DOUBLE YOUR SNAP BENEFITS WITH

Fresh Access BUCKS
an initiative of Feeding Florida
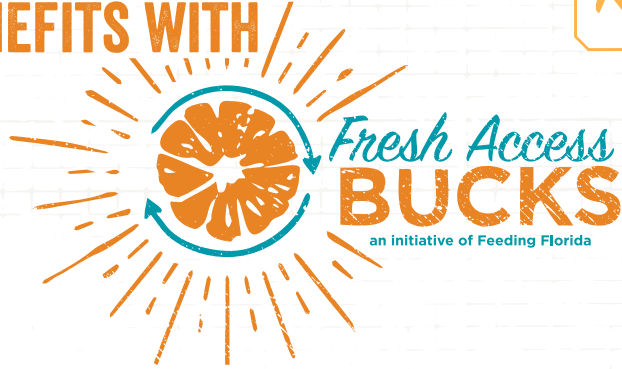
HOW IT WORKS

Recipes with FAB

Coconut Veggie Soup

(full recipe on back of card)

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!

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

Chef Marie Laforge

Mango Bistro • mangobistro.com
Englewood Farmers Market • Englewood, FL
englewoodfarmersmarket.org

Ingredients

1 tablespoon vegetable oil
1 large sweet onion, sliced
1 large sweet potato or 2 medium, diced in ½ inch cubes (purple potatoes are fun to add for color and a different texture)
3 carrots, sliced
1 yellow squash, cut in half lengthwise and sliced
1 zucchini, cut in half lengthwise and sliced

2 12 ounce cans coconut milk
1.5 cubes chicken/vegetarian stock or 2 cups broth
1 teaspoon turmeric or curry powder
1 teaspoon salt
½ teaspoon pepper
Fresh cilantro
Lime wedges for servings

Steps

1. Sauté onions in oil until slightly translucent. Add sweet potato and carrots and cook until almost tender stirring frequently, 8 to 10 minutes.

2. Add yellow squash and zucchini and cook another 5 minutes.

3. Add coconut milk, 2 cups of water, turmeric or curry powder, salt and pepper and bring to a boil. Add stock to dissolve. (if using liquid broth just add 2 cups of broth). Check seasoning and adjust as needed.

4. Serve topped with fresh cilantro and a lime wedge.

Coconut milk is a great source of healthy saturated fatty acids.