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# Parmesan Cream Sauce

*The Essential Southern Living Cookbook*

Start to Finish Time: 15 minutes

**2 tablespoons salted butter**

**1 tablespoon all-purpose flour**

**1 cup whole milk**

**1 ounce (1/4 cup) grated Parmesan cheese**

**1 teaspoon fresh lemon juice**

**1/4 teaspoon Kosher salt**

**1/4 teaspoon black pepper**

Melt the butter in a three-quart saucepan over medium-high heat.

Whisk in the flour. Cook, whisking constantly, for 1 minute. Gradually whisk in the milk. Bring to a boil. Cook, whisking constantly, until thickened, about 1 to 2 minutes.

Whisk in the Parmesan cheese, lemon juice, salt and pepper.

Serve immediately.

Yield: 1 cup

## Condiments, Sauces

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*Per Serving (excluding unknown items): 204 Calories; 10g Fat (42.8% calories from fat); 11g Protein; 18g Carbohydrate; trace Dietary Fiber; 37mg Cholesterol; 683mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 0 Fruit; 1 Non-Fat Milk; 1 1/2 Fat.*