



MAARSO 2021



Maraqa Bariiska iyo Hilibka Digaaga Leh

Ka hel soo'adan iyo fikrado cunto oo badan, oo caafimaad leh oo qiimo jaban barta CelebrateYourPlate.org



Waxa Xilli-sannadeedka soo Go'o: Maarso

Asberjoos

Baytaraaf

Ansalaato

Misir



Wax-soo-saarka La Soo Bandhigay: Basasha

Xilliga Ugu Wanaagsan: Gu'ga, Dayrta, iyo Jiilaalka

Xulashada: Si aad u hesho basal daray ah, dooro kuwa adag oo leh dubka kore oo qallalan, dhalaalaya, siman

Sida loo Diyaariyo: Ku dar maraqa, salsada, goosaarta ama sabaayada tacos

Kaydinta: Ku kaydi basasha oo dhan meel qabow, mugdi ah, si loogu isticmaalo 4 toddobaad gudahooda markaad soo iibsato



Soo Xaraysa Cagaarkaaga!

Dabbaaldeg bisha Maarso adigoo cunaya cagaarkaaga! Booqo CelebrateYourPlate.org si aad ugu hesho soo'ada laga sameeyo khudaartaada cagaarka ah ee aad ugu jeceshahay. Haddii aad doonayso cunto gooni ah, cunto fudud, af ku dhufasho, ama furulaato, ka hel soo'ada khudaarta cusub ee aad ugu jeceshahay boggeena!