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Virginia Willis (born December 29, 1966) is an American chef, writer, content creator, and food the South Cookbook, Grits by Short Stack Editions, and Lighten Up, Y'all: Classic Southern Recipes Made Healthy and Wholesome (2015).

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Summary: Virginia Willis is not only an authority on Southern cooking, a French-trained chef, and a veteran cookbook author; she is also a proud Southerner

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