**Curried Lentils and Beet Greens with Quinoa**

**Produce**

garlic (if needed)

1 large sweet onion (if needed)

1 bunch green onions

1 beet, greens, mustard greens or chard

1 lime

1 lemon

One melon of choice

**Canned/Dried Foods**

quinoa *(if needed)*

one bag red lentils

low-sodium vegetable broth (if needed)

balsamic vinegar(if needed)

molasses (if needed)

ground cumin(if needed)

curry powder (if needed)

ground turmeric (if needed)

white wine to cook with (if needed)

**Frozen Foods**

**Meat/Fish/Poultry**

**Chilled Foods/Dairy**

crumbled feta  cheese *(if needed)*