

INDOOR/OUTDOOR GRILL
RECIPE GUIDE



GEORGE FOREMAN®

LOSE THE FAT! NOT THE TASTE.™

GRILLED ARTICHOKE WITH MUSTERED BBQ SAUCE

PREP TIME: 30 minutes

TOTAL TIME: 1 hour

COOKING TIME: 30 minutes

SERVINGS: 10

INGREDIENTS

4 medium artichokes	2 Tbsp. ketchup
¾ cup Dijon or stone ground mustard	1 Tbsp. brown sugar
½ cup honey (can use agave)	2 tsp. Worcestershire sauce
¼ cup apple cider vinegar	1 tsp. hot sauce

DIRECTIONS

1. Using a serrated knife, cut ½ inch off the top of each artichoke. Cut each in half vertically and, using scissors, trim the pointy ends off the leaves. Carefully cut out the fuzzy choke in the center and discard.
2. Rub artichokes all over with lemon.
3. Fill a large pot with water and fit with a steaming rack.
4. Place artichokes on rack and steam until they are tender and easily pierced with a fork, about 30 minutes. Set aside to cool for 15 minutes.
5. Preheat the George Foreman® Indoor/Outdoor grill on the highest setting.
6. Mix all ingredients but the artichokes together in a bowl.
7. Place artichokes on the grill and grill until desired crispiness, or about 4-6 minutes.
8. Remove from grill and serve with sauce immediately!

APRICOT, SMOKED GOUDA AND PROSCIUTTO FLATBREAD

PREP TIME: 5 minutes

TOTAL TIME: 14 minutes

COOKING TIME: 9 minutes

SERVINGS: 8

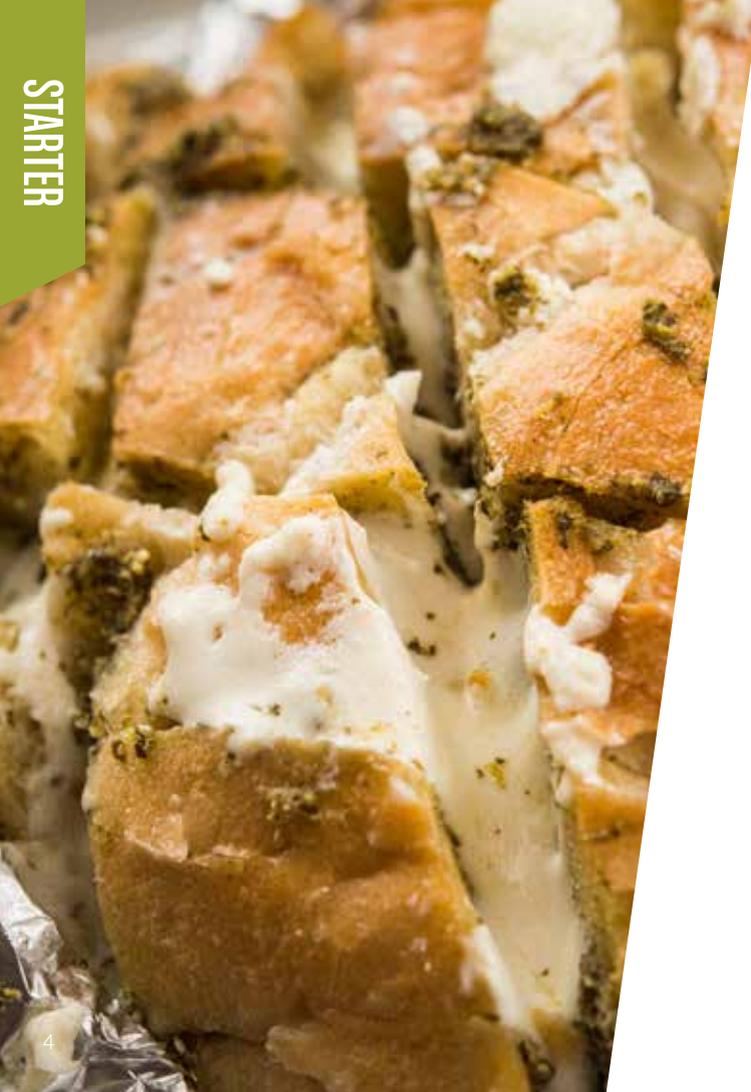
INGREDIENTS

- | | |
|-----------------------------|-----------------------|
| 1 flatbread pizza crust | 2 slices smoked Gouda |
| 1 small nectarine, sliced | 2 slices prosciutto |
| 1 ½ Tbsp. apricot preserves | Oil for brushing |
| ¼ tsp. honey Dijon mustard | |

DIRECTIONS

1. Preheat the George Foreman® Indoor/Outdoor grill on setting 4.
2. Brush one side of the flat bread with oil and place on one side of the preheated grill. On the opposite side, place the nectarine slices on the preheated grill. Place the lid on the grill.
3. Grill the flatbread for 4 minutes on one side, and grill the nectarines for 2 minutes per side.
4. Brush oil on the top of the flatbread and flip over. Spread the apricot preserves on the flatbread and drizzle the mustard over the top.
5. Place the nectarines on top of the preserves and mustard. Top with cheese and prosciutto. Place the lid on the grill.
6. Grill for 4-5 minutes, until cheese is melted.
7. Slice and serve immediately.





GRILLED PULL APART BREAD

PREP TIME: 10 minutes

TOTAL TIME: 40 minutes

COOKING TIME: 30 minutes

SERVINGS: 8

INGREDIENTS

- | | |
|-------------------------------------|----------------------------|
| 1 French boule or
sourdough loaf | 3 Tbsp. pesto |
| 3 Tbsp. butter, softened | 2 cups shredded mozzarella |

DIRECTIONS

1. Preheat the George Foreman® Indoor/Outdoor grill on setting 5.
2. Cut the loaf on a diagonal into 2" diamonds, being careful not to cut all the way through the bread.
3. Using your fingers, open each crack and spread the butter and pesto onto the bread coating each piece completely.
4. Stuff the cheese into each crack.
5. Place a large piece of tinfoil under the bread and lightly wrap up the sides of the bread, leaving the top open.
6. Place the foil wrapped bread onto the preheated grill. Place the lid on the grill.
7. Grill the bread for 25-30 minutes, until the cheese is melted.
8. Serve as one large loaf and pull out chunks of bread to enjoy!

