**Swiss Chard with Pear and Feta**

**Produce**

garlic (if needed)

yellow onion(if needed)

1 bunch chard

red bell pepper(if needed)

1 ripe pear

1 lime

**Canned/Dried Foods**

Quinoa (if needed)

Low-sodium vegetable broth(if needed)

low-sodium soy sauce or tamari (if needed)

balsamic vinegar (if needed)

white wine to cook with (if needed)

**Frozen Foods**

chickenless tenders(if eating meatless)

**Meat/Fish/Poultry**

1 boneless, skinless chicken breast(if eating meat and if none in freezer at home)

**Chilled Foods/Dairy**

crumbled Feta cheese