

Kitchen Corner



Five Tips For A Well-Stocked Pantry

(NAPSA)—A well-stocked pantry is your answer when there is no food in the fridge, if guests show up unannounced and on days when the weather just isn't cooperating. It arms you with the ingredients you need to throw together a meal fit for a king.

Here are five quick tips for assembling your well-stocked pantry:

Dried Herbs & Spices

A selection of your favorite herbs and spices is a must. Consider buying them from the bulk section of the supermarket or natural foods store so you can get just the right amount. Store them in matching jars with homemade labels if you're so inclined.

Oil & Vinegar

Oil and vinegar are essential. Olive oil is delicious for salad dressings. Safflower oil, which is neutral in flavor, is good for everyday cooking. And then of course there is coconut oil with its multitude of health benefits. As for vinegars, they go far beyond being the key ingredient to your basic vinaigrette; they are ideal for marinades, quick pickling and even cleaning. Red wine, balsamic and white vinegar are all worthy additions to your pantry.

Pasta & Grains

Long, short, large or tiny pasta, a few boxes will keep you covered whether you're making a full-on spaghetti dinner or tossing a few spaghetti into your favorite chicken or vegetable soup. And don't forget to stock up on grains including rice, quinoa, polenta, farro and barley.

Nuts & Seeds

Healthy and tasty, nuts and seeds add texture and crunch when sprinkled on salads, yogurt, and hot and cold cereal. It's a good idea to keep a variety on hand—walnuts and pine nuts are delicious in pesto, sunflower and pumpkin seeds are great in a homemade trail mix. And who doesn't love a handful of pistachios or cashews, especially to stave off hunger?

Jarred & Canned Goods

Olives, capers, peppers, pickles, tuna, anchovies, beans, chicken broth and tomatoes add fun and flavor to every meal. Your pantry isn't complete without an ample stash of jarred and canned goods.

Following is a recipe using primarily ingredients found in your well-stocked pantry.



Colorful, flavorful and filling, this easy dish will delight family and friends.

The Perfect Pantry Pasta: Pasta Puttanesca

Ingredients You'll Need:

- ½ cup olive oil
- 1 onion, cut into ½-inch dice
- 4 cloves garlic, smashed
- Pinch red pepper flakes, plus more for serving
- 4 anchovy fillets, chopped (optional)
- ½ cup dry white wine
- 1 28-ounce can crushed tomatoes
- 10 ounces spaghetti, linguini, fettuccine or other favorite pasta
- ¾ cup halved Lindsay® Naturals Kalamata Olives
- 2 tablespoons drained Lindsay® Capers
- 2 tablespoons chopped fresh oregano
- Salt and black pepper, to taste
- Grated or shredded Parmesan cheese, for serving

Cooking Directions:

In large skillet over medium heat, warm olive oil. Add onion, garlic, red pepper flakes and anchovies, if using; cook, stirring occasionally, until onion is tender, 6 to 8 minutes. Stir in wine and increase heat to high; cook until reduced to thin layer in skillet, 2 to 3 minutes. Add tomatoes, bring to a boil, and reduce to a simmer; cook, stirring occasionally, until sauce is slightly thickened, 8 to 10 minutes.

Meanwhile, cook pasta according to package directions.

Add olives, capers, oregano, and salt and pepper to taste to tomato sauce. Drain pasta and add to skillet, tossing with sauce. Transfer to plates and serve, with cheese and additional red pepper flakes on the side.