

Guilt-Free Gravy

Argo Corn Starch

Preparation Time: 5 minutes

Cook time: 10 minutes

MICROWAVE DIRECTIONS. Combine all ingredients in a 2-quart, microwave safe bowl. With a whisk, stir until corn starch is completely dissolved. Microwave on HIGH (100%) power for 7 to 9 minutes or until mixture boils, stirring every minute. Boil for 1 minute. Season with salt and pepper.

3 tablespoons corn starch

1/4 cup apple cide or water

2 cups fat-free turkey stock or broth

1/2 teaspoon sage

Combine corn starch and cider in a small bowl until smooth. Set aside.

Cook stock or broth over medium heat until hot.

Stir corn starch mixture into the stock or broth using a wire whisk. Add sage. Stirring constantly, bring to a boil. Boil 1 minute., until thickened. If desired, season with salt and pepper to taste.

Yield: 2 Cups

Per Serving (excluding unknown items): 1 Calories; trace Fat (28.4% calories from fat); trace Protein; trace Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; trace Sodium. Exchanges: 0 Grain(Starch); 0 Fat.