



## **Ghostly Good Rice & Milk Pudding**

**Number of Servings:** 4

**Preparation time:** 20 mins

**Energy:** 181 kcal

**Protein:** 5 g

**Calcium:** 133 mg

**Vitamin D:** 0.11 IU

**% Ca recommended daily intake:** 13.26%

This is a traditional recipe that grandmothers used to prepare for children. It is also a trick to give milk to children who dislike it. It is very easy to prepare, very nutritious, delicious and low-fat.

Student Review: I really enjoyed the rice pudding, and it was not very complicated to make which is always nice. I doubled the recipe and ate it for desert for a few nights!

### **Ingredients**

1/4 cup rice

1/4 cup water

2 Cups milk (may want to use low-fat)

1/4 cup sugar

1 tsp corn flour

Cinnamon (to taste, to garnish before serving)

### **Preparation**

1	Wash the rice very well. Put the rice together with water in a saucepan and boil it on low heat until it soaks up all the water.
2	Put the rice in a bigger saucepan, set 1 cup of milk aside. Add the rest of the milk and let it boil. Dissolve the corn flour into the cold milk and add it slowly in the saucepan.
3	It is very important to mix continuously while adding all the ingredients. If you don't mix continuously your mixture may burn at the bottom.
4	Add the sugar and keep boiling until it solidifies. Divide the quantity of the mixture into small bowls and let it cool.
5	As soon as they have cooled down, put the bowls in the fridge and before serving sift some cinnamon over each bowl.

\*Post a picture of your dish on Instagram or Facebook and tag it with the hashtag #RVUSUFallHealthFair or email it to marketing@rvu.edu for an entry into the prize drawing!



## **Frankenstein's Bride's Stuffed Crepes**

**Number of Servings: 4**

**Preparation time: 60 mins**

**Energy: 655 kcal**

**Protein: 32 g**

**Calcium: 710 mg**

**Vitamin D: 1.98 IU**

**% Ca recommended daily intake: 71.00%**

This recipe was developed by Helen Bishop MacDonald, Chair of the Dietitians of Canada.

Tip: Crêpes can be made at home or bought. If making your own, be sure the pan is hot enough before adding the batter; drops of water should dance across the pan.

Student Review: This recipe was really tasty and it made enough for dinner and leftovers for my roommate and I. Also, I added some fresh Serrano peppers to the stuffing mix to spice it up a bit. Totally optional, but depending on how spicy you like your food, I think it was a great addition.

### **Ingredients**

1.5 Tbsp vegetable oil

1.5 cups cut up asparagus

1 cups sliced brown or white mushrooms

2 green onions, thinly sliced

1/8 tsp dried thyme

1/2 tsp lemon juice

1 cups shredded cheese (divided)

1 cup of thin slices of cooked ham

1.5 Tbsp of all-purpose flour

1 tsp dijon mustard

3/4 cup milk

2.5 Tbsp dry white wine

2 Tbsp grated Parmesan cheese

8 crepes (6in) either store-bought or handmade (see below)

<b>Preparation</b>	
1	Preheat oven to 400F (200C) Lightly butter a 13-x 9-inch (3.5 l) baking dish
2	Melt 2 tablespoons (30 ml) of the butter in a large nonstick skillet over medium-high heat. Sauté asparagus, mushrooms, onions and thyme until tender and any liquid has evaporated. Add lemon juice, then salt and pepper to taste. Stir in 1 cup (250 ml) of the Swiss cheese.
3	Line each crêpe with 1 ham slice. Divide the cheese and vegetable mixture among the crêpes, roll each up tightly and place in prepared baking dish.
4	Melt the remaining 3 tablespoons (45 ml) of butter in a large saucepan. Blend in flour and mustard. Gradually stir in milk. Cook and stir over medium heat until mixture boils and thickens.
5	Remove from heat. Add wine and 1/2 cup (125 ml) of the Swiss cheese; stir until melted. Salt and pepper to taste.
6	Pour sauce over crêpes and sprinkle evenly with the remaining 1/2 cup (125 ml) of Swiss and the Parmesan cheese. Bake uncovered in preheated oven for 30 minutes, or until hot and lightly browned.

### **Making Home-made Crepes (optional)**

<b>Ingredients</b>	
1 cup all-purpose flour	
2 large eggs	
½ cup milk	
½ cup water	
¼ teaspoon salt	
2 tablespoons butter, melted	

<b>Preparation</b>	
1	In a large mixing bowl, whisk together the flour and the eggs. Gradually add in the milk and water, stirring to combine. Add the salt and butter; beat until smooth.
2	Heat a lightly oiled griddle or frying pan over medium high heat. Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each crepe. Tilt the pan with a circular motion so that the batter coats the surface evenly.
3	Cook the crepe for about 2 minutes, until the bottom is light brown. Loosen with a spatula, turn and cook the other side.

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