WHAT'S COOKING IN THE MARKET?

Servings:

Ingredients



Directions

NUTRITION INFORMATION PER SERVING

Key NutrientsAmount% Daily ValueTotal CaloriesTotal FatSaturated FatTrans FatCholesterolSodiumCarbohydratesDietary FiberSugarsProtein



K-STATE This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low Research and Extension income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

