

## I Can't Believe It's Not Potatoes!

- ◆ 8 cups raw cauliflower florets
- ◆ 2 tablespoons light ranch dressing
- ◆ 3 tablespoons light tub margarine
- ◆ 1 clove garlic, chopped
- ◆ 1/4 teaspoon black pepper
- ◆ 3 tablespoons green onion (optional)

### Directions

1. Place cauliflower florets in a large microwavable bowl and fill 1 inch with water. Microwave approximately 10-15 minutes or until very tender.
2. Drain any excess liquid and transfer to a pot or bowl.
3. Add the dressing, margarine,
4. garlic and pepper.
5. Mash with a potato masher until cauliflower is light and fluffy. If you desire a smoother texture, you can put the cauliflower in a blender or food processor.
6. 5. Sprinkle with onions. Serve.

**Servings: 6. Serving size: 1/2 cup**

**Total Carbohydrate: 8 grams**



For inclement weather please watch local news channels to see if the PDRRC is closed, as well as the Children's Hospital website at

[www.childrenshospitalofil.org](http://www.childrenshospitalofil.org)

**Please remember to check your date and time in pumps and meters once a week.**

## PDRRC CORNER

**Did you know.....**If you are struggling with finances and/or reliable means of transportation, assistance is available. Our office offers gas vouchers on a limited basis to those in need. Medicaid customers may also be eligible for transportation services through their managed care plans. Contact information is as follows for the managed care plans:

**Health Alliance Connect: 1-877-633-2526 (Family Health Plan)**

**Illinois Health Connect 1-877-912-1999**

**Meridian: 1-866-796-1165**

**Molina: 1-877-659-8409**

**Other Medicaid:** Call First Transit at 1-877-725-0569 for transportation requests.

Please be sure to have your Medicaid number/case ID number available as well as appointment information .

Also, please keep in mind that some plans require arrangements to be made 7-10 days in advance. Contact individual plan for further details.

**For more information, contact Marie Mullins, MA, LPC, NCC at 309-624-2480.**

### Have you ever wondered....

What happens when you turn liquid cooking oil into a solid? That's what scientists wondered when they added hydrogen atoms to unsaturated fat, such as vegetable oil. The result: partially hydrogenated oil. The oil stood up to high heat without breaking down, was solid at room temperature, and was cheaper- all of which made it seem like the perfect addition to packaged foods. Today, however, we know partially hydrogenated oils as trans fats, which can increase LDL ("bad") cholesterol and increase the risk for heart disease.

**YOUR OPINION COUNTS!:** Please remember to complete the survey on the hand held device before you leave the office, as well as any surveys you receive in the mail!  
**Thank you!**