**Rainbow Chard with Black Beans and Apricot Salsa**

**Produce**

garlic (if needed)

sweet onion (if needed)

1 bunch rainbow chard

1 bunch fresh cilantro

1 Anaheim pepper

1 jalapeno pepper

1 green bell pepper

7 fresh apricots

2 limes

**Canned/Dried Foods**

quinoa (if needed)

one 15 oz. can black beans

one 15 oz. can no-salt diced tomatoes

low sodium vegetable broth (if needed)

balsamic vinegar (if needed)

low sodium soy sauce (if needed)

white wine to cook with (if needed)

**Frozen Foods**

**Meat/Fish/Poultry**

**Chilled Foods/Dairy**

extra-sharp cheddar cheese (if needed)