

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

