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Great **GEORGE** Grilling on the **FOREMAN®** **Grill**

INDOOR
GRILLING
RECIPES
AND TIPS
EXCLUSIVELY
FOR THE



Featuring recipes from:



and more

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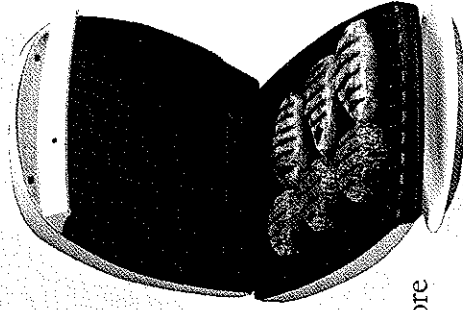
Favorite Brand Name Recipes at www.fbmr.com

Great Grilling With the George Foreman® Grill

Since the George Foreman® Grill was first introduced, more than 40 million Americans have discovered why it is the most versatile and creative grill available today, and the easiest to use. Its exclusive design not only allows fat to drip away from the food while it grills, but it also cooks both sides of the food at once, for faster, more even cooking and superior flavor.

Now, America's favorite brand names are cooking along with us. Like the George Foreman® Grill, these brands have become household names because they represent quality and value. They also recognize the distinct advantages of the George Foreman® Grill and the unique flavor benefits it offers.

Inside we've collected dozens of creative recipes for your George Foreman® Grill featuring some of today's most popular brands and food products. You'll find great new ways to grill meat, poultry, and seafood, plus innovative ideas for preparing special sandwiches and side dishes.



GRILLING TIPS!

1 Your George Foreman® Grill grills at very high temperatures. Use caution when touching the unit as it preheats, grills, and cooks. It's a good idea to use cooking mitts when you open the grill to baste or season foods during the grilling process.

2 Follow the owner's manual instructions carefully when using the drip trays, spatulas, and other grilling accessories. Avoid using metal forks, knives, or tongs. They can damage the grill's nonstick surface.

3 Children should not touch or use the grill while it is heated. They should not stand near the grill or sit on the kitchen counter as it operates.

4 The drip trays provided with your grill are specially-designed to catch fat, excess marinades, melted butter, and sauces as they drip from foods. Watch the tray carefully as you grill to make sure it doesn't overflow. Be prepared to use a second tray, if necessary. Move the drip tray carefully when it contains hot fat or liquids.

5 Follow the owner's manual instructions for safely cleaning your grill. Be sure to clean the grill properly each time you use it. Don't use harsh cleansers or steel scouring pads. Use your plastic grilling spatula and a wet sponge to safely remove food particles. To make clean-up even easier, unplug the grill and place 3 or 4 damp paper towels inside. Close the lid and let the grill sit while you enjoy your meal. After the grill is completely cool, use the paper towels to wipe out food particles.

GEORGE FOR EMAN®



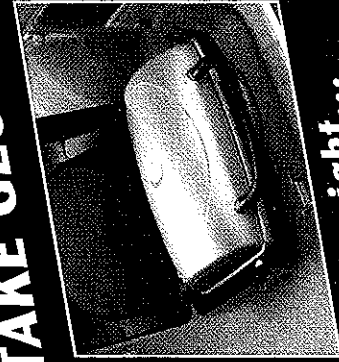
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Meaty Main Dishes

Kikkoman Ginger Teriyaki Pork Chops

- 1/3 cup Kikkoman Teriyaki Marinade & Sauce
- 1 tablespoon brown sugar, packed
- 1 teaspoon minced fresh ginger root
- 5 boneless pork chops, each about 1/2 inch thick



KIKKOMAN

STIR teriyaki marinade & sauce, brown sugar and ginger together until sugar dissolves; pour over chops in large plastic food storage bag.

PRESS air out of bag; close top securely. Turn bag over several times to coat chops well. Refrigerate 1 hour, turning bag over occasionally.

PREHEAT grill 5 minutes. Remove chops from marinade; discard marinade. Arrange chops in single layer on grill. Grill about 3/4 minutes, or until chops are just done.

Makes 5 servings

Save 35¢
on Kikkoman Teriyaki Marinade & Sauce
see page 81





GEORGE FOREMAN® GRILLING MACHINE

Kikkoman Gourmet Teriyaki Burgers

- 1/4 cup Kikkoman Quick & Easy Marinade™, Gourmet Teriyaki or Toasted Sesame Teriyaki
- 1/4 cup soft bread crumbs
- 1 egg, beaten
- 1 pound lean ground beef
- 4 hamburger buns, warmed or toasted
- Mayonnaise
- Lettuce leaves, onion slices and tomato slices



KIKKOMAN

COMBINE quick & easy marinade, bread crumbs and egg; let stand 5 minutes. Add beef; thoroughly mix together. Shape into 4 (3-inch) patties.

PREHEAT grill 5 minutes. Place patties on grill. Grill 4 minutes to thoroughly cook.

SPREAD both halves of buns with mayonnaise; place lettuce, burgers, onion and tomato on bottom halves. Cover with top halves.

Makes 4 servings

Kikkoman Is Grilling With the George Foreman® Grill!

With nine different sauces and flavors to choose from, authentic Kikkoman Teriyaki is the perfect partner for your grill. Pre-mixed and simple to use in one easy step, Kikkoman Teriyaki Marinade & Sauces, Quick & Easy Marinades™ and Teriyaki Baste & Glazes add a juiciness and unbeatable flavor that everyone in your family will enjoy! Because every Kikkoman sauce starts with naturally brewed Kikkoman Soy Sauce—the natural flavor enhancer that's been a part of America's meals for nearly 50 years.





Save
35¢
on Kikkoman
Roasted Garlic
Teriyaki Marinade
& Sauce
see page 81

Kikkoman Roasted Garlic Teriyaki Lamb Chops



KIKKOMAN

- 3 arm or shoulder lamb chops, each about ¾ inch thick
- ½ cup Kikkoman Roasted Garlic Teriyaki Marinade & Sauce

PLACE chops in large plastic food storage bag; pour in roasted garlic teriyaki sauce. Press air out of bag; close top securely. Turn bag over several times to coat chops well. Refrigerate 4 hours, turning bag over occasionally.

PREHEAT grill 5 minutes. Remove chops from marinade; discard marinade.

ARRANGE chops in single layer on grill. Grill 3 minutes. Turn chops over; grill 2 minutes longer (for medium), or to desired doneness.

Makes 3 servings

Kikkoman Is Grilling With the George Foreman® Grill!

Love the flavors of this recipe? Try any of the nine authentic great Teriyaki flavors from Kikkoman by visiting www.kikkoman-usa.com.

Grilled Skirt Steak with California Avocado-Corn Salsa

Nonstick cooking spray

- 3 pounds skirt steak or flank steak, trimmed of excess fat and cut into 6 serving pieces
- 1 (7-ounce) can chipotle peppers in adobo sauce (you will be using sauce only)

Avocado-Corn Salsa (recipe follows)

Warm flour tortillas, for serving

PREHEAT grill 5 minutes. Spray both sides of grill with cooking spray.

GRILL steak pieces 4 to 6 minutes or until desired doneness, basting with adobo sauce halfway through cooking time and again right before end. To serve, slice steak pieces on the diagonal, top with Avocado-Corn Salsa and roll up in tortillas.

