**Mustard Greens with Spicy Potatoes**

**Produce**

garlic (if needed)

onion (if needed)

1 bunch mustard greens or Chard

3 medium red potatoes

1 winter pear

**Canned/Dried Foods**

low-sodium vegetable broth (if needed)

low-sodium soy sauce or tamari (if needed)

rice wine vinegar (if needed)

honey (if needed)

Chili powder (if needed)

ground cumin (if needed)

**Frozen Foods**

Chickenless tenders (if meatless)

**Meat/Fish/Poultry**

2 boneless skinless chicken breasts *(if eating meat)*

**Chilled Foods/Dairy**

3 oz. Gouda cheese