

Yogurt-based Cream Sauce

This recipe works great as a starting point for many white or cream sauces. It is an excellent replacement for Béchamel sauce as it has a fraction of the saturated fat but still is very satisfying in flavor. It also makes an excellent white sauce for pizza.

Preparation time: 20 minutes

Ingredients

1 tsp. olive oil
1 clove garlic (smashed and chopped)
1/3 C. onion (finely-chopped)
1/2 C. white wine
1 C. low-sodium vegetable broth
2 tsp. dried oregano leaves

1 T. cornstarch
mixed with
1/2 C. water

2 T. lemon juice
2 T. feta or Parmesan cheese

1/2 C. plain, nonfat yogurt (stirred smooth)

Assembly Instructions

1. In a medium saucepan, sauté garlic and onion in oil on medium-high heat about 1 minute.
2. Add wine, broth and oregano leaves and bring to boil. Reduce heat to low, cover and cook 5 minutes.
3. Thicken with cornstarch mixture. Reduce heat and cook thickened sauce for 5 minutes.
4. Stir in lemon juice and feta or Parmesan cheese.
5. Fold yogurt into sauce just before serving. You may reheat the sauce. Do not return it to a boil however, as boiling may cause the yogurt to curdle.