OHIO STATE UNIVERSITY EXTENSION

Recipe

County information



Prep Time:	
Cook Time:	
Serving Size:	

Nutrients Per Serving: Calories

Protein g, Carbohydrate g, Dietary Fiber g, Total Fat g, mg

Saturated Fat g, Sodium

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

USDA Supplemental Nutrition **A**ssistance **P**rogram Putting Healthy Food Within Reach

INGREDIENTS

DIRECTIONS



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

Source:



OSU EXTENSION FAMILY AND CONSUMER SCIENCES