

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

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