

Chef Nicole Straight's Time to Eat!

Everyone needs time to eat. Chef Nicole Straight's Time to Eat! classes teach parents and busy people how to cook healthy food quickly. Her 15-minute meals' simple techniques and rich flavors open cooking's pleasures to people with busy lives.

Time to Eat! classes gather the insights and skills Nicole has gained as a private chef, educator and parent. She found that the skills anyone needs to cook a wide variety of healthy, fast and flavorful meals could be reduced in number and simplified.

A 90-minute Time to Eat! class makes the kitchen fun again. With a sense of play and exploration, students learn to use simple tools, basic techniques and quick recipes. Nicole demonstrates these skills by preparing meals that take 15 minutes from start to finish. Students use these basic skills because they've seen them work in the classroom. Nicole designed the 15-minute meals to be readily adaptable using the basic skills she teaches.

People leave Nicole's classes looking forward to cooking at home. They've experienced the ease and pleasure of good cooking with Nicole. Time to Eat!'s tips and list of staples keep them cooking. Stocking the kitchen with the easily found items on her lists means people can readily prepare their 15-minute meals and create others using their basic skills.

Time to Eat!—like Nicole's articles, presentations and television appearances—is designed to appeal to parents and busy people. Everyone needs time to eat, but parents and busy people face special challenges.

Parents need speed, appealing flavor and solid nutrition in the kitchen. The question, "Would my children eat this?" guides Nicole's Time to Eat! meal creation. If she is teaching a recipe in class, odds are that it brought smiles to her daughters' faces.

Busy people with active professional and personal lives share one problem: time. Nicole solves the time problem. When someone has the basic skills, a good recipe, and the right ingredients they *can* cook. When a classroom experience teaches them that it will only take 15 minutes, they *will* cook.

Chef Nicole Straight's Time to Eat! classes are a great way for anyone to make cooking a relaxing pleasure they cherish and eating a joy they share with others.

