

KAJUR ILO JIKIN MŌÑĀ

Waween ko Elap Menko Rej Walok Jen E & Eman-Joñan Wonaan ñan Kōjerbale Men ko Raurok ilo Jikin Mōñā eo

Kanne jikin mōñā eo am kin mōñā ko remman ñan ejmour im pād ilo kuwaat remōrā im ej melelein ewōr kelet ko remman ñan jāan im ebidodo kebooji. Emaroñ aitok aer pād im maroñ in lukkun eman ta ko kobban āinwot kelet ko rekāāl kinke ekkā aer etet lowaan pakij ilo ien ko rekāāl tata. Lale waween kein relukkun loñ ñan mōñā ko raurok ilowaan jikin mōñā eo ñan kōmman bwe en wōr oktak im nem ñan pileej eo am!

Mōñā ko elap an letok kajur

Peanut Bota

- Likūt ion bilawe ippān binana ko emōj mwijiti.
- Katu abol, karot, ak celery ilowaan ñan kein kakajur.
- Kōjerbale ilo jauj, kein katu, ak juub.

Bean ko

- Likūt ilo salad, casserole, juub, im chili.
- Likūt jelele ko ejelok di ñan kōmman bwe en lablok kobban mōñā eo im kōmman bwe en laplok kajur ilowaan.

Kuwaat in Jelele Salmon, Bao, Kau, im Piik

- Kōjerbale ilo juub, sauce, taco, pizza, stir-fry, jāanwij, ak casserole.

Kuwaat in Beef Stew ak Chili

- Likūt ion pasta ak raij ippān juon pejtobol
- Kōjerbale ilo casserole ak juub.
- Likūt ion juon pitato eo emōj an umum.

Jiij

- Kōmman bwe en eorlak ion bilawe toast.
- Kobaiki ippen leen wōjke āinwot juon kein kakajur.

Pejtōbol

Pejtōbol ko ilo Kuwaat

(lutōk lak im kwale mōkta jen am kōjerbale)

- Kōjerbale ilo juub, stew, casserole, salad, stuffing, pasta, im mōñā ko ewōr raij.
- Kobaiki juon ak elaplok pejtobol āinwot tomato, peppa kuriin, ak onion.
- Kobaiki neem ñan spinach ko rej pād kuwāāt ippān garlic, peppa, ak juuj in lemon ak Parmesan jii.

Tomato ilo Kuwaat

- Kōmman bwe en laplok wōt namen ippān garlic, peppa, ak men ko āinwot basil mōrā ak rosemary.
- Kōjerbale ilo juub, casserole, stew, pejtobol, raij, pasta, im mōñā ko ewōr jelele ie.
- Kobaiki ippān garlic im kamat e, peppa green ko emōj kajidikdik ñan an bidodo likūt ion pasta (lale bwe kwon lutok lak dān).

Tomato Juuj

- Mōñā ilo an menen ak molo āinwot juon dān ak mōñā in kakajur.
- Kōjerbale ñan kōmman juub in pejtobol.



Leen Wōjke

Leen Wōjke ko rej Pād ilo Kuwāāt

- Umin ippān cobbler ak crisp.
- Mwījiti im kōjerbale ilo smoothie ak kobaiki ilo salad.
- Kōmman salsa eo ej kōmman jen leen wōjke ñan mōñā ippān ek ak bao.
- Bar likūt layer in leen wōjke im yogurt ñan juon kab aitok.
- Kobaiki ñan aiboj ko ejelok nem ie ak rej āinwot kola ñan kōmman bwe en wōr nem.

Applesauce

- Likūt ion pancake ak waffle ak jelele.
- Ukōte kin jimetan in kuriij ak weil ilo juon iōk ippān applesauce ñe kwoj komat keek, muffin im bilawe.

Juuj ko rej Kōmman jen Leen Wōjke

- Kere ki ½ kab in juuj ippān ½ kab in seltzer ak aiboj ñan kōmmane juon dān eo ej kōmman jen leen wōjke im etoñāl.
- Kobaiki abol juuj ippān yogurt, leen wōjke, im aij bwe en kōmman smoothie.
- Kakwoj juuj ilo ture in aij ippān toothpick ñan an mokaj an wōr popsicle eo ebidodo kōmmane.

Milik

Milik Dān im Milik Boṭa eo Mōrā

- Kōjerbale bwe en bōk jikin kudiim ilo sauce, juub, im gravy ko.
- Kōjerbale ilo iōk ko āinwot bilawe ko, muffin, juub, sauce, mash pitato, im pudding.

Inne im Mōñā ko Makmok le

Cereal Mōrā

- Kere ippān yogurt im leen wōjke.
- Ilo iōk ko, kōjerbale cereal ko emōj katipdikdik bwe en bōk jikin tipdik in bilawe ko.
- Kobaiki trail mix ippān raisin im nut ko.

Corn Grit

- Corn grit ko rej kōmman juon mōñā eo emman ñan mōñā ippān ek, bao, im jelele ko.
- Kobaiki ippān garlic im jiiij bwe en wōr nemen.

Pasta

- TLikūt ippān tomato ak saucei n jelel, weil, im garlic, jiiij, im pejtōbol ko.
- Kōjerbale ilo iōk ko ñan juub, casserole, ak salad ko.
- Kobaiki ippān leb, ek, bao, pejtōbol, ak jelele.
- Kobaiki ippān pasta ko remolo, im mat ippān pejtōbol ko emōj mwijiti, weil, im vinegar ñan juon salad in pasta eo ebidodo kōmmane.

Oat

- Kamat oat ippān leen wōjke ko emōj kajidikdik i im milik ko ñan juon òñā in jiboñ eo elap kobban ijelakin aiboj.
- Kōjerbale ñan kamat men ko rej kamat jen bilawe āinwot kukij, muffin, bilawe im kamaolal.
- Kōjerbale ijelakin tipdik in bilawe ilo meatloaf, ak ilo bao im ek kamat.

Raij

- Nam ippān garlic, onion, peppa, im kein kere ko.
- Kōjerbale ilo iōk ko an juub, casserole, stew im pilaf.
- Kōjerbale ilo iōk in kamaolal, āinwot pudding ak bilawe ko.

Pitato ko ilo Kuwaat

- Kamenen ilo juon paan ippān onion ko emōj mwijiti ñan juon òñā eo emokaj kamate.
- Kōjerbale ilo juub, salad, casserole, stew, òñā ko rej kōmman jen pejtōbol im jelele ko.

Pitato Toñāl ko ilo Kuwaat

- Kamenen ippān pitato toñāl, ak kōjerbale ilo eloñ kain juub ak òñā ko rej kamat kin bilawe āinwot pie, cookies, bilawe ko, im muffin.
- Kobaiki namen ñan pitato ko retoñāl ilo am kobaiki ippān kilin lemon ak oran, raisin, pineapple ko ilo kuwaat (emōj lutoklak den in) ak nut ko.

Kakāāl jen: Quad Whitson, Rijerbal in Jikin Kebooj Mōñā & Bürokraa in Kōjbarok òñā.

Ear Kōmman Oktak ie Mōkta jen: Dr. Brayan Mader, Rikaki in Jibañ im eo Elap an Jella kin Mōñā, im Dr. Debie Head, Rikaki in Jibañ im eo Elap an Jella kin Mōñā, Jerbal ko ilo University of Arkansas, Douolol eo an Jerbal in Ekkat, Jerbal ko Relaplok.