

Almond Crunch Macaroni Custard

This recipe is one of many available through the North Dakota Wheat Commission. The recipe's creator is Linda Jung of Norwich, N.D.

Yield: 9 servings

Ingredients:

½ cup ring macaroni
2 eggs
1 cup plus 1 tablespoon skim (fat-free) milk
¼ cup flour
14 tablespoons brown sugar, divided
6 tablespoons soft butter, divided
1½ teaspoons almond extract
½ cup slivered almonds

Procedure:

Cook macaroni according to package directions and drain. In a blender, place eggs, 1 cup milk, flour, 8 tablespoons brown sugar, 4 tablespoons butter and almond extract. Blend on medium speed for two minutes. Pour mixture into a bowl, fold in macaroni and then spoon into a greased and floured 8x8-inch pan. Bake at 350 F for 40 to 45 minutes or until custard is set. Remove custard and turn oven broiler on. While custard is baking, mix remaining brown sugar and butter with slivered almonds. Spread almond mixture on top of hot custard, return to oven and broil two to three minutes, or until top of custard is bubbly and golden brown.

about 230
calories and
13 grams of fat
per serving
(one-ninth of the
recipe)

A serving of Almond Crunch Macaroni Custard also contains about 10 percent of the daily recommendation for iron, calcium and vitamin A as well as about 25 grams of carbohydrates.

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