

Recipe

County information



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|---------------|--|
| 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

