

AGAINST THE GRAIN KOCHILAS DIANE%0A

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GreekFoodTv visits Pylos with Diane Kochilas

Diane Kochilas is an internationally known food writer, cookbook author, culinary teacher, food consultant and food "guru". She has more than 20 years' experience in the Greek kitchen.

Diane Kochilas - Wikipedia

Diane Kochilas (born May 17, 1960) is a Greek American cookbook author, celebrity chef, and cooking school owner. She has appeared on numerous American television programs, including *Throwdown!* with Bobby Flay, *Bizarre Foods* with Andrew Zimmern, *The Today Show*, *PBS News Hour*, and *Martha Stewart*.

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'*Against the Grain*' is the fifth book by leading culinary writer in English on Greek food, Diane Kochilas. And, it is written as a source book on Mediterranean recipes for low carb diets, primarily in response to the author's taking up first the Atkins and then the South Beach diet regimens which limit carbohydrate intake.