

Veggies in Cheese Sauce

Ingredients:

- 1 16-ounce package frozen vegetables of choice (such as peas and carrots)
- 2 Tbsp. margarine or butter
- 2 Tbsp. flour
- 1 c. low-fat milk
- ¼ tsp. salt
- ½ c. cheddar cheese, grated

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Vegetables!”
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Directions:

- Cook vegetables as directed on package. Melt the margarine or butter in a saucepan. Add flour until blended and bubbly. Slowly add the milk and cook until thickened. Stir in the cheese and heat until the cheese melts. Drain vegetables and add to cheese sauce.

Makes six servings. Per serving: 142 calories, 7.4 grams (g) fat, 14.6 g carbohydrate.

NDSU EXTENSION
SERVICE