles, dried**

***Chinese cuisine***

cilantro

corn

*dumplings*

edamame

**GARLIC**

**GINGER**

**hoisin sauce**

leeks

lettuce

***lettuce wraps***

mint

mushrooms

noodles, Asian

nuts

oil

onions, red

orange

parsley

**peanuts**

**peanut sauce**

peas

pineapple

**pine nuts**

rice, brown

fruit salads

noodle salads

rice salads

vegetable salads

salads

**scallions**

seeds sesame

sesame

**snow peas**

winter melon soups

soups

**SOY SAUCE**

*spring rolls*

sriracha

*stews*

***STIR-FRIES***

**stock, vegetable**

sugar

**sugar snap peas**

tofu

vegetables

vinegar

watercress

wine, rice

WATERCRESS (see also LAND CRESS)

**almonds**

**apples**

asparagus

**avocado**

beans

**BEETS**

bell peppers, esp. red

carrots

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

chicory

chiles

*Chinese cuisine*

chives

cilantro

citrus

**cucumbers**

currants

dill

**endive**

**fennel**

**garlic**

**ginger**

grains, whole

grapefruit

greens, milder salad

horseradish

jícama

leeks

lemon

lettuce

lime

mascarpone

**mayonnaise**

**mint**

mushrooms

mustard

oils

olives

onions

orange

**parsley**

parsnips

*pastas*

peaches

pears

**peas**

pepper

pineapple

pistachios

pomegranates

**POTATOES**

radicchio

radishes

raspberries

rice

bean salads

egg salads

green salads

potato salads

watercress salads

salads

salt

egg salad sandwiches

grilled cheese sandwiches

tea sandwiches

sandwiches

*sauces*

seeds sesame

sesame

**shallots**

barley soups

creamy soups

miso soups

mushroom soups

potato soups

soups

sour cream

soy sauce

*stews*

***stir-fries***

stock, vegetable

strawberries

tamari

tangerines

thyme

**tofu**

**TOMATOES**

tomatoes, sun-dried

*Vietnamese cuisine*

vinaigrette

vinegar

balsamic, white wine

**walnuts**

wine

**yogurt**

yuca

WATERMELON

agave nectar

***agua fresca***

almonds

arugula

**basil**

berries

chiles

chili powder

cilantro

cranberries

**cucumbers**

*desserts*

agua fresca drinks

drinks

fennel

*granitas, ices, sorbets*

jícama

lemon

lime

maple syrup

melon, other

**MINT**

oil

onions

orange

parsley

pepper, black

pistachios

poppy seeds

rosemary

fruit salads

salads

*salsas, fruit*

salt

scallions

sesame seeds, black

shallots

*sorbets*

fruit soups

“gazpacho,” watermelon soups

soups

sugar

**TOMATOES**

vanilla

vinegar

yogurt

WHEAT BERRIES (see also BULGUR)

