Dinner, Indian

Smooth Homemade White Sauce

A velvety white sauce in which a mild vegetable purée shares the thickening work with whole wheat flour, milk and a touch of butter. Use it as a base for pasta, baked dishes and similar recipes. One serving comes to roughly 185 calories and about 12 g of fat.



Vegetarian | Nut free

13 min	126	14.7 g	8.2 g
time	calories	carbs	sugars

Ingredients, 1 serving

- [ ] 3/4 cup chopped cauliflower or doodhi (bottle gourd)
- [ ] 2 tsp whole wheat flour (gehun ka atta)
- [ ] 1/2 cup low fat milk (whole Buffalo, 6.5% fat)
- [ ] 1 tsp low fat butter
- [ ] salt (namak) and

Method

- [ ] **1** Begin by boiling the chopped cauliflower or doodhi in 1 cup of water; once it turns soft, tip it into a mixer and process to a smooth purée, then pass the purée through a strainer and reserve it.
- [ ] **2** Set a non-stick pan over the heat and warm the low fat butter in it, then work in the whole wheat flour and let it cook for ½ a minute.
- [ ] **3** Pour the low fat milk into the pan along with the reserved purée, and keep stirring without pause as the mixture heats and thickens into a sauce.
- [ ] **4** Stir in the salt and pepper at the end so everything is evenly blended.

Nutrition Facts

Per serving

Calories	**126**
Total fat	5.3 g
Saturated fat	Not listed
Sodium	Not listed
Total carbs	14.7 g
Fiber	Not listed
Total sugars	8.2 g
Protein	6.7 g

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