

Stacey Green has been interested in food for as long as she can remember. It is true that her first interest revolved around trying to get the perfect peanut butter to jelly ratio but it has evolved leaps and bounds since then. She grew up cooking for herself and her father after her mother passed away when Stacey was 14. She vividly remembers that her first brave attempt was a bowl of French onion soup. How hard could it be? It's just broth, bread and cheese, right? It didn't matter that she forgot to add the onions, they were a minor detail and her path with food was set. In her teens and early twenties, she worked in a grocery store where she was exposed to hundreds of foods she'd never even heard of. What the hell was baba ghanoush and why was it so delicious? She then went to work in restaurants as a server/bartender, eventually moving on to management and it was there that she had the opportunity to train in the kitchen and her skills grew exponentially. She had access to new foods and equipment and her creativity exploded. It was also there that she learned how to flip food in a pan without spilling it. If that doesn't scream professional chef, I don't know what does. She (thankfully) got better as the years passed but only seriously started to think about what went into the food she was eating after her first son was born. She remembered staring at his tiny perfect face then panicking thinking – "wait a minute, someone has to feed this tiny human and that someone is me!" She decided to go back to school to study nutrition and become a Registered Holistic Nutritionist. Armed with this new food knowledge she thought she would feed her son and it would be the easiest thing in the world. Wrong! She discovered how tricky feeding kids can really be. She couldn't be the only one suffering like this, could she? It was then that the idea for *You'll Eat It & You'll Like It* was born. She wanted to write a book that people would enjoy reading as much as they would enjoy cooking the delicious recipes. And if their kids ate the food too? Well, that would be perfection.

Stacey lives with just outside of Toronto with her wife and two boys and forces them to eat her delicious food every day. They're just starting to understand how lucky they are.