



# Béchamel Sauce

Makes: 50 child servings

## Ingredients

Imperial Measurement	Ingredient	Metric Measurement
2 tbsp	butter or margarine	30 mL
2 tbsp	all-purpose flour	30 mL
2 cups	milk	500 mL
¼ cup	parmesan cheese, grated	60 mL
¼ tsp	salt	2 mL
Optional:	pepper cheddar cheese, grated (instead of parmesan) herbs, fresh or dried	

## Instructions

1. In a medium saucepan, melt butter.
2. Whisk flour into the melted butter and cook for 1 – 2 minutes until bubbling.
3. Slowly add milk, whisking constantly.
4. Cook sauce on low heat for 10 – 15 minutes, continually stirring until smooth and thick.
5. Add parmesan cheese and season with salt and pepper (if using). Add Optional ingredients, if using.
6. Refrigerate sauce if not serving immediately.

*Note:* Sauce will thicken as it cools, but will regain fluidity once re-heated.

### Nutrition Information

Serving 10 g (2 tsp)

<b>Calories</b>	15
<b>Fat</b>	1 g
	Saturated 0.5 g
	+ Trans 0 g
<b>Sodium</b>	25 mg
<b>Carbohydrates</b>	1 g
	Fibre 0 g
	Sugars 1 g
<b>Protein</b>	1 g
	Calcium 20 mg
	Iron 0.2 mg

### Food Guide Servings

Does not contribute  
towards Food Guide  
Servings