



## **Cheesy Dipping Sauce**

*Makes 10 Servings*

1 ½ tablespoons unsalted butter  
1 ½ tablespoons canola oil  
3 tablespoons all-purpose flour  
2 cups 1% lowfat milk  
1 ½ cups shredded reduced-fat Cheddar cheese (6 ounces)  
Salt and freshly ground pepper

1. In a medium saucepan, heat the butter and canola oil over medium heat until the butter melts. Add the flour and cook for 1 minute, whisking constantly. It may look lumpy at first, but keep whisking until smooth.
2. Whisk the milk slowly into the flour mixture. Raise the heat and bring to a simmer, stirring constantly. Reduce the heat and continue to simmer and stir gently until the mixture thickens, about 2 minutes.
3. Remove from the heat and stir in the Cheddar cheese until melted. Season with salt and pepper to taste.

Nutrition Information per Serving: 110 calories, 7g fat (3.5g saturated, 0.2g omega-3), 130mg sodium, 5g carbohydrate, 0g fiber, 7g protein, 20% calcium