Pumpkin Flan

Nothing says fall like pumpkin! Use either freshly roasted or canned pumpkin to make this delicious dessert!

Prep time: 30 minutes • Cook time: 45 minutes

Ingredients:
• Cooking spray
• 2/3 cup sugar, divided
• 1/2 cup whole milk
• 1/4 cup evaporated milk
• 2 eggs
• 2 egg yolks
• 1 teaspoon vanilla extract
• 1/2 teaspoon grated nutmeg
• 1 teaspoon ground cinnamon
• 3/4 cup solid-pack pumpkin

Directions:
1. Preheat oven to 350°F. Arrange 8 (4-ounce) ramekins inside a 9 by 13-inch baking pan. Spray ramekins with cooking spray.
2. In a small saucepan, heat 1/3 cup sugar over medium heat, stirring constantly, until sugar melts and forms a medium-brown caramel, about 7 minutes. Working quickly, transfer 2 teaspoons of the caramel to each of the ramekins, swirling as soon as you spoon in the caramel (it will harden quickly).
3. Combine milk and evaporated milk in a small saucepan over medium heat until warm. Reduce heat to a low simmer and keep milk warm.
4. Meanwhile, bring about 4 cups water to a boil and keep hot.
5. Whisk eggs, egg yolks, remaining 1/3 cup of sugar, vanilla, nutmeg and cinnamon in a medium bowl.
6. Fold pumpkin into egg mixture. Then fold into evaporated milk.
7. Divide filling among ramekins, then place baking sheet in oven. Pour hot water into baking pan until it reaches halfway up the sides of the ramekins. Bake for 35 to 40 minutes, or until flan is just set. Let cool. Place a dessert plate on top of each ramekin and invert; flan should slide out, and syrup should flow onto sides of the dish.

Makes 8 servings.

Nutrition Information / Amount per serving:

<table>
<thead>
<tr>
<th></th>
<th>Calories</th>
<th>Protein</th>
<th>Total fat</th>
<th>Total Carbohydrates</th>
<th>Saturated fat</th>
<th>Dietary Fiber</th>
<th>Sodium</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>120</td>
<td>3.5 g</td>
<td>3.1 g</td>
<td>19.7 g</td>
<td>1.3 g</td>
<td>0.8 g</td>
<td>36.1 mg</td>
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</tbody>
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