OHIO STATE UNIVERSITY EXTENSION

Recipe

County information



Prep Time:
Cook Time:
Serving Size:

Nutrients Per Serving: Calories

Protein **g**, Carbohydrate

Dietary Fiber g, Total Fat g, Saturated Fat g, Sodium mg

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

SUSDA Supplemental Nutrition Assistance Program

Putting Healthy Food Within Reach

g,

INGREDIENTS

DIRECTIONS



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

Source:



OSU EXTENSION FAMILY AND CONSUMER SCIENCES