apples

artichoke hearts

**asparagus**

breads baked goods

baked goods

bay leaf

beans

bell peppers

***breads***

**carrots**

*casseroles*

***cereals, hot breakfast***

celery

chard, Swiss

chickpeas

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

lentils

lime

milk

mushrooms

nuts

oil

onions

**parsley**

peaches

peas

pepper, black

***pilafs***

pomegranate molasses

pumpkin seeds

quinoa

**raisins**

ramps

rice

“***RISOTTOS”***

rosemary

sage

grain salads

green salads

salads

salt

scallions

shallots

***soups***

spinach

sprouts

vegetable stews

stews

mushroom stock

vegetable stock

stock

mushroom stuffings

stuffings

sugar

tamari

tarragon

thyme

tofu

**tomatoes**

tomatoes, sun-dried

turmeric

turnips

vegetables, esp. root

vinaigrette

vinegar

wine

yams

yogurt

zucchini

WINTER

allspice

apples

artichokes, Jerusalem

*baked dishes*

bananas

beans

**beets**

*braised dishes*

broccoli

**Brussels sprouts**

buckwheat

cabbage

cardoons

*casseroles*

cauliflower

**celery root**

chayote

chestnuts

chicories

chocolate

cinnamon

**citrus**

clementines

coconut

cranberries

daikon

dates

endive, Belgian

escarole

fennel

flour, heavier

frisée

grains, heavy

**grapefruit**

*gratins*

greens, bitter

herbs, dried

*hot dishes*

jícama

kale

kasha

kumquats

leeks

**lemons**

lemons, Meyer

lentils

**limes**

mâche

maple syrup

melon, winter

miso, dark

mushrooms

noodles, soba, esp. served hot

nutmeg

nuts

oils, nut

onions

oranges

**oranges, mandarin**

parsley root

parsnips

passion fruit

pears

plantains

pomelo

**potatoes**, esp. baked

*pressure-cooked dishes*

radicchio

radishes

*ragoûts*

*roasted dishes*

root vegetables

rosemary

rutabagas

sage

salsify

savory, winter

SLOW-COOKED

*soups, hot*

spices, warming

squash, winter

***stews***

sweet potatoes

**tangerines**

todok

truffles

turnips

ugli fruit

wakame

water chestnuts

yams

# Y

YAMS

***African cuisine***

agave nectar

allspice

almonds

apples

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

kale

lemon

lime

**maple syrup**

milk

millet

mustard

mustard seeds

*North African cuisines*

**nutmeg**

oil

**onions**

orange

oregano

parsnips

gnocchi pasta

pasta

**peanuts**

**peanut butter**

peas, green

pepper, black

pistachios

plantains

potatoes

*puddings*

*quesadillas*

rice, brown

sage

*salads*

**salt**, kosher or sea

seeds

seeds sesame

sesame

shallots

kale soups

peanut soups

yam soups

soups

soy sauce

***stews***

tamari

tamarind

tangerine

tempeh

**thyme**

**tomatoes**

**tomato paste**

turmeric

*veggie burgers*

yogurt

YOGURT

almonds

**apples**

apricots

avocados

**bananas**

**barley**

basil

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

*Greek cuisine*

greens

hazelnuts

herbs, in general or mixed

horseradish

*Indian cuisine*

lamb’s lettuce

mango lassis

lassis

lavender

*Lebanese cuisine*

lemon

lentils

lime

**mango**

**maple syrup**

*marinades*

*Middle Eastern cuisines*

**MINT**

mushrooms

mustard

nuts

oats

**oil, olive**

onions

orange

oregano

papaya

paprika

parsley

peaches

peas

pecans

pineapple

**pistachios**

plantains

pomegranate seeds

potatoes

radishes

raisins

***RAITAS***

raspberries

rhubarb

rice

green goddess salad dressings

salad dressings

*salads*

salt

raita sauces

tzatziki sauces

yogurt sauces

sauces

scallions

***smoothies***

cucumber soups

soups

sorrel

**spinach**

*spreads*

squash, butternut

**strawberries**

sugar

**tahini**

tamarind

tempeh

thyme

**tomatoes**

*Turkish cuisine*

**vanilla**

vinegar

**WALNUTS**

**watercress**

frozen or semi-frozen yogurt

yogurt

za’atar

**zucchini**

YUCA (aka CASSAVA)

