

RICE PUDDING

4 Servings, about 1/4 cups each, plus 4 servings for another meal or snack

Whole milk	1 cup
Water	1 cup
Rice, uncooked	1 cup
Eggs	2
Evaporated milk	1 cup
Vanilla	1 teaspoon
Sugar	1/4 cup
Ground cinnamon	1/8 teaspoon

PREPARATION TIME: 15 MINUTES

COOKING TIME: 40 MINUTES

1. In sauce pan, heat milk and water.
2. Add rice, bring to boil, lower heat to simmer; stir mixture every 10 minutes. Cook uncovered until rice is tender, about 30 minutes.
3. In large bowl, mix eggs, 3/4 cup evaporated milk, vanilla, and sugar. Set aside.
4. Add remaining 1/4 cup evaporated milk to rice mixture.
5. Spoon 1 cup of rice mixture into egg mixture and stir. Pour egg-rice mixture into remaining rice.
6. Heat pudding until it boils, stirring continuously. Remove from heat, and sprinkle with cinnamon.

PER SERVING:

Calories	190
Total fat	5 grams
Saturated fat	3 grams
Cholesterol	67 milligrams
Sodium	66 milligrams