GOAT CHEESE PARTY POPPERS

PREP TIME: 30 minutes

TOTAL TIME: 40 minutes

COOKING TIME: 10 minutes

SERVINGS: 24

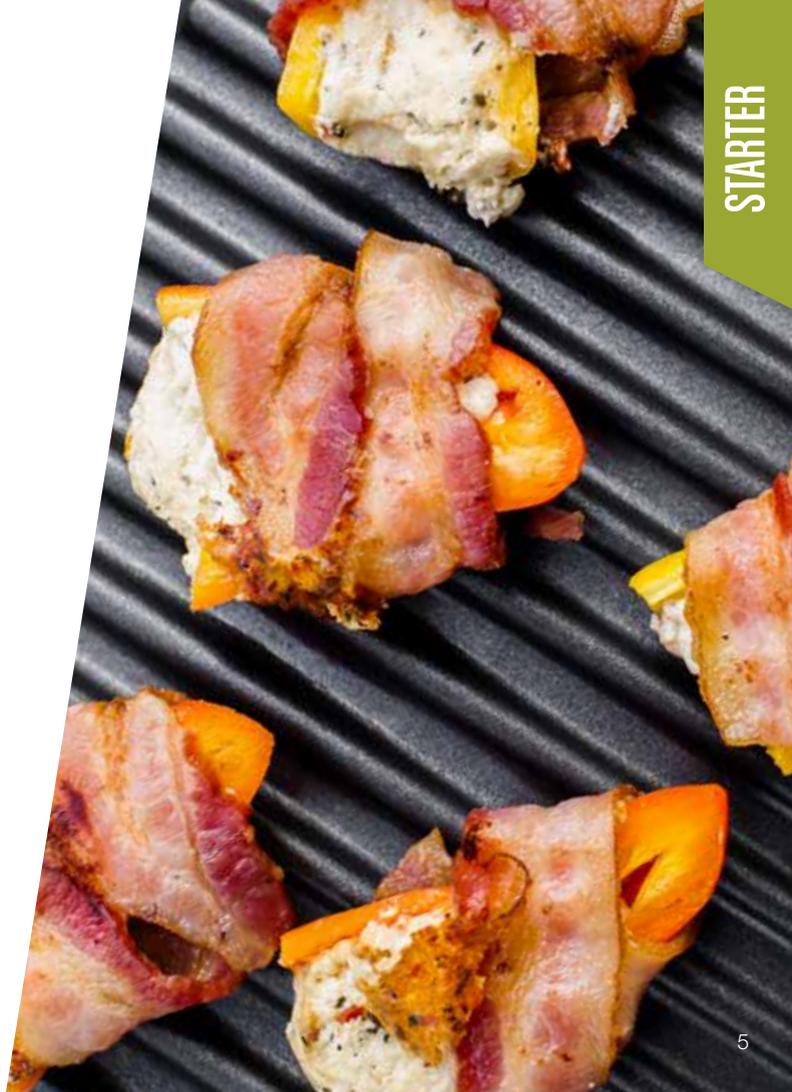
INGREDIENTS

12 mini sweet peppers
1 package low fat bacon

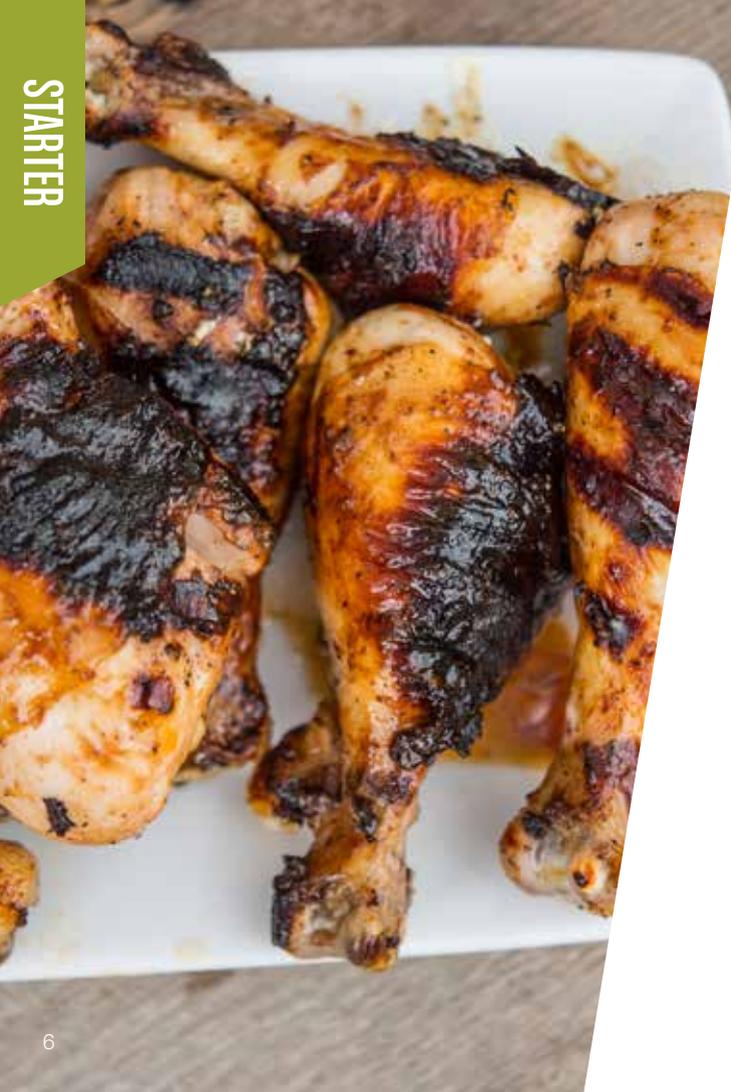
Goat cheese log
*(try different kinds to find
what flavor you like best!)*

DIRECTIONS

1. Cut peppers in half and deseed them.
2. Cut the goat cheese (if you bought it in log form) into slices and then in half again and place them inside the pepper halves.
3. Take each slice of bacon and wrap them around each pepper half.
4. On a preheated George Foreman® Indoor/Outdoor grill, place the peppers down and allow to cook for 8-10 minutes.



STARTER



GRILLED BUFFALO WINGS

PREP TIME: 10 minutes

TOTAL TIME: 60 minutes

COOKING TIME: 50 minutes

SERVINGS: 6-8

INGREDIENTS

BUFFALO WINGS:

½ cup barbecue sauce	2 lbs. chicken wings
1 Tbsp. melted butter	2 Tbsp. vegetable oil
2 Tbsp. hot sauce	1 tsp. salt
	½ tsp. freshly ground pepper

DIPPING SAUCE:

½ cup grated English cucumbers, squeezed dry	2 Tbsp. chopped chives
1 cup sour cream	¼ tsp. each salt and freshly ground pepper
1 clove garlic, minced	

DIRECTIONS

1. Stir barbecue sauce with melted butter and hot sauce; set aside.
2. Preheat the George Foreman® Indoor/Outdoor grill for 5 minutes with lid closed on setting 3.
3. Toss wings with oil, salt and pepper.
4. Place on grill and cook, covered, turning once for 40 to 45 minutes or until lightly charred and cooked through.
5. Continue to cook, covered, basting with barbecue sauce mixture and turning, for an additional 10 to 12 minutes or until wings are golden brown and sticky.
6. Serve with Sour Cream Cucumber Dipping Sauce.

SOUR CREAM CUCUMBER DIPPING SAUCE:

Place grated cucumber in a bowl with sour cream with garlic, chives, salt and pepper; stir until well combined.

Tip: For even spicier wings serve with hot sauce, if desired.

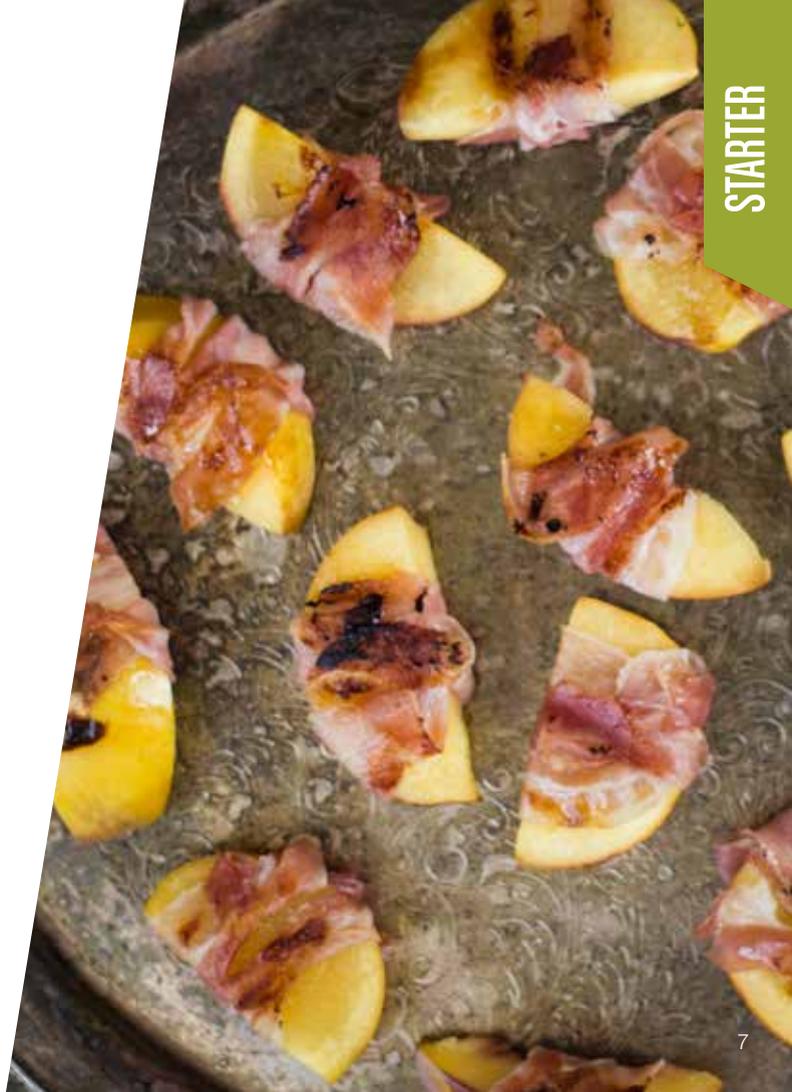
PANCETTA WRAPPED NECTARINE

DIRECTIONS

INGREDIENTS

3 medium sized nectarines
1 Tbsp. honey
½ sliced pancetta meat
(can substitute bacon)
Fresh ground pepper

1. Cut your 3 peach in half and remove the pit so that they have a nice bowl shape, similar to a pitted avocado.
2. Wrap a slice of pancetta around each half of the peaches.
3. Preheat your George Foreman® Indoor/Outdoor grill to 375°.
4. Place peaches face down and allow to cook for 5 minutes.
5. Remove nectarines and drizzle honey on top and add a dash of fresh ground pepper.





