



Never Fail Homemade Noodles

Yield: 6 servings

Source: VA dietitian

Ingredients:

- 1/2 cup all-purpose flour
- 1/2 cup all-purpose flour
- 1 egg
- 1/2 teaspoon salt
- 1/4 teaspoon butter
- 1/4 teaspoon baking powder
- 2 1/2 tablespoons milk
- Yellow food coloring, optional

Directions:

1. In a medium bowl add flour. Make a well in the flour. Drop egg, salt, butter, baking powder and milk into well. Mix with a fork until dough is very stiff.
2. Roll out dough on floured surface until very thin. Note: if you like dumpling, leave larger.
3. Let stand 20 minutes. Cut to desired thickness. Spread out or use right away.
4. Boil for 10-12 minutes or until softened.

NOTE: *all purpose flour can be substituted with only whole wheat flour*

Nutrition information:

Serving size: 1/6 of recipe

Calories: 86

Fat: 1g

Sodium: 131mg

Carbohydrates: 15g

Fiber: 1.5g

Protein: 4g