

How Sweet It Is!

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Something sweet and creamy is a nice finish to a meal. The calories, however, can add up fast if our desserts contain too much sugar and fat. One option is to have a smaller portion of dessert. Another option is to include some of the foods we're supposed to be eating anyway in our desserts! Use brown rice in this recipe for Pineapple Rice Bake for added fiber and nutrients. The pineapple adds a nice touch of sweetness to this dish!

Pineapple Rice Bake

Serving Size: 1/6 of recipe Yield: 6 servings

- 4 eggs
- 1 cup milk
- 1/2 cup sugar
- 1 can (8 ounce) pineapple, crushed, undrained
- 1/2 teaspoon cinnamon (optional)
- 1/2 teaspoon nutmeg (optional)
- 1 teaspoon vanilla
- 3 cups cooked rice



1. Preheat oven to 350 degrees. Lightly coat an oven safe, 2 quart casserole dish with nonstick spray or oil.
2. In a large mixing bowl, beat together eggs, milk and sugar.
3. Add undrained crushed pineapple, cinnamon, nutmeg and vanilla.
4. Stir in cooked rice. Pour into prepared casserole dish.
5. Bake for 50 to 60 minutes or until a knife inserted in center of pudding comes out clean.

Source: Adapted from: Montana Extension Nutrition Education Program, Website Recipes, Montana State University Extension Service, available at Food Stamp Nutrition Connection Recipe Finder at <http://recipefinder.nal.usda.gov>

Nutrient Facts per 1/6 of recipe: Calories, 260; Total Fat, 4g; Sat. Fat, 1.5g; Trans Fat, 0g; Cholesterol, 145mg; Sodium, 70mg; Total Carbs, 47g; Dietary Fiber, 1g; Sugars, 25g; Protein, 8g; Vit. A, 6% DV; Calcium, 8% DV; Vit. C, 6% DV; Iron, 10% DV; DV (Daily Values) based on a 2,000 calorie diet. Your values may be higher or lower, depending on calorie needs.

Alice's notes:

1. Refrigerate custard-type foods (like this recipe) before they've been at room temperature 2 hours TOTAL time.
2. Avoid overcooking eggs in custard-type dishes AND assure safety by using a food thermometer. Overcooking may cause curdled or weeping custard. To determine doneness in egg dishes such as quiche, casseroles, stratas, etc., the center of the mixture should reach 160 degrees F when measured with a food thermometer. At this temperature, the very center of a custard pie may still be slightly liquid; however, the heat retained in the mixture will cause it to continue cooking and to set after removal from the oven. You may need to insert the thermometer at an angle to assure enough of thermometer reaches into the food to measure the temperature.

Sarah Phillips <baking911.com> notes custard pie is done when the liquid area in the center is smaller than a quarter. This is why you may see the recommendation to insert a metal knife *near* the center to check if it comes out clean.

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