

1992

Cooking For Health : Recipes from the Kilkenny Health Project

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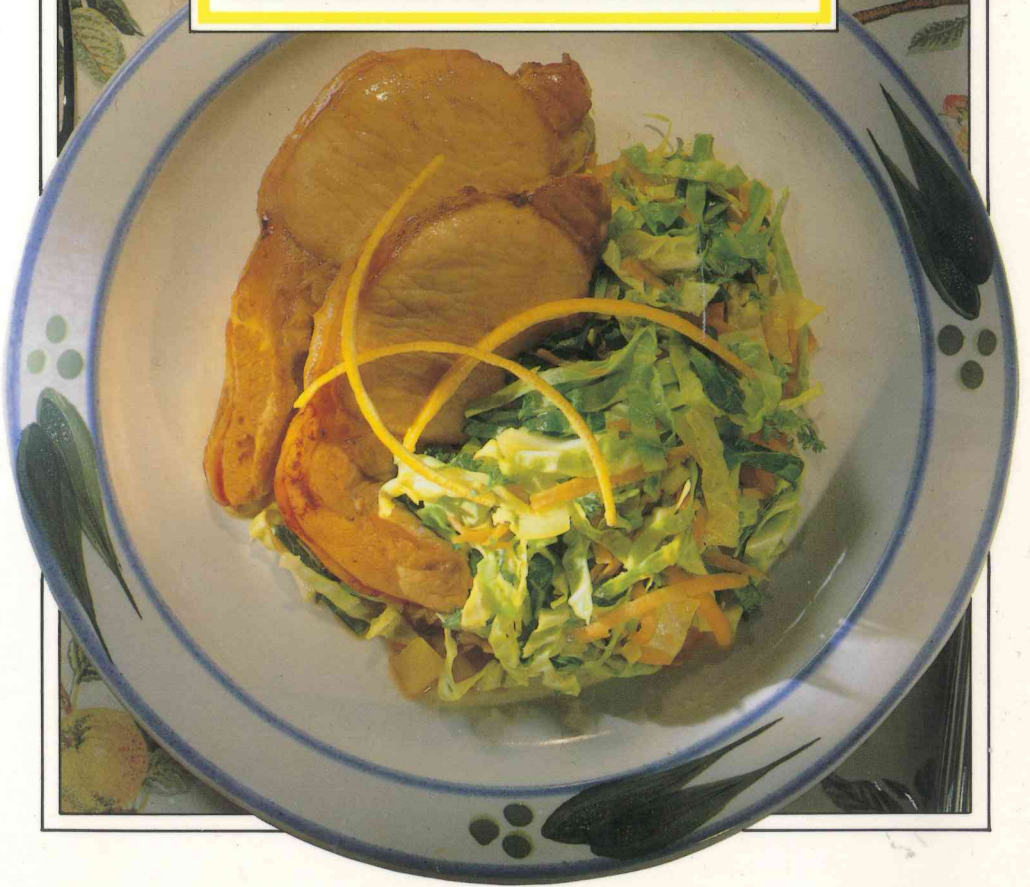
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COOKING
FOR
HEALTH



RECIPES FROM THE KILKENNY HEALTH PROJECT

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All proceeds from the sale of this book will go towards health education activities in the South Eastern Health Board area.

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M E A S U R E M E N T S

Both metric and imperial measures are given.

Follow one set only as they are not interchangeable.

Standard spoon measurements are used in all recipes as follows:

1 tablespoon (1 tbsp) = 15ml

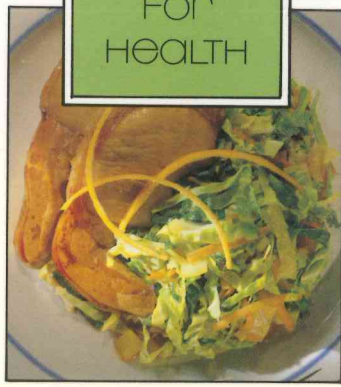
1 teaspoon (1 tsp) = 5ml

All spoon measurements are level.

1 pint = 20 fluid ounces (20 fl.oz)

½ pint = 10 fluid ounces (10 fl.oz)

COOKING
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I know I should take more care of what I eat, but

- I haven't a lot of time to spend cooking
- I want food that tastes good and looks good too
- I haven't got time to find unusual ingredients
- I need to cook things the family will love to eat

If you scored 3 or 4, then this book is written for you — tasty, appealing and healthy dishes that you can make simply and quickly. All the dishes have been tried and tested by the Project's own staff, and each recipe comes with 'at a glance' nutrition information to help you balance your diet.

- This is the book for you!

KILKENNY  HEALTH
PROJECT

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