**Chard, Marinated Shrimp and Salsa**

**Produce**

garlic (if needed)

1 sweet onion

1 bunch rainbow chard

1 bunch cilantro leaves

1 Anaheim pepper

1 Jalapeno pepper

1 Anaheim pepper

2 limes

1 ripe pear

2 oz. sliced almonds

**Canned/Dried Foods**

 16 oz.  quinoa

One 15 oz. can no-salt chopped tomatoes

Low-sodium vegetable broth (if needed)

sesame oil (if needed)

Asian garlic pepper sauce (if needed)

low sodium soy sauce (if needed)

rice wine vinegar (if needed)

**Frozen Foods**

12 large, raw, shelled and deveined shrimp *(if not using fresh)*

**Meat/Fish/Poultry**

12 large, raw, shelled and deveined shrimp *(if not using frozen)*

**Chilled Foods/Dairy**

1 pint fresh tomato salsa (if not making homemade salsa)