

SIV KOM TAG FRITTAT



1 ½ khob
zaub seem



6 lub
qe



¼ khob
mis



¼ khob
tshij mis
seem

COV LUS QHIA

Ua kom lub yias kub txog 400° F. Yog siv lub yias loj uas muaj tes tuav nyab xeeb, tso cov zaub xuum thiab lwm yam khoom sib tod rau. Muab cov qe tsoo hliv rau hauv ib lub tais me xyaw cov mis sib tov ua ke ces mam li muab hliv rau xyaw nrog cov zaub/xyaw nrog nqaij. Muab nws ncu kom ntev li 15-20 feeb kom cov qe khov.

Kev xaiv ua:

Tej nqaij siav uas seem, mov kib, los sis lwm yam khoom noj seem muab tej ntawd sib tov raws li koj nyiam thiab yuav tsum noj kom tag nrho!



SAINT PAUL
PUBLIC WORKS

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