

Rice and Rutabaga Pudding

- 1 cup water
- 1/2 cup brown rice, uncooked
- 1 1/2 lb. rutabaga, peeled and cut into 1-inch cubes
- 1/2 cup non-fat milk
- 1 Tablespoon olive oil
- 2 Tablespoons sugar
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon cinnamon
- 2 eggs separated

1. Place water and rice in a sauce pan and bring to a boil. Stir once, cover, reduce heat to low, simmer until all water is absorbed and rice is tender, about 40 minutes.
2. Meanwhile, place the rutabaga into a large pot, with enough water to cover. Bring to a boil, and cook until tender, about 15 minutes. Preheat oven to 350°F. Lightly grease a 2 quart casserole dish.
3. Drain the rutabaga and place in a large bowl. Add the milk, oil, sugar, salt, pepper and cinnamon. Mash the rutabaga until smooth. Stir in the cooked rice, and beat in the egg yolks.
4. Beat the egg whites in a separate bowl until stiff peaks form. Fold gently into the rutabaga mixture. Spoon mixture into prepared casserole dish. Bake in preheated oven until top is lightly browned, about 50 minutes.

Turnips can be substituted for rutabaga in this recipe. Did you know that both turnip and rutabaga can be eaten raw? Cut some up and try it in your next salad!

Servings:	6
Serving Size:	1 cup
Calories	166
Total Fat	4g
Saturated Fat	1g
Cholesterol	62mg
Sodium	154mg
Total Fiber	4g
Protein	5g
Carbohydrates	27g
Potassium	491mg