BACON WRAPPED JALAPEÑO POPPERS

PREP TIME: 15 minutes

TOTAL TIME: 30 minutes

COOKING TIME: 15 minutes

SERVINGS: 12

INGREDIENTS

2 ounces cream cheese, softened	2 Tbsp. finely shredded Cheddar cheese
1 Tbsp. grated Parmesan cheese	12 jalapeños, halved and seeded
1 clove garlic, minced	6 slices bacon, halved lengthwise
$\frac{3}{4}$ tsp. chili powder	

DIRECTIONS

1. Mash cream cheese with fork until smooth. Stir in Parmesan cheese, garlic and chili powder. Stir in Cheddar cheese.
2. Stuff 1 tsp. of mixture into jalapeño half. Top with matching half.
3. Wrap with bacon half and secure with toothpick.
4. Preheat the George Foreman® Indoor/Outdoor grill for 5 minutes with the lid closed on setting 5.
5. Place on grill and cook, covered, turning occasionally, for 6 to 8 minutes or until bacon is lightly golden. Reduce heat to medium-low.
6. Continue to cook, covered, for 5 to 7 minutes or until filling starts to ooze and pepper is tender.

Tip: Serve with sour cream or salsa, if desired.

SWEET POTATO FRIES

PREP TIME: 8 minutes

TOTAL TIME: 22 minutes

COOKING TIME: 14 minutes

SERVINGS: 6

DIRECTIONS

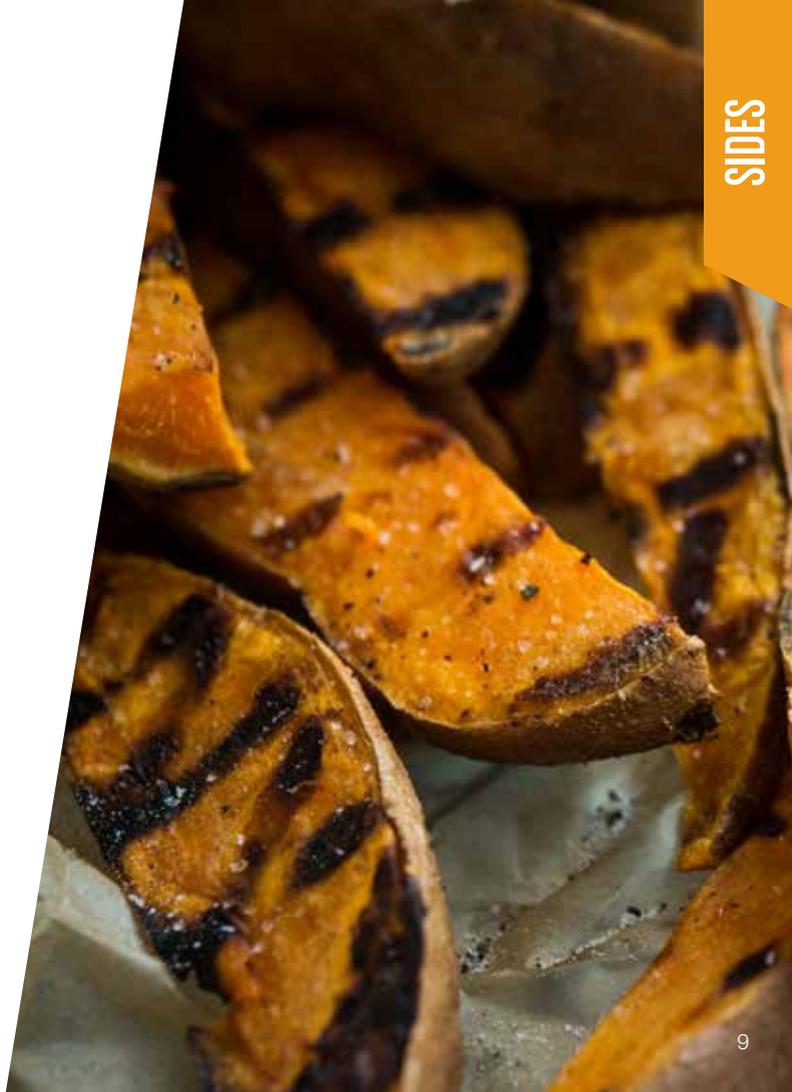
INGREDIENTS

4 large sweet potatoes,
cut into 1" wedges

2 Tbsp. California Garlic
Pepper seasoning

3 Tbsp. olive oil

1. Preheat the George Foreman® Indoor/Outdoor grill between setting 4 and 5.
2. Place the potato wedges into a zip top bag and pour in the olive oil. Zip close and shake to coat the sweet potatoes in the oil.
3. Open the zip top bag and sprinkle in the seasoning. Zip close and shake again to fully coat the sweet potatoes.
4. Place the seasoned sweet potato wedges on the preheated grill. Place the lid on the grill.
5. Grill the potatoes for 7 minutes per side, or until crispy.
6. Serve hot with a garlic aioli or ketchup.





PARMESAN CORN ON THE COB

PREP TIME: 10 minutes

TOTAL TIME: 40 minutes

COOKING TIME: 30 minutes

SERVINGS: 6

DIRECTIONS

1. In a small mixing bowl combine all ingredients except for the corn. Stir until well mixed.
2. Take mix and spread evenly on to your ears of corn.
3. Preheat the George Foreman® Indoor/Outdoor grill.
4. Cook for 30 minutes or until tender, turning the cobs every 5-10 minutes.

INGREDIENTS

6 ears of corn

2 Tbsp. chili powder

1 package (8 oz.) Parmesan
cheese of your choice

4 Tbsp. melted butter

BALSAMIC EGGPLANT SLICES

PREP TIME: 5 minutes

TOTAL TIME: 13 minutes

COOKING TIME: 8 minutes

SERVINGS: 6 slices

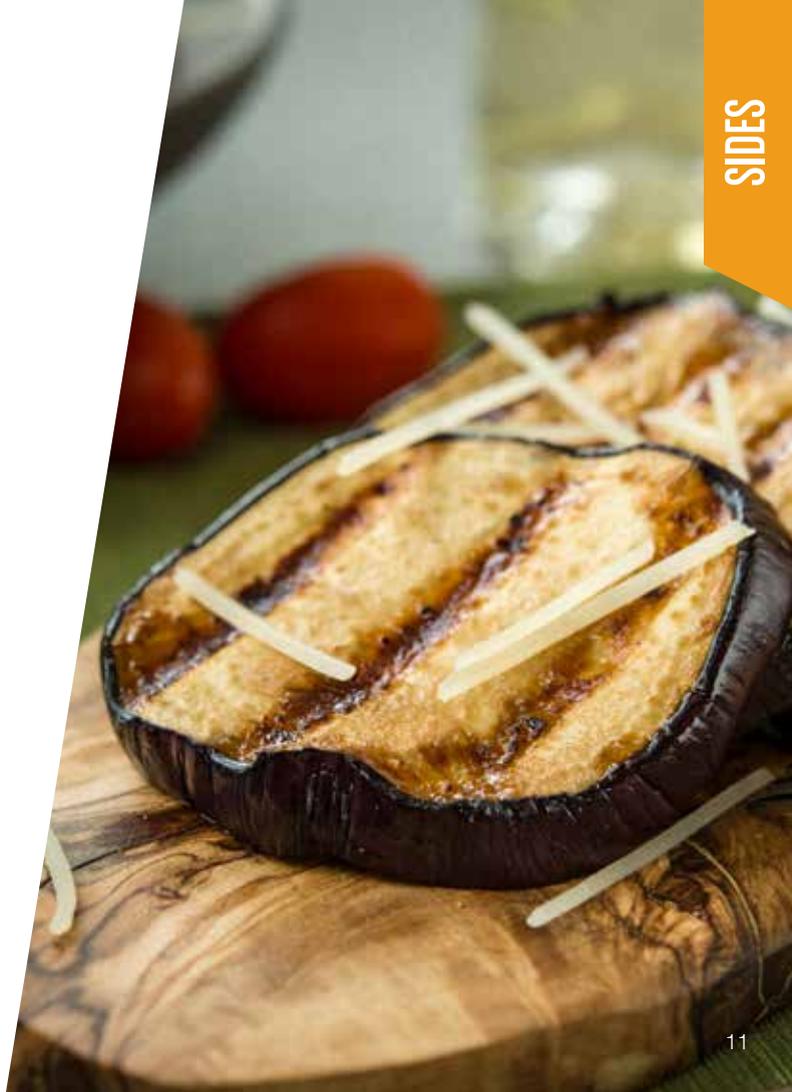
DIRECTIONS

INGREDIENTS

1 small eggplant,
sliced ½" thick

¼ cup balsamic vinegar
2 Tbsp. brown sugar

1. Preheat the George Foreman® Indoor/Outdoor grill on setting 3.
2. In a small bowl, mix together the balsamic vinegar and brown sugar. Set aside.
3. Salt both sides of the eggplant slices and let sit for 5 minutes. Pat dry with a paper towel.
4. Dip the slices in the balsamic mixture and place on the preheated grill. Place the lid on the grill.
5. Grill the eggplant slices for 4 minutes per side.
6. Serve with rice or pasta.





