

# *Italian Flavor Profile*

## **Spices and Herbs**

Oregano (dried or fresh)  
Basil (dried or fresh)  
Garlic  
Parsley

## **Main Vegetables**

Eggplant  
Zucchini and summer squash  
Tomatoes  
Fennel  
Green beans  
Peas  
Broccoli rabe  
broccoli  
Peppers  
Potatoes  
Carrots  
Cauliflower  
Peppers

## **Proteins**

All meats, fish, and seafood  
Beans (esp. white)

## **Other**

Parmesan and Romano cheeses  
Mozzarella cheese  
Hazelnuts  
Olive oil  
Garlic  
Anchovies  
Capers  
Balsamic vinegar  
Raisins  
Pasta and bread  
Farro  
Pasta  
Red wine vinegar and red wine  
Pepperoncini, pickled vegetables  
Sundried tomatoes  
Olives

