

## REAL CHEESE, CHEESE SAUCE

- 2 Tbsp butter (NOT margarine!)
  - 2 Tbsp flour
  - ¼ tsp dry mustard
  - ¼ tsp salt
  - 1/8 tsp pepper
  - ¼ tsp corn starch
  - 1 cup milk
  - ½ cup shredded cheese
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- Heat butter over low-medium heat until melted.
  - Stir in dry ingredients. Cook, stirring constantly, until mixture is smooth and bubbly.
  - Stir in milk, turn heat to medium/medium high, and heat to boiling, stirring constantly. When mixture thickens, remove from heat.
  - Add cheese. Stir until melted.
  - Makes the perfect amount for steamed broccoli or cauliflower.
  - \*\* To use for macaroni & cheese, quadruple recipe and cook 2 ½ cups of macaroni noodles according to package directions. (There's also enough to use for your vegi's!)