

# Nancy S. Hughes

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**Objective**     **Specialist seeking challenging opportunity in culinary concept work and recipe development/writing for a corporate team.**

**Experience**    2007-Present  
**Cookbook Author/Food Consultant**

- Web Recipe Developer, Menu Planner, and Food Consultant, Kao Health and Nutrition
- Author, American Diabetes Association cookbook (Publishing date 2010)
- Sole Recipe Developer and Spokesperson, The Heart-Smart Diabetes Kitchen Cookbook, Canola Info in conjunction with American Diabetes Association, 2009
- Chef, Smart Balance at the National Conference for the American Dietetic Association, Chicago, Illinois
- Recipe Developer, Idaho Potato Commission
- Lead Recipe Developer, Weight Watcher's Annual Recipes for Success 2010 Cookbook, Oxmoor House; 2009
- Lead Recipe Developer, Cooking Light's Fresh Food Fast Cookbook, Oxmoor House;
- Recipe Developer, American Heart Association's Healthy Family Meals Cookbook; 2009
- Keynote Speaker, American Diabetes Association's *Diabetes 4 Life* Event, Pensacola Civic Center
- Recipe Developer, Pillsbury
- Author, 1500 Calorie-A-Day Menu Cookbook, The McGraw-Hill Companies; 2008
- Consultant/Recipe Developer, Spokesperson, Smart Balance
- Consultant/Recipe Developer, Pompeian Incorporated
- Recipe Developer, Weight Watcher's Annual Recipes for Success 2009 Cookbook, Oxmoor House, 2008
- Recipe Developer, Weight Watcher's 5 Ingredients, Fifteen Minute Meals Cookbook, Oxmoor House, 2008
- Recipe Developer, American Heart Association's Low-Fat, Low-Cholesterol Cookbook 4<sup>th</sup> Edition; Clarkson Potter; 2008

- Recipe Developer; Diabetes & Heart Healthy Meals for Two Cookbook; American Diabetes Association and American Heart Association, 2008
- Contributing Editor, Recipe Tester, Consultant, and Contest work, American Profile Hometown Get-Togethers Cookbook, Publishing Group of America Inc, 2008
- Author, The 4-Ingredient Diabetes Cookbook; American Diabetes Association, 2007
- Writer, Recipe Developer, Contributing Editor, 2005-2007 *Publications International's Easy Home Cooking* magazine bimonthly column
- Recipe Developer, Nestle USA
- Recipe Developer, CanolaInfo
- Lead Recipe Developer, American Heart Association in conjunction with Publications International Go Red for Women, 4th Edition, 2008
- Food Consultant, USA Rice Federation, including website and national contest judge, recipe development, nutritional analysis, and research.
- Contributing Editor, Recipe Tester, Consultant, and Contest work, American Profile Hometown Recipes for the Holidays Cookbook, Publishing Group of America Inc, 2007
- Recipe Developer, Weight Watcher's Annual Recipes for Success 2008 Cookbook, Oxmoor House; 2007
- Recipe Developer, *Cooking Pleasure Magazine*
- Recipe Developer, *Cooking Light Magazine, Superfast column*
- Recipe Developer, *Publications International's Diabetic Cooking Magazine* and *Best Recipes Magazine*
- Lead Recipe Developer, American Heart Association in conjunction with Publications International Go Red for Women, 3rd Edition, 2007

#### 2003-2006

- Recipe Developer, Better Homes Gardens Cook Once, Eat Twice Cookbook; Meredith Books, 2006
- Recipe Developer, Atkins Cookbook; 2006
- Recipe Developer, 2006 *Better Homes and Gardens, Diabetic Living Magazine*
- Recipe Developer, 2006 *Cooking Pleasure Magazine*
- Recipe Developer, 2005-2006 *Cooking Light Magazine, Superfast column*
- Recipe Developer, 2006 *Publications International's Diabetic Cooking Magazine* and *Best Recipes Magazine*
- Recipe Developer, 2006 *Relish Magazine*
- Recipe Developer, Reiman's Taste of Home Diabetic 2006 Annual Cookbook; Publications International, Ltd; 2006
- Weight Watcher's Annual Recipes for Success 2006 Cookbook, 2005

