OHIO STATE UNIVERSITY EXTENSION

Recipe

County information



Prep Time:	
Cook Time:	
Serving Size:	

Nutrients Per Serving: Calories

Protein **g**, Carbohydrate

bohydrate **g**, **g**, Total Fat **g**,

Dietary Fiber Saturated Fat

g, Sodium

mg

This recipe provided by the Ohio SNAP-Ed Nutrition Education Program



INGREDIENTS

DIRECTIONS



For other healthy, low-cost recipes, visit CelebrateYourPlate.org and whatscooking.fns.usda.gov

Source:



OSU EXTENSION FAMILY AND CONSUMER SCIENCES