



Pizza ka sameysan bur la fidiyay oo leh khudaar fireesh ah

Waxyaabaha lagu daro Pizza-da:

- 1 (6 inji) rooti fidsan oo sarreen laga sameeyay
- 2-3 qaado oo suugada pizza-da ah (cusbo yar leh) - ama hoos ku samee kaad adigu rabto
- ½ koob khudaar cusub sida mushroo, banbanooni, barokooli, karootada, basasha, cauliflower ama kaabajka
- 1/3 koob oo jiiska mozzarella ah, oo la jarjaray

**Seasonal
and Simple**

Barnaamijka Wacyigelinta
dadweynaha ee University
of Missouri



Waxyaabaha lagu daro Maraq Pizza-da Cusbada yar leh

- 1 qasac (15oz) maraqa yaanyada aan cusbo lahayn
- 1 qaado toonta ah
- 1/2 qaado budada basasha
- 1 qaado oregano ah
- 1 qaado basil la qalajiyay ah
- 1/4 qaado oo filfil ah

**Eeg tilmaamaha xagga
dambe ku yaala labadaba.**



Pizza ka sameysan bur la fidiyay oo leh khudaar fireesh ah sii socota

Tilmaamaha Sida loo kariyo Pizza-da:

1. Foornada horey usii kululee oo ilaa 400 °F.
2. Burka ku kala buxi xaashida foornada.
3. Burka ku fidi maraq pizza-da. Dhaaf ¼” geesaha burka oo ha marin maraqa.
4. Ku dar khudaar dusha maraqa.
5. Ku daadi jiiska dusha khudaarta.
6. Dub ilaa jiisku ka dhalaalaayo uuna noqonaayo bunni. Tani waxay qaadan doontaa ilaa 8-10 daqiiqo.

Tilmaamaha sida loo diyaariyo maraq pizza-da:

1. Isku gas dhammaan maadooyinka oo kui shub birdaawo yar.
2. Ku kari kuleyl meel dhexeed ah muddo 5 daqiiqo ah, hadba xoogaa kadib walaaq.
3. Qabooji kahor inta aadan cunin.

Ku raaxeysto samaynta cuntadan caafimaadka iyo macaanka leh!

Booqo marc.org/kcfresh si aad u hesho xog dheeraad ah iyo noocyo cunto.

