

Spaetzle

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*1 cup flour
2 eggs
1 tablespoon water
pinch salt*

You will need a flat board, flat spatula and a large pot of water.

In a bowl, beat the ingredients until little air bubbles appear in the mixture.

Boil water. Place two or three spoonfuls of batter on a flat board and gently cut very thin slices of batter into the boiling water. (Tip: Test a few slices to see if they form into noodles and float.)

Remove the noodles with a large spoon, preferably one with holes to let water off. Place on a hot surface to keep warm.

Serve with gravy and meat and vegetables.

Per Serving (excluding unknown items): 603 Calories; 11g Fat (17.1% calories from fat); 25g Protein; 96g Carbohydrate; 4g Dietary Fiber; 424mg Cholesterol; 143mg Sodium. Exchanges: 6 1/2 Grain(Starch); 1 1/2 Lean Meat; 1 Fat.