



Popeye's Spinach Helper

Ingredients

- 1 1/2 tsp olive oil
- 1/2 onion, chopped
- 1/2 clove garlic, crushed
- 1/2 green onion, sliced
- 1/2 green pepper, chopped
- 1/2 pound lean ground beef
- 1/2 pound fresh mushrooms, sliced
- 5 ounces fresh spinach, washed and drained
- 1/2 cup nonfat yogurt
- 1 ounce dry-curd, unsalted cottage cheese
- 1 ounce water
- 1 1/2 tsp fresh oregano

Directions

1. Heat olive oil in skillet. Sauté onion, garlic, green onion, and green pepper until tender.
2. Add ground beef, and cook until just browned.
3. Add mushrooms and spinach. When spinach is limp, add remaining ingredients. Heat through and serve.