

Cream of Wheat

While she was growing up, Food staff writer Karola Saekel had warming cream of wheat for breakfast. Sprinkles of brown sugar or swirls of raspberry jam were a special addition.

INGREDIENTS:

- 2½ cups 2% or whole milk
 - 1 tablespoon sugar
 - ¼ teaspoon salt
 - 7 tablespoons wheat farina (see Note)
 - 2 teaspoons butter
 - 1 tablespoon raspberry or strawberry jam/jelly
 - Brown sugar, for garnish
-

INSTRUCTIONS: In a small saucepan, mix together the milk, sugar and salt then bring to a simmer. Slowly sprinkle in the farina while constantly stirring. Continue to simmer, stirring occasionally until mixture thickens, about 5 to 7

minutes. Use a little more milk or less farina for a thinner texture.

Divide into bowls and place a small pt of butter in the center; drizzle jam around the butter then swirl both butter and jam into the cream of wheat.

Note: Wheat farina is sold under many brands, including Cream of Wheat and Malt-O-Meal.

Serves 2

PER SERVING: 368 calories, 15 g protein, 5 g carbohydrate, 10 g fat (6 g saturated), 33 mg cholesterol, 421 mg sodium, 1 g fiber.