**Curried Chard with Mango**

**Produce**

garlic (if needed)

1 yellow onion

1 bunch chard

1 red bell pepper

1 fresh mango or 8 oz. fresh cut mango *(if none available use frozen)*

**Canned/Dried Foods**

brown rice (if needed)

low-sodium vegetable broth (if needed)

low-sodium soy sauce or Tamari (if needed)

balsamic vinegar (if needed)

molasses (if needed)

cornstarch(if needed)

yellow curry powder(if needed)

ground turmeric (if needed)

coconut extract (if needed)

white wine to cook with

**Frozen Foods**

chickenless tenders (if going meatless)

frozen mango pieces (if no fresh available)

**Meat/Fish/Poultry**

**Chilled Foods/Dairy**

1 cooked chicken breast (leftover from last night and if eating meat)