Be Medication Wise

• Review your medications with your doctor or pharmacist every year.
• Take your medications as prescribed.
• Keep a list of all medications you take including vitamins, over-the-counter drugs, and herbal products.
• Use the same pharmacy for all your prescriptions.
Cream of cauliflower and parsnip soup

Serves: 4

Instructions:
- Prepare all ingredients.
- In a medium saucepan, sauté the onion in margarine until soft.
- Add broth and water, cauliflower and parsnips. Bring the soup to a boil. Reduce the heat, cover the pot and simmer for about 15 minutes or until the vegetables are soft. Remove the soup from the heat and let it cool until it is warm.
- Transfer the soup to a blender or purée the vegetables in the soup with a hand potato masher until smooth.
- Adjust seasoning if necessary. You may add milk if soup is too thick.
- Sprinkle with parsley, a pinch of paprika and top with 2 tbsp of grated cheese.

Nutrition information:
Per serving: 210 calories, 9 g fat, 4 g saturated fat, 0.2 g trans fat, 20 mg cholesterol, 680 mg sodium, 25 g carbohydrate, 5 g fibre, 11 g sugars, 11 g protein, 20% DV vitamin A, 100% DV vitamin C, 30% DV calcium, 26% DV vitamin D.