GRILLED ASPARAGUS WITH FETA CHEESE

PREP TIME: 5 minutes

TOTAL TIME: 15 minutes

COOKING TIME: 10 minutes

SERVINGS: 4

DIRECTIONS

INGREDIENTS

1 lb. fresh asparagus,
cleaned and trimmed

2 Tbsp. olive oil

¼ tsp. crushed
red pepper flakes

⅓ cup crumbled feta cheese

1. Preheat the George Foreman® Indoor/Outdoor grill on setting 4.
2. Toss asparagus with olive oil and red pepper flakes.
3. Grill covered, 4 to 5 minutes. Turn asparagus and grill an additional 4 min. or until tender crisp.
4. Remove from grill. Top with feta cheese before serving.

CHERRY BRUSSEL SPROUT AND APPLE SKEWERS

PREP TIME: 25 minutes

TOTAL TIME: 40 minutes

COOKING TIME: 15 minutes

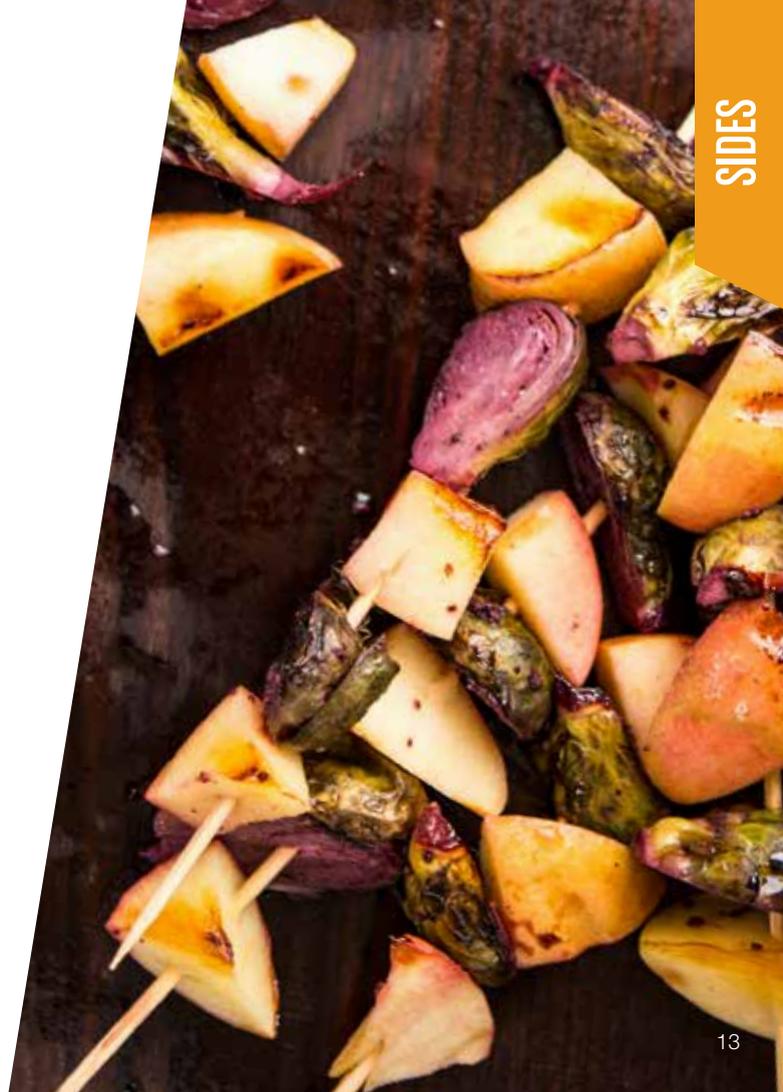
SERVINGS: 8

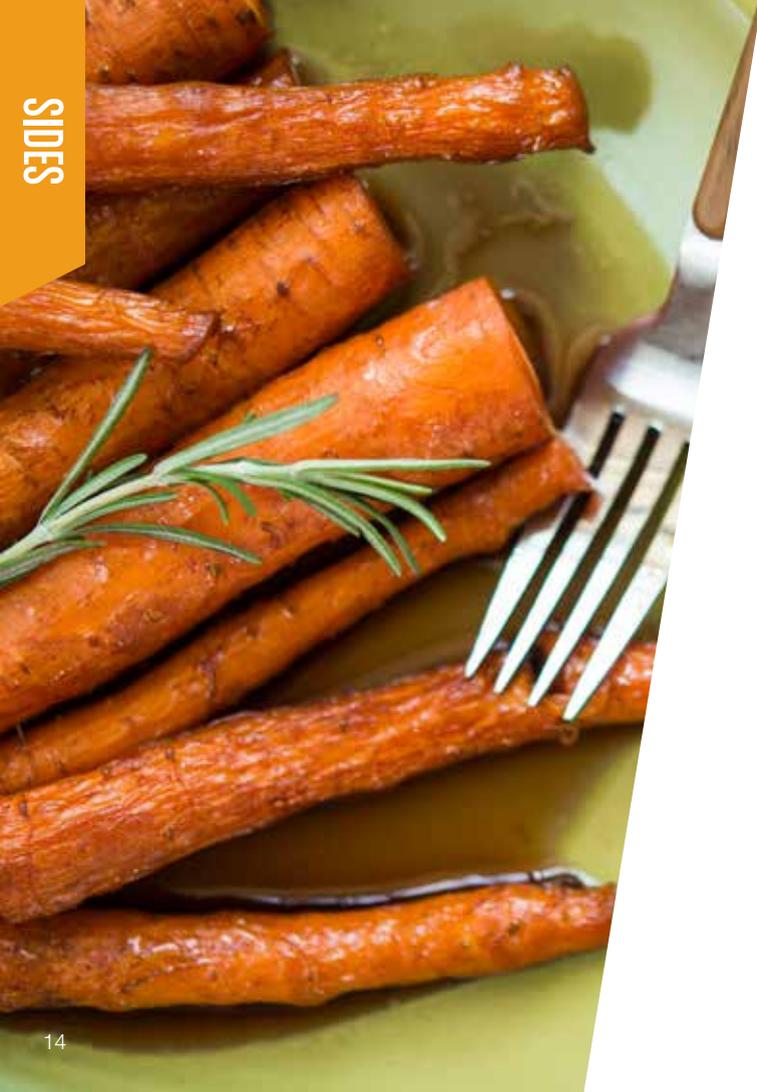
INGREDIENTS

- | | |
|-------------------------------|--|
| ¼ cup maple syrup | 1 lb. Brussel sprouts,
cut in half |
| 1 cup frozen cherries, thawed | 2 apples sliced (Fiji or
Honeycrisp Apples work best) |
| 1 tsp. Dijon mustard | 8 (4.5") bamboo skewers |
| 1 Tbsp. brown sugar | |
| ½ tsp. cinnamon | |
| ⅛ tsp. black pepper | |

DIRECTIONS

1. In a medium saucepan over medium-high heat, whisk together the maple syrup, thawed cherries, Dijon mustard, brown sugar, cinnamon and black pepper for about 5 minutes. Break up the cherries with the whisk to release some of the juice.
2. When the mixture starts to boil, add in the halved Brussel sprouts. Continue to cook until Brussel sprouts are tender, but still firm, about 10-12 minutes.
3. Remove from the heat. Drain the Brussel sprouts and allow them to sit until cool enough to handle.
4. Preheat the George Foreman® Indoor/Outdoor grill on setting 4.
5. Place 1 halved Brussel sprout on a skewer followed by one slice of apple. Alternate until the skewer is full. Repeat with the remaining skewers.
6. Place the skewers on the preheated grill. Place the lid on the grill.
7. Grill the skewers for 6 minutes per side. Serve immediately.





