
Cheese Sauce for Vegetables

Bonnie Welch and Deanna White

Kitchen Keepsakes - Castle Rock, CO - 1989

3 tablespoons butter

2 tablespoons flour

3/4 cup half-and-half

1/2 cup cheddar cheese, grated

1/4 teaspoon salt

pepper

In a small saucepan, melt the butter. Add the flour and stir well to make paste. Add the half-and-half. Cook over medium heat, stirring constantly until smooth and thick.

Add the cheese and cook until melted

Pour over the cooked broccoli, cauliflower or asparagus.

Condiments, Sauces

Per Serving (excluding unknown items): 590 Calories; 53g Fat (80.7% calories from fat); 16g Protein; 13g Carbohydrate; trace Dietary Fiber; 153mg Cholesterol; 1236mg Sodium. Exchanges: 1 Grain(Starch); 2 Lean Meat; 9 1/2 Fat.