Makes 6 servings



Avocado-Corn Salsa

- 1 large red bell pepper, cored, seeded, diced
- 3 Anaheim chilies, * cored, seeded, diced
- 1 pound bag frozen white or yellow corn kernels, thawed
- 3 scallions, white and green parts, thinly sliced on the diagonal
- 2 large ripe California avocados, peeled, seeded, diced
- 2 tablespoons olive oil
- 3 tablespoons fresh lime juice
- 3 tablespoons cilantro leaves, chopped coarsely

Sea salt and freshly ground pepper

**Anaheim chilies can sting and irritate the skin; wear rubber gloves when handling and do not touch eyes. Wash hands after handling chilies.*

IN large bowl, combine red bell pepper, Anaheim chilies, corn kernels, scallions, and diced avocado; mix gently. Whisk olive oil, lime juice, and chopped cilantro in small bowl and pour over salsa. Toss gently, seasoning to taste with salt and pepper.



Mrs. Dash® Grilled Pork and Pineapple Kabobs

- 1½ cups pineapple juice
Juice of 3 limes
- 3 tablespoons olive oil
- 3 tablespoons brown sugar
- 1 tablespoon *Mrs. Dash® Chicken Grilling Blends™*
- 1½ pounds trimmed pork tenderloin,
cut into 1½-inch cubes (36
cubes)
- 1 fresh pineapple
- 6 (12-inch) wooden skewers,
soaked in water 15 minutes
- Olive oil spray
- Fresh chives, minced (optional)
- Lime wedges (optional)

IN a large plastic bag, mix together pineapple juice, lime juice, olive oil, brown sugar, *Mrs. Dash® Chicken Grilling Blends™* and pork. Toss to coat and refrigerate for at least 4 hours or up to 12 hours.

TRIM pineapple and cut out core. Cut fruit into 1½- to 2-inch cubes. You will need about 18 cubes.

PREHEAT grill 5 minutes. Spray grill lightly with olive oil spray.

THREAD the pork and pineapple chunks skewers, beginning and ending with chunks of pork. Each skewer should have approximately 6 cubes of meat and 3 cubes of pineapple. Discard the marinade.

GRILL 5 to 6 minutes or until meat reaches 155°F on a meat thermometer, turning several times. Remove the pork skewers and lay on an attractive platter. Let meat rest 1 to 2 minutes before serving. Garnish with fresh chives and lime wedges, if desired.

Makes 6 servings



Mrs. Dash® Grilled Flank Steak Sandwich

SAUCE:

- 1 cup fat-free yogurt
- ½ cup peeled, chopped cucumber
- 2 teaspoons fresh mint, finely chopped

SANDWICH:

- 1½ pounds beef flank steak*
- 1 to 2 tablespoons *Mrs. Dash® Steak Grilling Blends™*, or to taste
- Nonstick cooking spray
- 3 whole wheat pita breads, cut in half
- 2 medium tomatoes, cut into thick slices
- 1 medium red onion, thinly sliced
- 6 lettuce leaves, shredded

COMBINE sauce ingredients; set aside. Preheat grill 5 minutes.

COAT flank steak with *Mrs. Dash®*

Steak Grilling Blends™, pressing seasoning on steak with back of spoon. Spray both sides of grill with cooking spray. Grill steak 5 to 6 minutes for rare and 7 to 8 minutes for medium; do not overcook. Remove steak from grill and allow to rest 2 to 3 minutes.

SLICE steak as thinly as possible against the grain. Grill pitas 1 to 2 minutes to warm. Open pita pockets and fill with steak, tomatoes, onion and lettuce; drizzle with sauce. Serve warm or at room temperature.

Makes 6 servings

*This inexpensive cut of beef has a broad surface and lends itself well to grilling using a rub. Because you slice flank steak against the grain, you cut through its fibers, and this helps to make the steak tender.





CRISCO® Grilled Asian-Style Pork

- 6 tablespoons CRISCO Oil
- 3 teaspoons jarred minced garlic (or 2 medium garlic cloves, peeled and minced)
- 3 teaspoons curry powder
- ¾ teaspoon ground ginger
- 3 tablespoons soy sauce
- ¼ cup packed dark brown sugar
- 1½ pounds pork loin, trimmed of all fat and sliced ¼-inch thick
- 12 medium-length bamboo or other wooden skewers, soaked in water 20 minutes
- CRISCO No-Stick Cooking Spray

COMBINE CRISCO Oil, garlic, curry, ginger, soy sauce and brown sugar in

resealable plastic bag or mixing bowl. Add sliced pork. Refrigerate for 45 minutes, tightly covered with plastic wrap.

PREHEAT grill for 5 minutes.

SPRAY both sides of grill with CRISCO No-Stick Cooking Spray. Thread meat onto wooden skewers. Discard marinade. Grill skewers 4 to 5 minutes or until pork is brown on outside and no longer pink in center. Let rest 1 to 2 minutes before serving.

Makes 6 servings



Grilled Beef Salad

- ¼ cup mayonnaise
- 1 tablespoon cider vinegar
- 1½ teaspoons spicy brown mustard
- 1 clove garlic, peeled and minced
- ¼ teaspoon sugar
- 6 cups torn assorted lettuces or mesclun mix
- 2 large tomatoes, seeded and chopped
- ½ cup chopped fresh basil
- 2 thin slices red onion, separated into rings
- 1 boneless beef top sirloin steak (about 1 pound)
- ½ teaspoon salt
- ½ teaspoon ground black pepper
- ½ cup seasoned garlic croutons
- Additional black pepper (optional)

PREHEAT grill 5 minutes. Combine mayonnaise, vinegar, mustard, garlic and sugar in small bowl; whisk until smooth. Cover and refrigerate until serving.

TOSS together lettuce, tomatoes, basil and onion in large bowl; cover and refrigerate until serving.

SPRINKLE both sides of steak with salt and ½ teaspoon pepper. Place steak on grill. Cover and cook 9 minutes for medium-well, or until desired doneness.

TRANSFER steak to carving board and let rest 5 minutes. Slice in half lengthwise; carve crosswise into thin slices.

ADD steak and croutons to bowl with lettuce mixture; toss well. Add mayonnaise mixture to taste (not all will be used); toss until well coated. Serve with additional pepper, if desired.

Makes 4 servings





GEORGE FOREMAN® GRILLING MACHINE

Mission® Steak & Grilled Vegetable Wraps

Mango Salsa (recipe follows)

- 1 red bell pepper, seeded, cored and quartered
- 1 green bell pepper, seeded, cored and quartered
- $\frac{3}{4}$ pound large mushrooms
- 2 green onions, sliced
- $\frac{1}{4}$ cup fresh lemon juice
- $\frac{1}{4}$ teaspoon black pepper
- $\frac{1}{2}$ to $\frac{3}{4}$ pound beef flank steak
- 4 MISSION® 98% Fat Free Flour Tortillas
- $\frac{1}{2}$ cup lightly packed fresh cilantro



GRILL steak 7 to 9 minutes or until desired doneness. Remove from grill; let rest 3 minutes. Slice steak against the grain into $\frac{1}{2}$ -inch strips. Combine with vegetable mixture. Grill tortillas about 1 minute or until warmed. Spoon $\frac{1}{4}$ of meat mixture down center of each tortilla. Roll to enclose filling; serve immediately with Mango Salsa.

