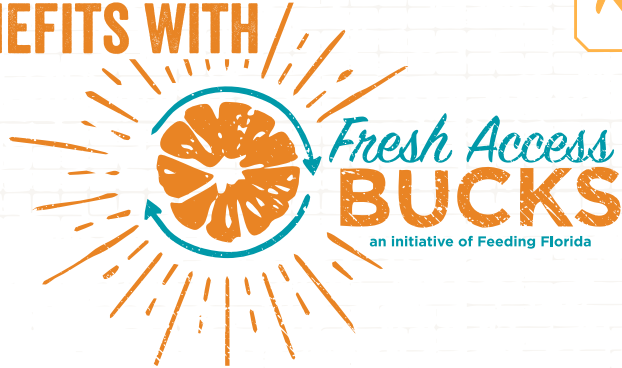


# DOUBLE YOUR SNAP BENEFITS WITH



## HOW IT WORKS

### Step 1



Visit the EBT booth at your local  
FAB market before you shop

Vaya a la caseta de SNAP al mercado  
participante antes de comprar

Swipe your SNAP Card and  
receive up to \$40 extra to buy  
Florida-grown fruits and veggies



### Step 2

Use su tarjeta de SNAP y reciba hasta \$40 más para  
comprar en frutas y verduras cultivadas en Florida

### Step 3



Buy fresh, local produce and  
SNAP eligible items!

¡Compre productos locales frescos y  
artículos elegibles para SNAP!

## Recipes with FAB



## Adzuki Bean Sweet Potato Loaf

(full recipe on back of card)

Fresh Access Bucks (FAB) is a statewide incentive program designed to encourage Supplemental Nutrition Assistance Program (SNAP, formerly known as food stamps) recipients to redeem their benefits at farmers markets to purchase fresh, healthy foods directly from Florida farmers. Visit [freshaccessbucks.com](https://freshaccessbucks.com) to learn more.



## Chef Amy Rupert Secol

Nutritionally Focused Natural Chef  
Holistic Nutrition Educator • [tangibletaste.com](http://tangibletaste.com)  
St. Augustine Amphitheatre Farmers Market • St. Augustine, FL

### Ingredients

1 cup dry adzuki beans, soaked overnight, cooked and drained	1 kohlrabi diced and top chopped
2 cups of cooked brown rice	6 cloves garlic, minced
2 pounds (6 medium) sweet potatoes	2 inches of fresh ginger root, peeled and grated
2 spring onions, diced and tops chopped	¼ cup of ground flax seed
2 daikon radishes diced and tops chopped	2 eggs, beaten
1 bulb fennel, diced and fronds chopped	2 tablespoons of coconut oil
	1 dried chipotle pepper, minced
	3 tablespoons of sea salt, divided

# RECIPE

Serves: 8

### Steps

1. Preheat oven to 400 F Roast whole sweet potatoes until soft. Depending on size it could be 20-40 minutes. While potatoes are roasting prepare the filling.
2. In a large sauté pan heat oil over medium heat. Add onions, daikon root, fennel bulb, kohlrabi root, garlic, ginger, chipotle pepper and 1 tablespoon of sea salt. Sauté until roots are tender, about 5-7 minutes.
3. Add tops and 1 tablespoon of sea salt. Continue to cook another 3-5 minutes or until greens are bright and tender.
4. Combine remaining ingredients and spread into 13x9 inch dish. Bake at 400 F for 40 minutes.
5. This casserole can be frozen after cooking and reheated in the oven for a quick meal.

**Tip:** Dried beans are more cost efficient than canned beans. Soak dried beans overnight and discard soaking water. To cook, cover with water in a pot with a lid. Add 2 tablespoons of sea salt. Bring to a boil and lower to medium. Test for softness after 30 minutes. Beans may take up to 45 minutes.