



Middle Eastern Flavor Profile

Spices and herbs

Ground coriander or
coriander seed
Ground cumin or cumin seed
Ground cinnamon
Ground allspice
Cilantro
Mint

Main Vegetables

Eggplant
Zucchini
Tomato
Cucumber
peppers
Potato
Root vegetables
Winter squash
Onion
Cabbage

Proteins

Lamb, beef, chicken
White fish and seafood
Garbanzo beans

Other

Feta cheese
Yogurt
Tahini and sesame seeds
Pine nuts, almonds, pistachios
Raisins and dried currants
Figs, apricots, dates
Pomegranates
Lemons and oranges
Honey
Flatbread
Garbanzo beans
Cous cous and bulgur
Kalamata olives