BALSAMIC CARROTS

PREP TIME: 20 minutes

TOTAL TIME: 40 minutes

COOKING TIME: 20 minutes

SERVINGS: 4

INGREDIENTS

1 lb. carrots, cleaned and cut in half	¼ tsp. cayenne powder
1 Tbsp. olive oil	¼ tsp. salt
1 Tbsp. honey	¼ tsp. pepper
1 tsp. garlic powder	½ cup balsamic vinegar
	1 Tbsp. brown sugar

DIRECTIONS

1. Place the carrots in a medium sized shallow dish. Drizzle the oil and honey over the carrots and turn to completely cover the carrots.
2. Sprinkle the garlic powder, cayenne powder, salt and pepper over the carrots, turning to coat.
3. In a small saucepan, combine the balsamic vinegar and brown sugar and bring to a boil. Reduce heat to low, allowing the mixture to thicken, until it coats the back of a spoon.
4. Pour the glaze over the carrots and toss to mix.
5. Preheat the George Foreman® Indoor/Outdoor grill on setting 4.
6. Place the carrots onto the grill. Place the lid on the grill.
7. Grill the carrots for 10 minutes per side, until the carrots are crisp-tender.

EASY FOIL POTATOES (2 WAYS)

PREP TIME: 3 minutes

TOTAL TIME: 33-38 minutes

COOKING TIME: 30-35 minutes

SERVINGS: 4

INGREDIENTS

GARLIC POTATOES:

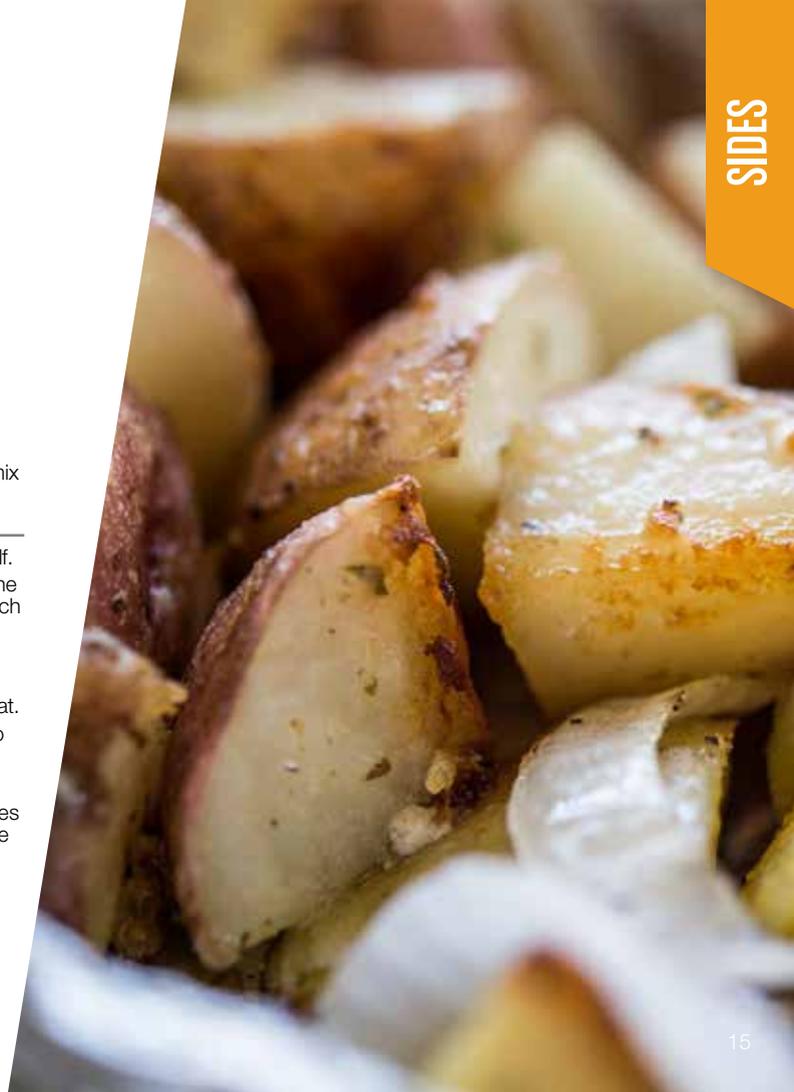
1 lb. new potatoes	1 tsp. onion powder
1 small onion, sliced	½ tsp. salt
1 Tbsp. olive oil	¼ tsp. pepper
1 tsp. garlic powder	1 Tbsp. butter

RANCH POTATOES:

1 lb. new potatoes	2 Tbsp. dry ranch dressing mix
1 Tbsp. olive oil	1 Tbsp. butter

DIRECTIONS

1. Wash and scrub potatoes clean; dry and cut larger potatoes in half.
2. Place the garlic potatoes and onion in one zip top bag. Place the ranch potatoes into a separate zip top bag. Pour the oil into each of the two bags and zip close.
3. Shake each bag to evenly coat the potatoes and onions in oil.
4. For the garlic potatoes, sprinkle the garlic powder, onion powder, salt and pepper into the zip top bag and shake again to evenly coat.
5. For the ranch potatoes, sprinkle the dry ranch dressing mix into the zip top bag and shake again to evenly coat.
6. Preheat the George Foreman® Indoor/Outdoor grill on setting 5.
7. Tear off two large pieces of aluminum foil, folding up all four sides to create a “basket” for the potatoes. Pour the potatoes into the foil “baskets”.
8. Place the butter on top of the potatoes and cover with another piece of foil.
9. Place the foil packets of potatoes onto the grill. Place the lid on the grill.
10. Grill the potatoes for 30-35 minutes, until the potatoes are fork tender.



HOISIN GLAZED PORK CHOPS

PREP TIME: 12 minutes
plus 2 hours for marinating

TOTAL TIME: 26-28 minutes

COOKING TIME: 14-16 minutes

SERVINGS: 4

INGREDIENTS

1 Tbsp. minced roasted garlic	4, 1" thick bone-in pork chops (about a ½ lb. each)
⅓ cup low sodium soy sauce	1 Tbsp. honey mustard
⅓ cup hoisin sauce	½ Tbsp. honey
2 Tbsp. rice wine vinegar	⅛ tsp. garlic powder
3 Tbsp. peanut butter	⅛ tsp. onion powder
Salt and pepper	

DIRECTIONS

1. Preheat the George Foreman® Indoor/Outdoor grill on setting 4.
2. In a small bowl mix together the honey mustard, honey, garlic powder, onion powder and salt and pepper.
3. Pat pork loins dry with a paper towel and season with your favorite pork rub (I love a sweet and smoky rub to bring out the sweetness of the honey).
4. Place pork chops onto the preheated grill and place the lid on the grill. Grill for 5-7 minutes.
5. Flip pork chops and baste the grilled side with the honey mustard mix. Place the lid back on the grill and continue grilling for 3-4 minutes.
6. Flip the pork chops and baste the remaining side. Place the lid back on the grill and continue to cook for 1-2 more minutes.
7. Once the pork chops have reached an internal temperature of 135°F, take off the grill and let rest for 5 minutes, until the internal temperature reaches 145°F.

