**Mexican Greens with Polenta**

**Produce**

garlic (if needed)

1 yellow onion (if needed)

one bunch fresh chard

1 bunch fresh cilantro leaves

1 red bell pepper

1 green bell pepper

1 Jalapeno pepper

1 Anaheim pepper

1 fresh mango or one 6-8 oz. container of fresh mango pieces

1 lime

**Canned/Dried Food**

8 oz. polenta style corn meal

one 15 oz. can black beans

one 15 oz. can no-salt chopped or diced tomatoes

one 24 oz. box veg. broth (if needed)

olive oil (if needed)

low sodium soy sauce (if needed)

**Meat/Fish/Poultry**

**Chilled Foods/Dairy**

1 pint fresh tomato salsa (if not making quick low-salt tomato salsa)

3 oz. sharp cheddar cheese