

Basic Cheese Sauce

Makes: 8 Servings

This recipe uses all-purpose flour to thicken a cheese sauce. Serve this basic sauce over cooked spaghetti or macaroni, or use it as a dipping sauce for vegetables like steamed broccoli or potato wedges.

Ingredients

4 tablespoons margarine

1/4 cup all-purpose flour

1/4 teaspoon salt

1/8 teaspoon black pepper

2 cups low-fat milk (or 2/3 cup nonfat dry milk mixed with 2 cups water)

1 1/2 cups reduced fat cheddar cheese (shredded or American cheese, cut into small pieces)

Source: Recipe adapted from Commodity Supplemental Food Pro

Nutrition Information

Nutrients	Amount
Calories	150
Total Fat	11 g
Saturated Fat	5 g
Cholesterol	20 mg
Sodium	260 mg
Total Carbohydrate	6 g
Dietary Fiber	N/A
Total Sugars	3 g
Added Sugars included	N/A
Protein	8 g
Vitamin D	N/A
Calcium	268 mg
Iron	N/A
Potassium	N/A
N/A - data is not available	