JUICY LUCY (CHEESE STUFFED BURGER)

PREP TIME: 15 minutes

TOTAL TIME: 23 minutes

COOKING TIME: 2 minutes

SERVINGS: 5

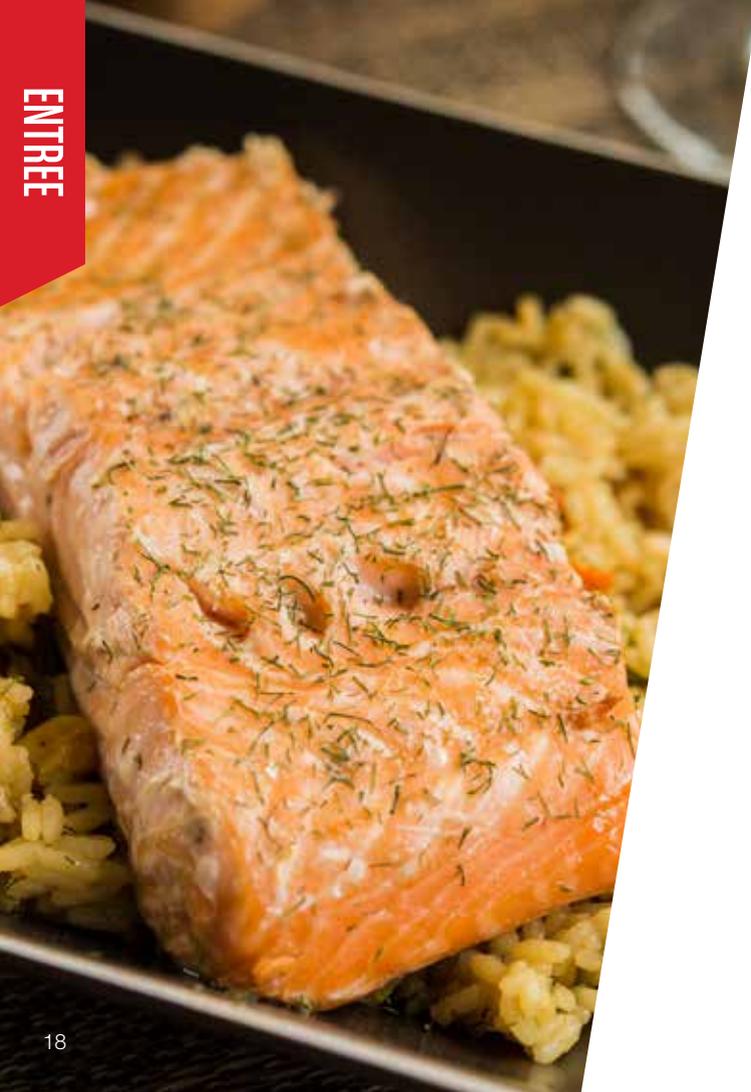
INGREDIENTS

2 lbs. ground beef	1 tsp. Worcestershire sauce
1 ½ tsp. salt	3 oz. smoked cheddar cheese
1 tsp. onion powder	4 buns, split and toasted
1 tsp. garlic powder	

DIRECTIONS

1. In a medium bowl, mix together the ground beef, salt, onion powder, garlic powder and Worcestershire sauce. Divide the mixture into 10 even sized patties.
2. Cut the cheese into 15 strips.
3. Press a small indent in 5 of the patties. Place three slices of cheese in the indent and cover with the other patty. Press the sides together to seal in all of the cheese.
4. Preheat the George Foreman® Indoor/Outdoor grill on setting 4.
5. Place the burgers on the preheated grill. Place the lid on the grill.
6. Grill the burgers for 4-5 minutes per side for medium rare, and 6-7 minutes per side for medium.
7. Top one bun with a burger, lettuce and tomato. Serve immediately for perfectly gooey cheese.





TERIYAKI SALMON

PREP TIME: 5 minutes **TOTAL TIME:** 43 minutes
plus 30 minutes for marinating
COOKING TIME: 8 minutes **SERVINGS:** 4

INGREDIENTS

¼ cup soy sauce	2 Tbsp. honey
¼ cup brown sugar, packed	4 (5 oz) salmon fillets
½ tsp. ground ginger	Salt and pepper
½ tsp. minced garlic	

DIRECTIONS

1. In a small bowl, whisk together the soy sauce, brown sugar, ginger, garlic and honey. Pour into a zip top bag.
2. Season the salmon with salt and pepper and place into the zip top bag. Zip close and carefully massage the marinade to cover the salmon. Place in the refrigerator for at least a half an hour.
3. Preheat the George Foreman® Indoor/Outdoor grill on setting 3.
4. Place the salmon, skin side up, on the preheated grill. Place the lid on the grill.
5. Grill the salmon for 4 minutes, flip, and continue grilling for 2-4 minutes with the lid on.
6. Serve immediately with rice and fresh vegetables.

COFFEE AND CHOCOLATE SKIRT STEAK

PREP TIME: 15 minutes

TOTAL TIME: 45 minutes

COOKING TIME: 20 minutes

SERVINGS: 4

INGREDIENTS

¼ c. finely ground coffee (not instant)	⅛ tsp. ground black pepper
¼ c. dark brown sugar, firmly packed	⅛ tsp. unsweetened cocoa powder
1½ tsp. Kosher salt	⅛ tsp. cardamom
⅛ tsp. ground cinnamon	2 ½ lb. skirt steak, cut into 4 pieces
⅛ tsp. ground ginger	1 Tbsp. olive oil

DIRECTIONS

1. Preheat the George Foreman® Indoor/Outdoor grill on setting 5.
2. Combine coffee, brown sugar, salt, cinnamon, ginger, black pepper, cocoa powder and cardamom in a bowl.
3. Remove steak from refrigerator and let come to room temperature, about 15 minutes. Rub steak with oil, and sprinkle with rub. Massage rub into meat.
4. Grill until a light crust appears on the meat, and medium-rare, 4 to 7 minutes per side. Transfer to a cutting board, cover with foil and let rest 5 minutes before thinly slicing. Serve immediately.



HONEY BBQ PORK AND PINEAPPLE SKEWERS

PREP TIME: 20 minutes

TOTAL TIME: 28 minutes

COOKING TIME: 8 minutes

SERVINGS: 10

INGREDIENTS

1.5 lb. pork tenderloin, cut
into 1" cubes

4 cups chopped pineapple

Salt and pepper

½ cup honey BBQ sauce

10 (10") bamboo skewers

DIRECTIONS

1. Preheat the George Foreman® Indoor/Outdoor grill on setting 4.
2. Season pork with salt and pepper. Place one cube of pork on a skewer, followed by one piece of pineapple, alternating until the skewer is full. Repeat with the remaining skewers.
3. Brush one side of each skewer with BBQ sauce and lay BBQ sauce side down on the preheated grill.
4. Brush the top side with BBQ sauce and place the lid on the grill.
5. Grill the skewers for 4 minutes per side.
6. Serve immediately.

STUFFED CHICKEN BREAST

PREP TIME: 15 minutes

TOTAL TIME: 41 minutes

COOKING TIME: 26 minutes

SERVINGS: 2

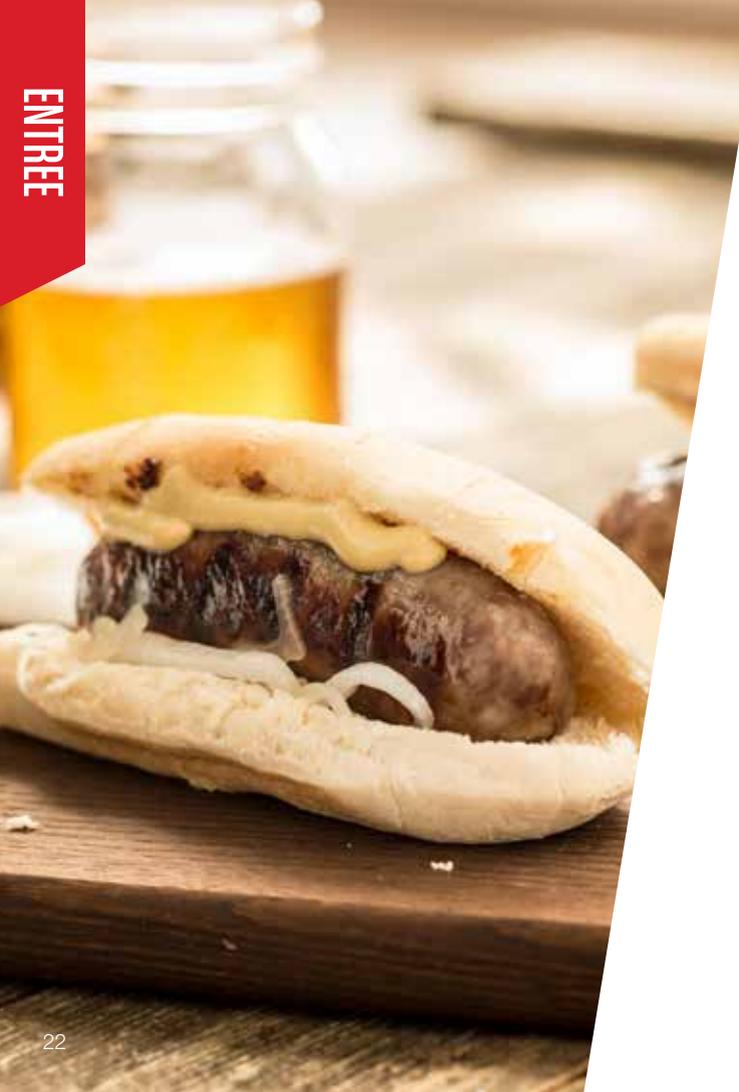
INGREDIENTS

1 lb. chicken breast	2 Tbsp. shaved parmesan cheese
4 oz. cream cheese, softened	1 tsp. dried basil
½ cup baby spinach, chopped	⅛ tsp. dried oregano
½ cup cherry tomatoes, sliced	½ tsp. minced garlic
	Salt and pepper to taste

