

# Raeanne Sarazen, MA, RDN

author of *The Complete Recipe Writing Guide*



Raeanne is a registered dietitian nutritionist and classically trained chef who specializes in recipe development, food writing and editing. She is known for translating complex nutrition recommendations into recipes for people with diet-related health conditions and simplifying the complicated recipes of professional chefs for the home cook. Her philosophy is that food is more than just sustenance; it is a source of healing and joy.

Raeanne has more than two decades of food industry experience. She has worked in hospitals as a clinical dietitian, at the *Chicago Tribune* as test kitchen director and assistant food editor, and in restaurant kitchens, including Charlie Trotter's. Raeanne has written articles, developed recipes, and produced video for the *Chicago Tribune*, *The Wall Street Journal*, *Cooking Light*, *Better Homes and Gardens*, national food companies, and other outlets.

Raeanne completed her professional cooking studies at Le Cordon Bleu. She received her Bachelor of Science in Nutrition and Medical Dietetics from the University of Illinois, and a Master of Arts in New Media Studies from DePaul University. She is a Distinguished Fellow of the Academy of Nutrition and Dietetics, a founding member of the Academy's Food and Culinary Practice Group, and a board member of Les Dames d'Escoffier and the nonprofit, Common Threads.

A mother of three, Raeanne lives in Chicago with her husband. Her greatest joys are hiking and traveling the world with her family and learning about local foods and culture.