



Sukiiniga Baastada ah ama Dhaadheer

Xaddiga Cuntada 2 | Waqtiga diyaarinta 15 daqiiqo. |
Waqtiga guud 55 daqiiqo.

Qalabka:

Foornada

Hoole leh godod waaweyn

Saxanka foornada, Tiishyo

Maaddooyinka

2 xabo sukiini waaweyn ah AMA 4 xabo yaryar

Cusbada kala dhamballan

Suugada baastada ee aad ugu jeceshahay (ikhtiyaari)

Tilmaamaha

1. Kahor inta aadan hawsha bilaabin, dhaq gacmahaaga, sagxadaha, iyo cuntada.
2. Ku sii kululee foornada ilaa 200 darajo xaraareed.
3. Adigoo adeegsanaya geeska hoolaha gododka waaweyn leh, u wad dhinaca dheer ee sukiiniga qaybta hoose ee hoolaha, si siman. Hubso inaad si dhaadheer u hoosho sukiiniga meelaha dhaadheer si aad ugu dambeyn u hesho kuwo dhaadheer halkii aad ka heli lahayd gabalo gaagaaban.
4. Hool isla qaybta sukiiniga ah dhowr jeer kadibna u wareeji dhinaca cusub oo hool mar labaad, adigoo gadgadinaya sukiiniga ilaa aad ka

gaarto buruqyada miraha leh. Iska tuur buruqa oo hool sukiiniga soo haray.

5. Saar sukiiniga dhaadheer tiish la dul saaray saxanka foornada. Ku rushee cusbada kala dhamballan oo ku dub fooro la sii kululeeyay qiyaastii 30 daqiiqo.
6. Ka soo bixi foorasada sukiiniga dhaadheer. La gur suugada baastada ee aad ugu jeceshahay oo la kululeeyay.

Macluumaadka Nafaqada:

Kalooris 60 Wadarta Dufanta 1g Cusbo 610mg Wadarta
Karbohaydraytyada 10g Borotiin 4g

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.