

Theresa's Microwave Pumpkin Pudding Pumpkin Pie Without the Crust!

2/3 cup sugar
3 tablespoons cornstarch
1 tablespoon cinnamon
1/4 teaspoon salt
1 cup milk
1 cup lowfat ricotta cheese
1 1-pound can pumpkin
2 eggs, room temp.
2 tablespoons butter
1 teaspoon vanilla

1. Put sugar, cornstarch, cinnamon, salt and milk in a large microwave-safe container. Mix well. Microwave on HIGH for 2 minutes.
2. Add ricotta cheese and pumpkin to mix, blending well. Now microwave on HIGH 3 minutes at a time, stirring well after each 3 minutes, until mixture begins to boil (about 10 minutes from beginning of cooking time).
3. While doing #2 above, put eggs in a bowl and beat well.
4. Once the milk mixture comes to a boil, add a few large spoonfuls of that to the eggs and mix well. Now add the egg-mixture to the milk-mixture and stir well. Microwave on HIGH for 2 more minutes.
5. Add butter and stir until it is blended in. Microwave again for 2 more minutes.
6. Let cool for about 10 minutes and add vanilla.
7. Once the pudding is cooled, cover with plastic wrap to keep skin from forming. Store in refrigerator and eat within 3-4 days. Makes about 6 servings.

A few suggestions & ideas:

1. Use pumpkin pie spice in place of the cinnamon.
2. Use 2 cups of milk and omit the ricotta cheese, although the ricotta gives a creamier texture.
3. To cut down on calories, omit or cut down on the butter and use low-fat milk.