

Tutti Frutti Rice Pudding

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Enjoy this healthy, hearty pudding made with fruit, whole-grain rice, skim or low-fat milk, and eggs for fewer than 200 calories per serving! **IMPORTANT: Read recipe, including Alice's Tips, before starting to prepare pudding.**

Makes 4 servings

- Cooking spray
- 1/2 cup cooked rice
- 1/2 cup (2 oz.) mixed diced dried fruit bits
- 2 eggs
- 3 tablespoons sugar*
- 1/2 teaspoon vanilla
- 1 cup skim or low-fat (1%) milk
- Ground cinnamon, optional

1. Preheat oven to 350 F with oven rack in the middle.
2. Lightly spray 4 (6-ounce) custard cups with cooking spray and place in a large baking pan. Leave some space around each custard cup.
3. Spoon 2 tablespoons of the rice and 2 tablespoons of the fruit bits into each cup.
4. In medium bowl, beat together eggs, sugar and vanilla until well blended. Stir in milk. Pour over rice and fruit in cups. Sprinkle with cinnamon if desired.
5. Place pan on middle rack in preheated oven.
6. Pour very hot (but not boiling) water into pan to within 1/2 inch of top of custards.
7. Bake until a knife inserted near center comes out clean, about 35 to 45 minutes. (A thermometer inserted at the center reads 160 F when the custards are done.) Remove promptly from hot water.
8. Cool on wire rack 5 to 10 minutes. Serve warm or chilled.



* For a caramel flavor, use firmly packed brown sugar.

Nutrition information per serving of 1/4 recipe without cinnamon: Calories, 164; Protein, 6 gm; Carbohydrates, 29 gm; Total Fat, 3 gm; Cholesterol, 107 mg; Sodium, 67 mg.

Source: Adapted slightly from an American Egg Board recipe, courtesy of Mary Torell, formerly Public Information Officer, Nebraska Dept. of Agriculture - Poultry & Egg Division. For more information on cooking with eggs, visit the American Egg Board website at www.aeb.org.

Alice's Tips:

1. This is a great recipe for using extra cooked brown rice!
2. If desired, put together your own combination of dried fruits - apricots, cranberries, cherries, raisins, blueberries, etc. Dice so they're all in small pieces.
3. Transfer custard mixture to a 2-cup liquid measuring cup for easy pouring into custard cups.
4. Start checking custard at the earliest time.
5. It may be easier to remove the custard dishes from the pan while the pan is still in the oven. Let the water in the pan cool before lifting the pan from the oven.
6. Some Internet Web sites suggest using a slotted, broad-bladed, metal spatula to help you lift custard dishes from the water until you can get a grip on the dish.
7. Store custard in the refrigerator and plan to eat within a day or two. Avoid letting custard set at room temperature more than 2 hours, TOTAL time.

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