DIRECTIONS

1. In a medium bowl mix together the cream cheese, spinach, cherry tomatoes, parmesan, basil, oregano, garlic and salt and pepper.
2. Cut a long horizontal slit through the thickest side of the chicken breast, nearly to the other side, to create a pocket for the filling, being careful to cut all the way through. Season each side of the chicken breast with salt and pepper.
3. Fill each pocket with half of the cream cheese mixture. Use toothpicks, if necessary, to hold the pocket closed.
4. Preheat the George Foreman® Indoor/Outdoor grill on setting 4.
5. Place the stuffed chicken breasts on the preheated grill. Place the lid on the grill.
6. Grill the chicken breasts for 14 minutes on one side. Carefully flip the chicken and continue grilling, with the lid on, for 12 more minutes.
7. Let the chicken rest for 5 minutes before serving.





BEER BRATS AND ONIONS

PREP TIME: 5 minutes

TOTAL TIME: 38 minutes

COOKING TIME: 32 minutes

SERVINGS: 5

INGREDIENTS

5 bratwursts

2 Tbsp. butter

2 small onions, sliced

1 tsp. sugar

2 cans beer

1/8 tsp. salt

DIRECTIONS

1. Preheat the George Foreman® Indoor/Outdoor grill on setting 4.
2. In a large saucepan, bring the brats, onions and beer to a boil. Turn the heat down to medium and continue cooking for 12 minutes.
3. Drain the beer from the brats and onions, and return the onions to the saucepan.
4. Place brats onto the preheated grill and place the lid on the grill. Grill for 10 minutes per side.
5. Meanwhile, melt the butter, with the onions, sugar and salt on medium high heat. Once the butter is melted, turn the heat down to medium-low and allow the onions to caramelize, stirring occasionally.
6. Top the brats with the caramelized onions.

MARGHERITA PIZZA

PREP TIME: 2 minutes

COOKING TIME: 8 minutes

TOTAL TIME: 10 minutes

SERVINGS: 8

INGREDIENTS

1 (10 oz) prebaked thin
pizza crust

¼ cup pizza sauce

1 small Roma tomato,
thinly sliced

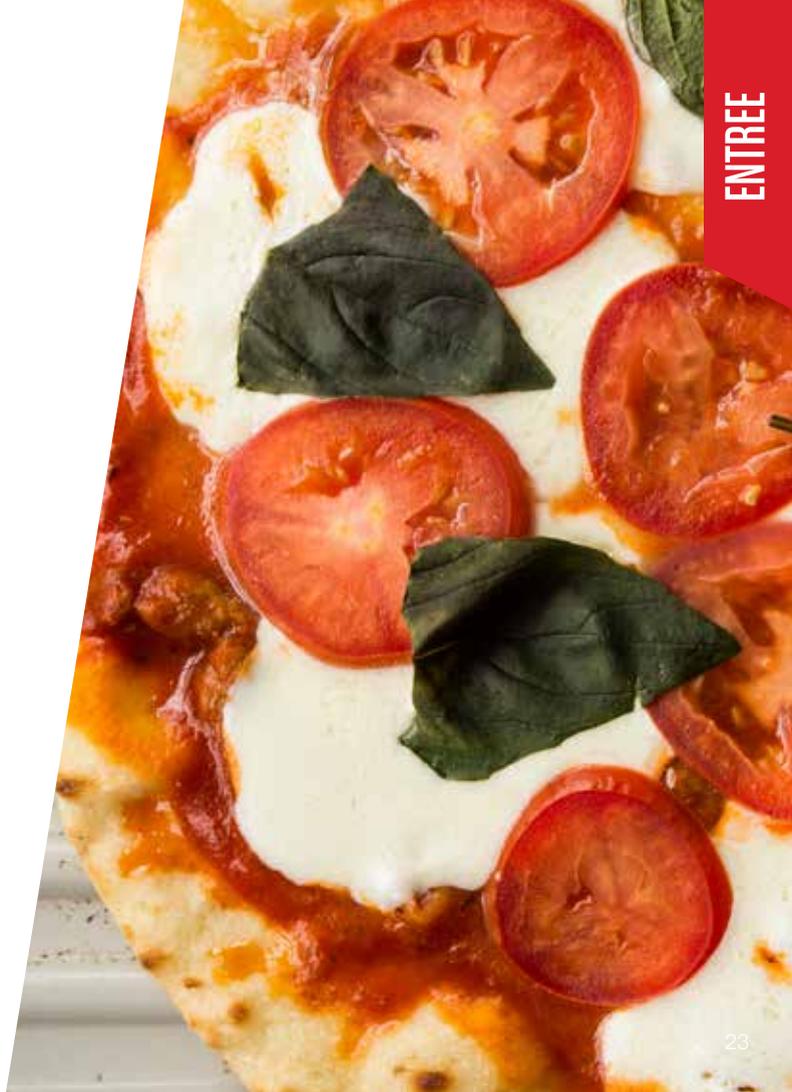
4 oz. fresh mozzarella

3-4 large fresh
basil leaves, torn

Olive oil for brushing

DIRECTIONS

1. Preheat the George Foreman® Indoor/Outdoor grill on setting 4.
2. Brush one side of the prebaked pizza crust with olive oil and place on the preheated grill, oil side down. Grill for 2-3 minutes with the lid off.
3. Flip the crust over and top with the pizza sauce, tomatoes, mozzarella and basil and place the lid on the grill.
4. Grill the pizza for 5 minutes, or until cheese is melted.
5. Cut the pizza into 8 slices and serve hot.





MINI QUESADILLAS

PREP TIME: 13 minutes

TOTAL TIME: 25 minutes

COOKING TIME: 12 minutes

SERVINGS: 4

INGREDIENTS

8 fajita sized tortillas	¼ cup diced tomatoes
4 Tbsp. nacho cheese sauce	4 oz. diced chicken
¼ cup black beans, drained	Butter
½ cup shredded Mexican cheese	

DIRECTIONS

1. Preheat the George Foreman® Indoor/Outdoor grill on setting 4.
2. Butter the outside of 2 tortillas. Spread ½ Tbsp. nacho cheese sauce on the inside of each tortilla.
3. Top one tortilla with 1 Tbsp. black beans, 2 Tbsp. shredded cheese, 1 Tbsp. tomatoes, and 1 oz. chicken.
4. Place the remaining tortilla with the nacho cheese on top of the chicken and lightly press down. The buttered sides should be facing out.
5. Repeat with the remaining 6 tortillas
6. Place the quesadillas on the preheated grill. Place the lid on the grill.
7. Grill the quesadillas for 6 minutes per side, until cheese is melted.
8. Serve warm with tortilla chips and salsa.

GREEK BURGER

PREP TIME: 15 minutes

TOTAL TIME: 27 minutes

COOKING TIME: 12 minutes

SERVINGS: 4

INGREDIENTS

BURGER:

1 lb. ground beef

½ tsp. oregano powder

¼ tsp. dried basil

½ tsp. dried thyme

¼ tsp. onion powder

¼ tsp. garlic powder

½ tsp. salt

¼ tsp. pepper

1 small red onion

Olive oil

¼ cup crumbled feta cheese

TZATZIKI:

1 cup Greek yogurt

½ cup English cucumber,
diced

1 tsp. dried dill

2 tsp. fresh lemon juice

Salt and pepper to taste

DIRECTIONS

1. In a small bowl mix together the tzatziki sauce ingredients, cover with plastic wrap and place in the refrigerator.
2. In a medium bowl mix together the ground beef, oregano powder, basil, thyme, onion powder, garlic powder, salt and pepper. Divide the mixture into four, 4 oz. patties.
3. Preheat the George Foreman® Indoor/Outdoor grill on setting 4.
4. Slice the red onion into four ½" thick slices and brush with olive oil.
5. Place all four burgers on one side of the preheated grill and onions on the other side. Place the lid on the grill.
6. Grill the burgers for 3-4 minutes per side for medium rare, and 5-6 minutes per side for medium. Top each burger with 1 Tbsp. of feta cheese and grill until melted.
7. Grill the onions for 3-4 minutes per side.
8. Serve burgers with grilled onions, tomato, lettuce and 2 Tbsp. tzatziki sauce.