Makes 4 servings

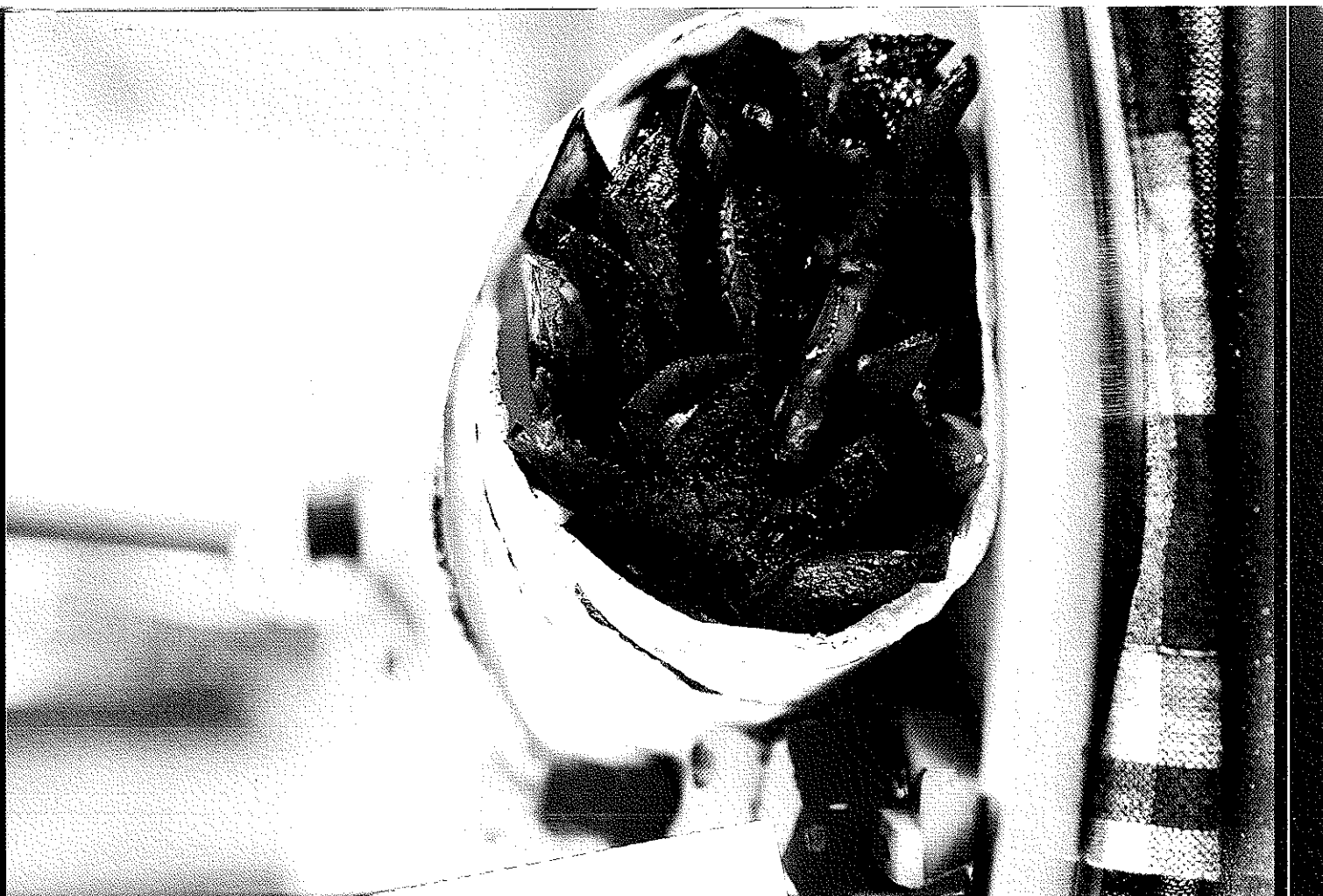
Mango Salsa

In a medium bowl, combine 2 cups peeled, diced mango, $\frac{1}{2}$ cup diced red bell pepper, $\frac{1}{4}$ cup finely diced red onion, 1 serrano pepper, seeded and minced, 2 tablespoons chopped cilantro, 2 teaspoons minced fresh ginger and 1 tablespoon lime juice.

PREHEAT grill 5 minutes. Prepare Mango Salsa; set aside.

GRILL peppers, skin-side down, 12 minutes or until tender. If mushrooms are small, thread onto skewers. Grill mushrooms about 6 minutes or until tender and lightly browned. Cut peppers into $\frac{1}{2}$ -inch strips; slice mushrooms. Combine vegetables, onions, lemon juice and black pepper in medium bowl; set aside and keep warm.

**Save
\$1.00**
on any 2 packages
of Mission® Flour
Tortillas
see page 81





GEORGE FOREMAN® GRILLING MACHINE

Honey Pepper Chops

4 SMITHFIELD Lean Generation[®]

Pork center cut pork chops

Salt and black pepper to taste

6 tablespoons honey

3 tablespoons hot pepper sauce

PREHEAT grill 5 minutes. Season chops with salt and pepper. In a small bowl, stir together honey and hot pepper sauce; set aside $\frac{1}{4}$ cup sauce in separate bowl.

GRILL pork chops 9 minutes or until no longer pink in center, turning chops halfway through cooking time and basting 3 times with honey glaze. Remove chops from grill and brush with reserved $\frac{1}{4}$ cup glaze.

Makes 4 servings

Serving Suggestion: Serve with baked stuffing and roasted vegetables.

Smithfield Pork® Is Grilling With the George Foreman® Grill!

Grilling Smithfield Pork® on the George Foreman® Grill makes preparing weeknight dinners quick and easy. As another serving alternative, try these pork chops with rice pilaf and a simple garden salad with honey-dijon dressing. Delicious!





GEORGE FOREMAN® GRILLING MACHINE

Mexican Burgers

- 1 pound SMITHFIELD Lean Generation® Pork ground pork
- 1 teaspoon ground black pepper
- ¼ teaspoon salt
- ¼ teaspoon ground cumin
- ¼ teaspoon ground oregano
- ¼ teaspoon seasoned salt
- ¼ teaspoon crushed red chilis

PREHEAT grill 5 minutes.

GENTLY mix together ground pork and seasonings. Shape into 4 burgers about ¾ inch in thickness.

GRILL burgers 7 to 8 minutes or until internal temperature reaches 160°F. Serve on sandwich buns with your favorite condiments.

Makes 4 burgers

Smithfield Pork® Is Grilling With the George Foreman® Grill!

Instead of dressing this burger with ketchup and mustard, try adding your favorite salsa and few slices of avocado for some real zing. Want to add some cheese? Try sharp Cheddar or pepper jack for a great complementary flavor.





GEORGE FOREMAN® GRILLING MACHINE

Italian Pork Chops



- 4 SMITHFIELD Lean Generation® Pork center cut pork chops
- ¼ cup Italian dressing
- 1 teaspoon Worcestershire sauce

PLACE all ingredients in a self-sealing bag; seal bag and place in refrigerator for at least 20 minutes (or as long as overnight).

PREHEAT grill 5 minutes. Remove chops from bag and discard marinade.

