

Ua Mov Daj thiab Xam Lav Kale Noj (Brown Rice & Kale Salad Recipe)



Txaus noj: 1 1/2 khob

Cov Khoom Xyaw

1 khob mov daj

1/4 khob kale, muab suam (lossis lwm yam zaub xam lav twg los tau)

1/4 khob carrots, zom kom mos

1 Tablespoon dos

3 ceg zaub ntxhwb, hlais kom nyias (nyob ntawm koj xav tso)

1/4 khob Honey Soy Dressing

Lus Taw Qhia Rau Cov Neeg Laus

Saib xyuas thiab pab seb cheem tsum kev pab twg.

Cov Lus Qhia rau Cov Me Nyuam Yaus

- Siv tej riam yas lossis koj txhais tes los muab cov zaub kale dua, cov dos, thiab zaub ntxhwb hlais kom me. Muab tso rau ib lub tais me.
- Siv ib lub twj kuam cov carrot kom mos ces muab ntxiv nrog cov zaub nyob hauv lub tais.
- Hauv ib lub tais loj, muab cov mov thiab cov zaub sib xyaw ua ke.
- Tov cov Honey Soy Dressing ces muab sib xyaw.
- Muab rau noj lauj!

Nej Cov Ncuav Xees Viv Tuaj Yeem Pab Tau Ntiaj Teb! Ntaub Ntawv Kawm Paub Txog Zaub Mov © 2021 Chaw Paub Txog Zaub Mov. Cov cais tas nrho raug ceev tseg.

Txwv tsis pub luam theej los yog faib tawm yog tsis muaj ntawv sau tso cai.

Nriav cov ntawv qhia ua zaub mov ntxiv nyob rau ntawm:
www.foodliteracycenter.org



Kua Ywg Taum Paj Zib Ntab

Kev Tau Txais: 1 1/4 khob kua ywg xav lav



Cov Khoom Xyaw

1/2 khob roj kes nos laj (canola)

1/4 khob roj noob tsib muaj

1/4 khob kua qaub mov

1/4 khob kua taum paj

2 Dia Diav Ntev zib ntab

Cov Lus Qhia rau Cov Neeg Loj

Pab cov me nyuam yaus ntsuas txog cov khoom xyaw ntawm ntawv qhia ua zaub mov.

Cov Lus Qhia rau Cov Me Nyuam Yaus

- Ntsus cov khoom xyaw thiab muab tag nrho rau hauv ib lub hwj. Ntswj lub hau kaw kom ruaj ruaj. Co kom txog thaum uas sib xyaw tag, li ntawm 30 xev kaum (seconds) los yog ntev tshaj ntawv.
- Koj tuaj yeem kaw yam kua ywg tshwj xeeb twg rau hauv tub txias los tau. Nws yuav khaw cia tau li ntawm ob peb as thiv.

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