

# Chef



## **Dave Schy**

**New Taste LLC**

Chef Dave Schy is the creator of [newtaste.com](http://newtaste.com) – a totally free healthy eating/recipe driven web site designed to teach people to cook and eat healthfully. A graduate of The Culinary Institute of America, Chef Schy has been a professional chef for more than thirty years. Highlights of Schy's career include working as the corporate chef of research and development for Lettuce Entertain You Enterprises in Chicago where he created recipes and menus for many nationally known restaurant concepts. Schy was also the chef/owner of the highly regarded Hubbard Street Grill and was featured on the front page of the Wall Street Journal when he decided to close that restaurant. Dave has also developed products and recipes on a consulting basis for many of the of the largest food manufacturing and restaurant companies in the country.

During the last few years Chef Schy has devoted his time to developing healthful recipes based on a whole food, whole grain, plant based diet that also includes a reasonable amount of lean animal protein. Originally for his personal use, this year he decided to post the recipes on the internet as his contribution to the community.

Chef Schy believes that a coordinated effort among foodservice, home cooking, schools, and internet education can change peoples' eating habits, increase their quality of life and benefit health through prevention.