**Beans and Rice with Peppers and Sweet Corn Salsa**

**Produce**

garlic (if needed)

yellow onion (if needed)

fresh cilantro leaves (if needed)

Napa cabbage (if needed)

green bell pepper (if needed)

red bell pepper (if needed)

2 ears sweet corn (buy frozen if not available)

2 kiwis

**Canned/Dried Foods**

brown rice (if needed)

one 15 oz. can chopped tomatoes

one 15 oz. can pinto beans

chili powder (if needed)

dried oregano leaves (if needed)

ground cumin (if needed)

**Frozen Foods**

Frozen corn (if no fresh corn available)

**Meat/Fish/Poultry**

**Chilled Foods/Dairy**

plain, nonfat yogurt

extra sharp cheddar cheese