

## **MUSHROOM SAUCE**

**SOURCE:** Weight Watchers New Complete Cookbook

### **INGREDIENTS:**

2 tsp unsalted butter	1 shallot, minced
1 garlic clove, minced	4 C thinly sliced mushrooms
1/2 tsp rubbed sage	1/4 tsp salt
1/8 tsp freshly ground pepper	2 TBS brandy
1 TBS + 1 1/2 tsp all-purpose flour	1 C evaporated skimmed milk
2 TBS nonfat sour cream	

### **DIRECTIONS:**

In large nonstick skillet, melt margarine. Sauté shallot till soft (about 2 minutes) - add garlic - cook 1 minute longer. Stir in mushrooms, sage, salt & pepper - cook, stirring frequently till mushrooms are tender (about 6 minutes).

Increase heat to high - cook till almost all liquid evaporates (about 3 minutes). Add brandy - cook 1 minute. Stir in flour - cook, stirring constantly till smooth. Stir in evaporated milk - reduce heat & simmer till thickened (about 7 minutes). Remove from heat & stir in sour cream.

(per serving: 121 calories; 2g total fat; 0g saturated fat; 2mg cholesterol; 232 mg sodium, 14g total carbohydrates; 1g dietary fiber; 7g protein, 202mg calcium - WW points per serving: 2)