Rice Pudding

Ingredients:
2 cups brown rice, cooked
2 cups skim milk
1/3 cup sugar
1 tablespoon margarine
1/2 teaspoon vanilla
1/4 cup raisins
Cinnamon

Equipment:
Medium sauce pan
Measuring cups
Measuring spoons
Spatula

Directions
1. Place cooked rice, milk, sugar, raisins, and margarine in saucepan.
2. Place saucepan over medium heat. Cook 25 to 30 minutes without cover or until thickened, stirring often.
4. Pour into serving dish. Sprinkle with cinnamon.
5. Refrigerate leftovers.

Nutrition Facts
Serving Size: 1/2 cup
Servings: 4

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories 271</th>
<th>Calories from Fat 36</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat 4g</td>
<td>6%</td>
<td>%Daily Value*</td>
</tr>
<tr>
<td>Saturated Fat 1g</td>
<td>4%</td>
<td></td>
</tr>
<tr>
<td>Cholesterol 0mg</td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td>Sodium 99mg</td>
<td>4%</td>
<td></td>
</tr>
<tr>
<td>Total Carbohydrate 53g</td>
<td>18%</td>
<td></td>
</tr>
<tr>
<td>Dietary Fiber 2g</td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td>Protein 7g</td>
<td>14%</td>
<td></td>
</tr>
<tr>
<td>Vitamin A 8%</td>
<td>8%</td>
<td></td>
</tr>
<tr>
<td>Vitamin C 3%</td>
<td>3%</td>
<td></td>
</tr>
<tr>
<td>Iron 4%</td>
<td>17%</td>
<td></td>
</tr>
</tbody>
</table>
| *Percent Daily Values are based on a 2,000 calorie diet.

For more recipes, please visit: www.fcs.ext.vt.edu/recipes

Friend us on Facebook and follow us on Twitter
www.facebook.com/vafnp
www.twitter.com/vafnp

Virginia Cooperative Extension programs and employment are open to all, regardless of race, color, national origin, sex, religion, age, disability, political beliefs, sexual orientation, genetic information, marital, family, or veteran status, or any other basis protected by law. An equal opportunity/affirmative action employer. Issued in furtherance of Cooperative Extension work, VPI & SU, VSU, and the U.S.D.A. cooperating. Edwin J. Jones, Director, Virginia Cooperative Extension, Virginia Tech, Blacksburg; Jewel E. Hairston, Administrator, 1890 Extension Program, Virginia State, Petersburg.