

National Noodle Month (March): Honoring the Ultimate Comfort Food

Whether they're fine, medium, wide or extra-wide, egg noodles conjure up images of mom's chicken noodle soup, classic tuna casserole, or even a sweet kugel. Noodles are a feel-good food. Not surprisingly, consumption of noodles increases by as much as 20 percent in January, February and March. In a salute to one of the classic types of pasta, the National Pasta Association (NPA) presents some delicious trivia followed by a short quiz to get you to use your noodle. Did you know: As legend has it, noodles were first made by 13th century German bakers who fashioned dough into symbolic shapes, such as words, birds and stars. These "nudels" were then baked and served as bread.



Noodle consumption increases during colder months as well as during Lent, when countless people prepare meatless meals for this religious occasion prior to Easter.



Egg noodles contain eggs; almost all other dry pasta shapes do not. By federal law, a noodle must contain 5.5 percent egg solids by weight to be called a noodle.



A half-cup serving of cooked noodles contains just one gram of fat, 106 calories, five milligrams of sodium, and important nutrients including B-vitamins, iron, and protein.



Noodles can be substituted for many other pasta shapes in your favorite recipes.



As a comfort food, noodles can be soothing when we have a cold, a broken heart, burst bubble or winter-time blues. In her book *Comfort Food*, author Sue Kreitzman includes pasta among her highest-rated, three-star comfort foods.

Test Your Noodle IQ

To celebrate National Noodle Month, take a few minutes to use your noodle with our quiz. (circle one answer).

- 1. What people are on record as making noodles and other pasta as early as 3,000 B.C.?**
 - A. Greeks
 - B. Romans
 - C. Egyptians
 - D. Chinese

- 2. “Noodle” comes from the word “nudel,” which has origins in which language?**
 - A. Italian
 - B. German
 - C. Swedish
 - D. Greek

- 3. How many quarts of water should be used to boil one pound of dry noodles?**
 - A. 1-2
 - B. 4-6
 - C. 6-8

- 4. What ingredient do noodles contain that makes them different from most other pastas?**
 - A. Iron
 - B. B-vitamins
 - C. Egg
 - D. Olive oil

- 5. Noodles and other pastas are what kind of carbohydrate?**
 - A. Simple
 - B. Technical
 - C. Complex

6. Noodles play a starring role in which traditional dessert?

- A. Napoleans
- B. Kugel
- C. Flan

7. Noodles are available in which different varieties?

- A. Fine, Medium, Wide and Extra Wide
- B. Round, Square and Triangular
- C. Short, Medium, Long

8. Noodles are best used in which dishes?

- A. Casseroles
- B. Soups
- C. Topped with sauces of all kinds
- D. All of the above

9. All pasta are noodles?

- A. True
- B. False

10. According to the Food Guide Pyramid, a single serving of noodles is:

- A. 1-1/2 cup
- B. 1 cup
- C. 1/2 cup
- D. 1/4 cup

Answer key:

D 2. B 3. B 4. C 5. C 6. B 7. A 8. D 9. B 10. C