



Khudaarta Sabaayada

Xaddiga Cuntada 4 | Waqtiga diyaarinta 10 daqiiqo. |
Waqtiga guud 25 daqiiqo.

Qalabka:

Looxa cuntada lagu jarjaro
Gasac fure
Birtaabada cunto shiilida
Saxan lagu rido khudaarta

Maacuunta:

Mindi
Qaaddo yar
Koobabka iyo qaaddooyinka cuntada lagu cabbiro

Maaddooyinka

2 qaaddo oo saliid saytuun ah AMA saliid cadeey ah
2 koob oo khudaar ah (sukiini, garruunje, barbarooni, basal, bocor jaalle, isbinaajka, iwm), la jarjaray
Saliida cuntada ee birta lagu buufiyo
4 xabo sabaayada tortilla ah oo isqabta
1 koob oo digir madow aan cusbo lagu darin ah oo qasacadaysan, la miiray lana biyo raaciyay
1 koob oo farmaajada adag ah, la firay
1/2 koob iidaan ah AMA 1/2 koob [lidaanka Xilliga Kulaylaha ee Celebrate Your Plate](#), oo cuntada la raaciyay

Macluumaadka Nafaqada:

Kalooriyada 320
Dufanka Guud 10g
Cusbada 710mg
Karbohaydaraydhka Guud 41g
Borotiinka 17g

Tilmaamaha

1. Kahor inta aadan hawsha bilaabin, dhaq gacmahaaga, sagxadaha, iyo cuntada.
2. Ku shub saliida birtaabada cunto shiilida oo ku kululee dab dhexdhexaad ah ilaa saliidu ay wax yar shuuq ka dhahdo.
3. Ku shub khudaarta digsigaa oo kari muddo dhan 4-6 daqiiqo, adigoo marmar walaqaaya, ilaa ay cuntadu ka jilicdo. Deji birtaabada oo dhinac u dhig.
4. Si aad u diyaariso sabaayada quesadilla, saar sabaayada tortilla sagxad nadiif ah dusheeda. Dul saar qayb kasta oo sabaayada tortilla ka mid ah 2 qaaddo oo farmaajo ah, 1/4 koob oo digir madow ah, iyo 1/4 oo cuntada la kariyay ah. Ku rushee 2 qaaddo dheeraad ah oo farmaajo ah. Ku laab qaybaha maran ee sabaayadaha tortilla fooliyada dusheeda si aad uga samayso qaab dayax badhkii ah.
5. Si fudud ugu dahaar birtaabada saliida cuntada ee lagu buufiyo. Isa saar 2 xabo sabaayada quesadilla adigoo adeegsanaya bartamaha birtaabada, iyadoo dhinacyada laalaaban ay is-taanayaan. Ku kari dab dhexdhexaad ah muddo dhan 2-3 daqiiqo, ama ilaa qaybaha hoose ee sabaayadaha tortilla ay ka bilaabaan inay bislaadaan.
6. Si taxaddar leh u rog sabaayad khudaareed (quesadilla) kasta. Kari muddo dhan 2-3 daqiiqo oo dheeraad ah, ama ilaa farmaajadu ka dhalaasho oo salka hoose ee sabaayadaha tortilla ay ka bislaadaan.
7. Ku celi tallaabooyinka 5-aad iyo 6-aad si aad u kariso 2 sabaayad (quesadillas) ee soo hadhay.
8. U kala jar sabaayad khudaareed (quesadilla) kasta afar saddex geesle. La gur iidaanka.