



Hilibka doofaarka oo lagu daray Salar iyo Yaanyo (TBLT)

Xaddiga Cuntada 3 | Waqtiga diyaarinta 5 daqiiqo | Waqtiga guud
5 daqiiqo.

Qalabka: Baaquli dhexdhexaad ah
Maacuunta: Malgacada cuntada lagu
walaqo, Koobabka iyo qaaddooyinka
cuntada lagu cabbiro

Maaddooyinka

2 1/2 koob oo ah salar, la jarjaray (sida
romaine, salarka cagaarka ah ee la isku daray,
salarka caleemaha waawayn ama isbiineeji)
1 yaanyo oo yar, la jarjaray
1 barbarooni, la jarjaray
1 afakaadho oo yar, la jarjaray
1 qaado oo salarka ranch oo fudud, AMA 1
qaado oo salarka aad jeceshahay ah
6 jeex oo hilibka doofaarka ah ee fudud, la
kariyay AMA 6 jeex oo ah hilibka turkey ee
lagu qadeeyo
3 xabo sabaayada tortilla ah oo isqabta

Tilmaamaha

1. Kahor inta aadan hawsha bilaabin, dhaq gacmahaaga, sagxadaha, iyo cuntada.
2. Adoo isticmaalaya baaquli dhexdhexaad ah, ku dar salarka, yaanyada, banbanooniga, afakaadho, iyo salarka macaan. Walaq si aad isugu darto.
3. Ku dar 2 jeex oo turkey ah (hiblibka doofaarka ama hilibka qadada) si aad u geliso dhexda rootiga la dubay.
4. Ku rid qayb is le'eg oo ah salarka aad isku dartay ee kujira baaquli oo geli dhexda rootiga la dubay. U duub sida burritoda.

Macluumaadka Nafaqada:

Kalooriyada 280
Dufanka Guud 12g
Cusbada 650mg
Karbohaydaraydhka Guud 33g
Borotiinka 12g