

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,
AND ENVIRONMENTAL SCIENCES

**OSU EXTENSION
FAMILY AND CONSUMER SCIENCES**

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