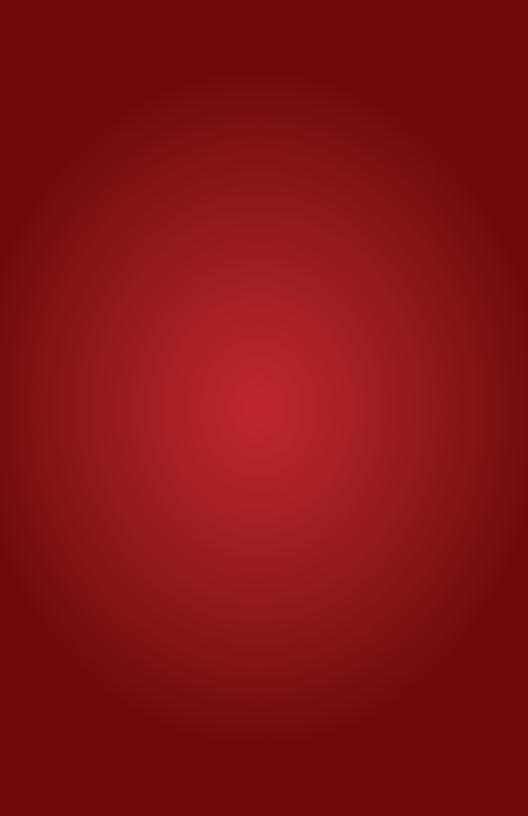


## RECIPE GUIDE

**QUICK & EASY RECIPES** 



NOTE: COOK TIMES ON MICROWAVES WILL VARY.
PLEASE REFER TO THE CONVERSION CHART IN
INSTRUCTION BOOKLET, AND ADD OR SUBTRACT TIME
DEPENDING ON YOUR PREFERENCE.



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## **PLEASE NOTE:**

- CHECK THE WATTAGE OF YOUR MICROWAVE BEFORE USING YOUR MICROWAVE GRILL.
- THE RECOMMENDED COOKING TIMES ARE BASED ON AN 1100 WATT MICROWAVE. COOKING TIME MAY NEED TO BE ADJUSTED.
- MICROWAVES VARY EVEN THOUGH THEY HAVE THE SAME WATTAGE. THERE MAY BE A 10% TO 20% TEMPERATURE DIFFERENCE.
- IF YOU DO NOT KNOW YOUR MICROWAVE WATTAGE, USE THE RECOMMENDED COOKING TIME OF 1100 WATTS AND CHECK THE DONENESS. ADDITIONAL COOKING TIME MIGHT BE REQUIRED TO COMPLETE COOKING.
- NEVER USE THE MICROWAVE GRILL WITH GRILL PRESS IN A MICROWAVE WITHOUT THE LID.



4 oz. Deli Roast Beef

1/4 WHITE ONION

1/3 SWEET BELL PEPPER

2 SLICES SWISS CHEESE

1 HOAGIE ROLL

- 1. Cut roll in half and layer the meat, cheese, peppers and onions.
- 2. Put the grill press lid directly onto sandwich without the support ring.
- 3. Place grill in microwave for 4 minutes.
- 4. Remove the grill from microwave and serve.



- 2 Slices White Bread
- 4 Thin Slices of American Cheese
- 1 tbsp. Butter, Unsalted
- 1. Butter one slice of bread and place the buttered side down on the grill. Add cheese and then butter other slice of bread. Place on top of cheese with buttered side facing up.
- 2. Place the grill press lid on top of the sandwich without the support ring.
- 3. Place grill in microwave for 3½ minutes.
- 4. Remove the grill from microwave and serve.
- \* Adjust cook time to your desired preference.



- 1 Boneless Chicken Breast
- 1 tbsp. Pesto Paste
- 1 Serving Fresh Mozzerella Cheese Balls
- 1/4 Tomato
- 1 Bread, Panini or Pita
- Place the lid in the base and preheat in the microwave for 3 minutes.
- 2. Remove from the microwave and place chicken breast in the grill. Put the grill press lid directly onto the chicken without the suport ring.
- 3. Place the grill in the microwave for 5 minutes. Check for doneness.
- 4. Remove the grill from the microwave and set chicken aside.
- 5. Let unit cool, clean the grill and slice the cooked chicken.
- 6. Butter one slice of bread and place the buttered side down on the grill. Spread pesto on other side of bread and then layer remaining ingredients. Butter other slice of bread and place on top with buttered side facing up.
- 7. Place the grill press lid on top of the sandwich without the support ring.
- 8. Place grill in microwave for 4 minutes.
- 9. Remove the grill from microwave and serve.



