Cheese, Please!

This cheddar-topped take on meat and potatoes is proof that you don't have to compromise taste or spend a fortune for healthy food. For more inexpensive meal ideas, go to recipe.com.

- - 1 tablespoon extra-virgin olive oil

 - 1 bunch scallions, thinly sliced,

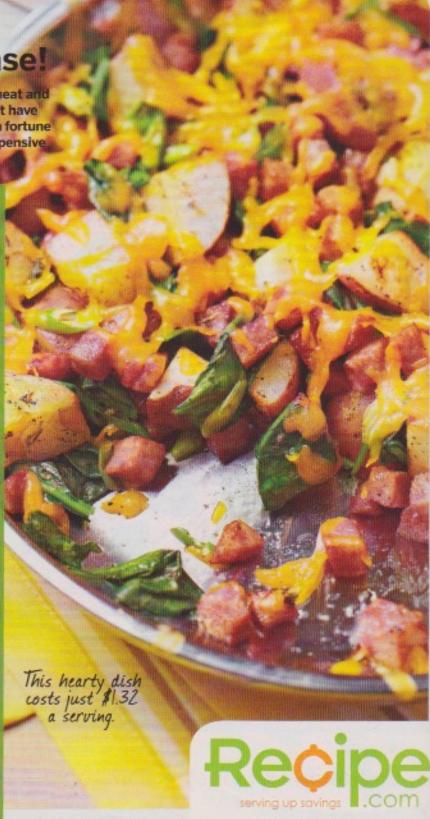
 - teaspoon Italian seasoning or

- 1. Place potatoes in a saucepan fitted with a steamer basket and cook, covered, over simmering water until just tender, 8 to 10 minutes.
 2. Heat oil in a large nonstick skillet over medium heat. Add kielbasa and white part of scallions and cook, stirring often, until scallions are slightly softened.
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 1 to 2 minutes. Add potatoes and sauté, stirring occasionally, until browned and tender, 5 to 7 minutes.

 3. Sprinkle paprika, Italian seasoning or herb blend, garlic powder, salt and pepper to taste over potato-and-kielbasa mixture: stir to coat. Stir in spinach and green part of scallions. Drizzle water into skillet, sprinkle chedidar over mixture. into skilet, sprinkle cheddar over mixtu cover and cook until cheese is melted, about 2 minutes.

Nutrition facts per serving: 335 calories 17 g protein, 31 g carbohydrate, 16 g fat (6.5 g saturated), 4 g fiber



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