

Not-so-white White Sauce

- 2 TBSP olive oil
- 1 tsp onion flakes – or raw onion if you prefer – or omit
- 2 TBSP white whole wheat flour
- 2 cups 1% milk
- 1/4 tsp salt
- 1/8 tsp pepper



Heat the oil. I put about a tsp onion flakes in the oil to rehydrate while it heats. Whisk in the white whole wheat flour and let it cook over medium heat a couple of minutes. Add the milk all at once and whisk until all mixed. Reduce heat to low and let simmer about 10 minutes, stirring and wiping down sides frequently. Add the salt and pepper and any herbs you like.

This makes a quite thin sauce, but it does finally thicken up a bit after simmering for 10 minutes. I was about ready to add some “Wondra,” but I knew that would not be the best for the MIND diet principles. I might try using 1 ¾ cup milk next time.

If you use this for 4 servings, the calorie count is 125 calories per serving. You could cut that by using 1 cup milk and 1 cup chicken broth. I kind of wish I had. Nutrition Facts are from myfitnesspal.com.

I was making this today because I have some left-over turkey I want to use for supper. With 9 oz (about 2 cups) chopped, cooked turkey breast, this makes a little over 2 cups. I will probably eat half of it, which comes to 391 calories.

<http://www.minddietideas.com/?p=412&preview=true>

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 125	
% Daily Value *	
Total Fat 8 g	12 %
Saturated Fat 2 g	8 %
Monounsaturated Fat 5 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 6 mg	2 %
Sodium 201 mg	8 %
Potassium 184 mg	5 %
Total Carbohydrate 9 g	3 %
Dietary Fiber 1 g	2 %
Sugars 6 g	
Protein 5 g	9 %
Vitamin A	5 %
Vitamin C	0 %
Calcium	15 %
Iron	1 %