

## Sauces

---

# Easy Cheese Sauce

Argo Cornstarch

**Preparation Time: 5 minutes**

**Start to Finish Time: 5 minutes**

**1 cup cold milk**

**1 tablespoon corn starch**

**2 tablespoons butter or margarine**

**1/4 teaspoon salt**

**1/8 teaspoon fine grind black pepper**

**1 cup shredded cheddar cheese**

Stir milk gradually into corn starch until smooth in a small microwave-safe bowl. Add butter, salt and pepper.

Microwave on HIGH (100%) power for two minutes, stirring after one minute. Microwave an additional 30 to 60 seconds until thick and bubbly. Stir in cheese until smooth. Serve over broccoli, cauliflower, asparagus or baked potatoes.

Yield: 1 cup

---

Per Serving (excluding unknown items): 658 Calories; 60g Fat (82.0% calories from fat); 28g Protein; 1g Carbohydrate; 0g Dietary Fiber; 181mg Cholesterol; 1468mg Sodium. Exchanges: 4 Lean Meat; 9 1/2 Fat.