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THE GUILT FREE GOURMET

Low Point & Calorie Pasta Tutorial



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Pasta Basics

Make Your Own Low Point, Low Calorie Pasta

Two of the biggest heartaches you hear in Connect are how much people miss their pastas and how many points they blow on pasta dishes. I used to think the same way. I went MONTHS without having pasta because I didn't want to spend the points. Then I started looking into it and realized that making your own pasta is lower in points, calories and carbs, is tastier than store bought dried pasta and you get A LOT more pasta for the points.

Ingredients:

- 2 cups of all purpose flour (or your flour of choice)
- 3 large eggs
- 1/2 tsp salt (optional)
- 2 Tbsp water
- 5 sprays, olive oil cooking spray
- additional water for mixing, as needed, 1 tsp at a time
- ** additional 1-1/2 tsp flour, plus cooking spray for dusting**

Directions:

1. In a large mixing bowl or stand mixer, combine the flour, eggs, salt, olive oil cooking spray and 2 Tbsp of water to form a dough ball. The mixture will be dry, so add water as needed to help the dough come together. We aren't adding all of the water all at once because we want to cut down on how much flour we have to use for dusting later on. Wet dough = bad.



2. Remove dough to a cutting board, and cut into 2 equal sized 1 cup dough balls. I typically wrap and keep 1 of them in the freezer so that I can thaw it out and have ready-made pasta dough at a later time. For this recipe, we will assume that you are doing the same.

3. Take 1 of your 1 cup pasta dough balls, and cut it into (4) 1/4 cup portions, just like when you section 2 ingredient dough. Next, roll each one of the 1/4 cup sections into 4 small dough balls.



4. The dough balls vary in points. The first 1/4 cup balls is 3 points, the 2nd ball is 7, the 3rd is 10 and the 4th ball is 13. If you want slightly more pasta, roll the 1 cup ball into a log, then cut it into 3 equal 1/3 cup servings, rather than (4) 1/4 cup servings. Adjust your points accordingly.



5. Use your hand and a rolling pin to flatten one of the 1/4 cup pasta balls into a roughly rectangular flat shape. **(Read Notes for instructions for dusting the dough)****



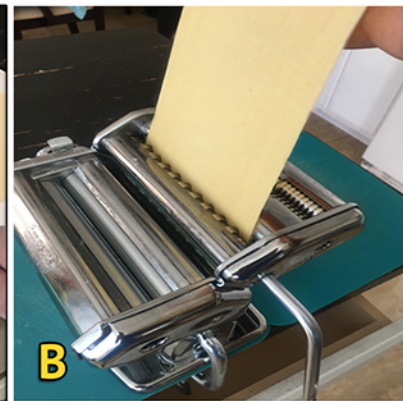
6. You are trying to shape your flattened dough balls to fit length-wise across most of the pasta makers guide-track.



7. With the pasta-width adjustment at its widest setting, run the pasta through the sheet rollers 3-4 times, then adjust the knob on the machine to make the rollers 1 step closer together.



8. After every 3-4 passes through the rollers, continue to make the pasta sheet thinner and thinner, stopping after the 2nd from the thinnest setting.



9. Yeah... I know this machine looks different. These 4 pics were taken today, 7 months later, with a new pasta maker 🙌
(A) Use a knife to cut your pasta sheet in half, then use a few taps of the remaining flour in your wire strainer, to lightly dust the pasta sheet on both sides. **(B)** Move hand crank to the hole for the linguini cutter. Hold one of the pasta sheet halves over the unit, positioning the bottom of the sheet against the cutting blades. **(C)** Turn the hand crank, while lowering the pasta sheet into the blades. **(D)** As soon as the noodles are cut, drop them into a pot of boiling water. Use a utensil to stir and separate them. Boil for 2 minutes then remove from water and strain. Repeat until all of the pasta is rolled out, cut into noodles and boiled. Use immediately by stirring them into a sauce. If you need to save them for later, rinse the noodles off with cool water and store in a ziplock bag in the fridge. Reheat by putting them back into boiling water for a few seconds.

COOKING TIP:

- **DUSTING:** Traditionally, chefs don't "dust" dough with flour, they freakin DUMP fist fulls of flour onto it. For this recipe, take 1-1/2 tsp of flour and put it into a fine mesh wire strainer. When you need to dust your dough with flour, lightly tap the strainer over the dough instead. Also, you can lightly spritz the dough with cooking spray, as seen in my Youtube video for making low point pasta dough and noodles.
- If you are making lasagna I would highly recommend boiling the pasta sheets first then rinsing them off. Boiling them will make them get MUCH bigger, plus it will give them a slightly firmer texture.
- If you do not have a stand mixer to mix your dough you can either mix it by hand in a mixing bowl, or you can actually mix the dough VERY quickly in a food processor. Check out my video in **Youtube** channel, "**The Guilt Free Gourmet**" to find the food processor pasta dough video.
- If you are allergic to gluten, Bob's Red Mill has a great certified Gluten Free, Celiac-friendly, All Purpose Flour, available at most major markets.

