

# [PDF] George Foreman's Indoor Grilling Made Easy: More Than 100 Simple, Healthy Ways To Feed Family And Friends

**Kathryn Kellinger, George Foreman - pdf download free book**



#### **Books Details:**

Title: George Foreman's Indoor Grill

Author: Kathryn Kellinger, George Fo

Released: 2004-11-05

Language:

Pages: 240

ISBN: 0743266749

ISBN13: 978-0743266741

ASIN: 0743266749

**[CLICK HERE FOR DOWNLOAD](#)**

pdf, mobi, epub, azw, kindle

#### **Description:**

**From Publishers Weekly** Foreman's "Lean Mean Grilling Machine" is one of the fastest, most

simple ways to cook dinner: the grill cooks both sides of the food at once and can be cleaned with a damp sponge or paper towel. Its simplicity makes it a natural for beginning cooks, and this cookbook speaks directly to that audience, with introductory notes explaining that measuring cups and spoons "really do take the guesswork out of following a recipe" and recipes for dishes that, for the most part, can be made in three steps. The food is alluring—Chipotle Burgers with Avocado; Sesame-Scented Asparagus; Creamy Dijon Lamb Chops—and low-maintenance, and Foreman intersperses anecdotes throughout about his kids and their food preferences, his penchant for "a good strategy" (he maps out the week's dinners ahead of time) and other tidbits about life in the Foreman household. This book should appeal to those sharing Foreman's easy attitude toward cooking.

Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

**From the Inside Flap** From dorm rooms and first apartments to suburban homes and four-star restaurants, the George Foreman grill is one of America's most popular small kitchen appliances. Women love it because it cooks delicious, health family meals in minutes and is super easy to clean. Men, on the other hand, often run from cooking. But grilling? Hey, that's definitely a guy thing. And everyone knows the master of the indoor grill is George Foreman. This two-time heavyweight champion of the world knows what tastes really good because George Foreman loves to eat. When George gives advice on how to grill the best burger on the planet, well, believe him. He knows. As a world-class athlete and father of ten, George Foreman is focused on fresh, healthy foods that keep him and his family strong. Between kids, careers, and a heavy weight training schedule, the Foreman's are a big, constantly in motion family. Getting dinner on the table could be an endurance event but, instead of going ten-rounds in the kitchen, George Foreman has perfected fast and easy and passes on his strategy in *George Foreman's Indoor Grilling Made Easy*. Here are more than 100 recipes that speak to the reason everyone buys the indoor grill in the first place: easy dishes filled with big, bold flavor for healthy food fast. From breakfast foods to appetizers, snacks, entrees, side dishes, and even desserts on the grill, this is food to satisfy the young, the not-so-young, and everyone in between. Most recipes will be naturally lower in carbs (after all, George is a carnivore of some note) but some will have choice carbohydrates to fuel heavy training days. In addition to the recipes, there's plenty of flavor enhancing ideas — marinades, spice rubs, and sauces — for simple cuts of fish, beef, pork, and chicken — as well as insider info on perfect grilled veggies every time. And *George Foreman's Indoor Grilling Made Easy* even includes a party menu of finger foods and a Thanksgiving dinner made on the grill. Portions feed a family of four but can easily be halved for those living on their own or doubled for Foreman-sized families. Author Bios George Foreman is the two-time heavyweight champion of the world and the author of two previous cookbooks, *Knock-Out-the-Fat Barbecue* and *Grilling Cookbook*, and *George Foreman's Big Book of Grilling, Barbecue, and Rotisserie* as well as his autobiography *By George* and *George Foreman's Guide to Life*. He lives in Kingwood, Texas. Kathryn Kellinger is co-author of *The Balthazar Cookbook* and the upcoming cookbook for Ino, a restaurant celebrated for panini. She lives in New York City with her husband Lee, daughter Maya, and Henry, the world's best dog. BACK COVER COPY . " I like to cook fast and I like to cook delicious and these recipes help me do it. Everywhere I go, anytime I meet people, they tell me how much they love the grill. I've met kids who've never cooking anything before going off to college where they met their first Lean Mean Grilling Machine — they discovered that they could make a fast dinner for their friends and they discovered they loved doing it. I've even met world famous chefs who tell me that, in their off hours, when it's just them and their families, they rely on the grill for fast delicious meals. I'm proud that the grill and this book offer something for everyone, from kitchen champ to featherweight amateurs."

George Foreman (as wall paper?) SKEWERS

Sometimes-Sizzling Shrimp and Mango Kebabs

Chicken Satays with Peanut Dipping Sauce

Sirloin Beef Brochettes with Honey-Soy Marinade

Grilled Pork and Grape Kebabs QUESADILLAS AND TACOS

Big Texas Tacos

Chicken Quesadillas

□Dia Dogs

Flaming Red Pepper Shrimp Quesadillas SANDWICHES □ GRILLED, WRAPPED, AND OTHERWISE

Best British Pub Classic Grilled Cheddar

Panini with a Pesto Punch

A Cuban Rueben

Chicken-Caesar Salad Wraps BURGERS

The Big George

Aisle 6 Beef Burgers

The 3 Ps Turkey Burger

Tuna "Sushi" Burgers with Wasabi Mayonnaise PARTY PIZZAS AND PASTAS TOO

Houston-Not-Hawaii Pizza

Penne with Grilled Chicken, Portobellos and Walnuts CHICKEN EVERYWAY

Do Anything Lemon Chicken Breasts

Montego Bay Jerk Chicken

Honey Mustard Chicken Tenders

Coconut Curry Chicken Thighs BEEF, PORK AND LAMB

Spicy Soy Flank Steak

Bangkok Beef Salad

Pork Chimichurri

Molasses BBQ Pork Chops

Creamy Dijon Lamb Chops SEAFOOD

Grilled Popcorn Shrimp

Speedy Salmon with Dijon Glaze

Red Citrus Snapper

Mahi-Mango Salad VEGETABLES AND GREENS ON THE GRILL

George's Roasted Asparagus

Wilted Spinach

Zucchini Antipasto

Stuffed Portobello Caps ON THE SIDE

Simple Guacamole

Watermelon Salsa

Creamy Light Coleslaw

Crushed Potatoes SAUCES, MARINADES AND SPICE RUBS

Texas 2-Step Sauce

Brown Sugar Spice Rub

Mediterranean Marinade

Fiery Western Beef Marinade AND A LITTLE DESSERT

Louisiana Banana Split

Honey Glazed Pineapple

Chocolate Chip Hot Tarts FIRST THING IN THE AM

Pork and Apple Breakfast Patties

Pumpkin French Toast

Tofu "Huevos Rancheros"

Smoked Salmon Croque Monsieur

- 
- Title: George Foreman's Indoor Grilling Made Easy: More Than 100 Simple, Healthy Ways to Feed Family and Friends
  - Author: Kathryn Kellinger, George Foreman

- Released: 2004-11-05
  - Language:
  - Pages: 240
  - ISBN: 0743266749
  - ISBN13: 978-0743266741
  - ASIN: 0743266749
-