**Dino Kale with Nectarines, Almonds and Feta Crumbles**

**Produce**

garlic (if needed)

yellow or sweet onion (if needed)

1 bunch of Dino Kale

1 ripe nectarine

sliced almonds (if needed)

**Canned/Dried Foods**

quinoa (if needed)

olive oil (if needed)

low-sodium veggie broth (if needed)

low sodium soy sauce(if needed)

balsamic vinegar (if needed)

**Frozen Foods**

**Chickenless tenders *(if eating meatless)***

**Meat/Fish/Poultry**

**Chilled Foods/Dairy**

crumbled feta cheese