**Swiss Chard with Shrimp and Mango**

**Produce**

garlic (if needed)

1 yellow onion *(if needed)*

fresh mint leaves

fresh basil leaves *(if needed)*

1 fresh mango

1 oz. almond slices *(if needed)*

**Canned/Dried Foods**

quinoa(if needed)

low-sodium vegetable broth(if needed)

low sodium soy sauce (if needed)

rice wine vinegar (if needed)

Asian hot pepper sauce (if needed)

**Frozen Foods**

Large, cooked, shelled and detailed shrimp (if needed)

**Meat/Fish/Poultry**

**Chilled Foods/Dairy**