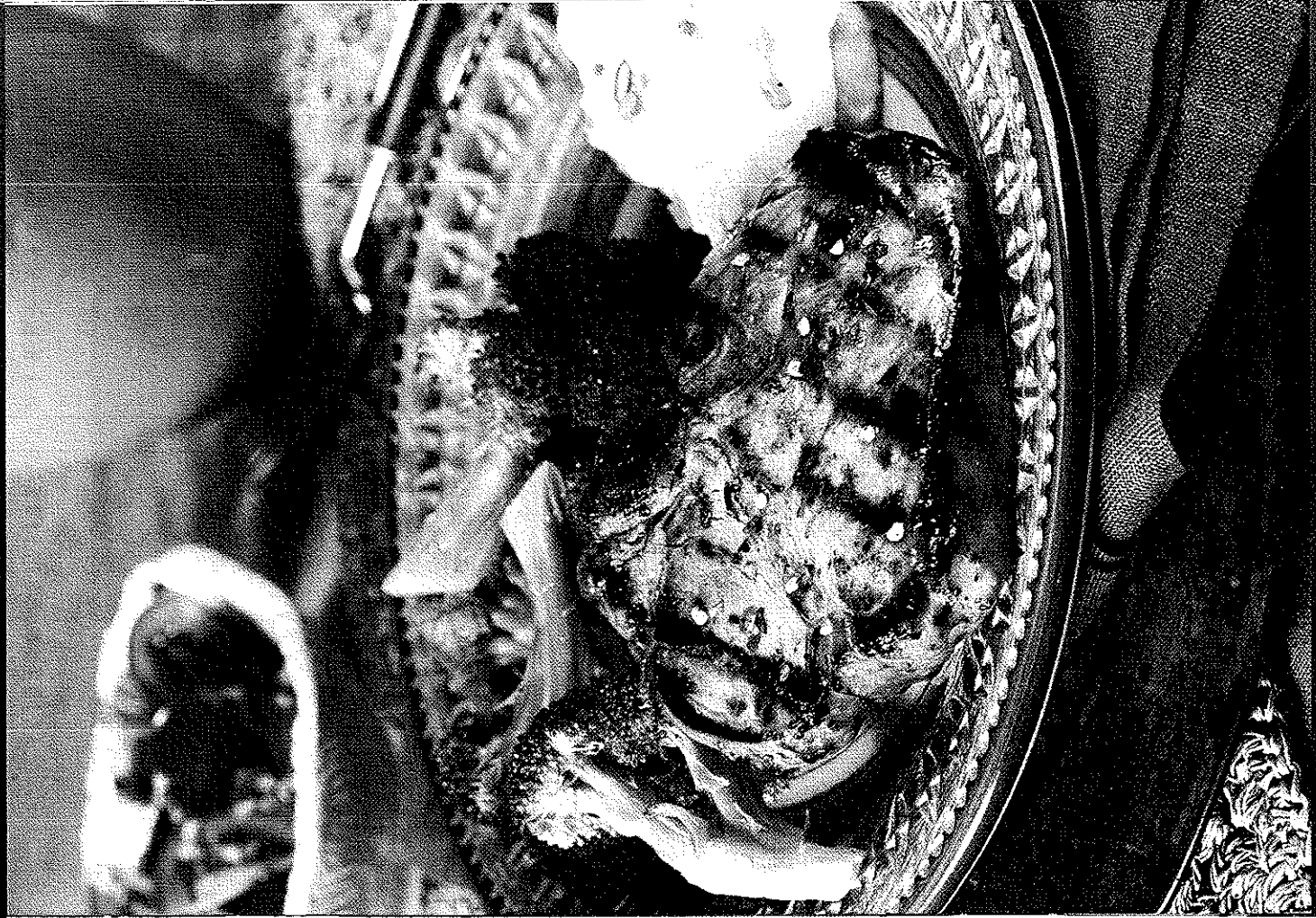
PLACE pork chops on grill and cook 8 to 10 minutes or until pork is no longer pink in center.

Makes 4 servings

Serving Suggestion: Serve with sliced tomatoes in vinaigrette, broccoli spears and garlic mashed potatoes.

Smithfield Pork® Is Grilling With the George Foreman® Grill!

This recipe is perfect for preparing the night before. Just throw everything into the bag and refrigerate! While you're at it, consider quartering some new potatoes and placing them in a separate self-sealing bag with a bit of olive oil, salt, black pepper and dried Italian seasoning. Roast the potatoes in the oven while the pork chops cook on the grill.





Grilled Sausage Kabobs with Apricot Mustard Sauce

- $\frac{3}{4}$ cup apricot preserves
 - $\frac{3}{4}$ cup Dijon mustard
 - 1 pound smoked andouille or other smoked sausage, cut into $1\frac{1}{2}$ -inch pieces
 - 15 dried apricot halves
 - 15 medium whole mushrooms, wiped clean
 - 5 bamboo skewers, soaked in water 20 minutes
- COMBINE** preserves and mustard in small bowl; mix well. Set aside $\frac{1}{4}$ preserve mixture in separate bowl.
- THREAD** sausage, apricots and mushrooms onto skewers. Preheat grill 5 minutes. Brush kabobs with $\frac{1}{2}$ remaining preserve mixture.
- PLACE** kabobs on grill and cook 6 minutes. Open grill, rotate kabobs and baste with remaining preserve mixture. Close grill and cook 1 minute more. Serve kabobs over cooked rice, with reserved preserve mixture for dipping.

Makes 4 servings

Cuban Garlic & Lime Pork Chops

- 6 boneless pork chops, $\frac{3}{4}$ inch thick (about $1\frac{1}{2}$ pounds)
- 2 tablespoons olive oil
- 3 tablespoons lime juice
- 2 tablespoons orange juice
- 2 teaspoons bottled minced garlic
- $\frac{1}{2}$ teaspoon salt, divided
- $\frac{1}{2}$ teaspoon red pepper flakes
- 2 small seedless oranges, peeled and chopped
- 1 medium cucumber, peeled, seeded and chopped
- 2 tablespoons chopped onion
- 2 tablespoons chopped fresh cilantro

PLACE pork in 1-gallon resealable plastic food storage bag. Add oil, juices, garlic, $\frac{1}{4}$ teaspoon salt and red pepper flakes. Seal bag tightly and shake to evenly distribute marinade. Chill up to 24 hours.

MAKE salsa: Combine oranges, cucumber, onion and cilantro in small bowl; stir. Cover and chill 1 hour or overnight. Add remaining $\frac{1}{4}$ teaspoon salt just before serving.

REMOVE pork from marinade; discard bag and marinade. Preheat grill 5 minutes. Place pork chops on grill and cook 7 minutes or until pork is no longer pink in center. Serve with salsa.

Makes 4 to 6 servings





Greek Burgers

Yogurt Sauce (recipe follows)

- 1 pound ground beef
- 1 tablespoon chopped fresh oregano or 1 teaspoon dried oregano leaves
- 2 teaspoons ground cumin
- ½ teaspoon salt
- Dash ground red pepper
- Dash ground black pepper
- 4 pita breads
- 2 cups shredded lettuce
- 1 cup quartered and sliced tomatoes

PREPARE Yogurt Sauce; set aside.

COMBINE ground beef, oregano, cumin, salt, and red and black peppers in medium bowl; mix lightly. Divide mixture into 8 equal portions; form each portion into oval patty, about 4-inches long. Cover and chill 30 minutes.

PREHEAT grill 5 minutes. Place patties on grill and cook 3 to 4 minutes.

GRILL pitas 1 to 2 minutes to soften. Cut pitas in half and stuff with divided lettuce and tomatoes. Fill each pita half with a patty and serve with Yogurt Sauce.

Makes 4 servings

Yogurt Sauce

- 1 cup plain yogurt
- ½ cup finely chopped red onion
- ½ cup finely chopped cucumber
- 2 tablespoons chopped fresh mint or 2¼ teaspoons dried mint leaves
- 1½ teaspoons chopped fresh marjoram or ½ teaspoon dried marjoram leaves

COMBINE all ingredients in small bowl; cover and chill until serving. May be made up to 4 hours before serving.

Italian Sausage & Pepper Pita Wraps

PREHEAT grill 5 minutes.

PLACE sausages on grill. Cook 8 minutes or until fully cooked; set aside. Place bell pepper and onion pieces on grill; cook 3 minutes or until vegetables are crisp-tender.