- 1 French Roll
- 1/4 Fresh Mozzerella Cheese Ball
- 1 Serving Fire Roasted Bell Peppers
- 1/4 Tomato
- 2 tbsp. Pesto Paste
- 1. Cut roll in half and spread pesto on the inside of each side.
- 2. Layer the ingredients.
- 3. Place the sandwich in the grill and place the grill press lid directly onto sandwich without the support ring.
- 4. Place grill in microwave for 3 minutes.
- 5. Remove the grill from the microwave and serve.



- 2 Slices White Bread
- 3 Thin Slices of Cheddar Cheese
- 1 Serving of Deli Smoked Ham
- 2 tbsp. Butter, Unsalted
- Butter one slice of bread and place the buttered side down on the grill. Add cheese and ham. Then butter other slice of bread and place on top with buttered side facing up.
- 2. Place the grill press lid on top of the sandwich without the support ring.
- 3. Place grill in microwave for 4 minutes.
- 4. Remove the grill from microwave and serve.
- \* Adjust cook time to your desired preference.



1/2 Can Tuna Salad (Prepared)

- 1 Slice Rye Bread
- 1 Serving Tomatoes
- 2 Slices Swiss Cheese
- 1. Place the lid in the base and preheat in the microwave for 2 minutes.
- 2. Place the bread in the grill and top with tuna, tomatoes and swiss cheese.
- 3. Place the support ring on the base of the grill and secure the warmed lid.
- 4. Place the grill into the microwave for 3 minutes.
- 5. Remove the grill from microwave and serve.



- 3 oz. Pork
- 3 Slices Deli Ham
- 2 Slices Swiss Cheese
- 1 Pickle Slices
- 2 tbsp. Mustard
- 1 French Roll
- 1. Cut roll in half and spread mustard on each side of the roll.
- 2. Layer the ingredients.
- 3. Place the sandwich in the grill and place the grill press lid directly onto sandwich without the support ring.
- 4. Place grill in microwave for 3 ½ minutes.
- 5. Remove the grill from the microwave and serve.



- 2 Slices Rye Bread
- 3 Thin Slices of Swiss Cheese
- 4 Slices of Corned Beef
- 2 tbsp. of Sauerkraut
- 1 tbsp. Russian Salad Dressing
- 1 tbsp. Butter, Unsalted
- 1. Butter one slice of bread and place the buttered side down on the grill. Add cheese and meat. Next, top with sauerkraut and dressing. Butter other slice of bread and place on top with buttered side facing up.
- 2. Place the grill press lid on top of the sandwich without the support ring.
- 3. Place grill in microwave for 4 minutes.
- 4. Remove the grill from microwave and serve.



- 4 Sausage Links
- 2 Sweet Bell Peppers
- 1 White Onion
- 1 Hoagie Roll
- 1. Place the lid in the base and preheat in the microwave for 3 minutes.
- 2. Add sausage to the grill and place the grill press lid directly onto sausage without the support ring.
- 3. Place grill in microwave for 5 minutes. Check for doneness.
- 4. Remove grill and slice sausage. Cut up peppers and onions. Place the support ring on top of the base and then place the lid on top.
- 5. Place grill back into the microwave and heat for 3 more minutes.
- 6. Remove the grill from microwave, let sit for 5 minutes. Assemble on hoagie roll and serve.



8 oz. Beef Sirloin Steak1 tsp. Dry Rub Steak Seasoning

- 1. Place the lid in the base and preheat in the microwave for 3 minutes.
- 2. Season the steak.
- 3. Put the sirloin into the grill and place the grill press lid directly onto steak without the support ring.
- 4. Place grill in microwave for 3 minutes. Let it rest for 4 minutes.
- 5. Remove the grill from the microwave, pour sauce over the finished steak and serve.



6 oz. Ground Beef (10% fat)1 tsp. Steak Dry Rub Seasoning1 Hamburger Roll

- 1. Place the lid in the base and preheat in the microwave for 3 minutes.
- 2. Season the hamburger.
- 3. Put the hamburger on the grill and place the grill press lid directly onto burger without the support ring.
- 4. Place grill in microwave for 4 minutes. Let burger rest for 5 minutes.
- 5. Remove the grill from microwave and serve.



34 lb. Ground Turkey (99% fat free)

1/4 Sweet Bell Pepper

½ Red Onion

1 tbsp. Fresh Cilantro

2 Egg Whites

½ tsp. Sea Salt

1/4 cup Italian Seasoned Bread Crumbs

- 1. Place the lid in the base and preheat in the microwave for 3 minutes.
- 2. Mix all of the ingredients in a bowl. Form two patties and place one in the preheated grill.
- 3. Put the grill press lid directly onto burger without the support ring and microwave for 3 minutes.
- 4. Carefully remove from microwave and serve the first turkey burger.
- 5. Place the second burger on the grill and cook for 3 minutes.