- Recipe Developer, American Heart Association's Low-Salt Cookbook, 3<sup>rd</sup> Edition, Clarkson Potter, 2006
- Lead Recipe Tester, 2005 Publications International all food divisions
- Recipe Developer, Reiman's Taste of Home Diabetic 2005 Annual Cookbook, Publications International Ltd, 2005
- Lead Recipe Developer, American Heart Association in conjunction with Publications International Healthy Recipes Kids Love, 2005
- Recipe Developer, 2005 *Publications International Easy Home Cooking Magazine*
- Recipe Developer, American Heart Association's No-Fad Diet cookbook, 2005
- Lead Recipe Developer, American Heart Association in conjunction with Publications International Go Red for Women 2<sup>nd</sup> Edition, 2005
- Recipe Developer, Reiman's Taste of Home Diabetic 2005 Annual Cookbook; Publications International, Ltd. 2004
- Recipe developer, The New American Heart Association Cookbook, 7th Edition, 2005
- Lead Recipe Developer, Weight Watcher's Annual Recipes for Success 2005 Cookbook, 2004
- Lead Recipe Developer, American Heart Association in conjunction with Publications International Go Red for Women 1<sup>st</sup> Edition, 2004.
- Lead Recipe Developer, Weight Watcher's Annual Recipes for Success 2004 Cookbook, 2003
- Lead Recipe Developer, 2004 McCormick's "A Taste For Health" website
- Database Update Specialist, including editing, research, rewriting, nutritional analysis, and consultation, ConAgra Foods
- Speaker, International Association of Culinary Professionals 2004 National Conference
- Lead Recipe Developer, American Heart Association in conjunction with the American Diabetes Association Diabetes & Heart Healthy Cookbook, 2004
- Recipe Developer, 2004 *Cooking Light Magazine, Superfast column*
- Lead Recipe Developer, Weight Watcher's Annual Recipes for Success 2004 Cookbook, 2003
- Recipe Developer, American Heart Association's One-Dish Meals Cookbook, 2003
- Author, American Diabetes Association's Quick & Easy Low-Carb Cooking Cookbook, 2003
- Spokesperson, The Southeast United Dairy Industry Association
- Recipe Developer, McCormick project
- Lead Recipe Developer, Weight Watcher's Shortcut Cookbook, 2003
- Lead Recipe Developer, Cooking Light's Superfast Suppers Cookbook, 2003
- Recipe Developer, American Heart Association's Low-Calorie Cookbook, 2003

- Recipe Developer, Taste America! The Regional Entertaining Cookbook, 2003
- Food Stylist, American Diabetes Association's Last Minute Meals For People With Diabetes Cookbook, 2003

1998-2002:

- Author, American Diabetes Association's Last Minute Meals For People With Diabetes Cookbook, 2002
- Recipe Developer and Writer, *Better Homes & Gardens, Cooking Pleasures, Diabetic Cooking, Heart Healthy, and Easy Home Cooking Magazines, Cooking Light Magazine*
- Lead Recipe Developer, Weight Watcher's Annual Recipes for Success 2003 Cookbook, 2002
- Recipe Developer, Publications International's Slow Cooking Cookbook, 2002
- Personal Chef, client on a sugar-restricted diet
- Interviewee, WKRQ TV-CBS affiliate, WEAR TV-ABC affiliate, WPMI TV-FOX 15, WJTC 44
- Interviewee for national radio and talk shows
- Lead Recipe Developer, Weight Watcher's Annual Recipe for Success 2002 Cookbook, 2001
- Recipe Developer, American Heart Association's Low-Salt Cookbook, 2001
- Recipe Developer, Cooking Light's Light and Easy Menus Cookbook, 2001
- Recipe Developer, 2001 Weight Watcher's Miracle Foods Cookbook, 2001
- Lead Recipe Developer, Betty Crocker's Low-fat, Low-Cholesterol, Cooking Today Cookbook, 2000
- Recipe Developer, American Heart Association's Low-fat and Luscious Desserts Cookbook, 2000
- Recipe Developer, American Heart Association's Meals In Minutes Cookbook, 2000
- Recipe Developer, Better Homes & Gardens Fresh and Simple, Quick Simmering Soups Cookbook, 2000
- Recipe Developer, Publications International's Diabetic Desserts Cookbook, 1999
- Book leader/Editor, Land O' Lakes Healthy Vegetarian Cookbook, 1998
- Recipe Developer, American Heart Association's 25<sup>th</sup> Anniversary, Sixth Edition Cookbook, 1998
- Recipe Developer, *Cooking Light* and *Cooking Pleasures Magazines*
- Recipe Developer for McCormick, the National Pasta Association and Publications International

