**Italian Greens**

**Produce**

2 cloves garlic (if needed)

1 medium yellow onion

1 bunch chard

1 red bell pepper

1 green bell pepper

**Canned/Dried Foods**

1 package orzo pasta *(if needed)*

one 15 oz. can white kidney beans or Great Northern beans

one 32 oz. box low sodium veggie broth

good extra-virgin olive oil (if needed)

balsamic vinegar(if needed)

low sodium soy sauce (if needed)

**Frozen Foods**

**Meat/Fish/Poultry**

**Chilled Foods/Dairy**

one and one half C. leftover red sauce(leftover in fridge at home)

shredded Parmesan cheese(if needed)