

FLAN

This caramel-topped custard, a popular Spanish dessert, makes a delicious ending to a meal.

Source: Better Homes and Gardens

Prep: 20 minutes Chill: 4 hours Bake: 30 minutes

Cool: 30 minutes Stand: 30 minutes

1/4 C sugar
4 eggs
1 C fat-free milk
1 C evaporated fat-free milk or fat-free milk
1/4 C sugar
1 tsp vanilla
Dash salt
Edible flowers, such as dianthus, pansies, or violets (optional)

1. To caramelize sugar, in small heavy skillet cook 1/4 C sugar over medium-high heat till sugar begins to melt, shaking skillet occasionally to heat sugar evenly. Do not stir. Reduce heat to low & cook about 5 minutes more or till all the sugar is melted & golden.
2. Quickly pour caramelized sugar into 8x1-1/2" round baking pan, tilting pan to coat bottom (use a pot holder if pan becomes too hot).
3. In mixing bowl beat eggs. Stir in skim milk, evaporated skim milk, 1/4 C sugar, vanilla and salt. Pour into sugar-coated pan.
4. Set round pan in large baking pan set on oven rack. Pour hot water into large baking pan around the round pan to a depth of 1".
5. Bake, uncovered, in 325 degree F oven about 30 minutes or till knife inserted near center of custard comes out clean. Carefully remove from pan of water. Cool in pan on wire rack 30 minutes. Cover flan and refrigerate 4-8 hours or till thoroughly chilled.
6. Loosen flan from side of pan. Carefully invert onto serving plate. Cut into wedges. If desired, garnish with edible flowers.

Make-Ahead Tip: Up to 24 hours ahead prepare flan, cover and refrigerate.

Makes: 8 servings.

[Nutritional facts per serving: calories: 121, total fat: 3g, saturated fat: 1g, cholesterol: 108mg, sodium: 102mg, carbohydrate: 17g, fiber: 0g, protein: 7g, vitamin A: 10%, vitamin C: 1%, calcium: 14%, iron: 3%]