**Greens and Beans with Bulgur and Seared Corn Salsa**

**Produce**

garlic (if needed)

1 yellow onion

1 bunch chard

cilantro (if making quick, low-sodium salsa)

1 Anaheim pepper (if making quick, low-sodium salsa)

1 jalalpeno pepper (if making quick, low-sodium salsa)

1 lime

**Canned/Dried Foods**

8 oz. bulgur(if needed)

one 15 oz. can pinto beans

one 15 oz. can no-salt chopped tomatoes (if making quick, low-sodium salsa)

low sodium vegetable broth(if needed)

balsamic vinegar

**Frozen Foods**

frozen corn (if needed)

**Meat/Fish/Poultry**

**Chilled Foods/Dairy**

2 oz. sharp cheddar cheese

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