**Dark Greens, Pear, Pecans and Gorgonzola**

**Produce**

 garlic (if needed)

 yellow onion (if needed)

 red bell pepper (if needed)

1 bunch chard or dark greens of choice

1 ripe pear

one half cup pecan halves

**Canned/Dried Foods**

quinoa  (if needed)

low-sodium vegetable broth (if needed)

low-sodium soy sauce (if needed)

balsamic vinegar (if needed)

white wine for cooking (if needed)

**Frozen Foods**

chickenless tenders (if meatless)

**Meat/Fish/Poultry**

1 skinless chicken breast (if eating meat and if no cooked chicken in freezer)

**Chilled Foods/Dairy**

crumbled gorgonzola cheese (if needed)