

CHEF ART SMITH

The executive chef and co-owner of *Table fifty-two* and *Art and Soul* restaurants, Art Smith has received the culinary profession's highest awards and has cooked for some of the world's most famous celebrities. In 1997, Smith became the personal, day-to-day chef to Oprah Winfrey, a position that lasted ten years. Smith now coordinates and cooks for the headline-grabbing special events that Ms. Winfrey hosts all around the world.

Most recently Smith has made several television appearances including *Top Chef* and *Top Chef Masters*, where he quickly became an audience favorite. Smith will also be featured in an episode of *Extreme Makeover: Home Edition* where he will lend a hand to a deserving family that has devoted their lives to providing meals for the less fortunate members of their community.

Smith has made regular television appearances on programs such as *Iron Chef America*, *The Today Show* and *Oprah* in addition to having served as a Williams-Sonoma culinary instructor and the special events chef for *Martha Stewart Living* magazine.

Smith is currently in production of his new TLC television series COMFORT FOOD (wt), which explores the obsessions, triumphs, and secrets behind some of America's favorite comfort foods. The series is produced by True Entertainment.

A contributing editor to *O, the Oprah Magazine*, Smith is also the author of three award-winning cookbooks: *Back to the Table*; *Kitchen Life: Real Food for Real Families*; and *Back to the Family*. Most recently he contributed recipes and cooking advice to *The Spectrum*, the newest book by ground-breaking cardiologist and *New York Times* bestselling author Dr. Dean Ornish.

In 2003 he founded Common Threads, a non-profit organization that teaches children about diversity and tolerance through the world's great cultures. For his tireless Common Threads leadership, Smith was honored by *Chicago* magazine as a *Chicagoan of the Year* in 2007. That same year, the prestigious James Beard Foundation named him *Humanitarian of the Year*.

Chef Art Smith can serve up helpings of inspiration during live healthy cooking demonstrations! As Oprah's long-time personal chef, he perfected an arsenal of healthy recipes and has recently lost 100 pounds – the natural way. He even reversed his diagnosis of type-II diabetes without sacrificing food, flavor, or his zest for life! Learn about cooking healthy comfort foods that actually taste good, and how you too can improve your health through good eating!