

White Sauce

Yield: 1 cup / 8 servings

Serving size: 2 TBSP

Nutrition Facts	
Serving size	2 Tbsp
Amount Per Serving	
Calories	50
	% Daily Value*
Total Fat 3.5g	4%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 75mg	3%
Total Carbohydrate 4g	1%
Dietary Fiber 0g	0%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 2g	4%
Vitamin D 0mcg	0%
Calcium 50mg	4%
Iron 0mg	0%
Potassium 64mg	2%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

This creamy sauce is the base for many staples, including mac-and-cheese, veggie lasagna, and scalloped potatoes. You can substitute plant-based milks, such as soy and almond, according to your taste or dietary needs.

INGREDIENTS

2 TBSP unsalted butter
2 TBSP all-purpose flour
1¼ cups low-fat milk
1 shallot, about 2 TBSP, minced (or a quarter of a small onion)
¼ teaspoon Kosher salt
½ teaspoon ground (dry) mustard
Freshly ground pepper, to taste
Pinch of ground nutmeg

DIRECTIONS

1. In a small, heavy-bottomed saucepan melt butter over low heat.
2. Add shallot and sauté until shallot is soft, about 3 minutes.
3. Stir in flour and cook, stirring the paste constantly for 1–2 minutes.
4. Add milk and whisk until combined.
5. Add salt, dry mustard, pepper, and nutmeg. Stir to combine.
6. Whisk until sauce boils and thickens.
7. Remove from heat.

