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Grove City College Director of Student Health Services publishes heart-healthy cookbook

GROVE CITY, Pa. – Grove City College Director of Student Health Services Karen Danielson knows one important factor of staying healthy – eating. Healthy eating, that is.

A lifelong cook, Danielson recently decided to share some of her healthy eating knowledge with everyone else. Her new cookbook, “Creations and Collections from KD’s Kitchen,” contains a compilation of more than 250 nutritious but tasty recipes, including one for a heart-healthy alfredo sauce. The cookbooks sell for \$12.50 each, plus \$2 shipping and handling. Local customers can waive the extra fee by either picking up orders or having them delivered.

For those who want to taste some of Danielson’s creations for themselves, the cook will be part of a food-tasting from 11 a.m. to 2 p.m. Saturday, Nov. 3 at County Market in Grove City. Danielson will be at the store with her cookbooks for a “Tasting and Signing.” Four of Danielson’s best recipes will be on display for sampling. Cookbooks may also be purchased at this time.

“Creations and Collections from KD’s Kitchen” isn’t the first time Danielson’s recipes have been published. The 1987 issue of Bon Appetit magazine featured Danielson’s recipes, as have several Bon Appetit’s cookbooks. Danielson also contributes her creations to the website www.sneakykitchen.com. Most recently, Danielson and her recipes were featured on “I is For Italian,” a segment of the television show “WQED Cooks.”

For more information, contact Danielson at (724) 458-7778 or kkdcook@infonline.net.

This news release is available for download on www.gcc.edu/pr/pr_enter.htm. A photo of Karen Danielson is available in hard copy or via e-mail. Contact Clingensmith for transmission details.

Grove City College has been listed as one of the 50 most competitive colleges in the nation. In its category, Grove City College is also ranked by U.S. News & World Report as No. 5 in the 2002 guide to America’s Best Colleges. Grove City College has also been called a “hidden treasure” by guidance counselors in the Kaplan National High School Guidance Counselor Survey, published in the Kaplan/Newsweek College Catalog 2001.