



Homemade Vanilla Pudding with Berries

Prep: 10 minutes plus chilling

Cook: 20 minutes • Serves: 6

- 1 package (6 ounces) fresh blueberries
- 1 package (6 ounces) fresh raspberries
- $\frac{3}{4}$ cup granulated sugar
- $\frac{1}{4}$ cup water
- $\frac{1}{8}$ teaspoon plus 1 pinch salt
- $1\frac{1}{2}$ teaspoons fresh lemon juice
- $\frac{1}{2}$ teaspoon lemon zest
- $\frac{1}{4}$ cup half and half
- 2 large egg yolks
- 3 tablespoons cornstarch
- $2\frac{1}{2}$ cups reduced-fat milk
- 4 teaspoons butter
- 1 teaspoon vanilla extract

1. In small saucepot, heat berries, $\frac{1}{4}$ cup sugar, water and 1 pinch salt to simmering over medium-high heat; cook 6 to 8 minutes, stirring occasionally or until slightly thickened. Stir in lemon juice and zest; cool. Refrigerate at least 2 hours before serving. Makes about 1 cup.

2. In medium bowl, whisk together half and half and egg yolks. In medium saucepot, whisk cornstarch and remaining $\frac{1}{2}$ cup sugar and $\frac{1}{8}$ teaspoon salt; gradually whisk in milk. Heat to boiling over medium-high heat, whisking constantly; boil 1 minute, whisking constantly. To temper egg mixture, transfer half the hot milk mixture into egg mixture while whisking constantly, then add egg-milk mixture back to saucepot. Boil 1 minute, whisking constantly. Remove from heat; whisk in butter and vanilla extract.

3. Transfer pudding to 6 dessert bowls or glasses; refrigerate at least 2 hours before serving. Serve topped with berry mixture.

*Approximate nutritional values per serving:
249 Calories, 7g Fat (4g Saturated),
79mg Cholesterol, 152mg Sodium,
42g Carbohydrates, 3g Fiber, 5g Protein*