

# DOUBLE YOUR SNAP BENEFITS WITH



## HOW IT WORKS



## Recipes with FAB



## Roasted Carrots with Carrot Top Pesto

(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 Yvette Rouse

Sweetwater Executive Director

Sweetwater Organic Farm, Tampa • [sweetwater-organic.org](http://sweetwater-organic.org)

## Ingredients

3 pounds (12-15 medium) carrots	3 tablespoons pine nuts or walnuts
2 tablespoons vegetable oil	¼ cup grated Parmesan
kosher salt, black pepper	½ cup extra virgin olive oil
1 garlic clove	

# RECIPE

Prep Time: 15 mins

Cook Time: 25-35 mins

Serves: 8

## Steps

1. Preheat oven to 400 F. Trim carrot tops and measure out 2 cups carrot tops; set aside.
2. Toss carrots and vegetable oil on a baking sheet and season with salt and pepper.
3. Roast, tossing occasionally, until golden brown and tender, about 25-35 minutes. Let cool to room temperature.
4. Pulse garlic and nuts in a food processor until a coarse paste forms. Add Parmesan and carrot tops and pulse until a coarse paste forms.
5. Add olive oil and pulse until combined. Season to taste with salt and pepper. Serve carrots with pesto.

*This pesto is the besto!*