

# 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 [CelebrateYourPlate.org](https://CelebrateYourPlate.org)  
 and [whatscooking.fns.usda.gov](https://whatscooking.fns.usda.gov)



**THE OHIO STATE UNIVERSITY**

COLLEGE OF FOOD, AGRICULTURAL,  
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**OSU EXTENSION**  
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