



# Fresh Pasta Noodles



## Ingredients

- 1 cup of all-purpose flour
  - 1 egg
  - Pinch of salt
  - 1/4 cup pureed spinach or tomato (optional)
- Yield: 2 cups  
Serving Size: 1 cup



## Directions

1. Pour flour into a mound on a flat, clean surface. Form a volcano out of the flour by creating a hole in the middle of the mound.
2. Crack egg into hole in volcano. Add salt to egg. If you are adding spinach or tomato puree, add it to the egg as well. Whisk the egg with a fork. Gradually incorporate the flour into the egg until it is a soft ball of dough. If it seems too dry, add a little water.
3. Use a rolling pin (coated in flour) to roll dough as thin as possible on a floured surface.
4. Roll up the dough into a long pinwheel and slice into strips. Unroll each strip and let the noodles dry for a couple of minutes.
5. Boil water. When water is boiling, add noodles and cook for 2 minutes or until desired tenderness.

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# Fast Facts



## Featured Food Groups



## Nutrition Facts

<b>Nutrition Facts</b>	
2 servings per container	
<b>Serving size</b>	<b>1 cup</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>260</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 3g	<b>4%</b>
Saturated Fat 1g	5%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 1g	
<b>Cholesterol</b> 80mg	<b>27%</b>
<b>Sodium</b> 110mg	<b>5%</b>
<b>Total Carbohydrate</b> 48g	<b>17%</b>
Dietary Fiber 2g	7%
Total Sugars 0g	
Includes 0g Added Sugars	0%
<b>Protein</b> 9g	<b>18%</b>
Vitamin D 0mcg	0%
Calcium 26mg	2%
Iron 3.24mg	20%
Potassium 94mg	2%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Cooking Tips

- Serve with your favorite pasta sauce!
- Top your pasta with any vegetables you have on hand. Some recommendations: broccoli, cauliflower, spinach, zucchini, and peppers.
- 1/4 to 1/2 cup of water can be used instead of an egg.