

# 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

### Source:

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



**THE OHIO STATE UNIVERSITY**

COLLEGE OF FOOD, AGRICULTURAL,  
AND ENVIRONMENTAL SCIENCES

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