

Dessert

Caramel-Orange Flan

Servings: 6

- 1. Sprinkle thin slices of apple lightly with sugar, then saute' in butter for 5 minutes, until golden. Fold into mashed potatoes.*
- 2. Cut small cubes of apples and celery, then combine with walnut pieces. Toss with mayonaisse and season with chopped parsley, salt, and pepper. This is a great autumn salad.*
- 3. Substitute chopped apple for chopped celery in tuna salad.*
- 4. Instead of lettuce, thinly slice apple on a turkey or ham sandwich. Top with mayonaisse or honey mustard.*
- 5. Fuji and Gala are great for snacking. When slicing or cubing apples, dip in 1 or 2 tablespoons of fresh lemon juice to keep from browning. Drain and pat dry.*

2/3 cup granulated sugar, divided

1 can (12 oz) evaporated milk

3/4 cup Egg Beaters® 99% egg substitute

1 teaspoon vanilla extract

1/2 teaspoon grated orange peel

Reddi-wip whipped light cream

Preheat oven to 350 degrees.

Spray six 6-ounce custard cups with cooking spray.

Place 1/3 cup of the sugar in heavy 1-quart saucepan. Heat over medium heat without stirring until sugar is melted and golden brown, swirling pan occasionally to heat evenly. Pour and divide syrup evenly among prepared custard cups. Tilt custard cups to coat bottoms evenly. Let stand 5 minutes.

Combine the remaining 1/3 cup sugar, milk, Egg Beaters, vanilla and orange peel in medium bowl; mix until blended. Pour evenly into custard cups. Place custard cups in a roasting pan filled 1-inch deep with very hot water.

Bake 25 minutes, or until knife inserted in center of custard comes out clean. Immediately remove from water. Unmold and serve warm, or refrigerate 4 hours and unmold at serving time. Top each flan with a serving of Reddi-Wip just before serving.

Per Serving (excluding unknown items): 156 Calories; 3g Fat (18.2% calories from fat); 5g Protein; 27g Carbohydrate; trace Dietary Fiber; 12mg Cholesterol; 87mg Sodium. Exchanges: 1/2 Lean Meat; 0 Fruit; 1/2 Non-Fat Milk; 1/2 Fat; 1 1/2 Other Carbohydrates.