

Rice Pudding

Delicious warm or cold!



Level: Medium

Makes: 8 - 1/2 cup servings

Kids' Tool Kit

Heavy

saucepan
with lid



Wooden spoon

Measuring cups

Measuring spoon

2-quart baking
dish

Ingredients:

- 1 cup long grain rice
- 2 1/2 cups water
- 3/4 cup sugar
- 1/2 to 1 teaspoon cinnamon
- 1 cup low fat milk
- 1/2 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.

Chef's Choice

Rice Pudding
Apple juice

Nutrition Facts

Serving Size 1/2 cup (156g)
Servings Per Container 8

Amount Per Serving
Calories 200 Calories from Fat 0

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Cholesterol 0mg 0%

Sodium 20mg 1%

Total Carbohydrate 46g 15%

Dietary Fiber less than 1 gram 3%

Sugars 26g

Protein 3g

Vitamin A 0% Vitamin C 2%

Calcium 6% Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram

Fat 9 • Carbohydrate 4 • Protein 4



Helpful Hints: One pound of uncooked long grain rice (about 2 2/3 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.