



## Basic White Sauce

### Ingredients:

- 50g plain flour
- 50g margarine
- 500ml semi-skimmed milk
- Pinch of pepper

### Method:

1. Melt the margarine in a pan over a medium heat.
2. Take off the heat and stir in the flour to make a thick paste (or roux)
3. Return to the heat and whisk in the milk
4. 4.Boil for 5-10 minutes, stirring until you have a thick sauce

### *You could:*

- Add some Dijon mustard, mustard powder or wholegrain mustard for flavour.
- Add grated cheese to make a cheese sauce.
- Pour over cooked broccoli or cauliflower for a tasty accompaniment to any meal.
- To make Broccoli & Potato Bake: pour a cheese sauce over cooked broccoli and potatoes in an ovenproof dish – sprinkle with breadcrumbs and some grated cheese. Put under the grill until crispy and the cheese has melted. (You could add some chopped grilled bacon or chopped ham to this recipe for extra flavour).

- Add some tomato and spinach to the pasta. Cover in cheese sauce and pop in the oven on a medium heat for 20 minutes.
- Cook and drain some macaroni, mix with the cheese sauce and serve.
- Boil some lasagne pasta for 5 minutes. Mix some fresh spinach with some low fat crème fraiche. Place some of this mix in a slice of lasagna and roll it up: do this 8 times. Place the rolls in an ovenproof dish, cover with a layer of cheese sauce and a layer of tomato sauce and place in the oven for 20 minutes.
- Mix the pasta with some tuna and sweet corn. Add some white sauce, sprinkle with breadcrumbs and cheese and pop in the oven on a medium temperature for 20 minutes.

### **Did you know ?**

Milk is a great source of calcium which is important for teeth and bones. Switching from whole milk to semi skimmed will halve the intake of fat from your milk source. But remember children up to the age of two should not drink semi skimmed or skimmed milk.

Semi skimmed milk is the most popular type of milk in the UK with a fat content of 1.7%, compared to 4% in whole milk and 0.3% in skimmed milk.

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