

Low FODMAP Orange Arroz con Leche with Sweet Fruity Salsa

IBS Friendly Gluten-Free Vegetarian Lactose-Free

Arroz con Leche (Rice Pudding) is a classic Mexican dessert that is simple to prepare and has many variations. This version is a creamy pudding flavored with orange zest and vanilla. Served chilled and topped with a sweet salsa of strawberries, papaya, pineapple and lime juice, it's decadent yet not too filling after a big meal.

This pudding may be made a day in advance when stored in an airtight container in the refrigerator, and will keep in the fridge up to 3 days.

Serves: 4

PUDDING INGREDIENTS:

1 1/3 cups water
1/2 cup long grain white rice, rinsed and drained
1 1/2 cups whole lactose-free milk (I used Lactaid brand)
1/2 cup granulated sugar
1/8 tsp salt
1/2 tsp vanilla
Zest of 1 medium orange

SALSA INGREDIENTS:

4 medium size fresh strawberries, hulled and small diced
1/4 cup fresh papaya, small diced
1/4 cup fresh pineapple, small diced
juice of 1/8 large lime
1/4 tsp granulated sugar

METHOD:

Add the water and rice to a medium size saucepan over medium high heat. Stir often with a heat-resistant silicone spatula as it comes to a boil. Stir and boil for 1 minute. Reduce heat to low, cover with lid and simmer for 10 minutes or until the rice is tender and light, and the water has absorbed.

Pour in the milk, sugar and salt. Over medium heat, cook for 8 minutes or until it thickens to a pancake batter consistency, stirring often. It will continue to thicken and set once refrigerated.

Remove from heat. Stir in the vanilla and orange zest and spoon the pudding into a medium size mixing bowl. Let cool for 15 minutes. Cover with a lid or plastic wrap and refrigerate for 2 hours minimum.

Mix the salsa ingredients together in a small mixing bowl. Cover and refrigerate until ready to plate and serve.

To Assemble: Spoon equal amounts of pudding into 4 dessert bowls. Top with salsa and serve immediately.

TIPS:

Put 4 strawberry slices aside to garnish the puddings (optional)

On warm summer days, my Arroz con Leche will thicken in 8 or so minutes. On a cold winter's day it sometimes takes up to 15 minutes. Have patience, as each stovetop varies as well.

Stirring often is important in keeping the pudding from scorching on the bottom of the pan.



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