

Herbed Basic White Sauce

Yield: about 24 (2 oz) servings

Toss this sauce with cooked fettuccine (or any pasta shape) along with colorful cooked vegetables for a creamy vegetarian entrée.

| Ingredients | Measure | | Nutrition per Serving | |
|---|-----------------|--|-----------------------|----|
| | 24 - 2 oz | | | |
| Unsalted butter | 4 oz (½ cup) | | Calories | 80 |
| Water | 1¼ quarts | | Total Fat g | 6 |
| Med-Diet® Low Sodium Cream Soup Base | 7¼ oz (1½ cups) | | Saturated Fat g | 3 |
| Chopped fresh herbs | as desired | | Cholesterol mg | 10 |
| | | | Sodium mg | 35 |
| | | | Carbohydrate g | 5 |
| | | | Fiber g | 0 |
| | | | Sugar g | 3 |
| | | | Protein g | 1 |

Preparation

1. In saucepan, melt butter.
2. Add water and soup base to saucepan; whisk until blended.
3. Cook, whisking frequently, until sauce is thickened and 165°F.
4. Stir herbs into sauce just before serving.

Product Information

| Product | Case Pack | Yield | Product Code |
|--------------------------------------|-----------|-------|--------------|
| Med-Diet® Low Sodium Cream Soup Base | 6 – 14 oz | 6 gal | K9212 |