

Zucchini in Cheese sauce

Helen Palecki

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

Yield: 4 to 6 servings

2 tablespoons butter

2 tablespoons flour

1 cup milk

1 cup grated cheese

salt (to taste)

pepper (to taste)

paprika

2 pounds zucchini

1/2 tablespoon

worcestershire sauce

In a saucepan, melt the butter. Blend in the flour. Remove from the heat. Add the milk slowly, stirring constantly until smooth and blended. Return to the heat. Cook and stir until thick.

Turn off the heat. Add the cheese and let stand until the cheese is melted. Stir enough to blend. Add the salt, pepper and paprika. Add the Worcestershire sauce.

Cut the zucchini in one-half inch slices. Cook in a small amount of salted water until just tender. Drain.

Place in a serving dish and pour the sauce over the vegetables.

Per Serving (excluding unknown items): 993 Calories; 70g Fat (61.3% calories from fat); 48g Protein; 51g Carbohydrate; 1g Dietary Fiber; 214mg Cholesterol; 1157mg Sodium. Exchanges: 1 Grain(Starch); 4 Lean Meat; 1 Vegetable; 1 Non-Fat Milk; 10 Other Carbohydrates.