



Hilib Digaaga Xaleefta ah ee La Dubo

Xaddiga Cuntada 3 | Waqtiga diyaarinta 15 daqiiqo. |
Waqtiga Guud 1 saac

Qalabka:

Looxa cuntada lagu jarjaro
Saxanka foornada
Qaaddooyinka cuntada lagu cabbiro
2 baaquli oo dhexdhexaad ah

Maacuunta:

Mindi
Qabato

Maaddooyinka

Saliida cuntada ee birta lagu buufiyo
3 koob oo baradho afar-gees ah
1 rodol oo digir cagaar daray ah, geesaha laga jaray
1 qaaddo oo saliid saytuun ama saliid cadeey ah
1 qaaddo oo toonta buddada ah
½ qaaddo oo cusbo ah (ikhtiyaari)
1/8 qaaddo oo basbaas ah
1 rodol oo shafka hilib digaaga aan lahayn lafo, maqaar loo jarjaray
xaleef ahaan oo aan ka dhumuc weynayn 2 inji
1 ukun
¾ koob oo rooti burbursan ah oo la dhireeyay AMA ¾ koob oo rootiga
burbursan ah + ½ qaaddo oo xawaaji Talyaani ah

Tilmaamaha

1. Kahor inta aadan hawsha bilaabin, dhaq gacmahaaga, sagxadaha, khudaarta, iyo maacuunta.
2. Sii kululee foornada oo gee 425 darajo xaraareed.
3. Ku buufi saxanka foornada ee saliida birta lagu buufiyo.
4. Adigoo adeegsanaya saxanka foornada, ku kalaawi baradhada saliid saytuun ama saliid cadeey, toonta buddada ah, milixda (haddii la isticmaalayo) iyo basbaaska.
5. Ku kala fidi daradhada hal saxan oo dhinac u dhig.
6. U samee digaaggaaga “goobta lagu soolo”:
 - a. Jebi ukunta oo ku shub baaquli yar oo fargeeto ku garaac ama qas.
 - b. Ku rid jababka rootiga burbursan baaquli dhexdhexaad ah oo kale oo ku xiga ukunta
7. Quusi gabalka ugu horreeya ee hilib digaaga gudaha ukunta, ha ka tifiqdo ukunta dheeraadka ah, kadibna ku caddaadi ama riix rootiga burbursan ilaa ay wax yar iyo si siman isku qabsadaan. Ka digtoonow inaad daahaarka ku badiso haddii kale ma noqon doonto mid qallafsan. Saar hilib digaaga dusha saxanka foornada ay saaran tahay baradhada oo ku celi ilaa hilib digaaga oo dhan uu ka wada qabsanayo. Dhaq gacmahaaga marka aad dhammayso quusinta ukunta.
8. Dub hilib digaaga iyo baradhada ilaa 30 daqiiqo.
9. Ka soo bixi saxanka foornada gudaha foornada, u rog gabalada hilib digaaga ah dhanaca kale.
10. Saar digirta cagaaran baradhada dusheeda, isugu qas si fiican adigoo adeegsanaya qabatada ama qaaddooyinka cuntada lagu guro, kuna fidi hal lakab.

11. Waxaad saxanka foornada dib u saartaa foornada oo dub 15 daqiiqo oo dheeraad ah ilaa hilib digaaga ka karayo oo heerkulka gudaha ka gaarayo 165 darajo xaraareed baradhaduna si fudud fargeeto u geli karto.

Macluumaadka Nafaqada:

Kalooriyada 480 Dufanka Guud 13g Cusbada 710mg
Karbohaydaraydhka Guud 44g Borotiinka 44g

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.