

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



**OHIO
SNAP-ED**

Better food choices for healthier Buckeyes

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