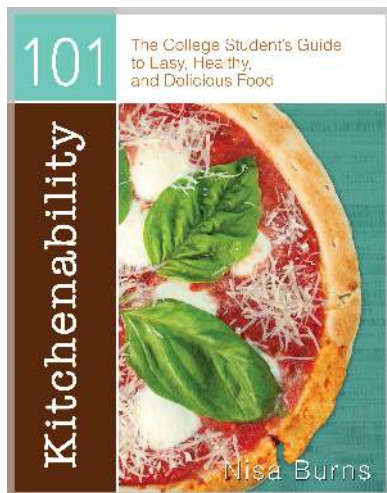


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## Up Your Kitchenability

*Young chef and Internet sensation demystifies the kitchen,  
and shows college students how to cook for life*



(VIRGINIA BEACH, VA) If freshman year came with an intro to cooking, more college students just might become lifelong healthy eaters.

But unless you're in culinary school, you won't get a crash course in "Kitchenability." That's where Nisa Burns, a spunky young chef and Internet sensation, comes in.

A culinary graduate of the Art Institute of Virginia Beach, Nisa's easy, healthy recipes have gained fans on [Facebook](#), [Twitter](#) and [YouTube](#) nationwide. Her mission? To show college students how to become best friends with their kitchens in order to feed themselves for life, a process she calls becoming "Kitchen-able." It's about making cooking easy and natural, rather than intimidating and overwhelming.

To that end, Nisa shows students healthy, accessible alternatives to the cafeteria or drive-thru lane with her highly-anticipated cookbook,

***Kitchenability 101: The College Student's Guide to Easy, Healthy, and Delicious Food*** (October 2012; Paperback 978-0-9856430-0-3, \$17.95; eBook 978-0-9856430-1-0, \$7.99), which comes with QR codes linking to Nisa's popular how-to videos.

"It's not about having a big, fancy kitchen—you can have amazing Kitchenability in your dorm room or apartment," says Nisa. "It's about developing a partnership with your kitchen, knowing what you can do and how you can play in it."

College readers will learn that it is just as easy (and tasty!) to make an Avocado Lettuce Wrap as it is to heat up a processed TV dinner – and usually cheaper, too. Kitchen newbies have Nisa as their guide in each of these recipes, which helps students cook quickly and healthfully on a college budget.

"As you cultivate confidence in the kitchen, you'll feel motivated to create foods that fit your lifestyle, instead of just eating whatever is fast and available. Kitchenability is about making awesome foods that nourish and strengthen your mind and body so you can succeed in college and beyond."

*Kitchenability 101* offers shopping plans, supply lists, budgeting tips, skills and recipes for cooking in college spaces – including dorm rooms, apartments and houses. The QR codes link readers to Nisa's online video demos for delicious dishes like Gnocchi with Pesto, Chicken Mole, Creamy Hummus Dip, and Dark Chocolate Cookies with Chocolate Mousse Filling.

**NISA BURNS** ([Kitchenability.com](http://Kitchenability.com)) is the Chef of a New Generation, appealing to students who want to cook easy, healthy, and delicious food. A chef, author and speaker, she is a 2012 culinary graduate of the Art Institute of Virginia Beach. Nisa is a weekly contributor to [Parade.com](http://Parade.com) and has been featured on local morning TV shows nationwide. She lives in Virginia Beach.

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## About Nisa Burns, author of *Kitchenability 101*



**NISA BURNS** is the Chef of a New Generation.

An author, speaker and Internet sensation, Nisa's venture into the culinary world started in true Gen Y fashion: virally. Sharing recipes in social media circles, Nisa's spunky, but commonsense approach to food soon earned her fans on Facebook, Twitter, and YouTube nationwide.

But before hitting the Internet, Nisa discovered a passion for cooking in childhood, mixing contents of her grandmother's pantry into sometimes delicious, sometimes "interesting" creations. In her teen years, Nisa's kitchen became a place of solace as well as a creative outlet.

Today, Nisa is a culinary graduate of the Art Institute of Virginia Beach, and the CEO of Kitchenability, Inc., a company she founded to give students the confidence and skills to make easy, healthy, and delicious food suited to their lifestyles.

What is Kitchenability? In Nisa's words, it's the act of "becoming best friends with your kitchen in order to feed yourself for life."

Her first cookbook ***Kitchenability 101: The College Student's Guide to Easy, Healthy, and Delicious Food*** (October 2012; Paperback \$17.95; eBook \$7.99), introduces the concept and passes on more than 65 healthy, easy-to-whip-up dishes for budget-minded high school and college students. Her carefully curated no-nonsense recipe collection is anything but complicated; it offers personal and practical advice to help students increase their Kitchenability anywhere.

"I'm not here to give you gourmet recipes or to blab on about herbs, spices, and other ingredients you've never heard of," says Nisa. "Instead, I offer personal and practical advice so that you can increase your Kitchenability, wherever you may be."

Students starting out on their own Kitchenability journeys relate to Nisa, a recent grad herself. Her warmth, sincerity, and charisma make her a trusted chef of the next generation.

"I want this book to be a fun and helpful tool through your college journey," she says. "I want you to see your Kitchenability as a limitless voyage toward adventure, exploration, independence, and good health."

Nisa shares her food philosophy with college and university audiences across the country, and also on [YouTube](https://www.youtube.com). With her help, they discover the satisfaction in cooking for themselves and their friends—all on a shoestring budget. Nisa lives in Virginia Beach. Find her online at [Kitchenability.com](http://Kitchenability.com).

### SAMPLE STORY IDEAS

- What's your Kitchenability? How to become best friends with your kitchen and feed yourself for life
- Banana Cinnamon Waffles, Tropical Pineapple Chicken, Chicken Mole, and other easy meals to make in your dorm room
- How to serve a party of 10 on \$30
- Cooking in a tiny (or nonexistent!) kitchen: Recipes, tools, and appliances that suit your space
- Fend off the Freshmen 15: Simple, easy meals to keep you healthy and happy in college

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