

Basic Custard



Ingredients:

- 1 egg
- 2 tablespoons sugar
- 1 cup skim milk or reconstituted non-fat dry milk
- ¼ to ½ teaspoon vanilla (optional)

Preparation:

Stovetop version

1. Beat egg and sugar together in a saucepan.
2. Add milk.
3. Place saucepan with egg/milk mixture in another pan containing 1-2 inches boiling water.
4. Stir custard constantly while cooking. Cook until foam disappears and custard coats the spoon. Remove from heat.
5. Add flavoring and stir. Pour into individual dishes and cool in the refrigerator. Custard will be soft.

Baked version

1. Beat egg and sugar together in a baking dish.
2. Add milk and flavorings. Mix thoroughly.
3. Set baking dish in a shallow pan of hot water.
4. Bake at 350 F until the tip of a knife inserted in the center of the custard comes out clean (50-60 minutes). Do not overcook. Eat warm or refrigerate for later.

Note: For both versions, an additional egg can be added during step #1.

Yields 4 (½ cup) servings

Nutritional Information Per Serving:

70 calories, 4 g protein, 10 g carbohydrate (0 g fiber), 1 g fat, 55 mg cholesterol, 50 mg sodium

Source: U.S. Department of Agriculture

Dining Smart Community is a program of UPMC Health Plan that supports healthy dining options in the workplace and the community.

Learn more at www.upmchealthplan.com/dscommunity.