- Director, Concept Developer, and Instructor, Village Peddler Cooking School and the Marriott's Grand Hotel in Fairhope, Alabama

1994-1998

- Author, four nationally published cookbooks (See attached list for full information)
  - The New Chili Cuisine Cookbook, 1996
  - The Health-Smart/Dollar-Wise Cookbook, 1995
  - The Low-Fat 150-Calorie Dessert Cookbook, 1994
  - The 1200-Calorie-A-Day Meal Cookbook, 1994
- Lead recipe developer, each issue of *Pillsbury Fast & Healthy Magazine* for 30 issues
- Book leader/Editor, Land O'Lakes Fresh & Fast Pasta Cookbook, 1997
- Recipe developer, Publications International's 365 Favorite Brand Name Stir-Fry Cookbook, 1997
- Research projects, *Better Homes & Gardens*, *Green Giant*, *Cooking Pleasures* and *Land O' Lakes*
- Recipe Developer, *Weight Watcher's* and *Cooking Pleasures Magazines*
- Recipe Developer, McCormick, Lawry's, and Reynolds

1990-1994

- Author, two nationally published cookbooks (See attached list for full information)
  - The 300-Calorie One Dish Meal Cookbook, 1991
  - The Four-Course 400-Calorie Meal Cookbook, 1991
- Director, Concept Developer, and Instructor, Village Peddler Cooking School in Fairhope, Alabama
- Lecturer, medical, social and business organizations, such as Diabetes Support Systems for Providence Hospital, Blue Cross/Blue Shield workshop, Career Women of Mobile, and Daphne Study Club.

## Education

2007	Media Training Certification/The Lisa Ekus Group
1997-2001	Faulkner State College Gulf Shores, Alabama <ul style="list-style-type: none"> <li>• Degree in Culinary Arts/ Summa Cum Laude</li> </ul>
1974-1975	University of South Alabama Mobile, Alabama
1972-1973	Georgia State University Atlanta, Georgia
1969-1971	Atlanta School-Interior Design Atlanta, Georgia <ul style="list-style-type: none"> <li>• Degree in Interior Design</li> </ul>

- Awards**
- 2004 National Health Information Awards-silver for *Quick & Easy Low Carb Cooking*
  - 2001 Summa Cum Laude Award in Culinary Arts
  - 2000 USA Today All-Alabama Academic Team Award
  - 2000 Alabama Hospitality & Tourism Industry Scholarship  
American Culinary Federation Scholarship for 2 years
  - 2000 Bronze Metal for Culinary Achievement
  - 2001, 2000, 1999, 1998 President's List, Faulkner State College
  - 1975 Dean's List, University of South Alabama

**Activities** Member of International Association of Culinary Professionals (IACP); member of Research Chefs Association (RCA); member National Association of Professional Women; speaker for IACP Test Kitchen Committee Panel for 2004 IACP Conference; member of Phi Theta Kappa; Daphne Study Club. Past president, Junior Chapter of American Culinary Federation; member of American Culinary Federation; member on board of directors American Heart Association, Baldwin County division; member of the Career Women of Mobile.

## **Cookbooks by Nancy S. Hughes**

1500 Calorie-A-Day Menu Cookbook; McGraw Hill Publishers, 2008

4-Ingredient Diabetes Cookbook; American Diabetes Association, 2007

Quick & Easy Low-Carb Cooking; American Diabetes Association, 2003

Last Minute Meals for People with Diabetes; American Diabetes Association, 2002

The New Chili Cuisine Cookbook; Contemporary Books, 1996

The Health-Smart/Dollar-Wise Cookbook; Berkley Publishers, 1995

The Low-Fat 150-Calorie Dessert Cookbook; Berkley Publishers, 1994

The 1200-Calorie-A-Day Menu Cookbook; Contemporary Books, 1994

The 300-Calorie One-Dish Meal Cookbook; Contemporary Books, 1991

The Four-Course 400-Calorie Meal Cookbook; Contemporary Books, 1991

## **Cookbooks: Recipes developed by Nancy S. Hughes**

The Heart-Smart Diabetes Kitchen Cookbook; American Diabetes Association; 2009

Weight Watcher's Annual Recipes for Success 2010 Cookbook; Oxmoor House;  
Publishing date 2009

