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Foodies Flock to The Wellness Show

VANCOUVER, BC: This year's 18th Annual Wellness Show features well-known foodies doing what they do best: cooking and showing off their considerable talent. The Wellness Show runs April 30 through to May 2 at the Vancouver Convention Centre.

Terry Walters, acclaimed author of *Clean Food* will be talking about her passion for healthy, delicious food, that is locally sourced. Terry's talk will be emceed by Dr. Rhonda Low, whose daily health tips on the nightly CTV news help to keep us all feeling better.

The list of celebrity chefs is extensive and impressive. They include:

- Peter Burt, Chef de Cuisine, **nu restaurant & lounge**, cooking a Seared Albacore Tuna with Olive Oil, Poached Potato and a Salted Green Plum Dressing
- Vikram Bajaj, Director/Chef, **Ace Curries To Go Ltd**, cooking a New Innovative Healthy Butter Chicken, Healthy Chick Pea Curry, Healthy Salad and Dip
- Antonio Cerullo, Executive Chef, **Choices Markets**, cooking Turkey, Cranberry and Quinoa Meatballs
- Robert Clark, Executive Chef and author of *C Food*, will cook a Fraser Valley Wellness Salad and Coconut Shrimp
- Hidekazu Tojo, Chef/Owner, **Tojo's Restaurant**, making Tojo's Spring Soba Salad
- Jeanelle Mitchell, Author of *For the Love of Salad* will demonstrate two recipes from her book: Lemony Herbed Quinoa Salad, Spinach Salad with Pineapple and Curried Cashews and Creamy Maple Dressing
- Bal Arneson, Chef/Owner, **Bal's Healthy Kitchen**, and author of *Everyday Indian* will cook Cauliflower with Yams and five-minute Chickpeas
- Nicolas Lim, Executive Chef, **Gusto Di Quattro**, will cook a Roast Pork Tenderloin with Grappa and Sun-Dried Cherries
- Alessandra & Jean-Francis Quaglia, Chefs/Proprietors, of **Provence Restaurants**, cooking a Fresh Tomato Tarte
- Karen Barnaby, Executive Chef, **The Fish House in Stanley Park**, cooking Goat Cheese and Bosc Pear Risotto

In addition, there will be scores of "foodie" exhibitors giving samples, coupons and demonstrations of what's new.

The Wellness Show runs from Friday, April 30, through until Sunday, May 1 at the Vancouver Convention Centre, 999 Canada Place (under the five sails). General admission tickets are \$12.50, Seniors and Students are \$10.00, Children 6 - 15 yrs are \$5.00, and Children 5 and under are free. There are also 3-Day Passes available for \$27.00. Tickets are now available online at www.thewellnessshow.com and at the door.

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