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**,

Saturated Fat

g, Sodium

mg

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



INGREDIENTS

DIRECTIONS





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

Source:



OSU EXTENSION FAMILY AND CONSUMER SCIENCES