Pomegranate-Coconut Rice Pudding

Integrated Marketing Services - Apopka, FL

Servings: 10
Preparation Time: 10 minutes
Cook time: 45 minutes

3/4 cup uncooked white rice (medium- or short-grain for a creamier pudding)
2 1/2 cups light coconut milk, divided
1/2 cup sugar
1/2 teaspoon orange zest
1/4 teaspoon salt
1 egg
1 cup pomegranate seeds

In a medium saucepan, combine 1 1/2 cups of water and the rice. Bring to a boil.

Reduce the heat to low and simmer, covered, for 20 minutes.

Stir in two cups of the coconut milk plus the sugar, orange zest and salt.

Increase the heat to medium-low and cook 15 to 20 minutes or until creamy and thickened, stirring frequently.

In a small bowl, beat together the remaining coconut milk and the egg. Add to the rice mixture.

Cook and stir for 2 minutes. Remove from the heat and transfer to a bowl. Cover and refrigerate for several hours (the mixture will thicken as it chills).

Fold in the pomegranate seeds just before serving.

Serve chilled or at room temperature.

Per Serving (excluding unknown items): 80 Calories; 3g Fat (36.5% calories from fat); 1g Protein; 12g Carbohydrate; trace Dietary Fiber; 21mg Cholesterol; 75mg Sodium. Exchanges: 0 Lean Meat; 0 Fruit; 1/2 Fat; 1/2 Other Carbohydrates.