



BASIC PASTA INFO

Yes! It's pasta!

This mixture of durum semolina flour, eggs and water makes for a very high food source in fibre, minerals, vitamins and complex carbohydrates

What is durum semolina?

Durum wheat is a major staple in pasta production. Durum semolina comes from durum wheat – a high protein wheat that is essential to top quality pasta. During the milling process, the inner portion of durum wheat is broken down into small granules called semolina. It is coarser than traditional white flour, and does not go through the bleaching process that white flour goes through. Durum wheat however, was originally grown in southern Italy only. Today Canada is the global supplier of high quality amber durum semolina.

It is generally believed that the ideal raw material for pasta is durum wheat semolina. Durum wheat differs from the common wheats, being tetraploid while common wheat is hexaploid, and durum wheats are never bleached but left in its natural yellow state. Durum wheat is a much harder grain.

All by itself, pasta is a great source of protein and carbohydrates, with low calories, minimal fat and sodium and significant levels of thiamin, niacin, riboflavin and iron.

Important points to remember about pasta nutrition:

- What you put on it is crucial.
- You can add lots of fiber with the vegetable sauce.

Remember, healthy semolina pasta with a fresh wholesome sauce, is a much healthier choice than a burger and fries and sometimes even cheaper!