

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.

Skillet Hash With Spinach

Makes: 4 servings

Prep time: 10 minutes

Cook time: 20 minutes

- 1½ pounds red new potatoes, cut into 1-inch chunks
- 1 tablespoon extra-virgin olive oil
- 8 ounces turkey kielbasa, diced
- 1 bunch scallions, thinly sliced, white and green part separated
- 1 teaspoon paprika
- 1 teaspoon Italian seasoning or sodium-free herb blend
- ½ teaspoon garlic powder
- ½ teaspoon salt
- Black pepper
- 2½ ounces baby spinach
- 2 tablespoons water
- 2½ ounces cheddar, shredded (¾ cup)

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, 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 cheddar over mixture, 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

This hearty dish costs just \$1.32 a serving.

Recipe
serving up savings .com

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