



Butter Sauce Base

A WW-ified butter sauce that can be adjusted for any recipe

If there is one thing that you'd NEVER think you'd be having on Weight Watchers, chances are it's a low point butter sauce. C'mon, we're talking about using beautiful, golden, liquid fat, for goodness sake. However, as with most recipes in this guide/book, a little bit of messing with ingredient swaps, and a little trial and error, will work wonders for your cooking, as well as your waist line.

This butter sauce is a faaaaaantastic base for you to use as the foundation for a lot of sauces of your own making. You can add some herbs, wine, capers, a little reduced fat Parmesan, whatever you'd like. As it's written below, this sauce is very tasty, but it is tailor made for you to customize.

Ingredients:

- 4-5 seconds spray, butter flavored cooking spray ***
- 5 Tbsp I can't believe it's not butter Light
- 1-1/4 cup water
- 1/2 cup fat free chicken broth
- 4-1/2 tsp cornstarch, dissolved into water
- 1/8 tsp turmeric (optional, for deeper color)
- 1/8 tsp salt, or more to taste.
- 2 tsp butter flavored popcorn seasoning sprinkles (optional)

Serving Info.:

Yields: 2 cups
Servings: 8
Serving Size: 1/4 cup



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- last checked 11/15/22 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.

Directions:

- 1 Spray the cooking spray into a small stock pot, then melt the butter spread over medium heat.
- 2 Add the water/cornstarch, turmeric (if using), chicken broth, salt and butter flavored sprinkles, if using, into the pot. Stir till the cornstarch dissolves, then turn up the heat and bring to a boil.
- 3 Cook at a rolling boil for 4 minutes, remove from heat. Done.

Note:

- Though optional, the Turmeric gives a deep golden color to the butter sauce. If you would like your sauce to be a lighter yellow, don't add it.
- The sauce will continue to thicken as it cools.
- If you want to add even more of a butter punch, you can add butter flavored popcorn sprinkles or butter extract, from the baking/spice aisle, next to the vanilla extract.
- This sauce would go great as a butter base for other sauces, or for a dipping sauce for lobster, crab, etc.

