



## Evaporated Milk

Evaporated milk is fresh whole milk, with half the water taken out. It has vitamin D added to it and has been canned to make it keep longer.

### Nutrition Information

Evaporated milk is part of the milk group. Foods from the milk group provide important nutrients like calcium.

Based on MyPyramid,  $\frac{1}{2}$  cup of evaporated milk provides 1 cup from the milk group.

A typical person should try to eat/drink 3 cups of milk or foods that are equal to one cup of milk each day.



### Storage

Store unopened cans in a cool, dry place off the floor. It can be kept unopened for about 1 year.

Store opened evaporated milk in a tightly covered plastic container in the refrigerator.

**Use within 7 day!**

**Do not use evaporated milk if can is rusted, bulging, or dented. Throw it away!**

### Uses

- ✓ Evaporated milk can be used straight from the can in coffee and tea, on cereal or for mashed potatoes, gravies and sauces. It can also be used in creamed vegetables, creamed soups, cheese sauces, meat loaf, ice cream, cookies, casseroles, chicken coating, scrambled eggs, french toast, puddings, desserts and salads.
- ✓ To use evaporated milk in place of milk in recipes or for drinking, mix with equal amounts of water. Directions: Wash top of can before opening. Punch two holes in the top of can. Mix one can of evaporated milk with one can of water. Refrigerate for 2 to 3 hours before using. **Use within 7 days!**
- ✓ Evaporated milk can be used for sour milk, or buttermilk. For each cup needed, stir in one tablespoon of vinegar or lemon juice into one cup diluted evaporated milk.

Know how. Know **now.**



# Recipes

## Sausage and Potato Pie

6 servings

3 T. vegetable oil	1/4 c. onion, chopped
3 c. potatoes, shredded	1 c. low-fat evaporated milk
1 c. low-fat Cheddar or Swiss cheese, shredded	2 eggs
3/4 c. sausage, chopped	1/2 tsp. salt
	1/8 tsp. pepper

1. Preheat oven to 425°F. Grease a 9-inch pie pan or other casserole dish and set aside.
2. In a bowl, mix oil and shredded potatoes. Press potatoes into pan forming a crust.
3. Bake for 15 minutes. Remove from oven.
4. Reduce oven heat to 375°F.
5. Layer the shredded cheese, sausage and onion on top of potato crust.
6. In a bowl, beat together milk, eggs, salt and pepper. Pour over meat and cheese.
7. Bake for 30 minutes or until lightly browned and knife inserted comes out clean. Cool 5 minutes before serving.

\* Option: Substitute 3/4 cup cooked ham or 3/4 cup cooked chicken for the sausage.

**Nutrition Information per Serving:** Calories 340, Total Fat 20 g (31% DV), Saturated Fat 7 g (33% DV), Cholesterol 30 mg (10% DV), Sodium 640 mg (27% DV), Total Carbohydrate 25 g (8% DV), Dietary Fiber 2 g (7% DV), Sugars 5 g, Protein 14 g, Vitamin A 6%, Vitamin C 15%, Calcium 20%, Iron 10%.

## Freeze Ahead Caramel Sauce

32 servings

1 1/2 c. butter (3 sticks)	1 (12 oz.) can evaporated milk
3 c. brown sugar	1 T. vanilla
1 1/2 tsp. salt	

1. In a saucepan over medium heat, combine the butter, brown sugar and salt. Bring to a boil, stirring constantly with a wire whisk.
2. Slowly stir in the evaporated milk. Return the mixture to boiling, stirring constantly. Boil for 5 minutes longer.
3. Remove from heat and stir in vanilla.
4. May be used right away, or cooled, to top ice cream, bread pudding, or cake. Freeze left over sauce in small containers to be thawed for later use. Sauce may be warmed in the microwave.

**Nutrition Information per Serving:** Calories 170, Total Fat 9 g (14% DV), Saturated Fat 6 g (30% DV), Cholesterol 25 mg (9% DV), Sodium 130 mg (5% DV), Total Carbohydrate 21 g (7% DV), Dietary Fiber 0 g (0% DV), Sugars 21 g, Protein 1 g, Vitamin A 6%, Vitamin C 0%, Calcium 6%, Iron 2%.

All recipes can be found in The Cook's Helper 2<sup>nd</sup> edition, University of Nebraska-Lincoln Extension, Nutrition Education Program  
Source: USDA <http://www.fns.usda.gov/fdd/facts/hhpfacts/hp-csfp.htm>