

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

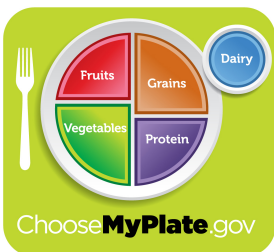


**OHIO
SNAP-ED**

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

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