



Basic White Sauce

To make a white sauce, use equal amounts of margarine and flour, with milk added, as a good basic sauce that can be used for lots of foods—pasta, vegetables, even over meat loaf or sliced potatoes. Cheese can be added for flavor and thickening. Watch for other easy recipes that use a basic white sauce—you'll be surprised what you can cook!

For recipes: Contact your county extension office in Kansas or visit the website at www.kidsacookin.ksu.edu

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