*Asian cuisines*

breads baked goods

baked goods

beans

bell peppers

beans, black

*cakes, yuca*

chayote

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

*Mexican cuisine*

*noodles*

oil

onions

orange

**oregano**

**parsley**

**plantains**

salt

*shepherd’s pie*

corn soups

soups

*South American cuisines*

*Southwestern (U.S.) cuisine*

spinach

***stews***

sweet potatoes

tarragon

*Thai cuisine*

thyme

corn tortillas

whole-wheat tortillas

tortillas

vinegar

YUZU

*Asian cuisines*

bananas

cocktails beverages

juices beverages

lemonades/limeades beverages

beverages

chiles

daikon

*desserts*

***Japanese cuisine***

*Korean cuisine*

*marinades*

mirin

**miso**

oil

orange

pomegranates

***PONZU SAUCE***

*salad dressings*

salt

mayonnaises sauces

mignonettes sauces

sauces

sea vegetables

seeds sesame

sesame

shiso

*sorbet*

*Southeast Asian cuisines*

**soy sauce**

sugar

tapioca

vinegar

# Z

ZA’ATAR (the herb; see also ZA’ATAR, the spice blend)

*dips*

*hummus*

*Mediterranean cuisines*

***Middle Eastern cuisines***

**oil, olive**

olives

sesame seeds

*soups*

sumac

ZA’ATAR (the spice blend; see also ZA’ATAR, the herb)

beans

whole-grain flatbreads breads

pita breads

breads

cauliflower

chickpeas

cucumbers

for bread dips

dips

eggplant

*falafel*

fennel

garlic

***hummus***

*kebabs*

*Lebanese cuisine*

lentils

lime

*Mediterranean cuisines*

***MIDDLE EASTERN CUISINES***

mint

*North African cuisine*

**OLIVE OIL**

olives

onions

*pasta*

peas

pistachios

*pizza*

baked potatoes

potatoes

quinoa

rice

rosemary

saffron

***salads***

*sandwiches*

tomatoes

vegetables

yogurt

zucchini

ZUCCHINI (see also SQUASH, SUMMER)

**almonds**

apples

artichokes

**arugula**

asparagus

breads baked goods

cakes baked goods

muffins baked goods

quick breads baked goods

baked goods

**BASIL**

Thai basil

beans

bell peppers

**bread crumbs**

bulgur

capers

*“carpaccio”*

**carrots**

cayenne

chervil

chickpeas

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

lime

**marjoram**

mascarpone

millet

**MINT**

mushrooms

rice noodles, asian

noodles, asian

nutmeg

oils

olives

**onions**

orange

**oregano**

**parsley**

farfalle pasta

fettuccine pasta

lasagna pasta

linguini pasta

orecchiette pasta

penne pasta

rigatoni pasta

pasta

pecans

pepper

***pesto***

*pilafs*

**PINE NUTS**

pistachios

***pizza***

polenta

potatoes

pumpkin

**quinoa**

**raisins**

***ratatouille***

rice

*risottos*

**rosemary**

**sage**

raw zucchini salads

salads

salt

*sauces*

potato soups

tomato soups

vegetable soups

zucchini soups

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

**walnuts**

**yogurt**

zucchini blossoms

with couscous zucchini, stuffed

mushrooms zucchini, stuffed

pine nuts zucchini, stuffed

raisins zucchini, stuffed

rice zucchini, stuffed

ricotta zucchini, stuffed

zucchini, stuffed

ZUCCHINI BLOSSOMS

**basil**

beans

beets

bell peppers

bread crumbs

capers

celery

milk, soft

chiles

**chives**

cilantro

corn

dill

epazote

*French cuisine*

**GARLIC**

grains

***gratins***

**herbs**

*Italian cuisine*

lemon

marjoram

*Mediterranean cuisines*

mexican cuisine

mint

nutmeg

**OIL, OLIVE**

olives

onions

orange

oregano

**parsley**

fettuccine pastas

gnocchi pastas

linguini pastas

pappardelle pastas

pastas

pepper, black

**pine nuts**

potatoes, new

**rice**

***risottos***

sage

***salads***

salt

*sauces*

scallions

shallots

*soups*

*Southwestern (U.S.) cuisine*

spinach

squash, summer

**stock, vegetable**

fried stuffed zucchini blossoms

stuffed zucchini blossoms

*tempura*

**thyme**

**tomatoes**

**tomato sauce**

**zucchini**