
**LEMON PINEAPPLE
DESSERT**

- 1 (20-oz.) can crushed pineapple,
drained* *1 (8-oz.) ctn. frozen whipped
topping, thawed*
1 (15³/₄-oz.) can lemon pie filling
*1 (14-oz.) can sweetened
condensed milk*

In bowl, combine pineapple, pie filling and condensed milk. Fold in whipped topping; spoon into bowls. Makes 12 to 14 servings.

**DELUXE CHOCOLATE
PUDDING**

- 1³/₄ c. 2% low-fat milk or skim
milk* *1/4 c. light sour cream*
*1 (3.9-oz.) instant sugar-free
chocolate pudding mix* *1/2 tsp. almond flavoring*
 1/4 c. chopped pecans (opt.)

In bowl, combine milk, pudding mix, sour cream and flavoring. Whisk until slightly thickened, about 2 to 3 minutes. Stir in pecans if desired. Makes 4 servings.

PEACHY RICE DESSERT

- 2 c. cooked rice* *1 (15-oz.) can sliced peaches,
drained*
1¹/₂ c. milk *1/3 c. packed brown sugar*
1/4 c. sugar *1/2 tsp. cinnamon*
1/8 tsp. salt *1/4 c. sour cream (opt.)*
2 eggs, lightly beaten
1/2 tsp. vanilla

In saucepan, combine rice, milk, sugar and salt. Bring to a boil; reduce heat and simmer, uncovered, for 10 minutes, stirring occasionally. Stir small amount of rice mixture into eggs; return all to a pan. Cook and stir for 2 to 3 minutes or until a thermometer reads 160°. Remove from heat; stir in vanilla. Pour into a greased shallow 1-quart baking pan. Top with peaches; combine brown sugar and cinnamon and sprinkle 1 tablespoon over peaches. Broil for 3 to 5 minutes or until browned; let stand for 5 to 10 minutes. Sprinkle with remaining cinnamon-sugar. Top with sour cream, if desired. Makes 4 servings.