

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



Sweet Potato Beet Skillet

(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.



Chef Marie Laforge

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

Ingredients

2 large sweet potatoes, peeled and cut into ¼ inches dice	2 tablespoons olive oil
2 large fresh beets, peeled and cut into ¼ inches dice	sea salt and freshly ground pepper
	2 thick slices of bacon, cut into ¼ inches pieces
	1 large sweet onion, diced

You can't BEET this sweet!

RECIPE

Prep Time: 10 mins
Cook Time: 45 mins
Serves: 4 to 6

Steps

1. Preheat the oven to 400 degrees F. Toss the cut sweet potatoes and beets with olive oil and season with salt and pepper.
2. Place on a parchment or foil-lined baking sheet and bake until vegetables are golden, about 25 to 30 minutes, stirring every 10 minutes.
3. Meanwhile, in a medium skillet over medium-low heat, add the bacon and render the fat until the bacon is crispy.
4. Add the onions and season with salt, and continue to cook until the onions start to caramelize and turn golden, about 10 minutes.
5. Add the roasted sweet potatoes and beets to the pan and stir to combine cooking another 5 minutes. Taste and adjust the seasoning, if necessary and serve immediately.
6. This is delicious served as is. Fresh sage can be added at the end for added flavor. It makes a great accompaniment to pork, poultry and beef dishes.