

White Wine Butter & Garlic Sauce

A delicious herbed garlic butter sauce with a subtle wine taste

Servings Info.:

- Yields: 2 cups
- Servings: 4
- Serving Size: 1/2 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.



You would be a straight up liar if you said that you didn't love a good white wine butter sauce, but let's see... what's the main problem with that sauce if you're in Weight Watchers? Oh yeah, a giganto amount of points from butter and wine. Here's the deal though, simply follow the ideas in this guide and figure out how to OUT SMART your food. A few simple food swaps, from thinking outside of the box, makes this sauce possible. We up the servings by stretching with water and chicken broth, to lower the points per serving. Ask yourself, do we REALLY need 1/2 cup of white wine in the sauce? Guess what, 3 Tbsp of it, plus 2 Tbsp of white wine vinegar will still give a great wine flavor, just a more subtle one. Do we really need a ton of butter? Nope. Let's use I Can't Believe It's Not Butter Light, along with some butter flavored cooking spray, to impart a buttery flavor at a fraction of the points. But how do we thicken it without a bunch of heavy cream?... Cornstarch. It'll tighten it up for 40 calories and no fat.

Ingredients:

- 6-8 second spray, butter flavored cooking spray. ***
- 1-3/4 cup fat free chicken broth
- 3 Tbsp white wine
- 2 Tbsp white wine vinegar
- 1-1/2 Tbsp I can't believe it's not butter Light
- 1 or 2 medium garlic cloves, chopped
- 1 tsp dried parsley or basil
- 4-1/2 tsp cornstarch
- 1/4 tsp salt
- 1/8 tsp pepper

Directions:

- 1 Combine all of the ingredients in a small sauce pot, whisk to combine.
- 2 Bring the sauce to a rolling boil over, high heat.
- 3 Allow the sauce to cook at a rolling boil for 4 minutes.
- 4 Remove from heat and season with salt and pepper, to taste. It will thicken more as it cools.

Notes:

- If you would like a creamier sauce for no additional points, you can replace 1/4 cup of the water with 1/4 cup of unsweetened almond milk. You can also use 3 Tbsp of fat free/skim milk in place of an equal amount of the water.
- You can add in some red pepper flakes, different herbs than parsley, and some lemon juice, but then you'd be treading on the "Scampi Sauce" recipe's territory.
- This same principle can be used to make a red wine sauce. Replace the chicken broth with beef broth, the white wine with red, use red wine vinegar, remove the parsley and basil, then increase the salt to 1/2 tsp and the black pepper to 1/4 tsp.

