# Fruit and Rice Dessert

## Ingredients

<table>
<thead>
<tr>
<th>25 Servings</th>
<th>50 Servings</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Measure</strong></td>
<td><strong>Weight</strong></td>
</tr>
<tr>
<td>White rice</td>
<td>6 oz</td>
</tr>
<tr>
<td>Water</td>
<td>1 3/4 cups</td>
</tr>
<tr>
<td>Canned cling peaches, diced, drained</td>
<td>3 lb 10 oz</td>
</tr>
<tr>
<td>Miniature marshmallows</td>
<td>1 1/2 cups</td>
</tr>
<tr>
<td>Powdered sugar</td>
<td>1/2 cup</td>
</tr>
<tr>
<td>Salt</td>
<td>1/4 tsp</td>
</tr>
<tr>
<td>Whipped topping OR Lowfat vanilla yogurt</td>
<td>6 oz</td>
</tr>
</tbody>
</table>

## Directions

1. Place rice and water in a half-steamtable pan (12" x 10" x 2"). Cover with foil.
2. To Steam: Compartment Steamer: 25 minutes
   To Bake: Conventional Oven: 350 degrees F, 25 minutes
   Steam or bake until tender.
   Set aside to cool for 1 hour.
3. In a bowl, combine peaches, marshmallows, sugar, salt, and whipped topping or yogurt. Add rice to this mixture to stir to blend.
4. Chill 1 hour to soften marshmallows. Refrigerate until ready to serve.

## SERVING:

1/3 cup (No. 12 scoop) provides 1/4 cup of fruit

## YIELD:

<table>
<thead>
<tr>
<th>Servings</th>
<th>Weight</th>
</tr>
</thead>
<tbody>
<tr>
<td>25</td>
<td>5 lb 6 oz</td>
</tr>
<tr>
<td>50</td>
<td>10 lb 12 oz</td>
</tr>
</tbody>
</table>

## VOLUME:

<table>
<thead>
<tr>
<th>Servings</th>
<th>Volume</th>
</tr>
</thead>
<tbody>
<tr>
<td>25</td>
<td>3 qt 1 cup</td>
</tr>
<tr>
<td>50</td>
<td>1 gal 2 qt 2 cups</td>
</tr>
</tbody>
</table>

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Special Tip:
For variety, substitute any combination of fruit cocktail, cherries, fresh grape halves, and mandarin oranges for the peaches.
Fruit and Rice Dessert

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>93</td>
</tr>
<tr>
<td>Protein</td>
<td>1 g</td>
</tr>
<tr>
<td>Carbohydrate</td>
<td>21 g</td>
</tr>
<tr>
<td>Total Fat</td>
<td>1.0 g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>.8 g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0 mg</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>39 RE/389 IU</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>2 mg</td>
</tr>
<tr>
<td>Iron</td>
<td>.5 mg</td>
</tr>
<tr>
<td>Calcium</td>
<td>9 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>33 mg</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>1 g</td>
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</tbody>
</table>