**Kale with White Beans and Caramelized Onion**

**Produce**

garlic (if needed)

1 large yellow onion

1 bunch Lacinato or Dino kale

2 Roma tomatoes

**Canned/Dried Foods**

quinoa (if needed)

one 15 oz. can Great Northern beans

low-sodium vegetable broth(if needed)

rice wine vinegar (if needed)

Tabasco sauce (if needed)  
  
white wine to cook with (if needed)

**No Frozen Foods or Meat Today**

**Chilled Foods/Dairy**

nonfat, plain yogurt (if needed)

shredded Parmesan cheese(if needed)