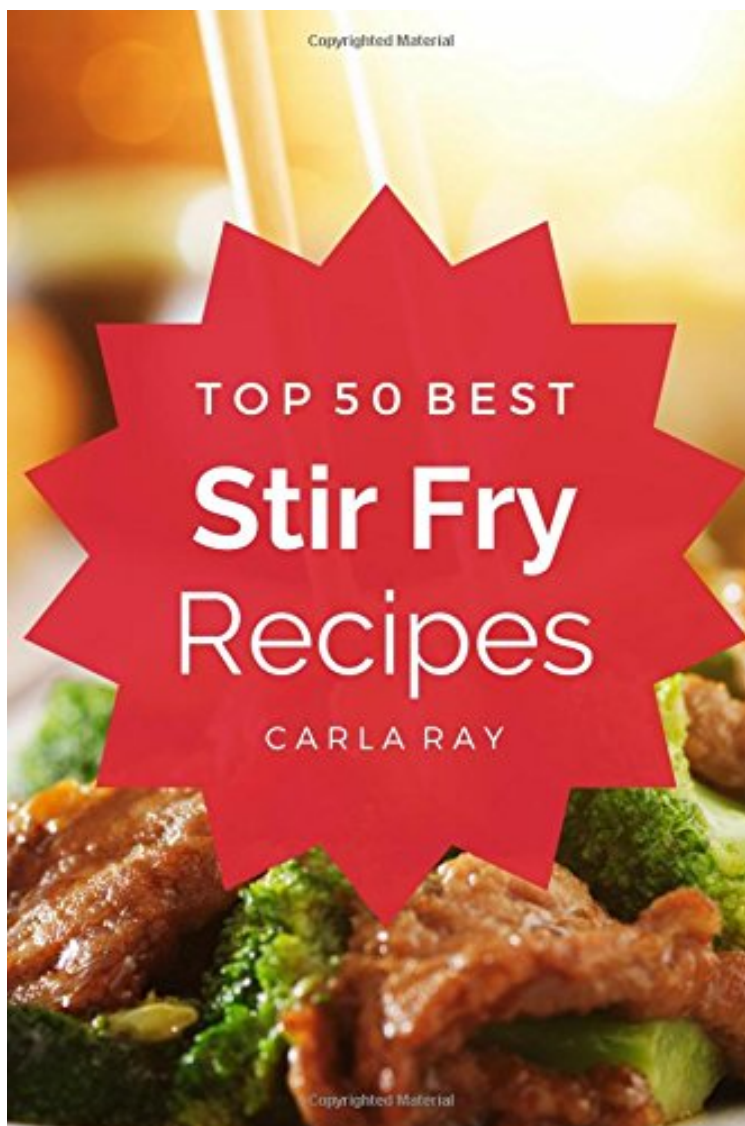


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About the Author Chef Carla Ray, a graduate of the Culinary Institute of America, is a personal chef, cooking instructor, and dietician in Berkley, California