

Doreen Colondres

Celebrity Chef,
Author, Founder,
& Owner of
Vitis House



Born into a family of cooks, Doreen Colondres' family kitchen was the epicenter of her childhood. Watching her grandmother use produce grown in their backyard in every meal helped her develop a passion for local, fresh food, and merging classic flavors with new ingredients.

It was those unique traditions that led Doreen to launch, "The Kitchen Doesn't Bite," a food blog sharing healthy, easy recipes aimed at encouraging people to cook at home with fresh, local ingredients. Her syndicated column is shared in 25 media outlets worldwide and her cookbook "La Cocina No Muerde," published by Penguin Random House, was an Amazon Best Seller sharing her extensive experience as a chef and wine expert. Most notably, Doreen is the founder of Vitis House School, recognized as one of the premier educational institutions in the U.S. There, she spearheads curriculum design and culinary excursions to enhance experiential learning.

A leading figure in today's "Cocina Latina" movement and an expert in a range of Hispanic cooking, Doreen is determined to revolutionize the way the world approaches food, cooking, and eating habits. As a fresh food advocate with a passion to educate, Doreen's easy approach and vibrant personality have helped her become a "people's chef."

When Doreen isn't experimenting in the kitchen, she's either traveling abroad creating recipes, primarily in Spain where she is a chef Ambassador, and consulting with international companies, or is on-air hosting a cooking show. Doreen has a Wine and Spirit Education Trust (WSET) Level 3 certification in wine, a Sake Sommelier certification, among other food certifications from around the world, and has degrees in business and culinary arts. She has numerous unique strategic partnerships including

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a collaboration with the North Carolina Museum of Art designing art and wine classes to align with the museum's collection.

Her mission in life is to show others that traditions should be honored, but there are diverse and flavorful ways to make every meal healthy. Doreen wants you to see cooking as a lifestyle, not as a duty. She wants you to enjoy the time you spend in the kitchen and convince you that cooking can be fun, relaxing, nutritious, and most importantly healthy.

Doreen has partnered with a leading global healthcare company that's been making medicines to help people with diabetes lead healthier lives for more than 100 years.

Doreen Colondres is a paid spokesperson for Novo Nordisk.