

Microwave Cauliflower and Peas in Cream Sauce

Yield 6 servings

Ingredients

1/4 cup	onion (chopped)
1 1/2 teaspoon	butter (or margarine)
1 tablespoon	flour (all-purpose)
1/2 cup	milk (skim)
1 tablespoon	pimiento (chopped, optional)
1/2 teaspoon	parsley flakes
1/2 teaspoon	bouillon granules (instant chicken)
1/8 teaspoon	salt
1 dash	pepper
2 cups	cauliflower
1 cup	peas (fresh or frozen)
2 tablespoons	water

Instructions

1. Combine cauliflower, peas and water in a 1-quart casserole. Cover. Microwave at High 6 to 8 minutes, or until fork tender, stirring after half the time. Let stand, covered.
2. Place onion and butter or margarine in 2-cup measure. Microwave at High 1 to 1 1/2 minutes, or until onion is tender. Stir in flour. Microwave a few seconds until flour mixture starts to bubble. Add remaining ingredients. Microwave at High 1 1/2 to 2 minutes, or until thickened, stirring every minute. Drain vegetables. (Freeze drained liquid for use in soups later.) Pour sauce over vegetables and stir to coat.

Options: Vegetables may be boiled or steamed and sauce prepared on top of a range if a microwave is not available.

Variations: Use other combinations of vegetables, such as green beans and cauliflower; broccoli and carrots; or peas and carrots.

Cost

Per recipe: \$2.34

Per serving: \$0.39

Source

North Dakota State University Extension Service, [Creative Vegetable Cookery](#)

Nutrition Facts	
Serving Size 1/2 cup (95g)	
Servings Per Container 6	
Amount Per Serving	
Calories 50	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 110mg	5%
Total Carbohydrate 8g	3%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 3g	
Vitamin A 6%	Vitamin C 45%
Calcium 4%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	