**Spanish Bulgur with Spinach and Black Bean Salsa**

**Produce**

garlic (if needed)

sweet onion (if needed)

1 bunch fresh spinach or one 6 oz. bag baby spinach

fresh cilantro leaves

1 Anaheim pepper

1 jalapeno pepper

1 lime

3 kiwis (one per diner)

**Canned/Dried Foods**

8 oz. bulgur

one 15 oz. can low-sodium black beans

one 15 oz. can no-salt chopped tomatoes

low-sodium vegetable broth (if needed)

balsamic vinegar(if needed)

molasses (if needed)

ground cumin(if needed)

Chili powder(if needed)

white wine to cook with (if needed)

**Frozen Foods**

Frozen corn (if needed)

**Meat/Fish/Poultry**

**Chilled Foods/Dairy**

sharp cheddar cheese

1 pint fresh tomato salsa *(if not making quick salsa)*