

Tunisian Rice Pudding (Julia Engstrom and Bruce Millsom)

Serves 12

INGREDIENTS

- 2.5 cups of rice
- ½ cup sugar
- 4 cups of milk
- 1 whole cinnamon stick
- ½ orange, sliced into thin half moons,
- ½ lemon, sliced into thin half moons

Instructions:

Rinse rice to remove the starch. Add rice to heavy bottom saucepan. Add milk and cinnamon sticks. Add sided oranges and lemons and cook for 15 minutes, stirring often. Remove fruit and cinnamon stick and pour into serving bowls. The best part of the dish is the garnishes: make this a do it yourself topping bar with segments of oranges, diced dates, pistachio nuts, pomegranate seeds, coconut... healthy and wonderful!

Nutrition Facts	
Serving Size 1/2 cup (102g)	
Servings Per Container	
Amount Per Serving	
Calories 100	Calories from Fat 25
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 35mg	1%
Total Carbohydrate 16g	5%
Dietary Fiber 0g	0%
Sugars 13g	
Protein 3g	
Vitamin A 2%	• Vitamin C 6%
Calcium 10%	• 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 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	