

Chef Nicole Straight: Media Profile

Chef Nicole Straight uses a cross-media approach to making cooking healthy, flavorful food easy for parents and busy people. By presenting her ideas, creations, discoveries and experience in a variety of formats, she reaches the broadest possible audience.



Teaching. Time to Eat! classes teach parents and busy people how easy it is to prepare great meals quickly. Nicole's 90-minute courses use her 15-minute meal recipes. Learning the basic techniques Nicole teaches and having her list of staples allows people to vary and adapt the recipes to their preferences.

Books. In 2005, Nicole released her first Time to Eat! book. This book uses Nicole's experience as a professional chef, parent, and educator to support a single goal: helping parents and busy people find time to eat. Her next book is coming soon.

Writing. In print and on her blog, Nicole continues to share her knowledge. She understands child development, cooking and the pressures busy people face. This knowledge, combined with solid experience in the kitchen, allows her to write articles and create 15-minute meal recipes that solve the time problem for everyone who wants to eat healthy, tasty food.

Television. Nicole's television interviews and cooking demonstrations highlight the basic skills and recipes that make cooking fun and easy. Her presentation skills and experience help people take what they see on the screen directly into the kitchen.

Podcasts. Soon, Nicole will begin releasing audio and video podcasts exploring the basic skills, recipes and tips her students, friends and family adore. In developing Time to Eat!, teaching, and presenting, Nicole continuously discovers new ways parents and busy people can improve their cooking.

With Time to Eat! and her other projects, Chef Nicole Straight keeps finding new ways to communicate with parents and busy people about cooking fast, healthy meals.