

How to Cook High Protein-High Fiber Pasta



TIPS:

1. The edamame (green soybean) and black soybean pastas shown here are just two examples of the many alternatives to traditional wheat-based pasta.



Although there is nothing wrong with wheat-based pasta, as long as your body tolerates gluten (wheat protein), these two pasta alternatives, among others, are lower in carbohydrates and higher in both protein and fiber than...

Nutrition Facts		Nutrition Facts	
4 servings per container		4 servings per container	
Serving size 2 oz (56g) of dry pasta		Serving size 2 oz (56g) of dry pasta	
Amount per serving		Amount per serving	
Calories 180		Calories 180	
% Daily Value*		% Daily Value*	
Total Fat 3.5g	5%	Total Fat 3g	4%
Saturated Fat 0.5g	3%	Saturated Fat 0.5g	3%
Trans Fat 0g		Trans Fat 0g	
Cholesterol 0mg	0%	Cholesterol 0mg	0%
Sodium 0mg	0%	Sodium 7mg	0%
Total Carbohydrate 20g	7%	Total Carbohydrate 19g	6%
Dietary Fiber 13g	46%	Dietary Fiber 11g	39%
Total Sugars 3g		Total Sugars 3g	
Includes 0g Added Sugars	0%	Includes 0g Added Sugars	0%
Protein 24g	48%	Protein 25g	50%
Vitamin D 0mcg	0%	Vitamin D 0mcg	0%

Edamame
pasta

Black soy
pasta

...traditional wheat-based pasta, as shown in the nutrition label comparisons above and below.

Nutrition Facts

8 servings per container
Serving size 2 oz
(56g/1/8 package)

Calories per serving 200

Total Fat 1g	1%	Sodium 0mg	0%
Saturated Fat 0g	0%	Total Carbohydrate 41g	15%
Trans Fat 0g		Dietary Fiber 2g	7%
Polyunsaturated Fat 0g		Total Sugars 0g	
Monounsaturated Fat 0g		Includes 0g Added Sugars	0%
Cholesterol 0mg	0%	Protein 7g	
Vitamin D 0mcg 0% • Calcium 0mg 0% • Iron 2mg 10% • Potassium 112mg 2% • Thiamin 0.5mg 40% Riboflavin 0.2mg 15% • Niacin 3mg 20% • Folate 236mcg DFE 60% (115mcg folic acid)			

This Daily Value 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.

FERROUS SULFATE
CONTAINS: WHEAT
MANUFACTURED I
Distributed by: R
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® Ronzoni, Ronz
Sono Buoni-Ronz
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Nutrition Facts

8 servings per container
Serving size 2 oz (56g/ 1/8 package) dry

Calories per serving 200

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 1g	1%	Total Carbohydrate 40g	15%
Saturated Fat 0g	0%	Dietary Fiber 2g	7%
Trans Fat 0g		Total Sugars 2g	
Cholesterol 0mg	0%	Includes 0g Added Sugars	0%
Sodium 0mg	0%	Protein 6g	
Vitamin D 0mcg 0% • Calcium 10mg 0% • Iron 0.7mg 4% • Potassium 100mg 2%			

Traditional pasta

2. How much water do you really need to cook pasta? Cooking instructions on pasta packages usually call for using big pot filled with water to cook about 1 pound of pasta, but that's not necessary. Heating a huge pot of water takes a lot of time and energy. All you really need is a medium sized (3-4 quart) pot filled 2/3 - 3/4 full with water to cook 1 pound of pasta.



3. **Serving Size:** Plan to use 1 ounce of dry pasta per person as a side dish and 2 ounces of dry pasta per person as a main dish. To get a visual idea, here is how 2 ounces of high protein-high fiber pasta look that will make enough for 4 servings as a side dish or 2 servings as a main dish.



Cooking Time: 10-20 minutes, including time to bring water to a boil, depending on pasta type

Needed
(for 4 or more people)

1/2 Pound of High Protein-High Fiber Pasta

1/2 - 1 Teaspoon Salt (optional - adds flavor to pasta)

Medium (3-4 quart) Pot

Timer

Big Spoon Colander or Strainer



1. Fill a medium sized pot 2/3 - 3/4 full with **cold tap water**.



Put the pot on the stove, and turn on the burner to

HIGH heat.



2. Let the water come to a rapid, big bubble boil as shown in the **full boil** photo below left, not just a small bubble “soda fizz” boil shown in the **NOT a full boil** photo below right, to help ensure the **pasta** cooks properly to desired doneness.



big, rapid bubbles

full boil



small, fizzy bubbles

NOT a full boil

3. When the water comes to a full boil, add about as much **salt** as shown here (optional but adds flavor to pasta) and...



...1/4 pound (4 ounces) of pasta.



4. Set a timer for the **pasta** cooking time suggested in the cooking directions on the **pasta package** according to desired doneness. **NOTE:** As **pasta** will continue to absorb moisture even after cooking, I set a timer for the shortest cooking time recommended on the **pasta**

package. As circled below, I set a timer for 3 minutes to cook **edamame spaghetti** and 4 minutes to cook **black soybean pasta**.



5. Stir the **pasta** just as it starts to cook to ensure that the **pasta pieces** don't stick together or to the bottom of the pot. Then...



...let the water return to a full boil, and...



...turn the burner heat down to MEDIUM to allow a gentle boil and to keep the hot water from boiling over the pot.



6. While the **pasta** cooks, put a colander or strainer in the sink.



7. When the timer sounds, carefully pour the **cooked pasta** into the colander or strainer in the sink **WITHOUT** rinsing with cold water and...



...serve warm.



8. Store **leftover high protein-high fiber pasta** (like any other pasta) in a covered container and...



...refrigerate for up to 1 week.



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