

# Khudaar maraqeyshan iyo ceysh

Raashir: 4 qofood



## Sidaad u karineyso

Baaqul yar ku ridiq digirta garbanzo ilaa ay cajiin noqoto, ku dar yooqarta, basbaaska shiidan, basal-baarta, dhanaan, toon, xawaash iyo basbaas-guduud. Isku dabool oo sug ilaa 2 saacadood si ay isugu dhex milmaan.

Markaad cuneyso soo qaado maraqa oo diirran. Hal caysh dhexda ka jeex oo jeex u samee.

Dhex geli ansalaatada ballaaran iyo maraqa cayskha gudhiisa oo ku firdhi farmaajo ama jiis. Maraqii ku fhdex fiifi cayskha oo isku cun.

## Waxaad u baahan tahay

1 gascac oo ah digirta garbanzo, biyo-raaci oo miir

2/3 koob oo ah yooqar caadi ah

1/4 oo ah basbaas guuduudan oo jarjaran

Basal-baar cagaaran

2 qaaddo oo ah khudaar cusbeysan oo jarjaran

1 toon oo weyrn oo shiidan

1/2 qaaddo yar oo ah xawaash shiidan

1/8 qaaddo yar oo ah basbaas-guduud

4 caysh oo ah nooc caadi ah

Jeex ansalaato weyrn oo ballaaran

2/3 koob oo ah subag xoolaad oo dareere ah

**Nafaqada halkii qof:**  
330 tirada lamarta, 8g dufanka oo dhan (4.5g dufan xun, 0g dufan kale), 0mg kolesterool, 670mg cusbo, 52g tamar, 8g calool-soodsiis, 6g sokor, 10g baroodin.



yumPower is all about finding tasty, good-for-you foods that power your body and help you live the best life possible. Get tips and tools at [yumpower.com](http://yumpower.com) and like yumPower on Facebook for updates on events, recipes and more.



Resephe kaniida noocan ah waxaa diyaar ah barnaamijka firfirada Baahinta Samiida. Caafimaadka iida iyo Nafshada iyo Qorsheega Wadista Intersentional, Minneapolis, MN. Xorriyadda waxa ay ku jirtaa. Waxa ay ka dhacdaa ku samayso. Qoob-shaan waxaa maalgelinta SHIP kaalimada raxiida dhoqora (qaybta qaybta). Center-kaniida waxa ay ku jirtaa barnaamijka wada-shaqeynta caafimaadka ee EBAN 3D Collaborative Team. 1587 (11/13) © 2013 HealthPartners