BRUSH pita breads on one side with oil. Grill about 1 minute or until soft.

MEANWHILE, combine marinara sauce, basil and oregano in small saucepan. Simmer over medium-low heat until hot, about 5 minutes.

CUT sausages in half lengthwise. Divide sausages, bell pepper and onion among pita breads. Top with sauce and cheese. Fold pita breads in half.

Makes 4 servings

- 4 (6-inch) hot or mild Italian sausages (about 1¼ pounds)

- 1 green bell pepper, cut into thin strips, stems and seeds discarded

- 1 small onion, peeled and sliced into rings

- 4 pita breads

- 1 tablespoon olive oil

- 1 cup prepared marinara sauce

- ½ teaspoon dried basil leaves

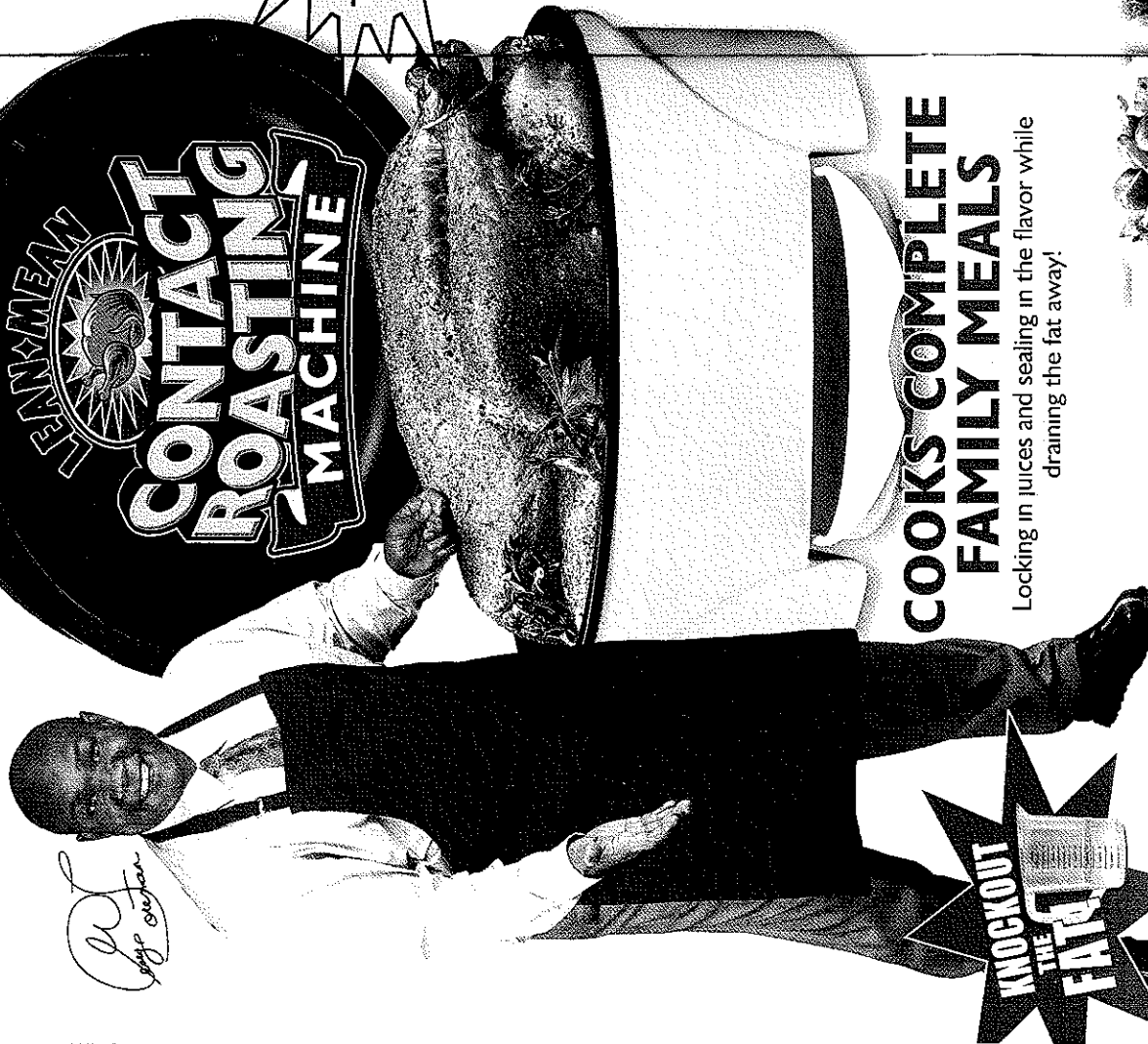
- ¼ teaspoon dried oregano leaves

- 1 cup (4 ounces) shredded Italian blend cheese or mozzarella cheese



GEORGE FOREMAN®

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EVERYDAY!**



- ROASTS,
- BAKES,
- STEAMS
& COOKS!

**KNOCKOUT
THE
FAT!**



Pleasin' Poultry Dishes

Jamaican Jerk Turkey Wraps

- 4 cups broccoli slaw
- 1 large tomato, seeded and chopped (about 1 1/4 cups)
- 1/4 cup coleslaw dressing
- 2 jalapeño peppers,* finely chopped
- 1 1/2 teaspoons Caribbean jerk seasoning
- 6 ounces turkey breast tenderloin
- 8 (8-inch) flour tortillas, warmed
- Chopped cilantro (optional)

**Jalapeño peppers can sting and irritate the skin; wear rubber gloves when handling peppers. Do not touch eyes. Wash hands after handling.*

TOSS together broccoli slaw, tomato, dressing and jalapeño peppers; set aside.

PREHEAT grill 5 minutes. Rub jerk seasoning on both sides of turkey.

GRILL turkey 7 minutes or until turkey is no longer pink and juices run clear, turning once. Thinly slice turkey.

PLACE sliced turkey on tortillas; spoon broccoli slaw mixture on top. Sprinkle with cilantro, if desired. Wrap to enclose. Serve immediately.

Makes 4 servings





CRISCO® Grilled Balsamic-Mustard Chicken

- 6 boneless, skinless chicken breasts
- 6 tablespoons balsamic vinegar
- 3 to 4 cloves garlic
- 1½ tablespoons dried basil
- 1½ tablespoons honey
- ¼ teaspoon salt
- ¼ teaspoon freshly ground black pepper
- ¼ teaspoon dried oregano
- 6 tablespoons CRISCO Oil
- CRISCO No-Stick Cooking Spray
- 1½ tablespoons chopped Italian parsley



PLACE chicken breasts in shallow casserole or baking dish.

IN a blender, combine the balsamic vinegar, garlic, basil, honey, salt, pepper and oregano. Blend until well mixed. While the blender is running, slowly add the CRISCO Oil in a steady stream until well blended. Pour the mixture over the chicken breasts. Refrigerate and allow to marinate for 1 to 3 hours.

PREHEAT grill for 5 minutes. Spray both sides of grill with CRISCO No-Stick Cooking Spray. Grill chicken about 5 to 7 minutes or until no longer pink in center. Sprinkle with chopped parsley.

Makes 6 servings

Japanese Yakitori

- 1¼ pounds boneless skinless chicken breast halves, cut into ¾-inch wide strips
- 2 tablespoons pineapple juice
- 2 tablespoons reduced-sodium soy sauce
- 1 tablespoon sugar
- 1 tablespoon peanut oil
- ½ teaspoon minced garlic
- ½ teaspoon minced ginger
- 6 (12-inch) wooden or bamboo skewers, soaked in water 20 minutes
- 18 small red boiling onions, peeled
- ½ fresh pineapple, cut into 1-inch wedges

PLACE chicken in large heavy-duty resealable plastic food storage bag. Combine pineapple juice, soy sauce, sugar, oil, garlic and ginger in small bowl; mix thoroughly to dissolve sugar. Pour into plastic bag with chicken; seal bag and turn to coat thoroughly. Refrigerate 30 minutes or up to 2 hours, turning occasionally.

