Ingredients:

- 6 heaping cups cauliflower florets cut into 1-inch florets
- 3 garlic cloves
- 2 tablespoon olive oil, plus 1 teaspoon
- 1 teaspoon turmeric
- 1 teaspoon cumin
- 1/8 teaspoon crushed red pepper flakes, optional
- 1/2 teaspoon kosher salt, to taste
- 1 medium chopped onion
- 3 cups vegetable broth
- 1/4 cup full fat canned coconut milk, shaken well
- 2 table spoons chopped cilantro

1. Preheat the oven to 450°F. Smash the garlic cloves with the side of the knife.

2. Place the cauliflower florets and smashed garlic in a large bowl and drizzle with 2 tablespoons olive oil. Shake the bowl a few times to coat the cauliflower evenly with the oil.

3. In a small bowl combine the turmeric, cumin, salt and crushed red pepper flakes. Sprinkle evenly over cauliflower, tossing well to coat evenly.

4. Place the cauliflower on a large rimmed baking sheet and bake in the center of the oven until browned and tender, about 25-30 minutes, turning the florets occasionally so they are evenly cooked. Reserve 1 cup.

5. Meanwhile, heat a medium pot over medium heat, add 1 teaspoon oil and onion and cook until translucent, about 2 to 3 minutes. Add the broth and transfer the remaining roasted cauliflower to the pot, bring to a boil and cook covered on low 15 minutes.

6. Use a hand blender (or regular blender carefully in batches) and blend until smooth. Salt to taste as needed, stir in coconut milk and serve topped with roasted cauliflower and cilantro with additional coconut milk for drizzling if desired. Makes 4 1/2 cups.
Sage Page: Jackie’s Story

CHP patients share their sage advice and stories of their progress. May their experience inspire you to take steps to foster your own success.

When Jackie first came to her nutrition appointment with Erin in March, she was looking for help losing weight before pursuing getting a gastric sleeve. Her BMI was 50.3 and she had recently started on a weight loss drug, and felt as though her appetite was decreased. She was no longer snacking heavily in the evening, as she had been. She started a gym membership and was swimming and taking group fitness classes. Erin advised Jackie to be sure she is eating breakfast every day with a good source of protein and to replace the 2 Gatorades per day that she had been having with water.

When she returned a month later, Jackie was up 4 lbs. She had come to the realization that she needed to make family wide changes to the food coming into the house in order to reduce her temptation from the junk food that her kids preferred. Erin provided Jackie with healthy snack ideas that the kids would be interested in eating. She also recommended that Jackie sign up for the WIC Cooking Matters shopping tour.

Two months later Jackie returned as a prenatal patient referred for pregnancy nutrition counseling. The pregnancy was a pleasant surprise for Jackie! She was struggling with food intake due to nausea and expressed her commitment to keeping her pregnancy weight gain under control. She was unable to tolerate many foods and was hesitant to eat certain foods for fear of vomiting. Erin advised to eat small, frequent snacks containing nutrient dense foods and to focus on staying well hydrated.

A month later Jackie’s weight was down 2 lbs due to her decreased appetite from nausea, as well as overall improved food choices compared to before pregnancy. Jackie was snacking on fruit and vegetables throughout the day. Erin advised to increase protein intake and to incorporate healthy fats like hummus and avocado.

At the next visit a month later, Jackie had gained 5 lbs and fallen back into her old patterns of eating due to increased stress. She reported that she was ready to stop “cheating” and to once again remove the indulgences from her house or have her family hide them from her. The following month her weight was down a pound. Her diet was very well balanced and she was continuing to be active with swimming.

The next month, Jackie was able to tolerate all foods again as her nausea had subsided. Her activity decreased due to back pain and becoming easily winded but she continued to bring her kids to swim. Her weight this month was up 4 lbs. She continued to have a well-balanced diet and planned ways to make Thanksgiving healthier with limited leftovers and improved recipes.

At her most recent appointment, Jackie was 34 weeks pregnant and up 2.6 more lbs. She has been feeling exhausted as the pregnancy is nearing the end and has been favoring small portions as she becomes full very quickly. Her overall weight gain for the pregnancy at this point is about 5 lbs. Her doctor is pleased as the baby is healthy and is weighing in appropriately at about 3 ½ lbs. The American College of Obstetricians & Gynecologists recommends weight gain of 11-20 lbs for women with a BMI >30. Jackie is on track to meet this recommendation and is very pleased that she has met her initial goal.

Way to go Jackie!

CHP Nutrition Services began sharing the Sage success stories of our patients in our quarterly Nutrition Newsletters. Our data shows us that the Sage Page is the most popular part of the newsletter. Are you seeking inspiration or success or can relate to these experiences? If you have found this CHP patient success story inspiring and want to invest in your own success, consider scheduling a nutrition consultation with one of CHP’s nutritionists.