

Bechamel Sauce

A deliciously light and versatile take on a classic French sauce

Bechamel is a creamy base sauce, typically loaded with heavy cream and butter. We are using unsweetened almond milk and I can't believe it's not butter Light, cooked with vegetables and herbs to create a simple sauce with a subtle depth of flavor. It has an excellent mellow base, which makes it ideal for lasagnas, as well as an accompaniment for many fish, egg, and vegetable dishes. It can also be used as a base in a wide range of sauces and dishes. Add some garlic and you have a creamy garlic sauce, add lemon and herbs and you have a creamy lemon and herb sauce, the possibilities are endless. I personally like to use it for the white sauce in my low point chicken and vegetable lasagna pictured to the left. It is a much healthier WW-ified take on a major brand's frozen vegetable lasagna that we all know and love.



Ingredients:

- 1/2 cup unsweetened almond milk
- 3 cups water
- 1 Tbsp I can't believe it's not butter Light
- Butter flavored cooking spray, 5-6 seconds spray ***
- 1 tsp chicken flavored bouillon (granules)
- 1 pinch of nutmeg
- 2-3 sprigs of fresh parsley
- 2-3 sprigs of fresh rosemary or thyme
- 1 small onion, chopped
- 1 medium carrot, peeled and chopped
- 1 celery stalk, chopped
- 1 bay leaf
- 1/4 cup plain fat free Greek yogurt
- 4 Tbsp cornstarch, mixed into the Greek yogurt
- 1/2 tsp salt
- black or white pepper, to taste

Directions:

1. Dice the onion, carrot and celery. Spray a medium stock pot with the butter flavored cooking spray and cook the veggies on medium heat for 3-4 minutes, until they begin to sweat.
2. Pour in the water, milk, butter spread, bouillon, nutmeg, along with the fresh herbs and bay leaf. Bring to a boil, over medium heat, then remove the pot from the heat and allow the mixture to steep for 30 minutes.
3. Pour the cooled mixture through a strainer, into a bowl, to remove the vegetables.
4. In a separate bowl, combine the cornstarch and yogurt until smooth, adding a little bit of the sauce to warm up the Greek.
5. Pour the strained liquid back into the pot and stir in the yogurt/cornstarch mixture, until smooth.
6. Heat the mixture over medium heat, stirring frequently, until it reaches a low boil. Reduce the heat and allow to barely simmer for 3-4 minutes for the sauce to thicken up a bit.
7. Remove the pan from the heat and season to taste with pepper.
8. The sauce can be served immediately, or it can be allowed to cool for a few minutes. It thickens more as it cools.

Servings:

Makes: 3 cups

Servings: 12

Serving Size: 1/4 cup



- points last checked 11/10/21 -
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look at this code for nutritional info.

Notes:

- Use any type of butter you want, but adjust points accordingly. I am using 1 point of I can't believe it's not butter Light, in this recipe.
- If you would prefer to use actual broth instead of the chicken flavored granules, leave out the granules/bouillon and replace 1 cup of the water with 1 cup of vegetable stock. Adjust points the points if necessary.



Bechamel Variations

Using Bechamel sauce as a base for other sauces

NOTE: All Bechamel variation recipes have the same 1/4 cup serving size as the original bechamel sauce.

Alfredo Sauce:



Recipe Changes:

- Add **3 chopped cloves of garlic** to the vegetables in the first step of the Bechamel sauce.
- Stir in **4-1/2 Tbsp of reduced fat Parmesan grated topping**. (such as Kraft reduced fat Parmesan)

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Creamy Herb Sauce:



Prepared by: @mugglemama2017

Tarragon Sage Chicken with Butternut Squash Soup and Tarragon Sage Cream

Recipe Changes:

- Replace the rosemary or thyme in the Bechamel sauce **with any other herb**, such as dill, tarragon, sage, basil, cilantro, etc. and remove during straining.
- Stir in more finely chopped fresh herbs to the sauce at step 7, when it is completely finished cooking and removed from heat, as garnish.

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Lemon & Chive Cream Sauce:



Recipe Changes:

- Use a small bunch of chopped **fresh chives** in place of the Rosemary or Thyme during the first steps of making your Bechamel sauce. Strain as normal.
- Add **2 Tbsp of lemon juice** and **3 Tbsp of fresh chopped chives** to the finished sauce, as garnish.

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Roasted Garlic Cream Sauce:



Recipe Changes:

- Add **5-6 medium sized cloves of roasted garlic** (pg 33) to all of the vegetables when making the Bechamel. Also, add **1-1/2 tsp garlic powder** and **2 Tbsp reduced fat grated parmesan topping** (like Kraft parmesan topping). Strain out the garlic cloves along with the other vegetables.

- points last checked 11/14/21 -



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