OHIO STATE UNIVERSITY EXTENSION

Recipe

County information



Prep Time:	
Cook Time:	
Serving Size:	

Nutrients Per Serving: Calories

Protein **g**, Carbohydrate
Dietary Fiber **g**, Total Fa

Dietary Fiber g, Total Fat g, Saturated Fat g, Sodium mg

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



g,

INGREDIENTS

DIRECTIONS



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



Source:

OSU EXTENSION FAMILY AND CONSUMER SCIENCES