

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	7 ¼ oz (1½ cups)		Saturated Fat g	3
			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.

Product Information

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