**Chard with Apples and Fennel over Roasted Potatoes**

**Produce**

garlic (if needed)

yellow onion (if needed)

1 bunch Swiss Chard

1 fennel bulb

3 medium-sized red potatoes

1 apple

**Canned/Dried Foods**

low-sodium vegetable broth (if needed)

low-sodium soy sauce(if needed)

balsamic vinegar (if needed)

**Frozen Foods**

**Meat/Fish/Poultry**

**Chilled Foods/Dairy**

Field Roast Apple Sausage *or equivalent product*

crumbled Gorgonzola cheese (if needed)