

LUB TAIS SPAGHETTI T SIS MUAJ NQAIJ

Siv Sijhawm Ntev Li Cas Los Npaj: 5 feeb
Yuav Ntev Li Cas Thiaj Siav: 5 feeb

Tej uas nyob hauv lub Thawv:

- ½ c. whole wheat spaghetti pasta, siav lawm
- ¼ c. kas poom noob taum kidney uas tsis qab ntsev, muab si kua thiab yaug
- ¼ c. kua spaghetti uas tsis tshua qab ntsev
- ¼ c. kas poom taum ntsuab (green beans) tsis qab ntsev, muab si kua thiab yaug

Lwm Yam Uas Yuav Tsum Muaj:

- ½ ib lub dos me (-¼ c.), muab txhoov me me
- 1 tsp hmoov qej

Yuav Ua Li Cas:

1. Muab cov noob taum kidney, kua spaghetti, dos thiab hmoov qej rhaub rau hauv ib lub tais uas tso tau rau hauv microwave. Muab khwb thiab rhaub 2 feeb hauv microwave thiab tso rau qhov kub tshaj. Do thiab rov rhaub 1 feeb ntxiv hauv microwave, lossis rau thaum kub lug.
2. Muab cov kua ywg rau cov pasta uas tseem sov sov.

Tswvyim Ntxiv: Muab ib dia kua mis khov suam tso ntxiv rau kom thiaj qab dua lossis muab ib teg zaub spinach los yog kale ntxiv rau cov kua spaghetti kom muaj zaub ntau dua!

**Tej uas qhia tias muaj dabtsi nyob rau hauv yog hais txog whole wheat spaghetti pasta siav (4/5 c., tsis ntim ceev ceev), noob taum kidney uas muaj 50% ntsev, kas poom kua spaghetti tsis tshua qab ntsev nrog txiv lws suav txhoov mos mos, ib lub dos dawb me, thiab hmoov qej.*



Muaj Dabtsi Nyob Rau Hauv*

Txaus Noj Tsaug Zaus: 1
Ib Zaug Noj Npaum Cas: 1 c.
Cov Calorie: 274 kcal
Roj: 3.5 g
Ntsev: 122 mg
Cov Carbohydrate: 53.5 g
Fiber: 11 g
Protein: 12 g
Muaj Carbohydrate Npaum Cas
Rau Ib Zaug: 3 ½