

# Mornay Sauce II

*"Lasting Impressions" - St Joseph's Hospital of Atlanta Auxiliary (1988)*

*3 tablespoons margarine  
1 teaspoon onion, finely  
chopped or grated  
3 tablespoons flour  
1 cup hot milk  
1/4 cup Parmesan cheese,  
grated  
1 egg yolk, beaten  
1 teaspoon minced parsley  
salt (to taste)  
pepper (to taste)*

In a saucepan, saute' the onion lightly in melted margarine. Add the flour. Stir until blended. Add the milk and cook over low heat, stirring constantly, until hot and bubbly.

Add the cheese. Blend and cook until the cheese melts. Add a bit of the sauce to the beaten egg yolk, stirring constantly. Pour the egg yolk mixture into the sauce, beating briskly. Cook over low heat until the sauce becomes thick, but do not boil. Add the parsley and salt and pepper.

Per Serving (excluding unknown items): 692 Calories; 54g Fat (69.5% calories from fat); 22g Protein; 31g Carbohydrate; 1g Dietary Fiber; 262mg Cholesterol; 900mg Sodium. Exchanges: Grain(Starch); 1 1/2 Lean Meat; 1 Vegetable; 1 Non-Fat Milk; 9 Fat.