

Waqtiga Diyaarinta: 10 daqiiqo
Waqtiga Karinta: 25 daqiiqo

Waxaa ku jira Sanduuqa:

- 3 c. misir, la kariyey
- 1 (14.5 oz) yaanyo jarjaran qasaacadaysan oo soodhiyantu ku yartahay
- 1 (15 oz) qasaacad kaarooto aan lahayn cusbo,
- 1 la miiray oo la maydhay

Noocyada uu ka koobanyahay ee Dheeraadka ah ee Loo Baahan Yahay:

- 2 ½ lbs oo bilaa laf ah, skinless chicken breast, la jarjaray
- 2 c. (16 oz) maraq digaag sodhiyam yar
- 4 basal yar, la jarjaray
- 2 qaaddo singibiiil budo ah
- 1 T toon budo ah
- 1 T barsley la qalajiyey

Tilmaamaha:

1. Forno hore u kululee ilaa 350 darajo F. Ku dar basasha digsi weyn oo kuleyl dhexdhexaad ah; kariyo ilaa ay ka muuqato (3-4 daqiiqo).
2. Ku dar sinjibiiil, toon, narsley iyo karootada skillet; kari 2-3 daqiiqadood.
3. Ka saar dabka. Ku dar yaanyada; walaq si aad isugu darto.
4. Ku faafi lakabka khafiifka ah ee isku dar ah yaanyo xagga hoose ee saxanka wax lagu dubo ee dhexdhexaadka ah. Dhig digaagga oo ku shub maraq digaag saxan. Lakabka haray ee yaanyada isku darka digaagga dushiisa.
5. Ku kari isku darka foornada 20 daqiiqo, ama ilaa heerkulka gudaha ee digaaggu gaaro 165 digrii F. F. Digaag la jarjaray kahor intaanad u adeegin.

Tallo: Ku dar 1-2 c. celery la jarjaray dhadhan dheeraad ah!

**Xaqiiqooyinka nafaqada waxaa ka mid ah misir la kariyey, yaanyo la jarjaray qasaacadaysan oo aan lagu darin cusbo, karootada la jarjaray oo aan cusbo lahayn (la miiray), chicken breast oo aan lahayn diir iyo lafo (cayriin), maraq digaag soodhiyantu ku yartahay, basasha cad yar, iyo dhir udgoon.*



Xaqiiqooyinka Nafaqada*

Wadarta Adeegyada: 10
Adeegga Cabbirka: 1 ½ c.
Kaaloriga: 253
Dufan: 3.6 g
Soodhiyam: 217 mg
Kaarboonhaydarayt: 21 g
Cuntada Galka leh: 6.8 g
Borotiin: 33 g
Adeegyada Kaarboonhaydarayt: 1 ½