

COUSCOUS PUDDING

16 servings. This pudding can be baked ahead and served at room temperature or reheated before serving (cover the dish with buttered foil to prevent it from drying out). This is a large recipe, so it can be cut in half.

4 cups water

2 cups couscous

2 tbs butter

1 and ½ cups skim or low fat milk

5 tbs sugar

½ tsp salt

¼ tsp ground cinnamon

1 tsp vanilla

½ tsp grated lemon rind

1 tsp lemon juice

2 egg whites

2 whole eggs

½ cup raisins

1. Bring the water to boil in a medium saucepan, stir in the couscous, reduce the heat, cover the pan, and simmer the couscous until the water is absorbed (less than 5 minutes). Transfer the coucous to a large bowl, and stir in the butter until it melts and is well distributed
2. Beat together in a medium bowl the milk, sugar, salt, cinnamon, vanilla, lemon rind, lemon juice, egg whites, and eggs. Add this to the couscous, stirring the ingredients to combine them well.
3. Stir in the raisins and transfer the mixture to a greased 3-quart baking dish.
4. Bake the pudding in a preheated 325-degree oven for about 45 minutes or until the pudding is set. Serve the pudding warm or at room temperature.