

# Nancy S. Hughes

**Cookbook Author | Food Consultant | Spokesperson  
Recipe Developer | Culinary Media Specialist**

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**Objective:** Specialist seeking challenging opportunity in culinary concept work, recipe development, and spokesperson involvement for a corporate team.

**Experience** 2009-Present

**Nestle:** Recipe Developer, Food Consultant. 2015.  
**emeals:** Diabetic Menu Planning, Recipe Developer. 2014, 2015.  
**Pompeian, Inc.:** Recipe Developer, Consultant. 2011-2012, 2014-2015  
**Del Monte Foods, Inc.:** Recipe Developer, Food Consultant/Advisor, Food Photography including Food/Prop Styling, Nutritional Analysis. 2012-2015. Featured Chef at American Dietetic Association National Conference, 2012.  
**Better Homes and Gardens:** Recipe Developer, Weeknight Delicious. 2015.  
**Jungbunzlauer:** Recipe Developer, Product Development. 2014-2015  
**California Almond Board:** Recipe Developer. 2014.  
**Bay Area Food Bank:** Recipe Developer. 2014, 2015.  
**Canola Council:** Spokesperson, Featured Chef at IACP National Conference 2013; Recipe Developer. 2013-2015.  
**Red Raspberry Commission:** Recipe Developer, Food and Prop Stylist, Photography, Consultant, Spokesperson. 2011-2015  
**DeCecco:** Consultant, Recipe Testing, Revisions, and Nutritional Analysis. 2013-2015.  
**USA Rice Federation:** Recipe Developer, Food Consultant/Advisor (Consumer & Food Service Division). 2009-2015.  
**Cooking Light:** Recipe Developer, *Cooking Light's The Gluten-Free Cookbook*. Oxmoor House, 2010-2011. Lead Recipe Developer, *Cooking Light's Fresh Food Fast Cookbook*. Oxmoor House, 2009.

Recipe Developer, *Cooking Light's Pressure Cooking Made Simple Cookbook*, 2015.

**American Diabetes Association:** Food Photography and Videos, Keynote Speaker, *Diabetes 4 Life* Event, Pensacola Civic Center, Author:

- Cookbook, 2016, title to be announced.
- *Two-Step Diabetes Cookbook*, 2015.
- *Diabetes Carb Control Cookbook*, 2014.
- *The Diabetes Fast-Fix Slow-Cooker Cookbook*, 2014.
- *Gluten Free Recipes for People with Diabetes*, Co-Author 2013.
- *15-Minute Diabetic Meals Cookbook*, 2010.

**American Heart Association:** Recipe Developer:

- *Go Fresh Cookbook*, 2014
- *Go Red For Women*, Clarkston Potter, 2013
- *Eat Less Salt*, Clarkston Potter, 2013.
- *Healthy Slow Cooker Cookbook*. Clarkston Potter, 2012.
- *Quick and Easy Cookbook*. Clarkston Potter, 2010.
- *Meals In Minutes Cookbook*. 2<sup>nd</sup> Edition. Clarkston Potter, 2010.
- *No -Fad Diet Cookbook*. 2<sup>nd</sup> Edition. Clarkston Potter, 2009.
- *Healthy Family Meals Cookbook*. 2009.

**IACP "The Business of Recipe Development "Committee Panel:** Speaker, 2015 IACP Conference, Washington D.C.

**J. M. Smucker Company:** Recipe Developer for Web and Pinterest, Database Work. 2012, 2013.

**Canola Council in Conjunction with University of Alberta:** Cookbook Recipe Developer, Consultant. 2013

**Maille:** Recipe Development, 2013.

**Cooking Club Magazine:** Recipe Developer, 2011, 2012, 2013.

**Clean Eating Magazine:** Recipe Developer. 2011, 2012.

**Canola Council in conjunction with American Diabetes Association:** Spokesperson, Sole Recipe Developer, Video Presentations, and National Satellite and Radio Media Tours and Author for *The Heart-Smart Diabetes Kitchen Cookbook*, 2009-2010.

**Canola Growers Association National Conference:** Speaker, 2010.

**Kao Health and Nutrition:** Web Recipe Developer, Menu Planner, Food and Prop Stylist, and Food Photography. 2009, 2010.

**Smart Balance:** Featured Chef, National Conference for the American Dietetic Association, Chicago, Illinois, 2009.

**Idaho Potato Commission:** Recipe Developer. 2011, 2012.

**Publications International, Ltd:** Recipe Developer, *Diabetic Cooking Magazine*. Every bimonthly issue 2008-present.

**Meredith:** Recipe Developer, *Diabetic Living Magazine*. 2011, 2012, 2013.

**Weight Watcher's:** Lead Recipe Developer, *Weight Watcher's Annual Recipes for Success 2010 Cookbook*. Oxmoor House, 2009.

2004-2008

**Smart Balance:** Consultant, Recipe Developer, Spokesperson.

**American Diabetes Association:** Author, *The Four Ingredient Diabetes Cookbook*. 2007.

**Weight Watcher's:** Recipe Developer,

- *Weight Watcher's Annual Recipes for Success 2009 Cookbook*. Oxmoor House, 2008.
- *Weight Watcher's 5 Ingredients, Fifteen Minute Meals Cookbook*. Oxmoor House, 2008.
- *Weight Watcher's Annual Recipes for Success 2008 Cookbook*. Oxmoor House, 2007.
- *Weight Watcher's Annual Recipes for Success 2006 Cookbook*. 2005.

