

Biography :: Jennifer Iserloh

Jennifer Iserloh has built a blooming culinary business with multi-media appeal. Her championing of healthy cooking prepared with care and her remarkable culinary and yoga training merit her in-demand status in television, print, and the internet. As the founder of her company, Skinny Chef Culinary Ventures, her work as a private chef included a clientele of high-profile professionals and internationally known celebrities.

A highly favored writer at Self Magazine, Jennifer also regularly writes for Yoga Life and AOL Food and was the spokesperson for the Go Florida Grapefruit campaign. She shares her expertise on health and cooking, making appearances on the Today Show, CBS, Montel Williams and Better TV. As the recipe developer for Joy Bauer's *Food Cures* and Jessica Seinfeld's cookbook on hidden nutrition entitled *Deceptively Delicious*, Jennifer continues to guide families toward health, showing them that healthy cooking can be fresh and fun. More recently, Jennifer appeared as a judge in General Mill's new baking competition *350F – One Hot Cooking Show* that was watched by millions on the Betty Crocker website (bettycrocker.com). On her hugely popular website www.skinnychef.com, she provides resources for anyone who is ready to take small steps towards a healthier life with her deliciously simple recipes, articles, podcasts, and webcasts.

Always in search of knowledge, Jennifer earned a master's degree in French Literature from the University of Pittsburgh. She spent time traveling throughout Europe and worked in Lugano, Switzerland for a telecom company, but her passion for cooking was ever-present. After relocating to New York City with her husband, Jennifer decided to leave the business world to follow her dream of becoming a chef.

After graduating with honors from the Institute of Culinary Education, (formerly Peter Kump's) Jennifer was invited to intern with Chef Scott Bryan, chef owner of Veritas restaurant. While there, she met Tyler Florence of the Food Network. Serving again upon invitation, Jennifer interned on Tyler's cookbook, *Eat This Book*, where she learned the essentials of food styling and photography. As a dedicated yoga-practitioner for over eight years, Jennifer recently completed her 200-hour teacher's training at the renowned Dharma Mittra Yoga Center in New York City.

Jennifer received her most formative culinary experience in her granny's kitchen starting at age eight. Growing up in her grandmother's house, in Pittsburgh, Pennsylvania, she learned in depth cooking techniques, how to use the freshest ingredients, the ups and downs of baking, and most of all, how to cook with love.

Jennifer lives in New Jersey with her husband, Ulrich who shares her passion for food and healthy living.

Please visit <http://skinnychef.com/media-resources> for more information, video clips and Jennifer's mediakit.