

Bechamel Sauce

For The Love of Lasagna

Lactalis Retail Dairy (Sorrento Cheese)

5 tablespoons unsalted butter

1 medium yellow onion, minced

3 cloves garlic, minced

1/4 cup all-purpose flour

3 1/2 cups whole milk

3/4 teaspoon nutmeg, grated

Melt butter until foaming in a medium saucepan on medium.

Add onion and garlic and cook until soft and translucent, about 4 minutes.

Stir in flour and cook for about 2 minutes making sure not to brown.

Whisk in milk slowly and bring the mixture to a boil. Stir in nutmeg. Season to taste with salt and pepper.

Reduce heat to low and simmer for 10 minutes, whisking occasionally.

Per Serving (excluding unknown items): 1211 Calories; 87g Fat (63.9% calories from fat); 34g Protein; 77g Carbohydrate; 3g Dietary Fiber; 271mg Cholesterol; 432mg Sodium. Exchanges: 1 1/2 Grain(Starch); 2 Vegetable; 3 1/2 Non-Fat Milk; 16 1/2 Fat.