**Mexican Greens with Pineapple Salsa**

**Produce**

garlic*(if needed)* 

1 sweet onion 

1 bunch chard

1 bunch cilantro

1 jalapeno pepper

1 Anaheim pepper

4 small red potatoes

2 limes

8 oz. fresh pineapple spears *(buy canned if none available)*

**Canned/Dried Foods**

low-sodium vegetable broth *(if needed)*  
  
one 15 oz. can black beans

good extra-virgin olive oil *(if needed)*

low-sodium soy sauce *(if needed)*

balsamic vinegar *(if needed)*

brown sugar *(if needed)*

chili powder *(if needed)*

dry oregano leaves *(if needed)*

**Frozen Foods**

**Meat/Fish/Poultry**

**Chilled Foods/Dairy**

3 oz. extra-sharp cheddar cheese