

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
- 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.

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

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%.