**Kale with Potato and Egg**

**Produce**

garlic (if needed)

1 red onion

1 bunch Dino Kale

4-6 new red or purple potatoes

1 fresh nectarine or pear

**Canned/Dried Foods**

Low-sodium vegetable broth (if needed)

olive oil (if needed)

low sodium soy sauce (if needed)

balsamic vinegar (if needed)

**Frozen Foods**

**Meat/Fish/Poultry**

**Chilled Foods/Dairy**

eggs (if needed)

Smoky tempeh