



# Sabaayad Khudaar Leh

Xaddiga Cuntada 2 | Waqtiga diyaarinta 10 daqiiqo. |  
Waqtiga guud 10 daqiiqo.

## Qalabka:

Looxa cuntada lagu jarjaro  
Gasac fure  
Birtaabada cunto shiilida  
Saxan lagu rido khudaarta

## Maacuunta:

Mindida subaga  
Mindi af badan  
Koobabka iyo qaaddooyinka cuntada lagu cabbiro

## Maaddooyinka

1 xabo sabaayada tortilla ah oo isqabta  
2 qaaddo oo farmaajo labbeen ah oo dufanku  
ku yar yahay, oo la jilciyay iyadoo la  
adeegsanayo heerkulka qolka  
1 qaaddo oo basal buddo ah AMA Xawaaji  
Talyaaniga Celebrate Your Plate  
1 1/2 koob oo khudaar daray ah (isbinaaj,  
yaanyo, karooto, qajaar, iwm.), dhuudhuuban  
oo la jarjaray ama la hoolay  
1/4 koob oo farmaajo dufan yar leh, la firay  
1 qaaddo oo geed-dhireedyo daray ah  
(baqdoonis, dhiil, xawaaji buurbuur, iwm.)

## Tilmaamaha

1. Kahor inta aadan hawsha bilaabin, dhaq gacmahaaga, sagxadaha, maacuunta, cuntada qeyriinka ah, iyo geed-dhireedyada darayga ah (haddii la isticmaalayo).
2. Adigoo isticmaalaya mindida farmaajada lagu jaray, goor dambe farmaajada labbeenta leh si siman dusha uga mari cidhifyada sabaayada tortilla.
3. Si isku mid ah ugu rushee xawaajiyo iyo khudaar dusha farmaajada labeenta ah oo ku dul dar farmaajo la firay.
4. Adigoo ku bilaabaya hal dhinac oo sabaayada tortilla, si adag u duub sabaayadda.
5. Adigoo isticmaalaya mindi afaysan, u jarjar sabaayada tortilla ee aad duubtay gabalo 1-inji ah oo wareegsan.

## Macluumaadka Nafaqada:

Kalooriyada 170  
Dufanka Guud 7g  
Cusbada 340mg  
Karbohaydaraydhka Guud 20g  
Borotiinka 8g