



Rice Pudding

Ingredients

nonstick cooking spray	1 egg white
2½ cups cooked white rice	¼ teaspoon ground cinnamon
¼ cup granulated sugar	⅛ teaspoon ground nutmeg
2 tablespoons margarine, melted	1 cup raisins
1½ cups 1% lowfat milk	8 cups fruit, such as sliced strawberries, blueberries, or chopped mangos
1 egg	

Preparation

1. Heat oven to 350°F. Spray a 13x9-inch baking dish with nonstick cooking spray.
2. Combine rice, sugar, margarine, milk, eggs, cinnamon, nutmeg, and raisins. Mix well.
3. Pour into baking dish. Bake in oven until top is golden brown, approximately 30 minutes. Top pudding with fruit and serve.

Top Rice Pudding with canned fruit packed in 100% fruit juice when fresh berries and mangos are not in season.

Makes 12 servings. ½ cup per serving.

Prep time: 10 minutes

Cook time: 30 minutes

Nutrition information per serving:

Calories 187, Carbohydrate 38 g, Dietary Fiber 3 g, Protein 4 g, Total Fat 3 g, Saturated Fat 2 g, Trans Fat 0 g, Cholesterol 24 mg, Sodium 152 mg