**Chard with Winter Pear, dried cherries, and toasted Pecans**

**Produce**

garlic (if needed)

yellow onion (if needed)

1 bunch Swiss chard

1 ripe winter pear

3 oz. dried, tart cherries

10 pecan halves

**Canned/Dried Foods**

tricolor quinoa (if needed)

low-sodium vegetable broth (if needed)

low-sodium soy sauce (if needed)

balsamic vinegar (if needed)

white wine to cook with (if needed)

**Frozen Foods**

Plant-based Chickenless tenders of choice (if going plant-based)

**Meat/Fish/Poultry**

**1 boneless skinless chicken breast *(if eating meat)***

**Chilled Foods/Dairy**

crumbled Gorgonzola cheese