2 Boneless, Skinless Chicken Breasts1 tbsp. Dry Rub Chicken Seasoning

- 1. Place the lid in the base and preheat in the microwave for 3 minutes.
- 2. Rub the chicken breast with the seasoning.
- 3. Place the chicken on the grill and place the grill press lid directly onto chicken without the support ring.
- 4. Place grill in microwave for 5 minutes. Let it rest for 5 minutes.
- 5. Remove the grill from microwave and serve.



2 Pork Chops3 oz. Stuffing, Dry Mix½ tsp. Sea Salt¼ tsp. Black Pepper

- 1. Make stuffing and set aside.
- 2. Place the lid in the base and preheat in the microwave for 3 minutes.
- 3. Make a slit into the pork big enough to hold the stuffing. Season the pork.
- 4. Put the pork on the grill and place the grill press lid directly onto meat without the support ring.
- 5. Place grill in microwave for 3 minutes. Turn each pork loin over and replace the lid.
- 6. Return grill to the microwave and cook for an additional 4½ minutes. Let it rest for 10 minutes before serving.

Note: Depending on the thickness of the chop, your cooking time may vary.



- 2 Slices Rye Bread
- 1 Ground Beef Hamburger Patty (10% fat)
- 2 Slices Swiss Cheese
- 1/2 White Onion
- 1 tbsp. Unsalted Butter
- 1. Place the lid in the base and preheat in the microwave for 3 minutes.
- 2. Remove from the microwave and place burger in the grill. Put the grill lid directly onto the burger without the support ring.
- 3. Place grill in microwave for 4 minutes.
- 4. Remove the grill from the microwave and set burger aside.
- 5. Let unit cool and clean the grill.
- 6. Butter one slice of bread and place the buttered side down on the grill. Add 1 slice of Swiss cheese and then the burger. Next, place the onions and then the Swiss cheese on top. Butter other slice of bread and place on top with buttered side facing up.
- 7. Put the grill press lid directly onto patty without the support ring.
- 8. Place the grill into the microwave for 3 ½ minutes.
- 9. Remove the grill from microwave and serve.



2 Pork Chops½ cup Cilantro Lime Wasabi Marinade

- 1. Place the pork chops in a dish with the marinade and let sit for 30 minutes.
- 2. Place the lid in the base and preheat in the microwave for 3 minutes.
- 3. Put the pork chops on the grill and place the grill press lid directly onto meat without the support ring.
- 4. Place grill in microwave for 4 minutes. Let it rest for 5 minutes.
- 5. Remove the grill from microwave and serve.



- 3 Hot Dogs 3 Hot Dog Buns
- 1. Place the lid in the base and preheat in the microwave for 3 minutes.
- 2. Remove from the microwave and place the hot dogs in the grill. Put the grill press lid directly onto the hot dogs without the support ring.
- 3. Place grill in microwave for 3 minutes.
- 4. Remove the grill from microwave and serve on the hot dog buns.



12 oz Salmon½ tsp. Sea Salt½ tsp. Black Pepper¼ Lemon for garnish1 tsp. Olive Oil

- 1. Place the lid in the base and preheat in the microwave for 3 minutes.
- 2. Spread oil on the bottom of the grill after preheating.
- 3. Place the salmon filet into the grill. Put the grill press lid directly onto salmon without the support ring.
- 4. Place the grill into the microwave for 4 minutes. Let it rest for 5 minutes.
- 5. Remove the grill from microwave and serve.



½ lb. Shrimp (fresh)

3 Garlic Cloves

3/4 Stick Butter, Unsalted

1 tbsp. Fresh Parsley

1/4 Lemon

1/4 tsp. Sea Salt

1/4 tsp. Black Ground Pepper

- 1. Put the shrimp, garlic, and butter into the grill.
- 2. Place the support ring on top of the base and then place the lid on top.
- 3. Put grill into the microwave for 4 minutes.
- 4. Remove grill and add the rest of the ingredients.
- 5. Replace lid and cook in microwave for an additional 3 minutes. Let it rest for 3 minutes.
- 6. Remove the grill from microwave and serve.



