

Waqtiga Diyaarinta: 10 daqiiqo
Waqtiga Karinta: 30 daqiiqo

Waxaa ku jira Sanduuqa:

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

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

- 1 ½ lbs oo bilaa laf ah, skinless chicken breast, la jarjaray
- 2 c. (16 oz) maraq digaag sodhiyam yar
- 6 basal yar (-3 c.), La jarjaray
- 2 qaaddo singibiil budo ah
- 1 T toon budo ah

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 karootada, digir la kariyey, toon iyo sinjibiil; kari ilaa 2-4 daqiiqo. Ka saar dabka kuna dar yaanyada.
3. Digsii dubista yar, ku dar digaag, maraq iyo yaanyo lakab iyo isku dar ah misir. Ku kari foornada 20 daqiiqo, ama ilaa digaaggu gaaro heerkul gudaha ah 165 digrii F.

**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: 8
Adeegga Cabbirka: 1 ½ c.
Kaaloriga: 209
Dufan: 2 g
Soodhiyam: 222 mg
Kaarboonhaydarayt: 26 g
Cuntada Galka leh: 8 g
Borotiin: 21 g
Adeegyada Kaarboohaydrayt: 1 ½