**Asian-Style Kale with Pineapple**

**Produce**

garlic (if needed)

yellow onion (if needed)

1 bunch Lacinato Kale or any kind of chard

one bunch green onions *(if needed)*

8 oz. pineapple spears (if available, if not, buy canned)

1 lime

slivered almonds *(if needed)*

**Canned/Dried Foods**

quinoa(if needed)

one 6 oz. can sliced water chestnuts

one 8 oz. can pineapple chunks (if no fresh available)

sesame oil(if needed)

low-sodium vegetable broth (if needed)

rice wine vinegar (if needed)  
  
Asian garlic pepper sauce(if needed)

low-sodium soy sauce (if needed)

white wine to cook with(if needed)

**Frozen Foods**

**Meat/Fish/Poultry**

**Chilled Foods/Dairy**

7 oz. extra or ultra-firm baked Asian tofu