

## Fat Free Gravy

1 1/2 tbsp. cornstarch  
1 1/4 cup chicken broth  
1/4 cup water  
1/2 cup chopped onion  
1 tsp. thyme  
1/4 tsp. salt  
1/4 tsp. pepper  
Poultry seasoning to taste

Combine cornstarch and water in small bowl. Stir with whisk until well blended. Stir in broth and set aside. Coat medium pan with spray and place over med/high heat until hot. Add onion, thyme, salt, pepper and poultry seasonings. Stir in cornstarch mixture. Boil over medium heat 1 minute or until thick and bubbly stirring constantly. Makes 1 1/2 cups.

1 tablespoon = 0 points

1/4 cup = 1 point