Vanilla Pudding

1 (15 oz) can skim milk  3 Tablespoons cornstarch
1/3 cup sugar  1 egg, beaten
1/2 cup water  1 teaspoon vanilla

Pour milk and water into sauce pan. Blend sugar and cornstarch together and add to milk mixture, stirring until dry ingredients are dissolved. Cook over medium low heat, stirring often, until mixture comes to a full boil. Boil 1 minute. Mixture should begin to thicken. Remove from heat. Stir 1/2 cup of the hot mixture into the beaten egg. Then add egg mixture to saucepan. Heat over low heat, stirring constantly, until thick. Remove from heat and stir in vanilla. Pour into bowl and chill.

Hint: Stirring with a wire whisk helps prevent lumps.

Microwave Vanilla Pudding

1 (15 oz) can skim milk  3 Tablespoons cornstarch
1/3 cup sugar  1 egg, beaten
1/2 cup water  1 teaspoon vanilla

Place milk, water, sugar, and cornstarch in a 1 quart microwavable pan. Cook on full power, about 5 minutes, until mixture boils 1 minute and begins to thicken, stirring 3 or 4 times with wire whisk. Stir 1/2 cup of the hot mixture into the beaten egg. Then add egg mixture back to pan. Cook on medium (1/2) power 1-2 minutes until thick, stirring every 30 seconds. Remove from microwave and stir in vanilla. Chill.
Nutrition Facts

Servings Per Recipe 5 (1/2 cup each)
Amount Per Serving
Calories 150 7% of total calories from fat
Total Fat 5g Sodium 112mg
*Vitamin A 12% *Vitamin C 2%
*Calcium 25% *Iron 2%

*Percentage Daily Values

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