**Asian-Style Chard with Mandarin Oranges**

**Produce**

garlic (if needed)

yellow onion (if needed)

1 bunch chard

2 Mandarin Oranges

sliced almonds(if needed)

**Canned/Dried Foods**

quinoa (if needed)

sesame oil(if needed)

low sodium vegetable broth (if needed)

low sodium soy sauce (if needed)

rice wine vinegar(if needed)

**Frozen Foods**

None today

**Meat/Fish/Poultry**

None today

**Chilled Foods/Dairy**

1 package Asian style baked tofu