

# Emily Richards '96



Emily Richards is a professional home economist, freelance food writer, chef and cookbook author who also enjoys culinary instruction for home cooks who want to learn more and have fun in the kitchen. She is the author and co-author of 9 cookbooks which include topics from Italian cuisine, weeknight dinners, glycemic index diets and comfort foods.

Emily writes and develops recipes for cookbooks, print and online publications and websites that include everyday cooking and healthy eating. Emily's varied skills have allowed her to engage with consumers and colleagues to share her passion for food through trade and consumer shows, web, radio and television appearances.

**You can follow Emily for more information and recipes on Facebook Emily Richards Cooks and Instagram and Twitter via @eriscooking**