Mexican Flan (Baked Custard)
Serves 4-6

Ingredients:
1/3 cup sugar
1 (12-ounce) can fat free evaporated milk
½ cup skim or 1% milk
3 large eggs
¼ cup sugar
1 teaspoon vanilla
Sprinkle of ground cinnamon
Pinch of salt

Directions:
1. Preheat oven to 325 degrees.
2. Place 1/3 cup sugar in a small sauce pan. Cook the sugar on medium-high heat until it starts to boil and caramelize - turning a light brown color. Do not stir. Pour caramelized sugar onto the bottom of a flan baking dish or an 9-inch pie plate and swirl until it covers the bottom of the dish. Allow to cool and harden.
3. In a small bowl whisk together remaining ingredients until well combined. Pour egg mixture into the baking dish.
4. Place flan dish into a larger baking pan. Pour the hottest tap water possible into the larger pan, surrounding the flan dish, about ½ depth up the sides of the dish. This is called a “bain marie” and will prevent the custard from overcooking.
5. Bake for 1 hour or until a knife comes out clean.
6. Chill for at least 1 hour. Serve.

Recipe Note: If you don’t have evaporated milk you can just use a total of 2 cups of skim milk, but the evaporated milk makes for a creamier custard.

Nutritional Information per serving:
- Calories: 131
- Carbohydrates: 20g
- Total Fat: 2g
- Cholesterol: 90mg
- Saturated Fat: 1g
- Dietary Fiber: 0g
- Protein: g
- Sodium: 114mg