



## 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

1	large onion, chopped	1
1 tbsp	margarine	15 mL
2 cups	chicken broth (low sodium)	500 mL
2 cups	water	500 mL
1 large	cauliflower, cut in pieces	1
2	parsnips, peeled and cut	2
1 1/4 cups	milk	300 mL
1/4 tsp	nutmeg	2 mL
1/4 tsp	black pepper	2 mL
1/2 cup	cheddar cheese, grated	125 mL
1/4 cup	chopped parsley	60 mL
dash	paprika (as garnish)	dash

## 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**.

