

ISTICMAAL

FRITTATA



1 ½ koob
khudaarta
hadha



6 ukun
ah



¼ koob
caano
ah



¼ koob
burcadka
soo hadhay

TILMAAMO

Sii kululee foornada ilaa 400° F. Foornada weyn ku rid daawe, ku dar khudaarta hadhaaga ah iyo waxyaabaha ikhtiyaariga ah. Jabcad yar ku jabi beed iyo caano kadib ku dul shub isku darka hilibka/khudaarta. Dub 15-20 daqiiqo ilaa inta beedku adkaanayo.

Ikhtiyaar:
Hadhaaga hilibka diyaarsan, bariis shiilan, ama hadhaayada kale ee aad jeceshahay inaad isticmaasho!



SAINT PAUL
PUBLIC WORKS

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