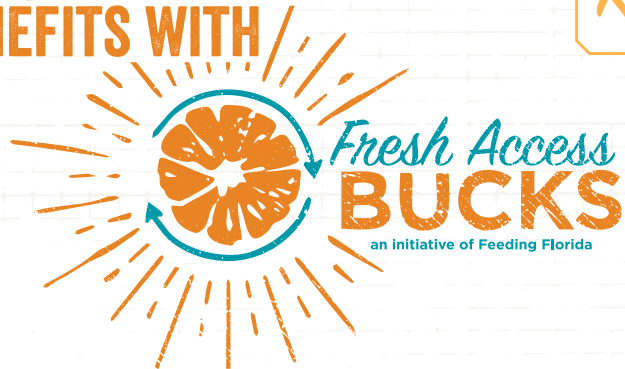


DOUBLE YOUR SNAP BENEFITS WITH



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 recibe 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



Cauli Fried Rice

(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 to learn more.



RECIPE

Steps

1. Run the cauliflower through the feather shred side of a box grater, or pulse in a food processor.
2. Heat 2 tablespoons of oil in a sautéing pan over medium heat and sauté the cauliflower for 5-8 minutes. Season with 1 tsp of salt and 1 tsp pepper and the soy sauce. Cook until it begins to feel tender then set aside.
3. Heat the remaining oil in the pan over medium low heat, then add the garlic and sweat for 2 minutes or until aromatic.
4. Add the scrambled eggs, the cauliflower rice and the cubed chicken and cook until uniformly warm and top with the sliced green onions.

Chef Rovshan Avila

Chef de Cuisine Manager • College of Hospitality & Tourism
Leadership University of South Florida Sarasota-Manatee
Bradenton Farmers Market • realizebradenton.com/farmers-market

Ingredients

- | | |
|--|--------------------------------------|
| 1 large head cauliflower | 4 ounces baby corn (optional) |
| 4 tablespoons oil (sesame seed if available) | 2 eggs (scrambled and set aside) |
| 3 cloves garlic minced | 2 tablespoons salt |
| 3 tablespoons soy sauce | 1 tablespoon black pepper |
| ½ yellow onion (diced small) | 1 chicken breast, cooked and cubed |
| 3 ounces carrots (small diced) | 1 bunch green onions (thinly sliced) |
| 4 ounces zucchini (quartered) | |
| 5-6 mushrooms (sliced) | |

This healthy swap is high in fiber, low in carbs, and rich in anti-inflammatory compounds!