**Potato Quesadillas with Mango Salsa**

**Produce**

1 large russet baking potato

garlic *(if needed)*

yellow onion*(if needed)*

1 bunch beet greens

jalapeno pepper

1 Anaheim pepper - 1.6 -

1 mango

2 limes

cilantro leaves

**Canned/Dried Foods**

one 15 oz. can no-salt chopped tomatoes *(if making quick low-sodium salsa)*

balsamic vinegar*(if needed)*

Molasses  *(if needed)*

low-sodium soy sauce*(if needed)*

olive oil*(if needed)*

low-sodium veggie broth*(if needed)*

chili powder *(if needed)*

**Frozen Foods**

none today

**Meat/Fish/Poultry**

None tonight

**Chilled Foods/Dairy**

8 inch corn or flour tortillas

1 pint fresh tomato salsa *(if no quick salsa is made)*

Extra-sharp cheddar cheese