

*Creamed veggies: Any good cooked veggies with color. I use canned because they tend to freeze better.*

*Parmesan-Cheese Sauce:*

*1/4 c olive oil*

*1/4 to 1/2c all-purpose flour*

*1 1/2c 1/2% 1/2 Land O Lakes fat free creamer*

*1 1/2c water*

*2 bouillon cubes*

*1/2 cup fat free or low fat parmesan cheese*

*In small sauce pan heat olive oil and flour to make a roux*

*Slowly add creamer and water until thickened*

*Crumble bouillon and cheese into mixture. Stir until smooth*

*Makes 3 1/2 cups to mix with vegetables*