

Cinnamon-Scented Rice Pudding with Raisin Sauce

Yield: 6 servings

Ingredients:

1 cup uncooked regular long-grain rice	1 teaspoon ground cinnamon
6 cups skim (fat-free) milk, divided	½ teaspoon salt
½ cup white sugar	1 cup raisins
2 teaspoons vanilla extract	1 tablespoon butter
	1 tablespoon flour

Procedure:

Heat oven to 350 F. Rinse rice in a strainer. In a medium saucepan, combine rice, 4 cups of the milk, sugar, vanilla, cinnamon and salt. Heat to simmer and continue simmering for five minutes. Turn mixture into 2-quart baking dish that's been sprayed with cooking oil. Cover with foil and bake until rice has absorbed most of the liquid, about 35 to 40 minutes. Meanwhile, combine raisins and 2 cups of milk in the saucepan used for simmering rice. Heat raisin mixture until it simmers. While raisin mixture heats, melt butter in small saucepan and add flour. Cook butter-flour mixture (roux) for about five minutes, stirring occasionally. Whisk roux into raisin mixture and allow sauce to thicken. Remove from rice from oven and let stand about 10 minutes. Divide rice among six bowls and spoon about 1/3 cup of raisin sauce over each serving.

about
360 calories
and 2.7 grams
of fat
per serving

A serving Cinnamon-Scented Rice Pudding with Raisin Sauce also provides about 300 milligrams (mg) of calcium, which is just under one-third of the current daily calcium recommendation (1,000 mg) for adults 19 to 50.

NDSU Agriculture Communication



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