

Joan Bjorklund's rice pudding

MAKES 6-8 SERVINGS

- ¾ cup long grain rice
- 4 large eggs, beaten
- 1 cup sugar

- 3 cups milk (skim or low-fat)
- ½ teaspoon vanilla
- Lingonberries (optional)
- Cream (optional)

1. Bring the rice and 1½ cups water to a boil. Cover the pot, and reduce heat to simmer. Simmer rice for 15 to 20 minutes, or until the water is completely absorbed. Set rice aside.
2. Place the eggs, sugar and milk in a saucepan. Stirring constantly, cook the mixture over low to medium heat for 10 minutes or until the ingredients are thoroughly combined. Remove from heat and add the vanilla. Stir well.
3. Combine the rice and milk mixture and place in a greased 2½-quart casserole or souffle pan. Bake in a preheated 350-degree oven uncovered for 15 minutes; then stir the pudding thoroughly to keep the rice from settling to the bottom (this is very important).
4. Bake for one more hour or until the top is lightly brown and somewhat shiny. The pudding will start to pull away very slightly from the sides of the casserole.
5. Serve warm or cold with lingonberries and a little cream.

Note: Lingonberries are available in most supermarkets and in some specialty stores. They are usually sold in jars, much like jams, jellies or preserves.

Nutrition Information (per serving, based on 8 servings)

Calories: 240	From fat: 40	Percentages of daily value based on 2,000-calorie diet.					
Total Fat	4.5g	7%	Carbohydrate	44g	15%	Vitamin A	10%
Saturated Fat	2g	10%	Dietary fiber	0g	0%	Vitamin C	0%
Cholesterol	115mg	38%	Sugars	29g		Calcium	15%
Sodium	80mg	3%	Protein	7g		Iron	8%