STEAK AND MUSHROOM KABOBS WITH NEW POTATOES

PREP TIME: 20 minutes
plus overnight marinating

TOTAL TIME: 1 hour

COOKING TIME: 40 minutes

SERVINGS: 2

INGREDIENTS

MARINADE:

2 Tbsp. Worcestershire sauce
¼ cup beef broth
¼ cup low sodium soy sauce
1 tsp. paprika

1 tsp. dried thyme
½ tsp. ground nutmeg
½ tsp. salt
1 tsp. black pepper

KABOBS:

1 lb. NY strip steak,
cubed (1/2" thick)

12 mushrooms
12 new potatoes

DIRECTIONS

- In a small bowl mix together the marinade ingredients.
- Wash and scrub potatoes clean; dry and cut larger potatoes in half. Clean mushrooms with a paper towel and remove stems.
- Place the potatoes and mushrooms in one zip top bag. Place the cubed steak into a separate zip top bag. Pour half of the marinade into each of the two bags and zip close.
- Shake each bag to evenly coat the steak, potatoes and mushrooms. Place in the refrigerator and marinate for at least two hours, or overnight.
- Preheat the George Foreman® Indoor/Outdoor grill on setting 4.
- To assemble the kabobs, skewer 2 pieces of steak and one mushroom, repeating the process so there are three mushrooms and 8 pieces of steak on one 10" skewer. Repeat for the remaining three skewers.
- For the potatoes, tear off a large piece of aluminum foil, folding up all four sides to create a "basket" for the potatoes. Place 2 pats of butter on top of the potatoes and cover with another piece of foil.
- Place all four kabobs on one side of the preheated grill and potatoes on the other side. Place the lid on the grill.
- Grill the kabobs for 3-4 minutes per side for medium rare, and 5-6 minutes per side for medium.
- Continue to grill the potatoes for 35-40 minutes, or until fork tender.

HONEY-CUMIN FISH TACOS

PREP TIME: 8 minutes

+ 30 minutes for marinating

COOKING TIME: 4 minutes

TOTAL TIME: 42 minutes

SERVINGS: 8

INGREDIENTS

FISH TACO:

¼ cup soy sauce

2 Tbsp. honey

½ tsp. ground ginger

1 tsp. cumin

1 Tbsp. fresh squeezed
lime juice

8 tilapia fillets

Salt and pepper

8 flour tortillas

CILANTRO LIME COLESLAW :

1 (14 oz) bag coleslaw

1 cup Greek yogurt

2 Tbsp. fresh squeezed
lime juice

1 Tbsp. honey

2 Tbsp. chopped cilantro

Salt and pepper to taste

DIRECTIONS

1. In a shallow dish or bowl, mix together the soy sauce, honey, ginger, cumin and lime juice.
2. Season the tilapia fillets with salt and pepper and lay the fillets in the marinade, turning to coat each side. Cover and place in the refrigerator for at least 30 minutes.
3. Meanwhile, in a large bowl, mix together coleslaw ingredients. Cover and refrigerate until ready to serve.
4. Preheat the George Foreman® Indoor/Outdoor grill on setting 3.
5. Place the marinated fillets on the preheated grill. Place the lid on the grill.
6. Grill the fillets for 2 minutes per side.
7. Place one fillet in a tortilla and top with the cilantro lime coleslaw and serve.



CAJUN SHRIMP

PREP TIME: 12 minutes

TOTAL TIME: 16 minutes

COOKING TIME: 4 minutes

SERVINGS: 6 skewers

INGREDIENTS

41-50 shrimp, peeled	1 Tbsp. paprika
½ tsp. salt	1 tsp. cayenne
1 tsp. pepper	1 tsp. thyme
1 Tbsp. garlic powder	1 tsp. oregano
1 tsp. onion powder	½ tsp. red pepper flakes

DIRECTIONS

1. Preheat the George Foreman® Indoor/Outdoor grill on setting 5.
2. In a small bowl, combine all ingredients, except the shrimp.
3. Place the shrimp in a zip top bag and sprinkle in 1 Tbsp. of the Cajun seasoning mix. Reserve the rest of the seasoning for another time.
4. Skewer 5 pieces of shrimp onto one skewer, repeating until the shrimp is gone.
5. Place the shrimp skewers onto the preheated grill. Place the lid on the grill. Grill for 2 minutes per side.
6. Serve on top of rice or pasta.

MARINATED FLANK STEAK

PREP TIME: 5 minutes

plus 30 minutes for marinating

COOKING TIME: 8 minutes

TOTAL TIME: 43 minutes

SERVINGS: 4

INGREDIENTS

1 Tbsp. balsamic vinegar	¼ tsp. dried basil
1 Tbsp. fresh lemon juice	¼ tsp. dried thyme
½ Tbsp. honey Dijon mustard	½ tsp. paprika
½ Tbsp. Worcestershire sauce	2 Tbsp. olive oil
½ Tbsp. minced garlic	1 lb. flank steak
¼ tsp. dried oregano	Salt and pepper

DIRECTIONS

1. In a small bowl, whisk together the first 10 ingredients. Pour into a zip top bag.
2. Season the steak with salt and pepper and place into the zip top bag. Zip close and massage the marinade to cover the steak. Place in the refrigerator for at least a half an hour.
3. Preheat the George Foreman® Indoor/Outdoor grill on setting 4.
4. Place the marinated steak on the preheated grill. Place the lid on the grill.
5. Grill the steak for 4-6 minutes per side.
6. Place the steak on a large cutting board and allow it to rest for 10 minutes.
7. Cut the steak into strips and serve over a salad, mashed potatoes or on its own.





HONEY MUSTARD PORK CHOPS

PREP TIME: 3 minutes

TOTAL TIME: 15 minutes

COOKING TIME: 12 minutes

SERVINGS: 2

INGREDIENTS

1 lb. pork loin chops	1/8 tsp. garlic powder
1 Tbsp. honey mustard	1/8 tsp. onion powder
1/2 Tbsp. honey	Salt and Pepper to taste

DIRECTIONS

1. Preheat the George Foreman® Indoor/Outdoor grill on setting 4.
2. In a small bowl mix together the honey mustard, honey, garlic powder, onion powder and salt and pepper.
3. Pat pork loins dry with a paper towel and season with your favorite pork rub (I love a sweet and smoky rub to bring out the sweetness of the honey).
4. Place pork chops onto the preheated grill and place the lid on the grill. Grill for 5-7 minutes.
5. Flip pork chops and baste the grilled side with the honey mustard mix. Place the lid back on the grill and continue grilling for 3-4 minutes.
6. Flip the pork chops and baste the remaining side. Place the lid back on the grill and continue to cook for 1-2 more minutes.
7. Once the pork chops have reached an internal temperature of 135°F, take off the grill and let rest for 5 minutes, until the internal temperature reaches 145°F.

BUFFALO RANCH CHICKEN SLIDERS

PREP TIME: 3 minutes
plus 1 hour for marinating

TOTAL TIME: 9-11 minutes

COOKING TIME: 6-8 minutes

SERVINGS: 8 sliders

INGREDIENTS

1.5 lbs. chicken breast	1/3 cup mayonnaise
1 cup buffalo hot sauce	2 Tbsp. sour cream
1 packet dry ranch dressing mix, divided	2 Tbsp. milk
	8 slider buns

DIRECTIONS

1. In a medium bowl, mix together the hot sauce and 2 Tbsp. of the dry ranch dressing mix.
2. Cut the chicken into eight, 2" chunks and toss in the hot sauce mixture. Cover the bowl with plastic wrap and refrigerate for at least an hour, or overnight.
3. Preheat the George Foreman® Indoor/Outdoor grill on setting 4.
4. Place the chicken on the preheated grill. Place the lid on the grill.
5. Grill the chicken for 6-8 minutes a side.
6. Meanwhile, in a small bowl, mix together the remaining dry ranch dressing mix, mayonnaise, sour cream and milk to create a dressing.
7. Top one bun with a chicken slider and a drizzle of ranch dressing. Serve warm.



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