

## Chef Isabella Nicoletti Injects New Italian Menu into Weight Watchers Classrooms

Good food is about more than **taste**, it's the **color**, the **texture** and the **smell**. Chef Isabella Nicoletti isn't satisfied until every one of those senses is overloaded and diners can only mumble "Yum!"

Chef Isabella will introduce her taste sensations to Weight Watchers members during April meeting room demonstrations.

A classically-trained Italian chef whose cooking roots extend back to her native Italy, Chef Isabella spent 24 years working her way up the ranks of the culinary hierarchy while also working her way across the Atlantic Ocean from Vicenza, Italy to metro-Detroit Michigan.

"I came here in 1995 to work for my friend, Jimmy" of Jimmy Schmidt's Chianti Tuscan Grill & Stelline, where she served as Executive Chef and oversaw menu development as part of her chef's duties.

In 1998 Chef Isabella joined the staff at Ann Arbor's own Paesano Restaurant and Wine Bar, and took on additional projects including the publication of a cookbook, *Perbacco Isabella!*, instruction for aspiring chefs, and hosting wine dinners.

Now she is facing new challenges. "I want to show how great tasting Italian cuisine can be integrated into the Weight Watchers lifestyle," she said.

Her recipes will reflect her love of garlic, fresh herbs and vinegars as well as seasonal products. "I really like to go to the Farmers' Markets and get the freshest produce, meat and fish."

In the meantime, she's learning the *PointPlus*™ Program and enjoying time with the staff and members in meeting room demonstrations throughout southeastern Michigan.