

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
www.whatscooking.fns.usda.gov

For more recipes visit
Wayne County OSU
Extension at:
go.osu.edu/delish-dish



THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES

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