

# 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

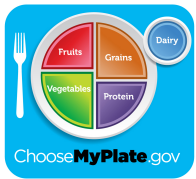


## OHIO SNAP-ED

Better food choices for healthier Buckeyes

### INGREDIENTS

### DIRECTIONS



Source:

For other healthy, low-cost recipes, visit [CelebrateYourPlate.org](http://CelebrateYourPlate.org) and [whatscooking.fns.usda.gov](http://whatscooking.fns.usda.gov)