



FOR IMMEDIATE RELEASE

Media Contacts: Heather Villanueva, R/West
503-223-5443 ext. 143 / heatherv@r-west.com or
Brittney Lively, R/West
503-223-5443 ext. 118 / brittneyl@r-west.com

**PORTLAND'S FINEST RESTAURANTS AND VEGAN CHEFS CREATE DELICIOUS DISHES ON THE NW
NATURAL KITCHEN STAGE MARCH 27-29 AT THE 2009 ENERGY TRUST BETTER LIVING SHOW**

Portland, Ore. – March 17, 2009 – The Energy Trust Better Living Show will be featuring free cooking demonstrations March 27-29 at the Portland Expo Center. At-home cooks and aspiring chefs alike will find cooking inspiration from the local culinary community, including a vegan cooking series as well as demonstrations from top local chefs from Food Services of America's Sustainable, Natural, Organic and Regional restaurants. Held on the NW Natural Kitchen Stage, guests will enjoy samples, learn about eating vegan and discover new ways to prepare flavorful dishes from local and organic ingredients.

Better Living Show Live Cooking Demonstration Schedule

Friday, March 27

- 1:00pm – RSQ's Creamy Goodness Mac 'n Cheese – Chef Diane Santucci, Russell Street BBQ
- 2:30pm – Curing Pork Belly for Bacon and Pancetta – Chef David Kreifeis, Simpatuca Dining Hall
- 4:00pm – Coq au Vin – Chef Lisa Schroeder, Mother's Bar & Bistro
- 5:30pm – Scrumptious Cinnamon Sugar Scones – Lisa Higgins, Sweet Pea Baking Co
- 7:00pm – Vegan Cooking – Local Vegan Chef

Saturday, March 28

- 12:00pm – Vegan Cooking – Wes Hannah, Blossoming Lotus
- 1:00pm – Northwest Clam Chowder – Chef Christopher Turke, Life of Riley
- 4:00pm – Sesame Tofu Quinoa: all organic and gluten free! – Grant Dixon, Papa G's
- 5:30pm – Curried-Vegetable Casserole with a Three Fruit Chutney – Piper Dixon, Proper Eats
- 7:00pm – Lebanese Spring Omelette – Cookbook Author Linda Dalal Sawaya

Sunday, March 29

- 1:00pm – Late Winter Vegetable Soup with Pistou Potato Gratin with Kale & Smoked Gouda – Chef Kathy Block-Brown, Four Seasons Flavor Catering
- 2:30 pm – Vegetable Alchemy, From Raw to Cooked Plant-based Cuisine – Chef Brion Oliver & Chef Al Chase

For more information about the Better Living Show and the NW Natural Kitchen Stage's cooking demonstrations and featured chefs, go to www.betterlivingshow.org

About The Energy Trust Better Living Home, Garden & Lifestyle Show

Free and open to the public, The Energy Trust Better Living Show, the Northwest's largest sustainable lifestyle show, takes place Friday, March 27 from noon – 9 p.m.; Saturday, March 29 from 11 a.m. – 9 p.m.; and Sunday, March 30 from 11 a.m. – 5 p.m. at the Portland Expo Center. The Better Living Show is designed to empower attendees to become more thoughtful consumers and lessen their impact on the environment by learning about sustainable, healthy and practical lifestyle products and services. For more information, visit www.betterlivingshow.org.

###