

SIMPLE TACOS

Waqtiga Diyaarinta: 7 daqiiqo

Waqtiga karinta: 2 daqiiqo

Waxaa ku jira Sanduuqa:

- $\frac{3}{4}$ c. digirta pinto, karsan
- $\frac{3}{4}$ c. yaanyo qasaacadaysan la jarjaray oo soodhiyantu ku yartahay
- 1 (5 oz) digaag qasaacadaysan, la miiray

Noocyada uu ka koobanyahay oo Dheeraadka

ah ee Loo Baahan Yahay:

- 6, 6" sabaayad jilicsan
- 1 basal yar ($-\frac{1}{4}$ c.), La jarjaray
- 1 basbaas cagaaran oo dhexdhexaad ah, la jarjaray
- 2 T liin la miiray
- 1 T toon budo ah
- 1 qaaddo basbaas budo ah

Tilmaamaha:

1. Ku rid digirta pinto la kariyey, yaanyada la jarjaray, digaaga qasacadaysan, basasha, basbaaska cagaaran, casiirka lime iyo xawaashka ku rid saxanka nabdoon ee microwave. Isku qas si aad iskugu darto.
2. Dabool oo microwave-ka sareeya 1 daqiiqo. Ka saar oo walaaq. Ku celi microwave 1 daqiiqo oo dheeraad ah. Ama ilaa uu si dhan u kululaanayo.
3. Ku rid isku dar ah qolofka taco oo ku raaxayso!

Talo: Ku dar salat ama afakaadho mida ma dhadhan dheeraad ah!



Xaqiiqooyinka Nafaqada*

Wadarta Adeegyada: 2

Adeegga Cabbirka: 3 tacos

Kaloori: 354

Dufan: 3 g

Soodhiyam: 411 mg

Kaarboonhaydarayt: 56 g

Cuntada galka leh: 12 g

Borotiin: 27 g

Adeegyada Kaarboohaydrayt: 3 $\frac{1}{2}$

**Xaqiiqooyinka nafaqada waxaa ka mid ah digirta pinto la karkariyey, yaanyo la jarjaray qasacadaysan oo aan lagu darin cusbo, naaska digaaga qaalgaha ah ee qasacadaysan ee biyaha (la miiray), 6 "tortillas galleyda jaalaha ah oo jilicsan, basal yar oo cad, basbaas gambaleel cagaaran oo dhexdhexaad ah, casiir liin cusub, iyo dhir udgoon.*