



HEALTHY MAKEOVER

Eggnog

When it comes to holiday-time calories, nothing adds to your bottom line as much as this rich punch. But only a scrooge would give up eggnog altogether, so check out our slimmed-down nog at one-fourth the saturated fat and *half* the cholesterol. We replaced whole milk with low-fat (and skipped the heavy cream), but kept the silky texture and decadent flavor by simmering the milk and sugar with cornstarch and by using more egg whites and fewer yolks.

Prep 5 minutes plus chilling **Cook** 15 minutes
Makes 13 servings

3 lg. eggs	2 Tbsp. vanilla
3 lg. egg whites	½ tsp. ground nutmeg plus additional for sprinkling
5½ c. low-fat milk	⅓ c. dark Jamaican rum (optional)
½ c. sugar	
2 Tbsp. cornstarch	
Salt	

1. In bowl, with whisk, beat eggs and egg whites until blended; set aside. In heavy 4-quart saucepan, with heat-safe spatula, mix 4 cups milk with sugar, cornstarch, and ¼ teaspoon salt. Cook on medium-high until mixture boils and thickens slightly, stirring constantly. Boil 1 minute. Remove saucepan from heat.
2. Gradually whisk ½ cup simmering milk mixture into eggs; pour egg mixture back into milk in saucepan, whisking constantly, to make custard.
3. Pour custard into large bowl; stir in vanilla, nutmeg, rum, if using, and remaining 1½ cups milk. Cover and refrigerate until well chilled, at least 6 hours or up to 2 days. Sprinkle eggnog with nutmeg to serve. Makes about 6½ cups.

EACH SERVING About 105 calories, 6 g protein, 14 g carbohydrate, 2 g total fat (1 g saturated), 0 g fiber, 53 mg cholesterol, 125 mg sodium.