



# GROVE CITY COLLEGE

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## Chef and director of student health services planning cooking demonstration at County Market

GROVE CITY, Pa. – Grove City College Director of Student Health Services Karen Danielson will give a cooking demonstration from 11 a.m. to 2 p.m. Saturday, June 21 at County Market in Grove City.

Danielson, also the author of the cookbook “Creations and Collections from KD’s Kitchen,” will use County Market’s new store-made salsa fresca, available in the produce section. She will demonstrate the salsa’s uses and use it in everyday recipes, including a chicken and rice dish.

Copies of Danielson’s cookbook, which contains more than 250 heart-healthy recipes, will also be available for \$12.50. One recipe, “Heart-Healthy Alfredo Sauce,” was featured on “I Is For Italian,” a segment of the public television show “WQED Cooks.” The alfredo sauce remains one of WQED’s most-requested recipes.

This release is available for download at [www.gcc.edu/news/releases/main](http://www.gcc.edu/news/releases/main). A photo of Danielson is available via e-mail or for download at <http://www.gcc.edu/news/photos/main/default.htm>. Contact Clingsmith for transmission details.

*Grove City College is listed as one of the Most Competitive colleges in the nation by Barron’s. In its category, Grove City College is also ranked by U.S. News & World Report as No. 1 Best Value and No. 4 overall in the 2003 guide to America’s Best Colleges. Grove City College has also been called a “best value” and a “hidden treasure” by guidance counselors in the Kaplan National High School Guidance Counselor Survey. Founded in 1876, it is located 60 miles north of Pittsburgh, Pa. With an enrollment of 2,300 students, it is a private Christian college teaching the liberal arts, sciences and engineering. It is an advocate of the free market economic system and accepts no federal funding. Tuition is about half of the national average for private colleges.*