

For Immediate Release

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Fire Up Your Grill

Tired of hotdogs and hamburgers?

Fire up your next backyard picnic with sizzling new ideas from Chef Bob Greene. The executive chef from Tamaron Country Club will teach you grilling techniques on the open flame. Recent chef of the year in the American Culinary Federation (ACF) and local graduate of UT's Food Service and Culinary Arts programs, Chef Greene has a lot of tips to share.

A few of the dishes to be prepared include:

Shoulder Beef Tenderloin with Roasted Garlic and Herb de Provence Sauce

Grilled Portabella Mushrooms with Olive Oil and fresh Herbs

Don't forget dessert! Also enjoy Grilled Bananas with Captain Morgan's Caribbean Coconut Rum.

You won't go home hungry. For \$35.00, you'll receive recipes, wine, and generous food portions. Take advantage of this on Wednesday, July 21, hosted by heartandsoul Fitness for Life, LLC. Bring a friend or spouse and enjoy a discount. Call 419.779.0607 to make reservations. Class starts at 11:30am. Located at 4444 Heatherdowns, across from the Stranahan Theatre.

Can't make it? Mary Lee Treter with heartandsoul Fitness For Life LLC will be hosting several cooking classes a month starting in September. Make sure to visit www.toledoheartandsoul.com for upcoming scheduled classes.

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About heartandsoul Fitness For Life, LLC

heartandsoul Fitness for Life, LLC is located at 4444 Heatherdowns Boulevard, across from the Stranahan Theatre. In business since 1988, owner Mary Lee Treter has recently expanded to provide cooking classes, offering the opportunity to learn to cook with "heartandsoul" from the top chefs in the Toledo area. Also offered at the center include yoga, Pilates, jazzercise, spinning, and massage therapy.

PHOTO CAPTION

Last month, Chef Mike Rosendaul from The Real Seafood Company shared his seafood secrets including Sesame Tuna (pictured), Crab Cakes, and for dessert: Blood Orange Pannacotta.