**Curried Kale with Bulgur and Lentils**

**Produce**

garlic (if needed)

onion ((if needed)

1 bunch lacinato kale

2 Mandarin oranges

**Canned/Dried Foods**

bulgur (if needed)

low sodium vegetable broth

low-sodium soy sauce(if needed)  
  
bay leaf (if needed)

Masala curry powder(if needed)

honey (if needed)

white wine to cook with (if needed)

**Frozen Foods**

None today

**Meat/Fish/Poultry**

None today

**Chilled Foods/Dairy**

crumbled feta cheese