

1992

Cooking For Health : Recipes from the Kilkenny Health Project

Susan Higgins

Follow this and additional works at: <https://arrow.tudublin.ie/irckbooks>



Part of the [Arts and Humanities Commons](#)

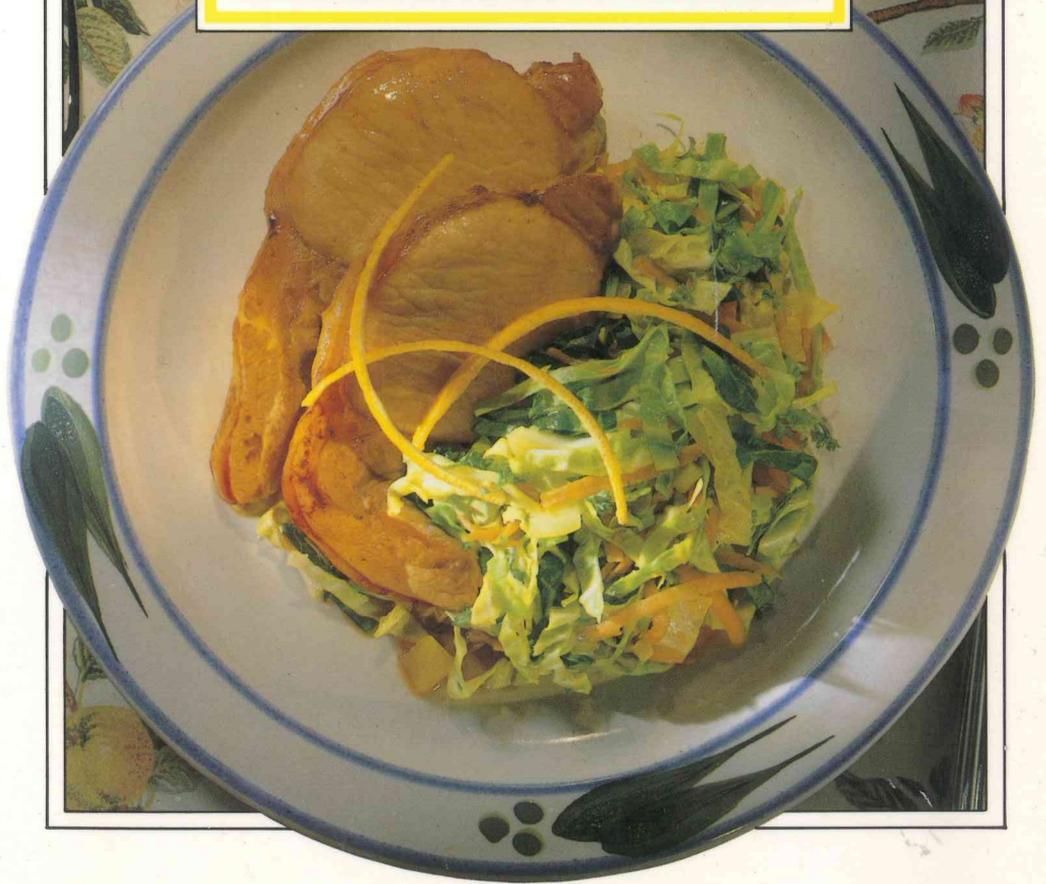
Recommended Citation

Higgins, Susan, "Cooking For Health : Recipes from the Kilkenny Health Project" (1992). *Cookery Books*. 118.

<https://arrow.tudublin.ie/irckbooks/118>

This Book is brought to you for free and open access by the Publications at ARROW@TU Dublin. It has been accepted for inclusion in Cookery Books by an authorized administrator of ARROW@TU Dublin. For more information, please contact arrow.admin@tudublin.ie, aisling.coyne@tudublin.ie, vera.kilshaw@tudublin.ie.

COOKING
FOR
HEALTH



RECIPES FROM THE KILKENNY HEALTH PROJECT

The Kilkenny Health Project is funded by the Department of Health, National Lottery, Irish Heart Foundation, the Voluntary Health Insurance Board and supported by the South Eastern Health Board.

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

First published in Ireland by
the Kilkenny Health Project Limited
Dean Street, Kilkenny

© Copyright Kilkenny Health Project Limited 1992

Design: Jacinta FitzGerald
Photography: Robert Vance
Printed by Aston Colour Press Ltd.

Thanks to:
Kilkenny Design Centre
Stoneware Jackson
Allen and Sons
J. M. Nolan Ltd.
The Garden Centre

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted, in any form or by any means, electronic, mechanical photocopying, recording or otherwise, without prior permission of Kilkenny Health Project.

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

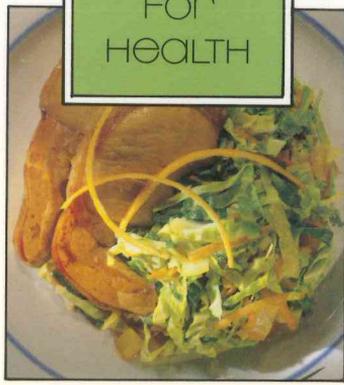
1 teaspoon (1 tsp) = 5ml

All spoon measurements are level.

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

½ pint = 10 fluid ounces (10 fl.oz)

COOKING
FOR
HEALTH



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