

Beurre Blanc Sauce

Serving size: 2 Tablespoons

Makes 1½ cups sauce or 12 Servings

Ingredients:

1½ tablespoons chopped shallots
½ teaspoon cracked black pepper
Juice of 1 lemon (or 2 tablespoons)
¼ cup dry white wine
1 cup Smart Balance margarine w/ plant sterols
2 tablespoons flour
¾ cup fat free half & half

Directions:

Combine shallots, pepper, lemon juice and wine in a saucepan and bring to a boil. Reduce the heat to medium and continue simmering until only 2 tablespoons of liquid remain.

To the saucepan add the butter, 1 tablespoon at a time until it has melted.

Stir in the flour until it dissolves.

Add the half & half stirring constantly.

Bring to a boil and simmer one minute continuing to stir to thicken the sauce.

Strain the sauce through a mesh strainer to remove the shallots.

Serve immediately.

Exchanges per serving:

3 Fats

Nutrients per serving:

Calories: 133

Calories from fat: 114

Total Fat: 13g

Cholesterol: 1mg

Sodium: 158mg

Total Carbohydrate: 3g

Dietary Fiber: 0g

Protein: 1g