PREHEAT grill 5 minutes.

DRAIN chicken, reserving marinade. Weave chicken accordion-style onto skewers, alternating onions and pineapple with chicken. Brush with reserved marinade; discard remaining marinade.

GRILL 7 minutes or until chicken is no longer pink in center, turning once.

Makes 6 servings





GEORGE FOREMAN® GRILLING MACHINE



Mrs. Dash® Mediterranean Chicken

- 2 tablespoons Mrs. Dash® Tomato Basil Garlic Seasoning Blend
- 3 tablespoons plain yogurt
- 2 teaspoons olive oil
- 4 boneless skinless chicken breasts (about 1 1/4 pounds)

IN a large bowl, combine Mrs. Dash® Tomato Basil Garlic Seasoning Blend, yogurt and olive oil.

WITH a sharp knife, lightly score chicken breasts. Place in bowl with

yogurt mixture and coat well. Cover and refrigerate for at least an hour.

PREHEAT grill 5 minutes. Remove chicken from marinade; discard marinade. Grill chicken 5 minutes; turn and cook 3 more minutes or until juices run clear when pierced.

Makes 4 servings



Mrs. Dash® Chopped Mesquite Chicken Salad Served in Red Cabbage Bowls



- 2 (6-ounce) boneless skinless chicken breasts
- 2 tablespoons olive oil, divided
- 3 tablespoons Mrs. Dash® Mesquite Grilling Blends™
- 1 red cabbage
- 1 cup frozen corn kernels, thawed
- 1 cup canned black beans, rinsed and drained
- 1 avocado, diced into 1/4-inch cubes
- 1/2 cup diced red onion
- 1/2 cup lightly packed cilantro leaves, chopped
- 2 tablespoons freshly squeezed lime juice

olive oil, then sprinkle both sides with Mrs. Dash® Mesquite Grilling Blends™. Grill 7 minutes or until chicken is no longer pink in center. Let cool, then slice into 1/4-inch cubes.

USING a paring knife, cut core out of cabbage. Carefully peel off whole outer leaves and set aside to use as serving bowls. (Cabbage will yield about 5 serving bowls.) Thinly slice 1 1/2 cups inner section of cabbage. Transfer to large bowl.

ADD chicken, corn, beans, avocado, onion, cilantro, lime juice and remaining 1 tablespoon oil. Toss thoroughly and serve in red cabbage bowls.

Makes 6 servings

RINSE and pat dry chicken breasts. Preheat grill 5 minutes.

BRUSH chicken breasts with 1 tablespoon





GEORGE FOREMAN® GRILLING MACHINE



Save
35¢
on Kikkoman
Soy Sauce
see page 81

Kikkoman Grilled Chicken Caesar Salad

- ½ cup Kikkoman Soy Sauce
- ¼ cup lemon juice
- 3 tablespoons vegetable oil, divided
- 3 large cloves garlic, pressed
- 4 boneless, skinless chicken breast halves
- ½ cup mayonnaise
- ½ teaspoon sugar
- 2 small heads romaine lettuce (about 1½ pounds), cut into bite-size pieces
- 1 cup seasoned croutons for salads
- ¼ cup shredded Parmesan cheese

BLEND soy sauce, lemon juice, 2 tablespoons oil and garlic; remove and reserve 2 tablespoons mixture. Pour remaining mixture over chicken in large plastic food storage bag.

PRESS air out of bag; close top securely. Turn bag over several times to coat

chicken well. Refrigerate 2 hours, turning over occasionally.

MEANWHILE, gradually blend mayonnaise, sugar, remaining 1 tablespoon oil and reserved soy sauce mixture; cover and refrigerate to blend flavors.

PREHEAT grill 5 minutes. Arrange chicken in single layer on grill. Grill 8 to 9 minutes, or until chicken is no longer pink in center. Remove chicken from grill and cool; cut crosswise into ½-inch thick slices.

GENTLY toss together chicken, lettuce, croutons, cheese and dressing to coat all pieces. Serve immediately.

Makes 4 to 6 servings

Mediterranean Chicken Kabobs

- 2 pounds boneless skinless chicken breasts or chicken tenders, cut into 1-inch pieces
- 1 small eggplant, peeled and cut into ½-inch slices
- 1 medium zucchini, cut crosswise into ½-inch slices
- 2 medium onions, each cut into 8 wedges
- 24 medium mushrooms, stems removed
- 16 cherry tomatoes
- 16 wooden or bamboo skewers, soaked in water 20 minutes
- 1 cup fat-free reduced-sodium chicken broth
- ⅓ cup balsamic vinegar
- 3 tablespoons olive oil
- 2 tablespoons dried mint leaves
- 4 teaspoons dried basil leaves
- 1 tablespoon dried oregano leaves
- 2 teaspoons grated lemon peel
- Chopped fresh parsley (optional)
- 4 cups hot cooked couscous

ALTERNATELY thread chicken, eggplant, zucchini, onions, mushrooms and tomatoes onto skewers; place in large glass baking dish.

COMBINE chicken broth, vinegar, oil, mint, basil and oregano in small bowl; pour over kabobs. Cover; marinate in refrigerator 2 hours, turning kabobs occasionally. Remove kabobs from marinade; discard marinade.

PREHEAT grill 5 minutes. Grill kabobs 7 minutes or until chicken is no longer pink in center, turning kabobs halfway through cooking time. Stir lemon peel and parsley, if desired, into couscous; serve with kabobs.

Makes 8 servings





Chicken Satay with Peanut Sauce

- 1/4 cup lime juice
- 1/4 cup reduced-sodium soy sauce
- 1/4 cup packed brown sugar
- 4 cloves garlic, minced
- 1/4 teaspoon ground red pepper
- 3 boneless skinless chicken breast halves (about 1 1/4 pounds)
- 18 bamboo skewers (10 to 12 inches long), soaked in water 20 minutes
- 1/4 cup chunky or creamy peanut butter
- 1/4 cup thick unsweetened coconut milk*
- 1/4 cup finely chopped onion
- 1 teaspoon paprika
- 1 tablespoon finely chopped fresh cilantro

*Coconut milk separates in the can, with thick cream (consistency may be soft like yogurt or firm like shortening) floating to the top over thin, watery milk. Spoon thick cream from top after opening can. If less than 1/4 cup, make up difference with remaining coconut milk.

STIR lime juice, soy sauce, brown sugar, garlic and red pepper in medium bowl until sugar dissolves. Set 1/4 cup marinade aside in cup.

SLICE chicken lengthwise into 1/4-inch thick strips. Add to remaining marinade in bowl and stir to coat evenly. Cover and set aside to marinate in refrigerator at least 30 minutes or up to 12 hours.

PREHEAT grill 5 minutes.

PLACE peanut butter in medium bowl. Stir in 1/4 cup reserved marinade, 1 tablespoon at a time, until smooth. Stir in coconut milk, onion and paprika. Transfer sauce to small serving bowl; set aside.

DRAIN chicken; discard marinade. Weave 1 or 2 slices chicken onto each skewer.

GRILL skewers 7 to 9 minutes or until chicken is no longer pink in center. Transfer to serving platter.

SPRINKLE sauce with cilantro; serve with skewers.

