**Curried Kale with Bulgur and Lentils**

**Produce**  
garlic (if needed)  
onion ((if needed)  
1 bunch lacinato kale  
fresh pineapple pieces (if no fresh available use canned)2 oz. sliced almonds

**Canned/Dried Foods**  
bulgur (if needed)brown lentils(if needed)  
one 8 oz. can pineapple chunks (if no fresh available)  
low sodium vegetable broth  
low sodium soy sauce (if needed)  
honey (if needed)  
bay leaf (if needed)  
  
If making homemade Masala Curry  
whole coriander seeds whole cumin seeds whole whole black pepper corns whole fennel seeds whole cloves 1 cinnamon stick red pepper flakes   
ground turmeric ground ginger

yellow curry powder (if needed)  
  
white wine to cook with (if needed)

**Frozen Foods**  
None today  
**Meat/Fish/Poultry**  
None today

**Chilled Foods/Dairy**  
crumbled feta cheese