**Boston Medical Center**

**Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263

Food Demonstration Kitchen: (617) 414-3840 or [www.bmc.org](http://www.bmc.org)

**Homemade Whole Wheat Pasta**

**Makes 4 (1 cup) portions**

2 cups whole wheat flour

¼ teaspoon salt

2 beaten eggs

6-7 tablespoons water

1 tablespoon olive **or** canola oil

¼ cup whole wheat flour for sprinkling

**Directions:**

1. In a large mixing bowl stir together the 2 cups flour and salt. Make a well in the center.
2. In a small mixing bowl stir together the eggs, water, and oil. Add to the flour mixture and mix well.
3. Sprinkle kneading surface with the ¼ cup. Turn the dough out onto floured surface. Knead till dough is smooth and elastic (8 to 10 minutes). Cover and let rest for 10 minutes.
4. Divide dough into quarters. On a lightly floured surface, roll each quarter into a 12-inch square about 1/16 inch thick. *If using a pasta machine*, *pass each quarter of dough through machine, according to manufacturer’s directions, till 1/6 inch thick.*
5. Pasta can be cut into strands (as in fettuccini, papardella, or lasagna) or stuffed (as in ravioli or tortellini).
	1. To make strands: Cut dough into long strips and place on floured sheet pan.
	2. For stuffed pasta: Cut into desired shape. Add filling. Wet edge of pasta with water. Fold and press to seal. Place on floured sheet pan.
6. Pasta can be cooked immediately or dried or frozen at this point:
	1. To cook fresh pasta: Bring 1 gallon water to a boil. Add fresh pasta and return to a boil. Cook for 2-3 minutes. Strain and serve with your favorite sauce.
	2. To dry fresh (unstuffed) pasta: For dry ribbons (e.g. fettuccini), hang pasta from a pasta-drying rack or clothes hanger, or place on floured baking sheet. Let dry overnight or till completely dry. Place in an airtight container and refrigerate for up to 3 days. Or dry the pasta for at least 1 hour, seal it in a freezer bag or container, and freeze for up to 8 months.
	3. To freeze stuffed pasta: Place in single layer on floured sheet pan. Freeze for 2 hours. Place in an airtight container or freezer bag and freeze for up to 8 months.

**Nutrition per 1 cup portion**:

249 calories; 11g protein, 179mg sodium, 43g carbohydrate, 5g fat, 1g saturated fat, 108mg cholesterol, 6g fiber

**Fresh Pasta Variations:**

**Spinach pasta**: Prepare as directed, except decrease the water to 3 tablespoons and add ¼ cup very finely chopped cooked spinach, well drained, to the egg mixture.

**Fresh herb pasta**: Add ½ cup (1/2 ounce) of chopped fresh herbs to flour and proceed.

**Tomato pasta**: Prepare pasta as directed except substitute tomato paste for the water.

**Recipe Notes:**

1. Dough can be prepared in a mixer. Using a dough hook, blend first 5 ingredients then knead on low speed for 8 minutes. Cover and let rest for 10 minutes. Proceed to step 4.
2. For a quick ***Aglio e Olio Sauce*** (Olive Oil and Garlic Sauce), combine 1/3 cup olive oil, 2 tablespoons fresh herbs (parsley, basil or sage), 2 teaspoons minced garlic, ¼ teaspoon salt, in a small sauce pan and warm over low heat, stirring occasionally until the garlic softens and turns golden. Serve over hot cooked pasta with grated parmesan cheese.