



## Milk, Evaporated, Skim, Canned

MyPlate Food Group: **Dairy**

USDA  
**Foods**

### Nutrition Information

- Dairy is milk, cheese, and yogurt.
- 1 cup in the ChooseMyPlate.gov dairy group can be fulfilled by 1 cup of milk, 2 oz of processed cheese, or ½ cup of evaporated milk.
- Dairy contains calcium and Vitamin D. Calcium and Vitamin D help bones and teeth stay strong.
- Dairy contains potassium. Potassium can help maintain a healthy blood pressure.
- Nonfat milk contains the same amount of protein, calcium, and vitamins as whole milk but it does not have any fat and fewer calories.
- For specific information about evaporated milk, please refer to the product’s Nutrition Facts Panel or ingredient list.

### Uses and Tips

- Use nonfat evaporated milk instead of cream in recipes.
- Evaporated milk can be used as a lower fat alternative for heavy cream in sauces, soups, and gravies.
- Evaporated milk is made by heating milk until much of the water evaporates. It does not need to be refrigerated until cans are opened.
- When substituting evaporated milk for fresh milk, mix 1/2 cup evaporated milk with 1/2 cup water. It is now ready to use in recipes for breads, muffins, soups, sauces, mashed potatoes, and custards.

### Storing Foods at Home

- Once prepared, evaporated milk should be stored in a covered container and kept in the refrigerator. Check the container label for more information on how long to keep prepared milk.

### MyPlate Facts

- Dairy contains calcium and Vitamin D which helps to improve bone health.
- Dairy is important for children, teens, and young adults because it helps build strong bones and teeth early in life.
- Dairy also helps maintain healthy bones and teeth as you get older.
- Some adults who eat dairy have fewer heart problems and type 2 diabetes.
- Some adults who eat dairy also have lower blood pressure.



# USDA Foods

## Instant Potato Soup

*Makes 4 servings*

### Ingredients:

- 2 tablespoons butter or margarine
- 2 tablespoons onion, finely chopped
- 2 ½ cups water, boiling
- 1 can (12 oz) evaporated milk
- 1 ⅓ cups dehydrated potato flakes
- 1 ½ teaspoons salt
- ¼ teaspoon dill weed (optional)
- pepper, to taste
- 1 cup cheddar cheese, shredded (optional)
- 1 cooked potato, cubed (optional)

### Directions:

1. In a medium sized saucepan over medium heat, melt butter.
2. Add onion and cook for 2 minutes or until tender.
3. Stir in water, evaporated milk, potato flakes, seasoned salt, and dill weed. Heat until mixture comes to a boil.
4. Season with pepper. Add shredded cheese, if desired and stir until melted.
5. Stir in cooked potatoes, if desired.

*Recipe adapted from University of Nebraska-Lincoln Extension*

## Cornmeal Pancakes

*Makes 20 servings (medium-sized pancakes)*

### Ingredients:

- 2 cups cornmeal
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- 1 teaspoon salt
- 1 teaspoon sugar
- 2 tablespoons butter or margarine
- 1 ¾ cups water, boiling
- 1 cup evaporated milk
- 1 tablespoon vinegar
- 1 egg

### Directions:

1. In a medium bowl, mix cornmeal, baking powder, baking soda, salt, and sugar.
2. Add butter or margarine.
3. Bring water to a boil. Measure and add water to the cornmeal mixture.
4. Pour evaporated milk into another small bowl and add the vinegar.
5. Stir milk and vinegar mixture into cornmeal mixture and mix. Add the egg and mix well.
6. Heat griddle or fry pan. (If electric pan is used, preheat it to 380 degrees.) Pan is “hot” when a drop of water “dances.” Grease pan lightly.
7. Pour batter onto griddle or fry pan. Use ¼ cup for each pancake. Stir the batter regularly to keep it well mixed.
8. Cook until the top is covered with bubbles and the bottom is brown. Loosen the edges of each pancake and flip it over to cook the other side.

*SNAP-Ed Recipe. Food and Nutrition Service. United States Department of Agriculture.*