

Pasta Study Sheet

Guide to Good Food - Chapter 14, Pages 258-264.

Pasta - a nutritious, shaped dough that may or may not be dried.

Pasta dough - made from durum wheat (especially grown for past producing a nutty flavor and firm texture).

- if eggs are added to the dough, it produces noodles.

✧ Various shapes and sizes which can be commercially produced or homemade.

Nutritional Value of pasta:

1.

2.

3.

Cost: Typically low in cost.

Fresh-made, gourmet pastas are more expensive.

Storage:

Preparing Pasta:

✧ Pasta generally doubles in size when boiled.

1.

2.

3.

4.

5.

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Nutritional Value of pasta:

1 .Excellent source of complex carbohydrates

2. Important source of protein- although the protein is incomplete

3. Required by law to be enriched by thiamin, niacin, riboflavin and iron

Cost: Typically low in cost.

Fresh-made, gourmet pastas are more expensive.

Storage: In tightly covered container in a cool, dry place
Will keep for up to 1 year.

Preparing Pasta:

⌘ Pasta generally doubles in size when boiled.

1. Bring water to a boil (2 qt. water/ 8 oz. pasta)

2. Optional- add 1 tsp. salt to boiling water for flavoring

3. Add pasta gradually to boiling water- to prevent sticking add 1 T. oil to water)

4. Simmer, uncovered until tender (al dente) and drain follow package for timing

5. Do not rinse- may rinse away water soluble nutrients