



Farina

Farina is a quick cooking wheat cereal. Enriched farina is a good source of B vitamins and carbohydrates which provide energy, iron for healthy blood, and protein for growth and repair of the body. Follow a doctor's advice when feeding farina to infants.

Nutrition Information

Farina is a part of the grain group. Foods from the grain group provide our body with carbohydrates, its number one source of energy.

Based on MyPyramid, ½ cup cooked farina provides 1 ounce of grains from the grain group.

A typical person should aim to eat 6 ounces of grains every day. At least 3 ounces should be whole grains, like farina.



Storage

Keep unopened farina in a cool, dry place and use within 4-6 months.

After opening, store in a tightly covered container. Do not store above the refrigerator or stove, and do not store next to soap products or products with strong odors, such as onions.

Store cooked farina in a tightly covered plastic container in the refrigerator. **Use within 3 days!**

Uses

- ✓ Farina is great as a hot cereal. Cook according to package directions.
- ✓ Use farina as a coating for baked meat, fish, or chicken.
- ✓ Substitute for cornmeal in any recipe.
- ✓ Use in breads, muffins, and desserts.
- ✓ Sprinkle on a pizza pan, instead of using grease or oil.
- ✓ Replace half of the flour in recipes with farina.
- ✓ Use farina in meat loaf, or to extend any meat dish.



Know how. Know now.

Recipes and Tips

Farina Cooking Tips

Follow package directions and these hints when cooking farina:

- Slowly add cereal to rapidly boiling water, stirring constantly to prevent lumps.
- Reduce heat, cover and cook for amount of time given on package.
- For different flavor, cook farina with milk, add raisins or cut-up dried fruits, or top hot cereal with brown sugar or jam.
- To reheat cooked farina, place in a saucepan and add just enough water or milk for desired thickness. Cook over low heat, stirring to prevent sticking until hot.



Farina Muffins

12 servings

1¼ c. flour	1 egg
¾ c. enriched farina, dry	1 T. baking powder
½ c. sugar	½ tsp. salt
¾ c. low-fat milk	1 tsp. vanilla
¼ c. vegetable oil	

1. Preheat oven to 400°F.
2. In a large mixing bowl, combine all ingredients.
3. Stir together until all ingredients are moistened.
4. Spoon batter into greased or paper-lined muffing tins, filling cups ¾ full.
5. Bake 18 to 20 minutes.

Nutrition Information per Serving: Calories 170, Total Fat 5 g (8% DV), Saturated Fat 1g (5% DV), Cholesterol 20 mg (7% DV), Sodium 210 mg (9% DV), Total Carbohydrate 27 g (9% DV), Dietary Fiber 0g (0% DV), Sugars 10 g, Protein 4 g, Vitamin A 2%, Vitamin C 0%, Calcium 8%, Iron 6%.

Recipe provided from the University of Nebraska-Lincoln Extension, Nutrition Education Program
Source: USDA <http://www.fns.usda.gov/fdd/facts/hhpfacts/hp-csf.htm>