**Greens with Roasted Potato Crisps and Tzatziki**

**Produce**

garlic (if needed)

1 sweet onion

1 bunch chard

fresh dill

2 cucumbers

1 fennel bulb

3 medium sized red potatoes (1/2 lb.)

1 lemon

**Canned/Dried Foods**

low sodium veggie broth (if needed)

balsamic vinegar (if needed)

**Frozen Foods**

chickenless tenders. (if eating meatless)

**Meat/Fish/Poultry**

1 boneless, skinless breast (if eating meat)

**Chilled Foods/Dairy**

plain, nonfat yogurt(if needed)

feta cheese crumbles (if needed)