



Pasta, Egg Noodles

MyPlate Food Group: **Grains**



Nutrition Information

- ½ cup cooked egg noodles counts as 1 ounce of grain in the ChooseMyPlate.gov Grains group. Egg noodles are a refined grain.
- Grains are divided into 2 subgroups: Whole Grains and Refined Grains.
- Refined grains have been milled, a process that removes the bran and germ. This process also removes dietary fiber, iron, and many B vitamins.
- Most refined grains are enriched. This means certain B vitamins (thiamin, riboflavin, niacin, folic acid) and iron are added back after processing. Fiber is not added back to enriched grains.
- Whole grains contain the entire grain kernel — the bran, germ, and endosperm. Examples of whole grains include whole-wheat flour, bulgur (cracked wheat), oatmeal, whole cornmeal, and brown rice.
- For specific information about egg noodles, please refer to the product's Nutrition Facts Panel or ingredient list.

Uses and Tips

- Enjoy egg noodles in a variety of meals like pasta dishes, casseroles, soups, and salads.
- When cooking pasta, use 2 quarts of water for every ½ pound of pasta.

Storing Foods at Home

- Store unopened packages of pasta in a cool, clean, dry place.
- After opening pasta, keep package tightly closed.
- Once prepared, store any leftover pasta in the refrigerator in a sealed container not made from metal.

MyPlate Facts

- Try to make at least ½ of the grains you eat each day whole grains.
- Grains are important sources of many nutrients, including dietary fiber, B vitamins (thiamin, riboflavin, niacin, and folate), and minerals (iron, magnesium, and selenium).
- Dietary fiber from whole grains or other foods, may help reduce blood cholesterol levels and may lower risk of heart disease, obesity, and type 2 diabetes.
- Fiber is important for proper bowel function. It helps reduce constipation and promotes regularity. Fiber-containing foods such as whole grains help provide a feeling of fullness with fewer calories.

USDA Foods

Beef Stroganoff

Makes 6 servings

Ingredients:

1 pound beef sirloin or round, sliced thinly
 2 tablespoons flour, divided
 ¼ teaspoon salt
 ¼ teaspoon pepper
 2 tablespoons butter, divided
 16 ounces sliced mushrooms, fresh
 1 medium onion, thinly sliced
 1 teaspoon garlic powder
 1½ cups beef broth
 ¾ cup light sour cream
 6 ounces egg noodles, cooked according to package directions

Directions: Wash hands with soap and water.

1. Add beef, 1 tablespoon of flour, salt, and pepper to a gallon-sized plastic bag. Seal the plastic bag and shake to evenly coat the beef.
2. Melt ½ tablespoon of butter in a large skillet over medium-high heat. Add beef to skillet and brown for 2-4 minutes. Remove from pan.
3. Add ½ tablespoon of butter, mushrooms, sliced onion, and garlic powder to the skillet. Cook until vegetables are soft, scraping brown bits off the bottom. Remove from pan.
4. Reduce heat to medium-low. Add 1 tablespoon of butter and 1 tablespoon of flour. Stir to form a paste, then slowly whisk in beef broth. Raise heat to medium-high and continue whisking broth until it begins to thicken.
5. Add beef, mushroom, and onions back to the skillet. Simmer for 20-30 minutes, or until sauce has thickened and meat is tender. Just before serving, stir in sour cream. Serve over cooked egg noodles.

Recipe adapted from Alabama Cooperative Extension System

Chicken Noodle Soup

Makes 6 servings

Ingredients:

1 whole chicken or 1-2 pounds of boneless, skinless chicken breasts
 1 teaspoon salt
 Water, to cover
 1 onion, chopped
 3 large carrots, sliced
 1 cup celery, sliced
 ¾ cup egg noodles, uncooked
 salt and pepper, to taste

Directions: Wash hands with soap and water.

1. In a large saucepan, place whole chicken (or chicken breasts), and salt. Add enough water so the chicken is covered. Heat to boiling. Cover, reduce heat and simmer about 45 minutes or until chicken is tender.
2. Remove chicken from broth and wait until cool enough to handle. *For whole chicken:* remove skin and bones and chop the meat. *For chicken breasts:* chop the meat into bite sized pieces.
3. Skim fat from broth. Add additional water, if needed, to make 6 cups. Bring to a boil.
4. Add chicken, onion, carrots, celery, and noodles to the broth. Cover, reduce heat, and simmer for 20 minutes.

Recipe adapted from University of Nebraska-Lincoln