

# CREAMY RICE PUDDING

Serves 4

- 1½ cups cooked long-grain rice
- 2 cups milk, divided
- ⅓ cup granulated sugar
- ¼ teaspoon salt
- 1 large egg, beaten
- ⅔ cup raisins
- 1 tablespoon butter or margarine
- ½ teaspoon vanilla extract
- Dash ground nutmeg or cinnamon

1. Combine rice, 1½ cups milk, sugar and salt in heavy saucepan. Cook over medium heat, stirring occasionally, for 15 to 20 minutes until thick and creamy.

2. Blend remaining ½ cup milk and egg; stir into rice mixture. Stir in raisins. Cook an additional 2 minutes, stirring constantly.

3. Stir in butter and vanilla. Spoon into serving dishes. Sprinkle with nutmeg or cinnamon, if desired.

— Recipe adapted from Sun-Maid Raisins

**Per serving:** 330 calories, 8 g protein, 57 g carbohydrates, 8 g total fat, 5 g saturated fat, 75 mg cholesterol, 260 mg sodium, 1 g fiber. Calories from fat: 80.

Staff analysis