Makes 6 servings





Turkey Gyros

- 1 turkey tenderloin (8 ounces)
- 1½ teaspoons Greek seasoning
- 1 cucumber, peeled
- ¾ cup plain nonfat yogurt
- ¼ cup finely chopped onion
- 2 teaspoons dried dill weed
- 2 teaspoons lemon juice
- Nonstick cooking spray
- 4 pita breads
- 1½ cups washed and shredded romaine lettuce
- 1 tomato, thinly sliced
- 2 tablespoons crumbled feta cheese

CUT turkey tenderloin across the grain into ¼-inch slices. Place turkey slices on plate; lightly sprinkle both sides with Greek seasoning. Let stand 5 minutes.

PREHEAT grill 5 minutes.

CUT ½ of cucumber into thin slices. Finely chop remaining cucumber.

Combine chopped cucumber, yogurt, onion, dill weed and lemon juice in small bowl.

SPRAY both sides of grill with nonstick cooking spray. Grill turkey 5 minutes or until cooked through; set aside.

PLACE pita bread on grill. Grill 1 minute or until just warmed. Repeat with remaining pita breads.

DIVIDE lettuce, tomato, cucumber slices, turkey, cheese and yogurt-cucumber sauce evenly among pita breads. Fold edges over and secure with toothpicks.

Makes 4 servings





Turkey Burgers

- 1 pound ground turkey breast
- 1 cup whole wheat bread crumbs
- 1 egg white
- 1/4 teaspoon dried sage leaves
- 1/4 teaspoon dried marjoram leaves
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 4 whole grain sandwich rolls, split in half
- 1/4 cup prepared barbecue sauce

Lettuce leaves and tomato slices (optional)

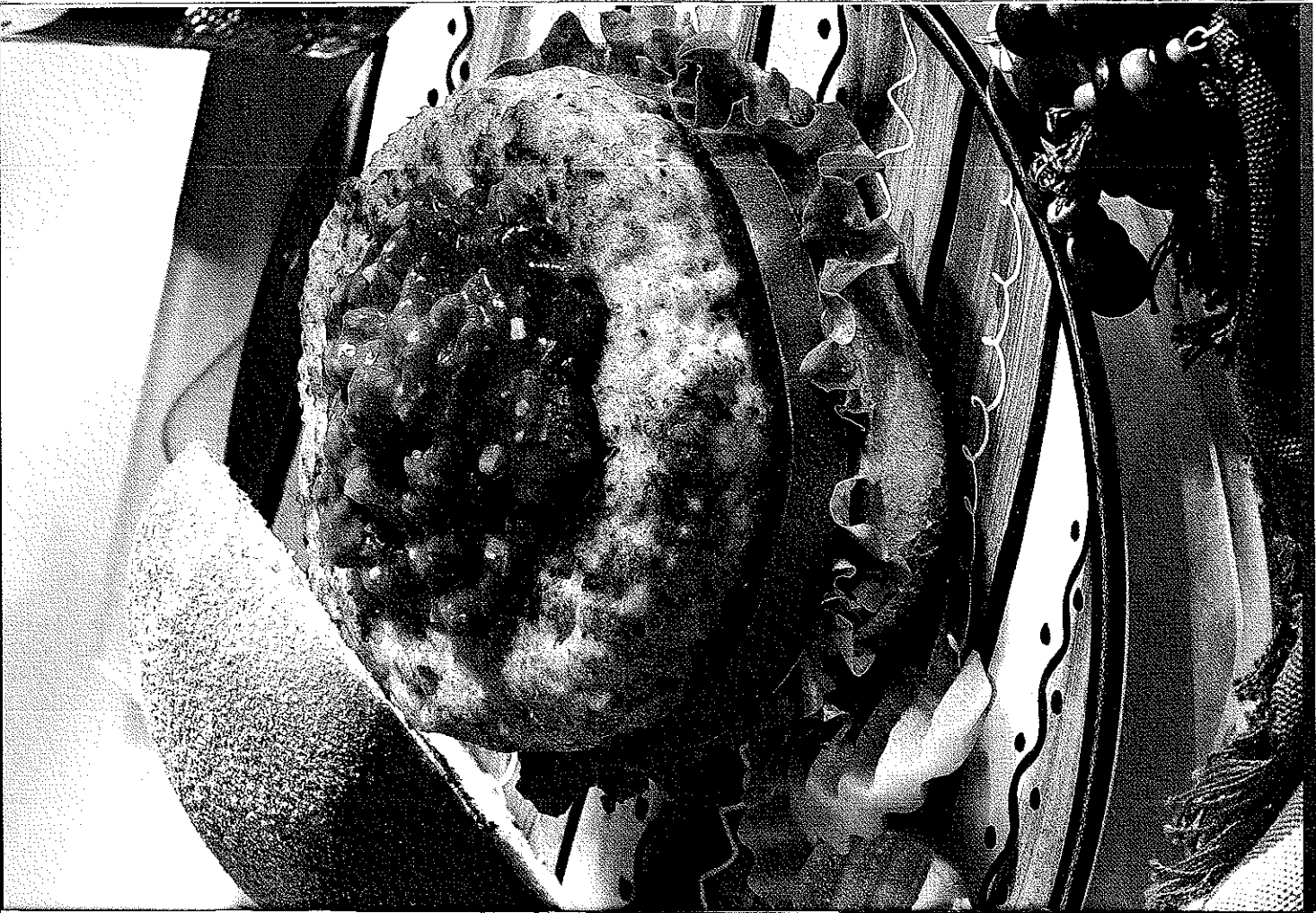
PREHEAT grill 5 minutes.

COMBINE turkey, bread crumbs, egg white, sage, marjoram, salt and pepper in large bowl until well blended. Shape into 4 patties.

GRILL burgers 7 to 8 minutes or until patties are no longer pink in center.

PLACE 1 burger on bottom half of each roll. Spoon 1 tablespoon barbecue sauce over top of each burger. Place tops of rolls over burgers. Serve with lettuce and tomato, if desired.

