

### **Rice Pudding with Cardamom and Pistachios**

Cardamom is the ground seed of a tropical fruit in the ginger family. It's got a mild lemony flavor and pairs perfectly with salty pistachios. The nuts also add a wonderful crunch to the creamy rice pudding. For a little molasses flavor, you may use light brown sugar instead of granulated sugar. And, if you don't have vanilla-flavored milk, you can use regular low-fat milk and add 1 teaspoon of vanilla extract.

Prep time: 10 minutes

Cooking time: 10-15 minutes

2 cups cooked white or brown rice

2 cups vanilla-flavored milk

1/4 cup granulated sugar

1 teaspoon ground cardamom

1/2 cup shelled roasted pistachios

Combine the rice, milk, sugar and cardamom in a medium saucepan. Mix well and set the pan over medium heat. Bring to a simmer, reduce the heat to low and cook for 10 to 15 minutes, until most of the milk is absorbed and the mixture is creamy, stirring frequently. Spoon the rice pudding into dessert bowls and top with the pistachios.

Serves 4