- 2 Tortillas (8" Diameter)
- ½ Tomato, Chopped
- 2 Scallions, Chopped
- 6 oz. Monterey Jack Cheese, Shredded
- 1/4 Boneless Cooked Chicken Breast, Sliced
- 1 tbsp. Fresh Cilantro
- 1/4 Sweet Red Bell Pepper, Chopped
- \* Add/adjust vegetables to your liking
- 1. Place the lid in the base and preheat in the microwave for 3 minutes.
- 2. Place one flour tortilla in the grill and spread the rest of the ingredients on top, evenly. Place the other tortilla on top.
- 3. Put the grill press lid directly onto tortilla without the support ring.
- 4. Place grill in microwave for 2 minutes.
- 5. Remove the grill from microwave and serve.



- ½ Scallion, Chopped
- ½ Tomato, Chopped
- 2 White Mushrooms, Chopped
- 4 oz. Cheddar Cheese, Shredded
- 2 oz. Monterey Jack Cheese, Shredded
- 1/4 Squash/Zucchini, Chopped
- 1/4 Sweet Bell Pepper, Chopped
- 1 tbsp. Fresh Cilantro
- \* Add/adjust vegetables to your liking
- 1. Place the lid in the base and preheat in the microwave for 3 minutes.
- 2. Place one flour tortilla in the grill and spread the rest of the ingredients on top, evenly. Place the other tortilla on top.
- 3. Put the grill press lid directly onto tortilla without the support ring.
- 4. Place grill in microwave for 2 minutes.
- 5. Remove the grill from microwave and serve.



- 4 Eggs
- 6 tbsp. Shredded Cheddar Cheese
- 4 Slices Deli Ham, Chopped
- 1/4 tsp. Sea Salt
- 1/4 tsp. Black Pepper
- 2 tbsp. Milk
- 2 Scallions, Chopped
- 1 tbsp. Oil
- 1. Place the lid in the base and preheat in the microwave for 1 minute.
- 2. Spread oil on the bottom of the grill after preheating.
- 3. Scramble eggs, milk and salt and pepper in a bowl.
- 4. Pour the eggs into the grill and top with the rest of the ingredients.
- 5. Place the support ring on top of the base and then place the lid on top.
- 6. Place grill in the microwave for 2 minutes. Remove grill from microwave and stir.
- 7. Replace lid and cook in microwave for an additional 2 minutes. Remove grill from microwave and stir.
- 8. Keep lid on for 3 minutes to steam and fluff omelet.
- 9. Remove lid and enjoy.



4 Eggs

1/2 Sweet Bell Peppers

½ Onion

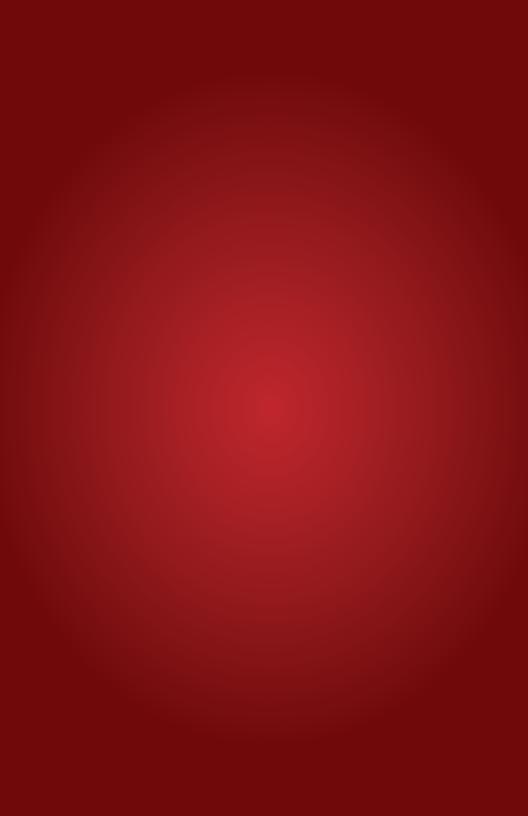
4 Slices Deli Ham, Chopped

1/4 tsp. Sea Salt

1/4 tsp. Black Pepper

2 tbsp. Milk

- 1. Place the lid in the base and preheat in the microwave for 1 minute.
- 2. Scramble eggs, milk and salt and pepper in a bowl.
- 3. Pour the eggs into the grill and top with the rest of the ingredients.
- 4. Place the support ring on top of the base and then place the lid on top.
- 5. Place grill in microwave for 2 minutes. Remove grill from microwave and stir.
- 6. Replace lid and cook in microwave for an additional 2 minutes. Remove grill from microwave and stir.'
- 7. Keep lid on for 3 minutes to steam and fluff eggs.
- 8. Remove lid and enjoy.





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SUBTRACT TIME DEPENDING ON YOUR PREFERENCE.