**Curried Kale with Bulgur and Lentils**

**Produce**

garlic (if needed)

onion ((if needed)

1 bunch lacinato kale

2 Mandarin oranges

fresh pineapple pieces (if no fresh available use canned)2 oz. sliced almonds

**Canned/Dried Foods**

bulgur (if needed)brown lentils(if needed)

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

low sodium vegetable broth

low sodium soy sauce (if needed)

honey (if needed)

bay leaf (if needed)

Masala curry powder (if needed)

white wine to cook with (if needed)

**Frozen Foods**

None today

**Meat/Fish/Poultry**

None today

**Chilled Foods/Dairy**

crumbled feta cheese