



Meet Carla



From My Kitchen to Yours

After spending more than 25 years in nursing, I turned my passion for cooking into Adventures of a Nurse.

I believe homemade meals don't have to be complicated. My goal is to share easy-to-follow recipes, helpful tips, and plenty of comfort food that you'll want to make again.

Our Community

200,000

MONTHLY VIEWS

430,800

FACEBOOK

89,000

PINTEREST

18,000

EMAIL SUBSCRIBERS

7,000

INSTAGRAM

Audience figures: October 2026

From My Kitchen

Original recipes. Beautiful food photography. Family favorites made from scratch.



Utica Chicken Riggies



Sausage Bread



Broccoli Cheddar Soup



Peanut Butter & Jelly Cheesecake



French Onion Chicken

Every dish photographed here is an original Adventures of a Nurse image.

Featured in: BuzzFeed • The Huffington Post • NBC • InstantPot.com
MSN • Parade • Fox News • Grillo.com



Sharing Comfort Food Since 2011

For more than 15 years, Adventures of a Nurse has been a place for home cooks to find easy dinners, family favorites, and comforting homemade recipes.

From Utica classics to Instant Pot meals and delicious desserts, every recipe is created to make cooking easier and more enjoyable.

Work With Me

Sponsored Content

Recipe features and integrated brand stories

Recipe Development

Original recipes created for your products

Food Photography

Original food photography and styling

Social Promotion

Facebook, Pinterest, Instagram and email

Brand Features

Product storytelling and collaborations

Brand Ambassadorships

Ongoing partnerships and campaigns

Let's create something delicious together.

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