

# Sauces



## Low Fat Alfredo Sauce

**Serves 4**

1 Tbsp	butter or margarine	15 mL
1 cup	evaporated milk	250 mL
1 Tbsp	flour	15 mL
¼ tsp	salt	1 mL
	pepper	
¼ cup	grated Parmesan cheese	60 mL
2 Tbsp	lemon juice	30 mL

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### How to Make:

1. Melt butter in a medium saucepan over medium-high heat.
2. In a small bowl, whisk milk with flour, salt and pepper.
3. Add to saucepan. Stir and cook until boiling.
4. Remove from heat; stir in Parmesan cheese and lemon juice.
5. Pour sauce over cooked pasta.

#### Note:

- This sauce is great over tortellini or other small shaped pasta.
- Add ¼ cup (60 mL) chopped ham, ¼ cup (60 mL) sliced cooked mushrooms or one 10 oz (284 mL) can drained baby clams for extra flavor.

## Spaghetti Sauce

**Serves 4**

1 cup	chopped onion	250 mL
2 cloves	garlic, minced	2
1 Tbsp	cooking oil	15 mL
1 can (19 oz)	tomatoes, undrained	540 mL
1 can (5.5 oz)	tomato paste	156 mL
1 tsp	dried basil	5 mL
1 tsp	dried oregano	5 mL
1 tsp	sugar	5 mL
½ tsp	salt	2 mL
¼ tsp	pepper	1 mL
8 oz	uncooked spaghetti or linguine	250 g

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### How to Make:

1. In a large saucepan cook onions and garlic in hot oil until vegetables are tender.
2. Stir in tomatoes, tomato paste, herbs, sugar, salt and pepper. Bring to boiling, reduce heat. Simmer covered for 30 minutes.
3. Uncover, simmer for 10 to 20 minutes or to desired thickness, stirring occasionally.
4. Meanwhile cook pasta according to package directions or see Page 63. Serve sauce over cooked pasta.

#### Note:

- You can sprinkle with Parmesan cheese.
- To make meat sauce prepare as above, except do not use oil. Instead, cook 1 lb (.50 kg) of ground beef with onion and garlic. Drain and continue to step 2.
- You can add ½ cup (125 mL) chopped green peppers. Cook with the onions and garlic.

## White Sauce

**Serves 4**

White sauce is used as a basis for cheese sauce, on vegetables; in pasta dishes and in soups and casserole recipes and over everything from taco chips to meatballs or fish cakes.

It can be made thin, medium or very thick by changing the amounts of flour used.

This recipe is for a medium white sauce and it uses the cold liquid method; which is the easiest way for most cooks to make a nice smooth sauce.

1 cup	milk	250 mL
2 Tbsp	flour	30 mL
1 Tbsp	butter or margarine	15 mL
¼ tsp	salt	1 mL

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### How to Make:

1. Whisk flour and salt with 2 Tbsp (30 mL) cold milk to form a thin, smooth mixture without lumps.
2. Heat remaining milk in a small saucepan and add the flour milk mixture, stirring constantly. Heat while stirring until mixture thickens.
3. Add butter and cook and stir at low heat for about 5 minutes.

#### Note:

- If you want to make cheese sauce, add ¼ cup (60 mL) grated cheddar cheese instead of the butter, stir and heat until cheese has melted.
- Other seasonings can also be added, such as, a dash of Worcestershire sauce, or ¼ tsp (1 mL) of white pepper, dry mustard or curry powder.