

TACO SALAD

Waqtiga Diyaarinta: 7 daqiiqo
**Looma baahna waqti karinta*

Waxaa ku jira Sanduuqa:

- $\frac{1}{4}$ c. digir madaw oo qasacadaysan oo aan cusbo lahayn, waa la miiray oo waa la maydhay
- $\frac{1}{2}$ digaag qasaacadaysan, la miiray
- $\frac{1}{4}$ c. yaanyo jarjaran qasaacadaysan oo soodhiyamtu ku yartahay

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

- 2 c caleenta saladhka romaine, la jarjaray
- 2 T. jiis jarjaran, (dookh ahaan dufan yar)
- $\frac{1}{2}$ basal yar ($-\frac{1}{4}$ c.), La jarjaray
- 1 T liin la miiray
- $\frac{1}{2}$ qaaddo basbaas budo ah

Tilmaamaha:

1. Kudar digir madow, digaag, yaanyo jarjaran, basal, miid liin-dhanaan iyo basbaas budo baaquli, Isku qas si aad iskugu darto.
2. Dhaq oo qalaji caleenta. Kudar caleenta baaquliga oo dusha ka saar jiid jarjaran.

Talo: Ku dar kamsaro qalalan ama daray ah dhadhan ahaan



Xaqiiqooyinka Nafaqada*

Wadarta Adeegyada: 1
Cabbirka Adeegga: 3 c.
2 Kaalori: 238 kcal
Dufan: 4.5 g
Soodhiyam: 568 mg
Kaarboonhaydarayt: 22.5 g
Cuntada Galka leh: 7.5 g
Borotiin: 25 g
Adeegyada Kaarboohaydrayt: 1 $\frac{1}{2}$

Xaqiiqooyinka nafaqada waxa ka mida 2.5 oz hilib digaag qasacadaysan oo biyo leh (miiray), 50% digir madow oo milix dhiman, caleenta saladhka romaine (jarjaran), jiiska cheddar ee Kraft, miid liin-dhanaan daray ah, basal yar oo cad, iyo basbaas budo ah.