**Braısed spınach**

1 kg spinach

2 onions

½ cup olive oil

2 teaspoons salt

2 teaspoons sugar

1 cup yogurt

2 cloves of garlic

Wash and drain spinach. Chop onions and spinach roughly, stir fry in olive oil over high heat for ten minutes, reduce heat, add salt and sugar, keep stirring until all juice is evaporated. Place on service plate.

Peel and smash garlic cloves, mix with yogurt and serve on the side.