**Swiss Chard with Pear and Gorgonzola**

**Produce**

garlic(if needed)

yellow onion (if needed)

1 bunch chard

1 ripe Bartlett pear

8-10 walnut halves

**Canned/Dried Foods**

quinoa (if needed)

sesame oil (if needed)  
  
low-sodium vegetable broth(if needed)

low sodium soy sauce(if needed)

rice wine vinegar(if needed)

**Frozen Foods  
  
1 package Gardein chickenless tenders or equivalent product**

**Meat/Fish/Poultry**

**Chilled Foods/Dairy**

crumbled Gorgonzola cheese