

Rosita's Bread Pudding

(Capirotada)

From the kitchen of Rosita Arreguin, San Antonio

Preparation time: 45 minutes

Number of servings: 15

Ingredients:

1 large loaf anise or French bread

1 large loaf whole wheat bread

8 cups water

3 cones piloncillo (1 ½-2 cups brown sugar)

¾ cup raisins 1 tablespoon margarine or cooking spray

6 whole cloves 2 cinnamon sticks

8 ounces low-fat American or mozzarella cheese, shredded

½ small onion, chopped small 1 small tomato, chopped small

Preparation:

1. Bring water to a low boil. Put piloncillo, cinnamon, tomato, onion, and cloves in the water. When the piloncillo dissolves (about 30 minutes), strain the piloncillo mixture removing the spices and saving the juice. Set the juice aside but keep warm.
2. Slice the bread into 1-inch thick slices. Place in a warm oven and heat until well toasted.
3. Cover bottom of a 13-inch baking dish with cooking spray or margarine. Line the dish with ⅓ of toasted bread.
4. Top the bread with some of the juice (enough to moisten but not soak the bread). Add ⅓ of the cheese and sprinkle some of the raisins. Repeat this (bread, juice, cheese, raisins) to make 3 layers. Keep plenty of cheese and raisins for the top layer. Pour remaining juice on top of the layers, but do not soak. It is possible to have some juice left over.
5. Cover with foil and bake at 250°F for 15 minutes.

Nutrition information per serving:

FAT: 8% of calories from fat

FIBER: 3-4 grams (high)

CALORIES: 373

TIP

Using whole wheat and low-fat cheese adds more fiber and less fat.