

Cheese Sauce

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Servings: 6

2 tablespoons butter

2 tablespoons all-purpose flour

1/4 teaspoon salt

1/4 teaspoon black pepper

1 cup fat-free milk

1 cup (4 oz) extra-sharp cheddar cheese, shredded

In a small saucepan, melt the butter.

Stir in the flour, salt and pepper.

Add the milk all at once. Cook and stir until thickened and bubbly.

Reduce the heat.

Add the cheddar cheese.

Cook and stir until blended.

Per Serving (excluding unknown items): 44 Calories; 4g Fat (78.6% calories from fat); trace Protein; 2g Carbohydrate; trace Dietary Fiber; 10mg Cholesterol; 128mg Sodium. Exchanges: 0 Grain(Starch); 1 Fat.