**Monday, Kale with Winter Pear and Roasted Potatoes**

**Produce**

garlic (if needed)

sweet onion(if needed)

one bunch fresh Dino kale

1 large russet potato

1 winter pear

**Canned/Dried Foods**

olive oil (if needed)

low-sodium vegetable broth (if needed)

low-sodium soy sauce(if needed)

 balsamic vinegar(if needed)

white wine to cook with

**Frozen Foods**

**Meat/Fish/Poultry**

one Italian Sausage(if eating meat)

**Chilled Foods/Dairy**

Gorgonzola crumbles

Field Roast Italian Sausage or Beyond Meat Italian Sausage (if meatless)

 (optional) 1 C. cooked white beans from Sunday)