

Vegetables in Mornay Sauce

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Beyond The Village Gate 1985 - Parmadale Community - Parma, Ohio

Servings: 6

2 packages (10 ounce ea) frozen
mixed vegetables
cream (as needed)
2 tablespoons butter or margarine
1 1/2 teaspoons salt
1/2 teaspoon garlic salt
pepper
2 cups cubed bread
3 tablespoons butter, melted
MORNAY SAUCE
1/4 cup butter or margarine
1/3 cup all-purpose flour, sifted
liquid drained from the vegetables
1/4 cup Parmesan cheese, grated
pinch ground nutmeg
pinch dried thyme
1/8 teaspoon garlic salt
2 tablespoons white wine
1 teaspoon salt

Cook the vegetables in a tightly covered saucepan as directed on the package, just until tender-crisp. Remove from the heat. Drain. (Reserve the liquid. Add cream as necessary to make two cups.) Season with two tablespoons of butter, 1-1/2 teaspoons salt, 1/2 teaspoon of garlic salt and the pepper. Spread the vegetables in the bottom of a 13x9x2-inch baking dish. Set aside.

Preheat the oven to 350 degrees.

Prepare the Mornay Sauce: In a medium saucepan, melt the butter and stir in the flour gradually with a wire whisk. Gradually whisk in the reserved liquid. Place over low heat and cook until smooth and thickened. Add the Parmesan cheese, nutmeg, thyme, salt, wine and garlic salt. Simmer for about 5 minutes more. Taste and adjust seasonings as desired.

Pour the Mornay Sauce over the vegetables. Cover with about two cups of cubed bread. Pour three tablespoons of melted butter over the bread cubes.

Bake for 30 minutes or until the bread is brown and the casserole is hot and bubbly.

Per Serving (excluding unknown items): 235 Calories; 19g Fat (70.0% calories from fat); 4g Protein; 14g Carbohydrate; 3g Dietary Fiber; 49mg Cholesterol; 1367mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1 1/2 Vegetable; 3 1/2 Fat; 0 Other Carbohydrates.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	235	Vitamin B6 (mg):	.1mg
% Calories from Fat:	70.0%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	22.9%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	7.2%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	19g	Folacin (mcg):	29mcg
Saturated Fat (g):	11g	Niacin (mg):	1mg
Monounsaturated Fat (g):	5g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	3
Cholesterol (mg):	49mg	% Refused:	0.0%
Carbohydrate (g):	14g	Food Exchanges	
Dietary Fiber (g):	3g	Grain (Starch):	1/2
Protein (g):	4g	Lean Meat:	0
Sodium (mg):	1367mg	Vegetable:	1 1/2
Potassium (mg):	149mg	Fruit:	0
Calcium (mg):	73mg	Non-Fat Milk:	0
Iron (mg):	1mg	Fat:	3 1/2
Zinc (mg):	trace	Other Carbohydrates:	0
Vitamin C (mg):	2mg		
Vitamin A (i.u.):	3754IU		
Vitamin A (r.e.):	476RE		

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 235 **Calories from Fat:** 165

% Daily Values*

Total Fat	19g	29%
Saturated Fat	11g	57%
Cholesterol	49mg	16%
Sodium	1367mg	57%
Total Carbohydrates	14g	5%
Dietary Fiber	3g	11%
Protein	4g	

Vitamin A	75%
Vitamin C	3%
Calcium	7%
Iron	5%

* Percent Daily Values are based on a 2000 calorie diet.