Rice Pudding
Delicious warm or cold!

Level: Medium
Makes: 8 - ½ cup servings

Ingredients:
1 cup long grain rice
2 ½ cups water
¾ cup sugar
½ to 1 teaspoon cinnamon
1 cup low fat milk
½ cup raisins

Directions:
Remember to wash your hands!

1. In a heavy-bottomed saucepan, bring water to a boil. Add rice, stir and let water come to a boil again.

2. Reduce the heat to very low, cover tightly, and cook 20 minutes without removing the lid or stirring rice. The water should be absorbed and the rice tender.

3. Take pan off burner and add sugar, cinnamon, milk and raisins, mixing well.

4. Preheat oven to 325 degrees. Pour rice mixture into a 2-quart baking dish that has been lightly coated with cooking spray. Bake for 30 minutes or until mixture is thickened.

5. Tastes great warm or cold. Store leftovers in refrigerator.

Helpful Hints: One pound of uncooked long grain rice (about 2 ⅔ cups) is equal to about 10 cups cooked rice. Long grain rice is especially good for dishes that call for fluffy, dry rice. Cooked just right, plain rice makes a wonderful, healthy side dish. You can add flavor by cooking with broth or sprinkling with herbs and spices. Rice feeds more people in the world than any other grain and is a great source of energy for kids.

Safety Tip: When the rice is simmering, make sure the temperature of the burner is set on low. Don't peek while it is cooking and when it is done, tip the lid away from you when you check the rice so you don't get burned by the steam.

For more information about this recipe and other fun recipes: contact your county extension office in Kansas, visit the website at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.

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