

Lemon-Parsley Sauce

Wanda Pawlikowski

Favorite Recipes - Sacred Heart School - Easthampton, MA (1984)

*1/4 cup parsley, chopped
1/4 cup lemon juice
2 tablespoons milk
1/2 cup (16 crackers)
crushed butter crackers
1/2 cup grated Parmesan
cheese
1 small onion, chopped*

In a bowl, combine all of the ingredients. Mix well.

Cover and chill for several hours.

Per Serving (excluding unknown items): 264 Calories; 13g Fat (44.0% calories from fat); 20g Protein; 19g Carbohydrate; 3g Dietary Fiber; 36mg Cholesterol; 772mg Sodium. Exchanges: 2 1/2 Lean Meat; 2 Vegetable; 1/2 Fruit; 0 Non-Fat Milk; 1 Fat.