



Vegetables in Cream Sauce*

4 servings

Choose vegetables that are dark green, red, or orange more often and try to eat more dry beans and peas.



- 2 Tablespoons margarine
- 2 Tablespoons all-purpose flour
- 1 cup low-fat milk

USDA.

- Salt and pepper, to taste
- 2 cups vegetables, fresh, canned or frozen, cooked (see note below)
- 1. Wash hands with soap and water.
- 2. In a large saucepan, melt margarine. Stir in flour.
- 3. Add milk slowly, stirring until smooth.
- 4. Cook and stir over low heat until mixture is thickened.
- 5. Add salt, pepper, and vegetables.
- 6. Store leftovers in a sealed container in the refrigerator for up to four days.

Note: If using fresh vegetables, be sure to scrub them with clean vegetable brush under running water.

Nutrition Information per Serving: (1/4 of recipe) Calories 160, Total Fat 7g, Saturated Fat 2g, Cholesterol 5mg, Sodium 220mg, Total Carbohydrates 21g, Dietary Fiber 5g, Sugars 3g, Protein 6g, Vitamin A 120%, Vitamin C 20%, Calcium 10%, Iron 8%.

This institution is an equal opportunity provider. This material was funded in part by USDA's Supplemental Nutrition Assistance Program and Expanded Food & Nutrition Education Program (EFNEP). The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-800-430-3244.





^{*}For cheese sauce, add 3/4 cup shredded cheese after step 3