

# Lemon Rice Pudding

*Canadian Mennonite Cookbook - 1974*

*1/2 cup rice  
1/4 teaspoon salt  
3 cups milk  
1/2 cup sugar  
2 egg yolks  
rind of one-half lemon  
1 1/2 teaspoons lemon juice  
2 egg whites  
2 tablespoons sugar*

Preheat the oven to 325 degrees. (Slow oven)

Wash the rice. Cook with the milk in the top of a double boiler until the rice is tender.

In a bowl, mix together the sugar, salt, beaten egg yolks, lemon rind and lemon juice. Add the hot rice. Fold in the egg whites. Cook for 5 minutes.

Place the mixture in an oven safe dish. Place in a slow oven until the meringue is cooked brown, about 20 minutes.

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Per Serving (excluding unknown items): 1425 Calories; 35g Fat (22.2% calories from fat); 43g Protein; 235g Carbohydrate; 1g Dietary Fiber; 525mg Cholesterol; 1021mg Sodium. Exchanges: 5 Grain(Starch); 1 1/2 Lean Meat; 0 Fruit; 3 Non-Fat Milk; 6 Fat; 8 1/2 Other Carbohydrates.