



# Sabayad Muus Leh

Xaddiga Cuntada 1 | Waqtiga diyaarinta 5 daqiiqo. |  
Waqtiga guud 5 daqiiqo.

## Qalabka:

Looxa cuntada lagu jarjaro

Koobabka iyo qaaddooyinka cuntada lagu cabbiro

## Maacuunta:

Mindi

## Maaddooyinka

- 1 8-inji oo sabaayad tortilla oo isqabta
- 1 qaaddo oo subagga lowska, nooc kasta
- Sayrinta qorfaha
- 1 muus
- 1 qaaddo oo sabiib ah
- 1 qaaddo oo lows la jarjaray ah (ikhtiyaari)

## Tilmaamaha

1. Kahor inta aadan hawsha bilaabin, dhaq gacmahaaga, sagxadaha, iyo maacuunta.
2. Mari subagga lawska shiidan guud ahaan sabaayada tortilla, adigoo aan marin hal inji goob ah oo ka mid ah hareeraha cirifyada.
3. Ku dul sayri sabiib, laws (haddii la isticmaalayo), iyo qorfe oo dhig mooska kala bartamaha tortilla.
4. Si adag ugu duub Sabaayada tortilla hareeraha muuska oo u jarjar 8 qaybood.

## Macluumaadka Nafaqada:

Kalooriyada 360                      Dufanka Guud 12g                      Cusbada 380mg  
Karbohaydaraydhka Guud 62g                      Borotiinka 9g

Mac'hadkani waa bixiyaha fursadaha loo wada siman yahay. <http://www.section508.gov/> Agabkani waxaa maalgeliyay Barnaamijka Kaalmada Nafaqadda Dheeraadka ah (Supplemental Nutrition Assistance Program) — SNAP.