

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



Roasted Vegetables With Rosemary and Thyme

(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

Prep Time: 15 mins
Cook Time: 40 mins
Serves: 8

Steps

1. Preheat oven to 475 F. Separate the red onion quarters into pieces, and add them to the mixture.
2. In a small bowl, stir together thyme, rosemary, olive oil, vinegar, salt, and pepper.
3. Toss with vegetables until they are coated. Spread evenly on a large roasting pan.
4. Roast for 35 to 40 minutes in the preheated oven, stirring every 10 minutes, or until vegetables are cooked through and browned.
5. Roasted vegetables are a good accompaniment to any grilled meat, fish dish or over fresh pasta. Get creative with other roasted seasonal vegetables like broccoli, zucchini, or eggplant!

Chef Marie Laforge

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

Ingredients

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|--------------------------------------|---|
| 1 small butternut squash, cubed | 2 tablespoons of chopped fresh rosemary |
| 2 red bell peppers, seeded and diced | ¼ cup olive oil |
| 1 sweet potato, peeled and cubed | 2 tablespoons of balsamic vinegar |
| 3 yukon gold potatoes, cubed | salt and freshly ground black pepper |
| 1 red onion, quartered | |
| 1 tablespoon chopped fresh thyme | |

Get creative with other roasted seasonal vegetables like broccoli, zucchini, or eggplant!