

# Mexican Bread Pudding



*The secret ingredient in this Mexican bread pudding is cheese, which lends a subtle, silky richness along with calcium. As this pudding bakes, the aroma of chocolate (native to Mexico) and cinnamon will lure your family into the kitchen! Vanilla, too, originated in Latin America.*

- 3 cups cubed (1/2-inch) firm white bread, crusts removed
- 1 cup lactose-free fat free milk or fat free milk
- 1/2 cup packed brown sugar
- 1/2 cup egg substitute or 2 large egg whites
- 2 teaspoons finely grated orange zest (orange part of peel only)
- 3/4 teaspoon ground cinnamon
- 1 cup (4 ounces) shredded Queso Asadero or reduced-fat Jack cheese
- 1/2 cup raisins or chopped dried cherries
- 1/3 cup mini semisweet chocolate morsels
- 1 1/2 cups fat free vanilla yogurt

Preheat oven to 350°.

1. Spread bread cubes on a baking sheet. Toast in oven 8 to 10 minutes, until crisp. Remove from oven and cool.
2. In large bowl, whisk milk, brown sugar, egg substitute or eggs, orange zest, and cinnamon. Stir in bread cubes, cheese, and raisins or cherries. Set aside 2 tablespoons chocolate morsels for topping. Stir remaining morsels into pudding mixture.
3. Coat 1 1/2 -quart casserole dish, 8 1/2 x 4 1/2-inch loaf pan, or 6 individual ramekins (custard cups) with nonstick spray. Pour pudding mixture into dish. Sprinkle with reserved chocolate morsels. Bake for 35 to 45 minutes for casserole or loaf pan, or 15 to 20 minutes for ramekins, or until pudding is puffy and set, and the top is golden brown. Serve warm, topping each serving with 1/4 cup vanilla yogurt.

*Prep time: 30 minutes • Cook time: 20 to 45 minutes • Makes: 6 servings*

## Tester's Comment:

"My daughter said, 'Other kids would like this, too. It's crispy, crunchy, mooshy, and chocolatey.'"

## Nutrients per serving:

Calories	332
Protein	13 g
Total Fat	7 g
(Saturated Fat	4 g)
Carbohydrate	58 g
Calcium	307 mg
Cholesterol	15 mg
Fiber	3 g
Sodium	393 mg

