

Arroz con Leche (Milk Rice)

INGREDIENTS:

- 4 cups cooked rice
- 1 5-ounce can sweetened condensed milk
- 1 4-ounce can evaporated milk
- ½ cup freshly shredded coconut
- 2 cinnamon sticks
- 3 whole cloves
- Pinch salt
- ¼ cup guava jelly

INSTRUCTIONS: Place all the ingredients, except guava jelly, in a small saucepan and stir until well mixed. Lower the heat, and simmer the mixture for 15 minutes.

Serve warm, topping each serving with a dollop of guava jelly.

Serves 8

PER SERVING: 220 calories, 5 g protein, 41 g carbohydrate, 4 g fat (3 g saturated), 10 mg cholesterol, 60 mg sodium, 0 fiber.