

Carrots with Cheese Sauce

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The Pennsylvania State Grange Cookbook (1992)

Servings: 6

4 cups carrot, cut in

1/2-inch slices

1/2 teaspoon salt

1 cup water

2 tablespoons butter

2 tablespoons flour

1 cup milk

*1 cup American cheese,
shredded*

*1 can (3 ounce) French-
fried onions*

Preheat the oven to 350 degrees.

Reserve 1/3 of the onions for topping.

In a saucepan, cook the carrots in salted water until tender.

In another saucepan over medium heat, melt the butter. Stir in the flour. Add the milk gradually. Cook until thickened, stirring constantly. Stir in the cheese until melted.

Place 1/3 of the carrots in a 1-1/2-quart baking dish. Layer the onions and the carrots, 1/2 at a time, over the top. Pour the cheese sauce over the layers.

Bake for 15 minutes.

Top with the reserved onions.

Bake for an additional 5 minutes.

Per Serving (excluding unknown items): 176 Calories; 11g Fat (56.4% calories from fat); 7g Protein; 13g Carbohydrate; 3g Dietary Fiber; 34mg Cholesterol; 537mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1 1/2 Vegetable; 0 Non-Fat Milk; 2 Fat.