Cooking Light's Fresh Food Fast Cookbook; Oxmoor House; 2009

American Heart Association's Healthy Family Meals Cookbook, Clarkston Potter; 2009

Weight Watcher's Annual Recipes for Success 2009 Cookbook; Oxmoor House; 2008

Weight Watcher's 5 Ingredients Fifteen Minute Meals Cookbook; Oxmoor House; 2008

American Heart Association's Low-Fat, Low-Cholesterol Cookbook, 4<sup>th</sup> Edition;  
Clarkston Potter; 2008

Diabetes & Heart Healthy Meals for Two Cookbook; American Diabetes Association and  
American Heart Association, 2008

Go Red For Women, 4<sup>th</sup> Edition; American Heart Association in conjunction with Publications International, Ltd, 2008

Weight Watcher's Annual Recipes for Success 2008 Cookbook; Oxmoor House; 2007

Go Red For Women, 3<sup>rd</sup> Edition; American Heart Association in conjunction with Publications International, Ltd, 2007

Better Homes and Gardens Cook Once, Eat Twice Cookbook; Meredith Books, 2006

Atkins Cookbook; 2006

Reiman's Taste of Home Diabetic 2006 Annual Cookbook; Publications International, Ltd; 2006

American Heart Association's Low-Salt Cookbook, 3<sup>rd</sup> Edition; Clarkson Potter, 2006

Weight Watcher's Annual Recipes for Success 2006 Cookbook, Oxmoor House, 2005

Healthy Recipes Kids Love; American Heart Association in conjunction with Publications International, Ltd; 2005

American Heart Association's No-Fad Diet Cookbook; Clarkson Potter, 2005

Reiman's Taste of Home Diabetic 2005 Annual Cookbook; Publications International, Ltd. 2004

Weight Watcher's Annual Recipes for Success 2005 Cookbook; Oxmoor House, 2004

Go Red For Women, 2<sup>nd</sup> Edition; American Heart Association in conjunction with Publications International, Ltd; 2005

The New American Heart Association Cookbook, 7th Edition; Clarkson Potter, 2004

Diabetes & Heart Healthy Cookbook; American Diabetes Association and American Heart Association, 2004

Weight Watcher's Annual Recipes for Success 2004 Cookbook; Oxmoor House, 2003

Go Red For Women, 1<sup>st</sup> Edition; American Heart Association in conjunction with Publications International, Ltd; 2004

American Heart Association's One-Dish Meals Cookbook; Clarkson Potter, 2003

Weight Watcher's Annual Recipes for Success 2003 Cookbook; Oxmoor House, 2002

Cooking Light Superfast Suppers Cookbook; Oxmoor House, 2003

Weight Watcher's Shortcut Cookbook; Oxmoor House, 2003

American Heart Association's Low-Calorie Cookbook; Clarkson Potter, 2003

Taste America! The Regional Entertaining Cookbook; Cooking Club of America, 2003

Slow Cooking Cookbook; Publications International, Ltd, 2002

Weight Watcher's Annual Recipes for Success 2002 Cookbook; Oxmoor House, 2001

American Heart Association's Low Salt Cookbook; 2<sup>nd</sup> Edition, Clarkson Potter, 2001

Cooking Light's Light and Easy Menus Cookbook; Oxmoor House, 2001

Weight Watcher's Miracle Foods; Oxmoor House, 2001

The American Heart Association's Low-fat and Luscious Desserts Cookbook; Clarkson Potter, 2000

The American Heart Association's Meals In Minutes Cookbook; Clarkson Potter, 2000

Betty Crocker's Low-Fat, Low-Cholesterol, Cooking Today Cookbook; IDG Books Worldwide, Inc., 2000

Weight Watcher's Annual Recipe for Success 2001 Cookbook; Oxmoor House, 2000

Better Homes and Garden's Fresh and Simple, Quick Simmering Soups Cookbook; 2000

Diabetic Desserts; Publications International, Ltd., 1999

The American Heart Association's 25<sup>th</sup> Anniversary Cookbook, Sixth Edition; Random House, 1998

Healthy Vegetarian Cookbook; Land O' Lakes, 1998

365 Favorite Brand Name Stir-fry Cookbook; Publications International Ltd., 1997

Fresh & Fast Pasta Cookbook; Land O' Lakes, 1997