

AROUND THE WORLD

Additional Information

Somalia

  @uwspdining





“Somaian Salad w BizBaz Dressing”

A light and refreshing salad dressed in a vibrant, spicy jalapeño dressing. In Somali tradition, this salad is often enjoyed as a satisfying meal finale, much like the Italian approach to ending with fresh greens.

“Somali Barris”

“Rice”

A fragrant and flavorful Somali rice dish made with aromatic basmati rice and a rich blend of spices. It’s a festive dish that adds warmth to any meal.





“Suugo lyo Bassato”

“Spaghetti with Lamb”

Spaghetti noodles served with tender, xawaash-spiced lamb and a savory tomato sauce for a comforting and flavorful meal. Traditionally enjoyed with a banana on the side, adding a touch of sweetness to balance the rich spices.

“Digaag Duban”

“Chicken”

Digaag Duban, often served as a side dish or appetizer, includes a generous use of Indian herbs and spices. This aromatic dish offers a delightful combination of savory and delight.



“Spinach & Chickpea Curry”

“Curried Chickpeas & Spinach”

The rich flavors of Somalia are present with the Spinach and Chickpea Curry, where tender spinach is simmered in a fragrant, mildly spiced curry sauce.



“Maraq Fah Fah”

“Somalian Soup”

Maraq Fahfah is a traditional Somali meat-based soup brimming with vegetables and potatoes, infused with bold flavors of chili, lemon juice, and fresh coriander.





“Icun Cookie”

Icun cookies are a sweet Somali treat, made with a delicate blend of spices, sugar, and flour, resulting in a soft, slightly crisp texture. Often enjoyed with tea, these fragrant cookies offer a perfect balance of warmth and sweetness.



Somalia

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Somalia cuisine typically starts with rice as a staple served with a banana, along with Lamb or Goat meat. Sides such as green peppers, spinach, teff, sorghum, apples, and dates are also included!

2

Consumption of pork in Somalia is strictly forbidden in accordance with Sharia, as the vast majority of Somalia is Muslim population.

3

Canjeero is the most common breakfast item in Somalia. This food is a fermented flatbread made of multiple flours, yeast, water, and salt.

Want To Know More?

Contact our Register Dietitian!

Jennifer Hanlon

✓ Meal Plan Education

Discuss the best meal plan options for flexible dining opportunities across campus to meet dietary needs.

✓ Follow-Up and Support

Ongoing email support and phone calls to answer any questions and receive helpful resources from the University Dining Registered Dietitian are available to students dining on campus.

✓ 1:1 Meetings

Regular meetings with the registered dietitian to have a successful and safe dining experience on campus that meets your dietary needs.

✓ Specialized Meal Options

Students with allergies, severe reactions and special accommodations can work closely with the University Dining Registered Dietitian to have a safe dining experience on campus.

**For questions and assistance,
please reach out
using the information
provided below!**

Jennifer Hanlon

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