

# Nancy S. Hughes

N. S. Hughes, Inc.

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Nancy S. Hughes is the author of 11 nationally published cookbooks as well as the recipe developer for 45 other cookbooks. Corporations and organizations, such as Weight Watchers, the American Diabetes Association, American Heart Association, Better Homes & Gardens, Cooking Light, Betty Crocker, and Publications International, Ltd. publish the cookbooks for which she developed recipes. Her articles and recipes appear in various magazines, including *Better Homes & Gardens*, *Cooking Light*, *Cooking Pleasures*, and *Diabetic Cooking*. As a food consultant for ConAgra Foods, Nancy updated their database that included editing, research, and nutritional analysis. She worked with McCormick as lead recipe developer for “The Taste For Health” website.

Currently, she is writing a cookbook with the American Diabetes Association, writing a cookbook with CanolaInfo in conjunction with the American Diabetes Association, consulting and developing recipes for Smart Balance, Pillsbury, Pompeian Inc., Cooking Light, Weight Watchers, American Heart Association, Diabetic Cooking, and consulting for the USA Rice Federation.

In order to broaden her knowledge base further, Nancy earned a Culinary Arts degree at Faulkner State College in Alabama where she was awarded the All-Alabama Academic Team Award sponsored by Phi Theta Kappa Society and *USA Today*, graduating Summa Cum Laude. Nancy takes her education to the public with enthusiastic, dynamic public speaking from a speaker at the International Association of Culinary Professionals National Conference in 2004 to the Chef for Smart Balance at the American Dietetic Association Food and Nutrition Conference & Expo, 2008.

In 1998, she helped create a cooking school for a gourmet kitchen shop teaching a variety of classes from children, working adults, and senior citizens. She also lectures to various medical, business, and social organizations. She has done extensive interviews and cooking segments for nationwide radio as well as local television. She is a member of the International Association of Culinary Professionals, Research Chef’s Association, National Association of Professional Women, past president of the American Culinary Federation junior chapter and served on the Board of Governors for the Federation.

Although she specializes in healthy cooking, she develops traditional recipes as well. For both cooking styles, she has developed recipes from the quick and easy to the most contemporary in cooking techniques. This wide range in her work and writings helps her remain abreast of current topics and trends. Nancy is thorough in her writings, prides herself in her promptness and clarity in directions and her recipes receive high ratings in the test kitchens.