



# Get the most out of your WIC benefits.

## Use evaporated milk.

### What is evaporated milk?

Evaporated milk is made by carefully heating fresh milk to take out half the water. This makes the milk richer and creamier. It also has **more protein and calcium** per cup, which is important for growing kids.

### How can I use evaporated milk?

Evaporated milk is the perfect choice for recipes that call for fresh milk but may not be the best for drinking.

#### Helpful Tips:

- Use low-fat or fat-free evaporated milk to keep recipes healthy.
- Shake cans of evaporated milk before using.
- For richer, creamier recipes, use the same amount of evaporated milk as fresh milk. For the same richness and creaminess as the original recipe, use half evaporated milk and half water.
- Refrigerate opened evaporated milk in a tightly covered container. Use within 3 to 5 days.
- A ½ cup of evaporated milk is one serving from the milk, yogurt and cheese group.

#### Use evaporated milk to:

- Add body and thickness to dishes, such as cream soups
- Add creaminess to recipes
- Stop the curdling that sometimes happens when cooking with regular milk
- Make baked goods more moist
- Lower the fat when used in place of heavy whipping cream in sauces, soups and gravies

#### Use evaporated milk when making:

- Mashed potatoes
- Macaroni and cheese
- Any recipe that calls for milk
- Coffee or tea for a creamy brew
- Instant pudding
- Baked goods, such as cakes and breads
- Condensed soups

# Recipes for Women and Children

## Classic Macaroni and Cheese

### Ingredients

2 cups macaroni (try whole wheat macaroni)	1 medium egg beaten
½ cup chopped onions	¼ tsp. black pepper
½ cup (4 oz) fat-free evaporated milk	1¼ cups shredded cheese

### Instructions

1. Cook the macaroni according to package directions. Drain and set aside.
2. Spray a casserole dish with nonstick cooking spray.
3. Preheat oven to 350°F.
4. Lightly spray saucepan with nonstick cooking spray.
5. Add onions to sauce pan and sauté for about 3 minutes.
6. In another bowl, combine macaroni, onions, and the remaining ingredients; mix thoroughly.
7. Transfer mixture to casserole dish.
8. Bake for 25 minutes or until bubbly. Let stand for 10 minutes before serving.

Source: [recipefinder.nal.usda.gov](http://recipefinder.nal.usda.gov)

## Pumpkin Pie Squares

### Ingredients

1 cup flour*	1 can (12 oz) fat-free evaporated milk
½ cup oatmeal	2 eggs
½ cup brown sugar	¾ cup sugar
½ cup margarine	1½ tsp. pumpkin pie spice
1 can (15 oz) pumpkin puree	

### Instructions

1. Combine flour, oatmeal, brown sugar and margarine.
2. Press into a 9 x 13 inch pan.
3. Bake at 350°F for 15 minutes.
4. Mix remaining ingredients. Pour on top of crust.
5. Bake at 350°F for 35 minutes.
6. Refrigerate after baking.

\* Try using ½ cup whole wheat flour and ½ cup white flour to increase your family's intake of whole grains.

Source: [www.extension.iastate.edu/food](http://www.extension.iastate.edu/food)