

Farina, Quick-Cooking, Ready-To-Eat, Dry

MyPlate Food Group: **Grain**



Product Description

- Quick cooking farina is made from ground wheat and has added iron. It can be cooked in 5 minutes or less.

Storage

- Store unopened boxes of farina in a cool, clean, dry place.
- After opening, keep inside bag tightly closed.

Uses and Tips

- Farina is a quick and easy breakfast option. Try topping cooked farina with fresh or canned fruit, brown sugar, and cinnamon.
- Farina can be used to make pancakes, dumplings, muffins, and breads.

Nutrition Information

- ½ cup of cooked farina counts as 1 ounce in the MyPlate.gov Grains Group. For a 2,000-calorie diet, the daily recommendation is about 6 ounces.

Resources

- www.nutrition.gov
- www.foodsafety.gov

Nutrition Facts

Serving size: ½ cup (116g) quick cooking farina, cooked in water

Amount Per Serving

Calories 60 **Calories from Fat** 0

-% Daily Value*

Total Fat 0g			0%
Saturated Fat 0g			0%
<i>Trans Fat</i> 0g			
Cholesterol 0mg			0%
Sodium 0mg			0%
Total Carbohydrate 12g			4%
Dietary Fiber 0g			0%
Sugars 0g			
Protein 2g			
Vitamin A 0%	Vitamin C	0%	
Calcium 4%	Iron	4%	

*Percent Daily Values are based on a 2,000 calorie diet.

This sheet is intended for individuals and families receiving USDA Foods to use at home. Nutrient Values in the Nutrition Facts panel are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product's Nutrition Facts panel or ingredient list for product-specific information.

USDA Foods

Farina Dumplings and Stew

Makes about 4 servings

Ingredients

¾ cup nonfat milk

1 egg

1 tablespoon margarine

¼ cup dry farina

1 can (about 24 ounces) beef stew

Directions

1. In a small saucepan, bring milk to a simmer over medium heat.
2. Remove from heat. Stir in egg, margarine, and farina, and mix well.
3. Place beef stew in a medium-size pot and bring to a boil.
4. Drop farina mixture into the beef stew by the tablespoon to create dumplings. Cook 8 to 10 minutes or until the dumplings are doubled in size.

Recipe adapted from Commodity Supplemental Food Program Cookbook, <http://www.ncsfpa.org/nutrition/>

Farina Raisin Cookies

Makes about 12 servings

Ingredients

Nonstick cooking spray

½ cup margarine

½ cup brown sugar, packed (or ½ cup regular sugar)

1 egg

1 teaspoon vanilla extract

1 cup flour

½ teaspoon baking soda

¼ teaspoon salt

¼ cup dry farina

½ cup raisins

Directions

1. Preheat oven to 375 degrees F. Coat a cookie sheet with nonstick cooking spray.
2. In a large bowl, beat the margarine and sugar with a wooden spoon until creamy. Add the egg and vanilla and mix well.
3. Stir in flour, baking soda, salt, farina, and raisins and stir well.
4. Drop by the teaspoonful onto the cookie sheet.
5. Bake for 8 to 10 minutes or until lightly browned.

Recipe adapted from Commodity Supplemental Food Program Cookbook, <http://www.ncsfpa.org/nutrition/>