

Alfredo Sauce

1/3 cup dry basic sauce mix

1 1/4 cups water

1/2 cup low-fat sour cream

1/2 cup grated Parmesan cheese

1/4 teaspoon pepper

In a small bowl combine all ingredients. Mix well and transfer to a saucepan and cook over medium heat until thick. Serve over cooked noodles or use as a pizza sauce.

Yield 1 1/2 cups sauce

Basic Sauce

2 cups powdered non-fat dry milk

3/4 cup cornstarch

1/4 cup instant chicken boullion

2 Tbs. dried onion flakes

1/2 teaspoon thyme

1/2 teaspoon basil

1/4 teaspoon black pepper

Combine all ingredients in a mixing bowl. Store in an airtight container in the refrigerator.