

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
 and whatscooking.fns.usda.gov



THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
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