

Culinary Strategies to Spice Up Your Clients' Kitchens

By Shayna Komar, RD, LD, and Chef Nancy Waldeck

Staple Items

Pantry Staples

- Extra Virgin Olive Oil
- Canola
- Garlic Cloves
- Brown Basmati Rice (or another Brown Rice)
- Almond Butter
- Honey or Agave
- Apple Cider Vinegar, Rice Vinegar, Balsamic Vinegar
- Sea Salt Fine and Coarse
- Black Pepper in a Grinder
- Turmeric
- Dried Basil, Thyme or Italian Seasoning
- Cinnamon
- Garam Masala
- Smoked Paprika
- Red Pepper Flakes
- Bay Leaves
- Whole Wheat Panko Crumbs
- Raw Almonds
- Sesame Seeds
- Dijon Mustard
- Braggs Amino Acids
- Lentils
- Canned: Black Beans, Chickpeas, Tomatoes, White Beans
- Tuna and Anchovies
- Bottled Salsa
- Whole Wheat Pastry Flour

Fridge Staples

- Fresh vegetables
- Fresh fruit
- Salsa
- Low fat Greek style yogurt
- Organic eggs
- Ready to eat bag salads
- Mustard

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Freezer Staples

- Veggies
- Fruits
- Home-made veggie stock
- Fish
- Nuts

Recipes

Easy Salad Dressing

- Juice and Zest of 1 Lemon
- Juice and Zest of 1 Orange
- 2 TB Red Wine
- 1 Tsp Dijon Mustard
- 1/3 Cup Extra Virgin Olive Oil
- Pinch of Freshly Cracked Black Pepper plus more to taste

Directions:

- Shake or Whisk all the ingredients together – taste for Salt and Pepper.

Orange and Honey Dressing

- 2 TB EVOO
- 1 TB Honey
- ¼ Cup Orange Juice
- 1 Clove Garlic, Grated
- 1 Tsp Cumin
- ½ Tsp Ground Coriander
- ½ Tsp Smoked Paprika
- ½ Tsp Fine Sea Salt
- ¼ Tsp Freshly Ground Black Pepper

Directions:

- Whisk together all the ingredients in a small bowl.

– Recipes provided from Chef Nancy Waldeck. www.tasteandsavor.com