

1988

Heart Healthy Cooking

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Heart Healthy Cooking



PART OF THE KILKENNY HEALTH PROJECT PROGRAMME.

NOTES

Standard spoon measurements are used in all recipes as follows:

1 Tablespoon (1 tbsp) = 15 ml

1 teaspoon (1 tsp) = 5 ml

All spoon measures are level.

For all recipes, quantities are given in both metric and imperial measures. Weigh all items according to the metric or imperial system, but not a mixture of both because they are not interchangeable.

It is preferable to use fresh herbs in these recipes. Amounts of herbs in lists of ingredients assume the use of fresh herbs unless otherwise stated. If fresh herbs are not available, use dried herbs instead, but halve the quantities stated.

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