**Kale and Poached Apple with Dried Cherries**

**Produce**

garlic (if needed)

1 yellow onion

1 yellow bell pepper

1 bunch fresh Lacinato kale

1 bunch fresh basil (if needed)

1 large apple

6 oz. dried cherries

sliced almonds (if needed)

**Canned/Dried Foods**

quinoa (if needed)

low-sodium vegetable broth (if needed)

sesame oil (if needed)

balsamic vinegar (if needed)

**Frozen Foods**

Chickenless tenders (if eating meatless)

**Meat/Fish/Poultry**

one cooked chicken breast (if eating meat)

**Chilled Foods/Dairy**

crumbled gorgonzola or blue cheese *(if needed)*