

# Recipe

County information



Prep Time:

Cook Time:

Serving Size:

**Nutrients Per Serving:** Calories

Protein  g, Carbohydrate  g,

Dietary Fiber  g, Total Fat  g,

Saturated Fat  g, Sodium  mg

This recipe provided by the Ohio SNAP-Ed Nutrition Education Program



## INGREDIENTS

## DIRECTIONS

### Source:

For other healthy, low-cost recipes, visit  
[www.whatscooking.fns.usda.gov](http://www.whatscooking.fns.usda.gov)



**THE OHIO STATE UNIVERSITY**

COLLEGE OF FOOD, AGRICULTURAL,  
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