



Here is a very inexpensive meal that can be made in a snap for those days when you just do not have enough time! You will need:

12 oz. cooked spaghetti

3 TBS butter

3 TBS flour

3 cups milk

1 cup shredded Parmesan cheese

1 cup shredded Mozzarella cheese

3 TBS chopped parsley

2 chopped scallions - dark green parts only

Melt the butter in a large skillet. Whisk in the flour and cook for about 2 minutes, whisking constantly. Slowly whisk in the milk. Whisk until you have no lumps. Bring sauce to a simmer and cook for about 15 minutes. Add the cheeses and stir until melted. Add the parsley and scallions. Add the cooked spaghetti. Mix well and serve.

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