

## SPECIALTY PANTRY ITEMS

- Sun-Dried Tomatoes
- Roasted Red Bell Peppers
- Kalamata Olives
- Capers
- Tahini
- Dried Shiitake Mushrooms (or other mushrooms)
- Spanish Smoked Paprika
- Curry Powder
- Ground Cumin
- Cayenne Powder
- Soy Sauce
- Oyster Sauce (buy vegetarian oyster if desired)
- Sesame Oil
- Chinese Rice Wine
- Cornstarch
- Boxed Macaroni and Cheese (I like the brand Annie's)

Visit  
[JeanettesHealthyLiving.com](http://JeanettesHealthyLiving.com)  
for Healthy Recipes

