**Kale and White Bean Summer Surprise**

**Produce**

garlic (if needed)  
  
1 bunch green onions

1 bunch Russian kale   
  
fresh mint leaves

fresh basil leaves

1 carrot  
  
3 Roma tomatoes

1 lemon

2 medium carrots

½ C. sliced almonds

½ C. dried sour cherries

4 oz. fresh pineapple pieces *(if no fresh available buy canned)*

**Canned/Dried Foods**

one 15 oz. can Great Northern beans

one 8 oz. can pineapple chunks *(if no fresh available)*  
low sodium vegetable broth (if needed)

good olive oil (if needed)

one package shredded coconut

**Frozen Foods**

**Meat/Fish/Poultry**

**Chilled Foods/Dairy**

shredded Parmesan cheese

**Additional Items**

 whole-grain artisan rolls or a small baguette (1 roll or 3 slices baguette per serving)