**Southwest Chard with Corn Salsa**

**Produce**

garlic (if needed)

1 sweet or yellow onion  (if needed)

1 bunch chard

red bell pepper

1 large mango

1 lime

**Canned/Dried Foods**

quinoa (if needed)

low sodium veggie broth (if needed)

balsamic vinegar (if needed)

molasses (if needed)

chili powder (if needed)

ground cumin (if needed)

**Frozen Foods**

frozen corn (if needed)

Chickenless tenders  or Morningside Chik’n strips (if going meatless)

**Meat/Fish/Poultry**

1 chicken breast (if eating meat)

**Chilled Foods/Dairy**

nonfat, plain yogurt (if needed)

Extra-sharp cheddar cheese (if needed)

1 pint medium-hot, fresh tomato salsa *(if needed)*