

# Noodle Pudding

*A plain, slightly sweet dish that makes a nice side dish.*

**MAKES 15 SERVINGS**

1 (8-ounce) package wide noodles  
4 tablespoons margarine, melted  
1/2 cup sugar  
1 cup low fat cottage cheese  
1 (8-ounce) container nonfat plain yogurt  
4 ounces light cream cheese  
3 large egg whites  
1/2 teaspoon vanilla extract

Preheat oven to 350 degrees. Boil noodles according to directions on package, omitting oil. Rinse, drain, and combine with margarine, tossing evenly. Place noodles in a glass 13×9×2-inch baking pan coated with nonstick cooking spray. In food processor or mixer, combine remaining ingredients, beating until smooth. Combine with noodles, mixing well. Bake for 45 to 60 minutes.

### ***Nutritional information per serving***

*Calories 150, Protein (g) 6, Carbohydrate (g) 20, Fat (g) 5, Cal. from Fat (%) 30, Saturated Fat (g) 2, Dietary Fiber (g) 0, Cholesterol (mg) 20, Sodium (mg) 147, Diabetic Exchanges: 0.5 very lean meat, 1 starch, 0.5 other carb., 1 fat*

SORE MOUTH  
OR THROAT

### **DOC'S NOTES:**

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Excellent source of protein and calcium.