Ricotta Gnocchi

Making fresh Ricotta Gnocchi without special equipment

As much as I enjoy making pasta from scratch, most folks in WW don't. Let's face it... it's intimidating. I needed to figure out a way to show people how easy it could be to make their own delicious pasta, without needing any special equipment or pasta machines. Well, now all people have to do is make dough, roll it into ropes, cut it into nuggets and boil. Done.

The KEY to these dumplings is that you want to cut them small. They are not meant to be the bulk of a dish. Fortify them with lots of 0 point veggies, meats, and a low point sauce. You want to stretch the 1/4 cup servings as far as you can. They are the star of a dish, not the bulk of it.

Point Value:

- (1) 1/4 cup section = 3 points (2) 1/4 cup section = 7 points
(3) 1/4 cup section = 10 points (4) 1/4 cup section = 14 points

Yields: (2) 1 cup Dough Balls, (16) 1/4 cup servings.
Each 1/4 cup serving yields around 70 small dumplings



Ingredients:

- 2 cups All Purpose Flour (*or your preferred flour*)
- 1 tsp baking powder
- 2 large eggs
- 1/2 cup Fat Free Ricotta Cheese
- 1/2 tsp salt
- olive oil cooking spray
- additional water to mix (around 1/4 cup)

Directions:



1. In a large mixing bowl, combine the flour, baking powder, eggs, ricotta and salt to form a dough ball. Add extra water as necessary to just help the ball come together. The dough should be the texture of semi firm play dough. Not too firm, but still soft.
2. Cut the 2 cup dough ball into 2 equal sized 1 cup dough balls. Wrap one in plastic wrap and store in the freezer for later use if you only want to make a 1 cup batch, otherwise prepare both sections.



3. Cut the 1 cup dough ball section into (4) 1/4 cup, then cut those in half into small 1/8 cup sections.



5. Cut each strand into small gnocchi. You should be able to get around 30 per 1/8 section of "rope." A serving size is a 1/4 cup section, around gnocchi. Lightly press down on each dumpling with a small fork, to give it a gnocchi "look" and make them slightly larger.



4. Roll each 1/8 section into long ropes, about as thick as your pinky finger. Lightly spray with cooking spray to help prevent sticking.



6. Drop dumplings into boiling water and cook for 2-3 minutes. Toss with your sauce immediately, or rinse with cold water and store in a ziplock bag in the fridge for later.



Pictured is 3 points of cooked, store bought lasagna noodles, next to 3 points of cooked fresh pasta, made from a single 1/4 cup dough section. The fresh pasta sheet is approx. only 10 more calories, while being 3-4x the size.



This image shows the difference between 13 points of cooked of fresh linguini, next to 13 points of store bought spaghetti

HELPFUL TIPS:

- *No Pasta Maker? No Problem:*

Though it's ideal to try and make pasta with a pasta maker, you CAN make it without one. Sure, the finished pasta isn't uniform, but you'll definitely get your fit-points in while making it. Use a rolling pin to roll out the 1/4 cup sections of dough to be as wide/long/thin as you can. It won't be as great as with a machine, but it's doable. Dust your flat-ish dough with a little flour, using the wire strainer trick, then gently roll it into a long pinwheel. Use a sharp knife to cut thin slices into the rolled up dough. Once opened up, they will be long noodles.

- *Minimize Points from Dusting:*

When making your dough, try to not add too much liquid at once. Your goal is to have the dough just come together (for the regular pasta dough, not the gnocchi). Too wet, and you'll have to add more flour, which will up the points. As mentioned earlier, place 1-1/2 tsp of flour into a fine mesh wire strainer. If you HAVE to dust your dough, gently tap the strainer while holding it over your dough, so that it gets a very light dusting. That 1-1/2 tsp will last a long time this way. If the dough is a little too dry, spritz it with a light mist of olive oil cooking spray. Unlike water, it will add moisture while also helping it to avoid sticking.

- *Freezing Dough:*

I mention freezing extra 1 cup balls of dough. I'm usually asked how I freeze it and how long it lasts in the freezer. I wrap it in plastic wrap, then put that in a ziplock bag. I've thawed dough out 6 months later and used it. Haven't died yet. Wooot!

