

**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 5 servings**

2 cups whole wheat flour, plus extra for kneading  
½ teaspoon salt  
2 eggs  
6-7 tablespoons water  
1 tablespoon olive **or** canola oil

**Directions:**

1. In a large mixing bowl stir together the 2 cups flour and salt. Make a well in the center. Add the eggs, water and oil to the well and mix together with a fork. Mix the flour into the mixture until combined into a ball.
2. Sprinkle kneading surface with a little flour, as needed. Knead until dough is smooth and elastic (about 8 minutes). Cover and let rest for 10 minutes.
3. 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 1/16 inch thick.*
4. Cut dough into long strips and place on floured sheet pan.
5. Pasta can be cooked immediately or dried or frozen at this point:
  - a. 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.
  - b. To dry fresh pasta: 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 7 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.

**Nutrition per 1 cup portion:**

Calories 242; Protein 9g; Sodium 262; Carbohydrate 35; Fat 9; Saturated fat 2g;  
Cholesterol 74mg, Fiber 5 g

**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 3.
2. For a quick **Aglio e Olio Sauce** (Garlic and Olive Oil Sauce): Reserve about ¼ cup of the pasta cooking water, set aside. In a small sauce pan combine 1/3 cup olive oil, 2 tablespoons fresh herbs (parsley, basil or sage), 2 teaspoons minced garlic, and a pinch of salt and pepper. Simmer over low heat, stirring occasionally, about 2 minutes (don't let garlic burn!). Pour oil over hot cooked pasta; add a little pasta water if desired. Serve with grated parmesan cheese.