**Dark Greens with Dried Apricots and Toasted Hazelnuts**

**Produce**

garlic (if needed)

yellow onion(if needed)

1 bunch Lacinato kale

4 oz. dried apricots

3 oz. hazelnuts

**Canned/Dried Foods**

8 oz. Bulgur (if needed)

low-sodium veggie broth (if needed)

high heat canola oil (if needed)

low-sodium soy sauce (if needed)

balsamic vinegar (if needed)

rice wine vinegar (if needed)

white wine to cook with(if needed)

**Frozen Foods**

**Meat/Fish/Poultry**

**Chilled Foods/Dairy**

7 oz. baked Asian-style tofu