

Creamed Vegetables

Makes 4 servings

1. In a sauce pan, make a medium White Sauce with $\frac{1}{2}$ cup Magic Mix and 1 cup of water. Stir over medium heat smooth and thick.
2. Add 2 cups cooked vegetables and heat through.
3. Add Spice Mixes, as desired.



Scalloped Vegetables

Makes 4 servings

1. In a sauce pan, make a thin White Sauce with $\frac{1}{3}$ cup plus 1 Tablespoon of Magic Mix and 1 cup of water. Stir over medium heat until smooth and thick.
2. Add 2 cups cooked vegetables.
3. Add Spice Mixes, as desired. Stir well.
4. Place in ungreased 1-quart casserole. Sprinkle with $\frac{1}{2}$ cup cereal or bread crumbs.
5. Bake uncovered at 325°F for 15 to 18 minutes, or until heated through.



Cheese Sauce

1. In a sauce pan, make a medium White Sauce with $\frac{1}{2}$ cup of Magic Mix and 1 cup water. Stir over medium heat until smooth and thick.
2. Add 1 cup shredded low-fat cheese and stir until melted.

