



Saladhka iyo Bataatiga Ka Soo Go'a Beerta

Xaddiga Cuntada 6 | Waqtiga diyaarinta 15 daqiiqo. | Waqtiga guud 45 daqiiqo.

Qalabka: Saxanka foornada, Sufur, Baaquli weyn

Maacuunta: Qaaddada cuntada lagu walaaqo, Koobabka iyo qaaddooyinka cuntada lagu cabbiro

Maaddooyinka

3 xabo bataati ah oo waaweyn (qiyaastii 2 rodol), gabal-gabal loo jarjaray
2 qaaddo oo saliid saytuun ah AMA saliid cadeey ah
1 qaaddo shaah oo cusbo ah
1/2 qaaddo shaah oo filfil ah
2 koob oo saladhka cagaaran ah, lagu guray koob
1/2 koob jows la kala dhambalay ah (ikhtiyaari)
1/2 koob oo karamberri la qallajiyay ah oo sonkortu ku yar tahay
1/2 koob oo farmaajada feta, oo xorshosh ah
1/2 koob oo Goosaarta Saladhka ee Celebrate Your Plate AMA goosaarta saladhka

Tilmaamaha

1. Kahor inta aadan hawsha bilaabin, dhaq gacmahaaga, sagxadaha, iyo cuntada.
2. Sii kululee foornada ilaa 425 darajo xaraareed.
3. Sufur dulsaar saxanka foornada.
4. Ku wareeji bataatiga birtaabada. Ku dar saliid, milix, filfil. Kawtan si aad isugu darto. Ku faafi hal lakab oo keliya.
5. Dub ilaa 15 daqiiqo. Gedi bataatiga, oo dib ugu celi foornada 10 ilaa 15 daqiiqo oo kale ama ilaa ay ka jilicdo. Markay karto ka bixi foornada oo ha qabowdo ugu yaraan 10 daqiiqo.
6. Ku wareeji bataatiga baaquli weyn. Ku dar saladhka cagaaran, jowska la kala bandhalay (haddii la isticmaalayo), karamberriga la qallajiyay, iyo farmaajada feta. Si tartiib ah u kawtan. Ku shuuxi Goosaarta Saladhka ee Celebrate Your Plate, AMA goosaarta saladhka ee aad ka hesho. Gur iyadoo diiran ama leh heerkulka qolka.

Macluumaadka Nafaqada:

Kalooriyada 260
Dufanka Guud 13g
Cusbada 760mg
Karbohaydaraydhka Guud 34g
Borotiinka 4g