

# Make Your Own Pasta

Yield: Servings 3

## Ingredients:

1 egg, beaten  
1/2 t. salt

1 c. AP flour  
1 T olive oil

1 T water

## Directions:

1. In a medium sized bowl, combine flour and salt. Make a well in the flour, add the slightly beaten egg, and mix. Mixture should form a stiff dough. Stir in water & oil.
2. On a lightly floured surface, knead dough for about 3 to 4 minutes. Let dough rest at least 45 mins. Can be refrigerated, then take out dough and roll out when it is at room temperature.
3. With a pasta machine or by hand roll dough out to desired thinness. Use machine or knife (or pizza cutter) to cut into strips of desired width.

Storing Pasta: Separate the strips and let them dry out. Place in a plastic container and cook later.

Cooking Pasta: Use a deep saucepan and at least 4 quarts of water per pound of pasta. Bring to a boil with salt. Add pasta and return to a boil, stir gently once or twice. Cook approximately 10-12 mins – the pasta should be "al dente"

## Nutritional Information per Serving

Calories: 176

Sodium: 412mg

Dietary Fiber: 1.1g

Total Fat: 2.1g

Total Carbs: 31.9g

Protein: 6.4g

Cholesterol: 70mg

Source: <http://allrecipes.com/Recipe/basic-pasta/Detail.aspx>