

# 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,  
AND ENVIRONMENTAL SCIENCES

**OSU EXTENSION**  
**FAMILY AND CONSUMER SCIENCES**

This institution is an equal opportunity provider. This material was  
funded by USDA's Supplemental Nutrition Program – SNAP