

# *Nancy S. Hughes*

Nancy S. Hughes is a nationally recognized bestselling author and authoritative food consultant. She has written 22 nationally published cookbooks as well as developed recipes for 60 additional cookbooks with over 7,500 published recipes to her credit.

Nancy's culinary arts degree and over 25 years of experience have taken her from being director of a cooking school to recipe developer, author, consultant, lecturer, and national spokesperson for some of the top tier companies.

Her company, N.S. Hughes, Inc., serves culinary clients throughout the United States and Canada. Nancy has been privileged to work with major food companies, health-focused organizations, food councils and lifestyle magazines, including: Betty Crocker, Del Monte Foods Inc., J. M. Smucker's, Pompeian, American Diabetes Association, American Heart Association, American Cancer Society, Canola Council, USA Rice Federation, National Pork Board, Cooking Light, Weight Watchers, Better Homes and Gardens, Diabetic Living, Publications International and Clean Eating magazines.

Nancy has extensive experience in culinary media work including satellite and radio media tours, video presentations, food and prop styling, food photography and recipe development. Her recipe development ranges from traditional to healthy lifestyle recipes including specific-need recipes, such as heart healthy, diabetic and cancer. Her latest books are Thinner In An Instant, and Dinner In A Dash Published by Harvard Common Press.

For more information on Nancy and her company, visit her website: [www.nancyshughes.com](http://www.nancyshughes.com)