

## Creamy White Sauce

Submitted by Stephanie Gianaris

*This is a great base to use for casseroles, pasta dishes, creamed vegetables, etc. It can be made ahead and stored in refrigerator for up to a week for those last minute meals.*

**(In 2-quart, heavy bottomed saucepan)**

### Mix until smooth:

3 Tbsp flour  
1/2 cup vegetable broth

Heat on low heat until mixture just begins to bubble. Remove from heat.

### Slowly add:

1-1/2 cups light coconut milk, beating with wire whisk as liquid is added so that mixture stays smooth. Add your choice of Mrs. Dash, garlic, onion and/or other herbs, as appropriate for recipe. Add salt & pepper to taste.

### Return to a low heat:

Cook until mixture thickens to consistency of heavy cream, ***stirring constantly***. (*More flour can be added if a thicker consistency is needed for a recipe*). BAKE 15 minutes in 350 degree oven.

### Serving Suggestions/Meal Planning:

- Add sautéed vegetables and spoon over cooked pasta for **Vegetable Primavera**
- Add sautéed shrimp and spoon over cooked pasta for a **Shrimp Alfredo**.
- Add flaked fish or tuna and fold into cooked noodles or pasta for **Hearty Casserole**
- **Crusty Topping** idea for casseroles: top with herbed bread crumbs and slivered almonds

***“Fasting is a great weapon against temptation”  
Theophylactus of Bulgaria***

