

Nutrition Education

Rich in calcium, vitamin D, fiber and antioxidants, the recipe below is the perfect fuel for an active day outdoors this winter.

Creamy Cranberry-Brown Rice Pudding

Ingredients

3 wide strips of orange zest or 1 T. orange zest
6 cups nonfat or 1% milk
2 cups raw brown rice
2 tablespoons brown sugar
1 teaspoon ground cinnamon
 $\frac{3}{4}$ cup dried cranberries

Procedure:

1. Cut three long, wide orange peel strips, using only orange portion of skin or use a zester to obtain one tablespoon of orange zest.
2. Combine 6 cups milk, the orange zest, and brown rice in large saucepan, cover, and bring to a boil over medium heat.
3. Uncover, reduce heat to medium-low, and simmer 40-50 minutes or until mixture is thickened and rice is tender and creamy, stirring frequently to prevent sticking. Add more milk if needed.
4. Remove orange strips and discard (if you used a zester, there is no need to discard anything).
5. Add brown sugar, cinnamon and dried cranberries.
6. Allow to cool slightly and serve.

Yield: 10 servings

