



Easy Keto Pasta

Active Time: 25 minutes | **Total Time:** 5 hours | **Serves:** 4

Nutrition Information Per Serving

182.7 calories, 2.01 g carbohydrate, 0 g fiber, 2.01 g NET carbs, 15.61 g protein, 12.3 g fat

Ingredients

- 8 ounce(s) organic mozzarella cheese (low moisture, part skim)
- 3 large(s) egg yolks

Preparation

1. Melt the mozzarella cheese in the microwave for 1 minute. Stir and then microwave again for 30 seconds to completely melt.
2. Add egg yolks, one at a time, stirring and using your hands. This takes some effort, so get in there and squish it around to form a homogeneous dough.
3. Refrigerate the dough for 10 minutes wrapped in cellophane.
4. Grease a sheet of parchment paper and place dough in center. Place another piece of parchment on top.
5. Use a rolling pin to roll the dough out to a 1/2 inch thick rectangle.
6. Remove top piece of parchment and use a sharp knife or pizza cutter to cut into strips. For Pappardelle cut 1 inch wide strips; for Fettuccine cut 1/4 inch wide strips.
7. Place pasta on a rack and refrigerate 4 hours or overnight.
8. Heat a large pot of water and bring to a boil. Add the pasta and cook 1 minute.
9. Drain in a colander and serve with your favorite keto-friendly sauce.

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