



## Low-Fat Eggnog

### INGREDIENTS

2 cups nonfat milk  
 2 large strips orange and/or lemon zest  
 1 vanilla bean  
 2 large eggs plus 1 egg yolk

1/3 cup sugar  
 1 teaspoon cornstarch  
 White rum or bourbon or rum extract (optional)  
 Freshly grated nutmeg, for garnish

### DIRECTIONS

1. Combine 1½ cups milk and the citrus zest in a medium saucepan. Split the vanilla bean lengthwise and scrape out the seeds; add the seeds and pod to the saucepan and bring to a simmer over medium heat. Meanwhile, whisk the eggs, egg yolk, sugar, and cornstarch in a medium bowl until light yellow.
2. Gradually pour the hot milk mixture into the egg mixture, whisking constantly, then pour back into the pan. Place over medium heat and stir constantly with a wooden spoon in a figure-eight motion until the eggnog begins to thicken, about 8 minutes. Remove from the heat and immediately stir in the remaining ½ cup milk to stop the cooking. Transfer the eggnog to a bowl and place over a larger bowl of ice to cool. Chill until ready to serve.
3. Remove the zest and vanilla pod. Spike the eggnog with liquor or rum extract, if desired, and garnish with nutmeg.

Per serving (1/2 cup): Calories 90; Fat 2 g (Saturated 1 g); Cholesterol 96 mg; Sodium 59 mg;  
 Carbohydrate 13 g; Fiber 0 g; Protein 5 g

Yield: 6 servings (*recipe courtesy of Food Network Kitchen*)