

Granny's Cheese Dip



Ingredients

- 1 cup 1% low-fat milk
- 4 teaspoons all-purpose flour
- 1.5 ounces sharp cheddar cheese, shredded
- ¼ teaspoon freshly ground black pepper
- ¼ teaspoon salt

How to make it:

Combine ¼ cup milk and flour in a saucepan; stir with a whisk. Stir in remaining ¾ cup milk and salt; bring to a boil over medium heat, stirring frequently. Reduce heat to low; simmer 2 minutes or until slightly thickened, stirring constantly. Remove from heat. Stir in cheese and pepper, stirring until cheese melts. Get ready to dip your nachos, tacos or corn cones!

Granny's tip:

Remove from heat then stir in the cheese. The flour helps stabilize the dairy mixture, but if it's boiled after the cheese is added, the sauce will curdle. For a tastier and healthier experience, alternate this mixture with layers of black olives, avocado, chili peppers such as jalapeño peppers...