**Weight Watcher's:** Lead Recipe Developer, *Weight Watcher's Annual Recipes for Success 2005 Cookbook*. 2004.

**American Heart Association:** Recipe Developer,

- *The New American Heart Association Cookbook*. 8<sup>th</sup> Edition. Clarkson Potter; 2008.
- *Low-Fat, Low-Cholesterol Cookbook*. 4<sup>th</sup> Edition. Clarkson Potter, 2008.
- *Low-Salt Cookbook*. 3<sup>rd</sup> Edition. Clarkson Potter, 2006.
- *No-Fad Diet Cookbook*. 2005.
- *The New American Heart Association Cookbook*. 7<sup>th</sup> Ed. 2005.

**American Diabetes Association with American Heart Association:**

Recipe Developer, *Diabetes & Heart Healthy Meals for Two Cookbook*. 2008. Lead Recipe Developer, *Diabetes & Heart Healthy Cookbook*. 2004.

**Publishing Group of America Inc:** Contributing Editor, Recipe Tester, Consultant, and Contest work,

- *American Profile Hometown Get-Togethers Cookbook*. 2008.
- *American Profile Hometown Recipes for the Holidays Cookbook*. 2007.

**IACP Test Kitchen Committee Panel:** Speaker, 2004 IACP Conference.

**Publications International, Ltd:** Lead Recipe Tester, all food divisions. Writer, Recipe Developer, Contributing Editor, *Easy Home Cooking* magazine bimonthly column 2005-2007.

- Recipe Developer, *Best Recipes Magazine*.
- *Diabetic Cooking Magazine* and *Best Recipes Magazine*. 2006.
- *Reiman's Taste of Home Diabetic 2006 Annual Cookbook*. 2006.
- *Reiman's Taste of Home Diabetic 2005 Annual Cookbook*. 2005.
- *Easy Home Cooking Magazine*. 2005.

- *Reiman's Taste of Home Diabetic 2004.*
- *Annual Cookbook. 2004.*

**Nestle USA:** Recipe Developer.

**Canola Council:** Recipe Developer.

**American Heart Association in conjunction with Publications**

**International:** Lead Recipe Developer,

- *Go Red for Women. 4<sup>th</sup> Edition. 2008.*
- *Go Red for Women. 3<sup>rd</sup> Edition. 2007.*
- *Go Red for Women. 2<sup>nd</sup> Edition. 2005.*
- *Go Red for Women. 1<sup>st</sup> Edition. 2004.*

**USA Rice Federation:** Food Consultant, including website and national contest judge, recipe development, nutritional analysis, and research.

**Relish Magazine:** Recipe Developer, 2006.

**Cooking Club Magazine:** Recipe Developer, 2006-2007.

**Cooking Light Magazine:** Recipe Developer, Superfast column 2007, 2006, 2005, 2004

**Better Homes and Gardens:** Recipe Developer, *Better Homes Gardens Cook Once, Eat Twice Cookbook.* Meredith Books, 2006.

Recipe Developer, *Better Homes and Gardens, Diabetic Living Magazine.* 2006.

**Atkins:** Recipe Developer, *Atkins Cookbook.* 2006.

**American Heart Association in conjunction with Publications**

**International Ltd.:** Lead Recipe Developer, *Healthy Recipes Kids Love.* 2005.

**ConAgra Foods:** Database Update Specialist, including editing, research, rewriting, nutritional analysis, and consultation.

**International Association of Culinary Professionals:** Speaker, 2004 National Conference.

**McCormick's:** Lead Recipe Developer, "A Taste for Health" 2004.

1990-2003:

**Weight Watcher's:** Lead Recipe Developer, 4 cookbooks.

**The Southeast United Dairy Industry Association:** Spokesperson.

**American Heart Association:** Recipe Developer, 5 cookbooks.

**American Diabetes Association:** Author, 2 cookbooks, Food Stylist.

**Cooking Light, Betty Crocker, Pillsbury:** Lead Recipe Developer.

**Publication's International Ltd., McCormick, Cooking Club of America, Better Homes and Gardens, McCormick, the National Pasta Association, Lawry's, Reynolds, Cooking Pleasures, Diabetic Cooking, Heart Healthy, Easy Home Cooking, Weight Watcher's and Cooking Light Magazine:** Recipe Developer.

**Land O' Lakes:** Book Leader/Editor.

**The Village Peddler Cooking School:** Director, Concept Developer, and Instructor, Fairhope, Alabama.

**Pillsbury:** Recipe Developer.

**Education**

Media Training Certification, The Lisa Ekus Group, 2007  
Culinary Arts Degree, *summa cum laude*, Faulkner State College, 2001  
Interior Design Degree, Atlanta School-Interior Design, 1971

**Awards**

National Canadian Agri-Marketing Award, Special Publication category for *Heart Smart Diabetes Kitchen Cookbook*. 2010  
Woman of the Year, National Association of Professional Women, 2010  
National Health Information Awards-Silver for *Quick & Easy Low Carb Cooking*. 2004  
*Summa cum laude* award in Culinary Arts, 2001  
USA Today All-Alabama Academic Team Award, 2000  
Alabama Hospitality & Tourism Industry Scholarship American Culinary Federation Scholarship for 2 years, 2000  
Bronze Medal for Culinary Achievement, 2000  
President's List, Faulkner State College, 2001, 2000, 1999, 1998  
Dean's List, University of South Alabama, 1975

**Memberships:**

International Association of Culinary Professionals (IACP); American Association of Diabetes Educators (AADE).