

Waqtiga Diyaarinta: 10 daqiiqo
Waqtiga Karinta: 1 saacadood, ama habeenka oo dhan

Waxaa ku jira Sanduuqa:

- 2 (5 oz) qasaacado tuna ah
- 1 c. dhamaab baastada elbow ee qamadiga ah, la kariyey
- ½ c. kaarooto qasaacadaysan oo aan lahayn cusbo, la miiray oo la maydhay

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

- ¼ c. miyoonaays khafiif ah
- ½ c. yogurt cad, dufan yar ama aan dufan lahayn
- 1 basal yar (~½ c.), La jarjaray
- 1 c. celery ama basbaas cas, la jarjaray
- 1 T liin dhanaan la miiray
- 1 T barsley la qalajiyey

Tilmaamaha:

1. Ku dar tuna, majones khafiif ah, yogurt cad iyo liin dhanaan.
2. Ku dar baastada la kariyey, basasha, karootada, celery (ama basbaaska cas) iyo barsley. Isku qas si aad si fiican isugu darto.
3. Qaboojiyaha 1 saac ama habeen kahor intaadan u adeegin.

Talo: Ku dar khayaar la jarjaray ama ku dar tamaandho cusub iyo salaar dhadhan dheeraad ah leh iyo midhaha nafaqada ah!



Xaqiiqooyinka Nafaqada*

Wadarta Adeegyada: 4
Serving Size: 1 c.
Khudaarta cagaaran: 175
Dufan: 6 g
Soodhiyam: 355 mg
Kaarboonhaydarayt: 14 g
Cuntada Galka leh: 2 g
Borotiin: 16 g
Adeegyada Kaarboonhaydrayt: 1

**Xaqiiqooyinka nafaqada leh waxaa ka mid ah tuna khafiif ah oo qasaacadaysan oo biyo ku jira (la miiray), baastada suxulka ee badarka oo dhan, karootada la jarjaray ee qasaacadaysan (la miiray), miyooneys khafiif ah, celery cusub (la jarjaray), basal cad yar, liin cusub oo la miiray, iyo dhir qalalan.*