Makes 4 burgers

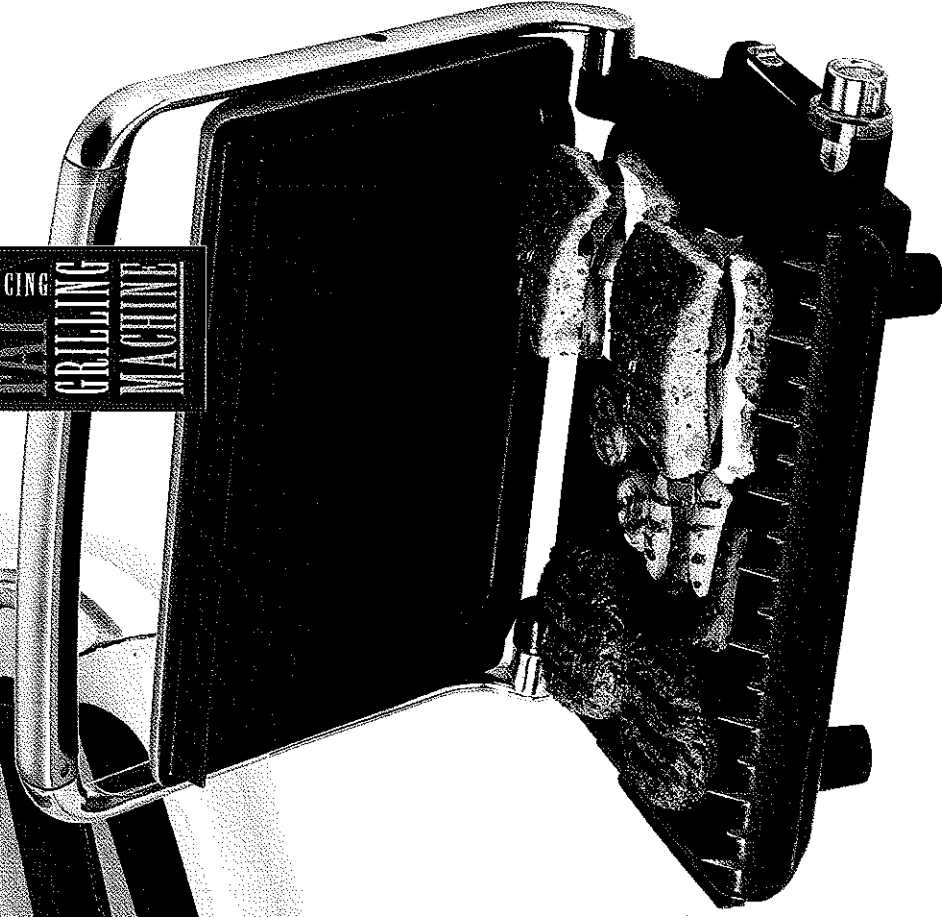


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Fish & Seafood

Dishes

Orange Almond Scallops

- 3 tablespoons orange juice
- 1 tablespoon reduced-sodium soy sauce
- 1 clove garlic, minced
- 1 pound sea scallops
- Nonsrck cooking spray
- 1 green pepper, seeded and cut into ½-inch-thick strips
- 3 tablespoons toasted almonds
- 3 cups cooked white rice
- ½ teaspoon grated orange peel

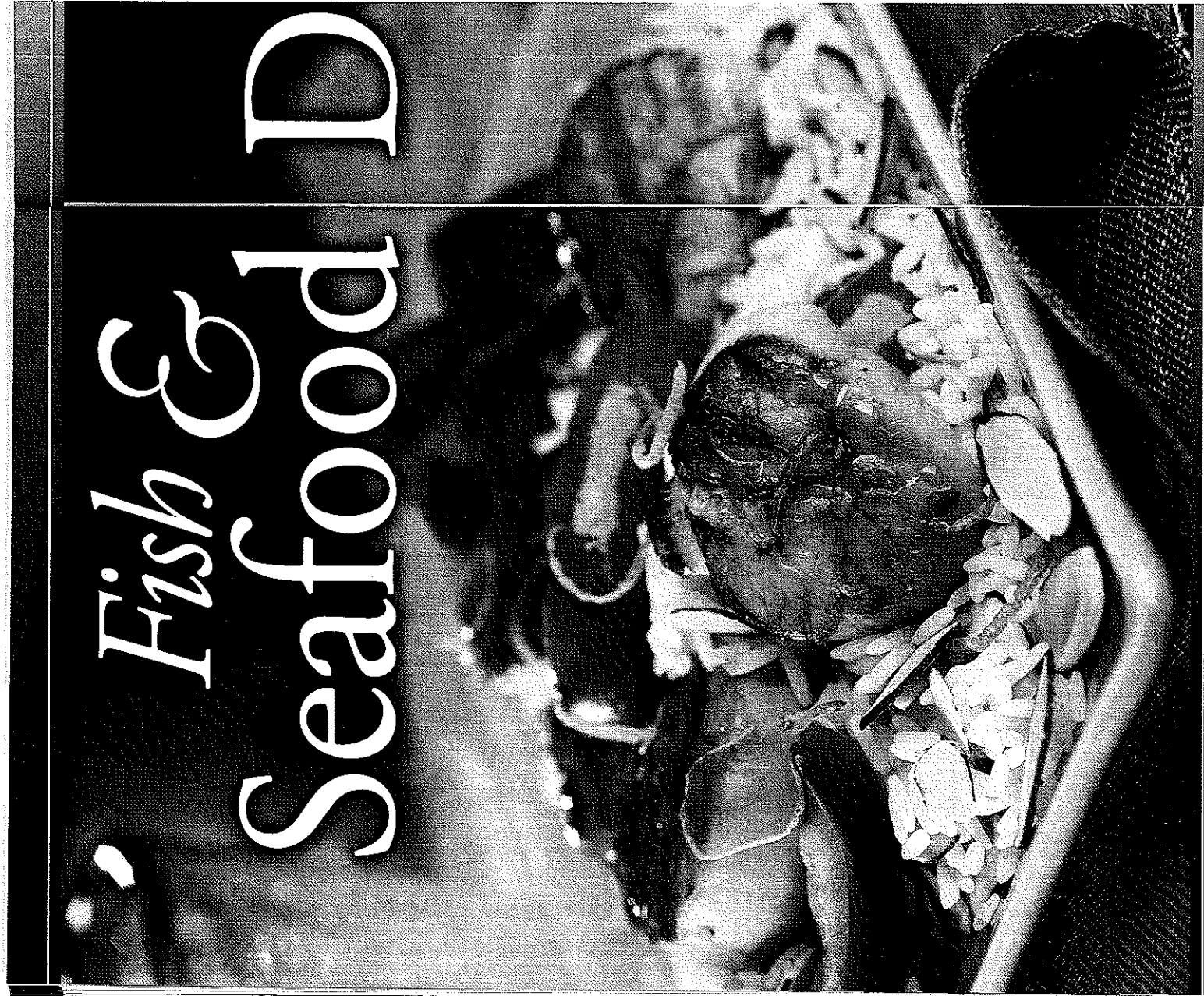
COMBINE orange juice, soy sauce and garlic in medium bowl. Add scallops; toss to coat. Marinate in refrigerator 1 hour.

PREHEAT grill 5 minutes.

DRAIN scallops; discard marinade. Spray both sides of grill with cooking spray. Place scallops and peppers on grill. Grill 3 minutes or until scallops are opaque; remove scallops and grill peppers 1 minute longer.

TOSS almonds and rice together. Serve scallops and peppers on a bed of rice. Garnish with orange peel.

Makes 4 servings





GEORGE FOREMAN® GRILLING MACHINE



Grilled Shrimp and California Ripe Olive Skewers

- 2 dozen California Ripe Olives, whole, pitted
- 2 dozen medium shrimp, peeled and deveined, tail-on
- 1 dozen cherry tomatoes
- $\frac{3}{4}$ cup reduced-fat mayonnaise
- 2 tablespoons Dijon mustard
- $1\frac{1}{2}$ tablespoons lemon juice
- 1 tablespoon capers, chopped
- 1 teaspoon garlic, minced
- $\frac{1}{4}$ cup basil, chopped
- Dash black pepper, coarsely ground

SOAK 12 (8-inch) bamboo skewers in warm water for 15 minutes. String each skewer with a California Ripe Olive, shrimp, cherry tomato, shrimp, and California Ripe Olive. Place full skewers in a shallow baking dish, cover with plastic wrap and set aside.

WHISK together mayonnaise, mustard, lemon juice, capers, and garlic until well blended. Stir in basil and season with black pepper. Remove $\frac{1}{4}$ cup of dressing to use as a marinade and reserve remainder, covered and refrigerated, for dipping sauce.

PREHEAT grill 5 minutes.

UNWRAP skewers and brush both sides with dressing. Grill 2 to 3 minutes until shrimp are pink and tomatoes are slightly charred.

TRANSFER cooked skewers to a clean plate and serve with reserved caper-basil dipping sauce.

Makes 6 servings



www.CalOlive.org

Mrs. Dash® Pasta Salad with Tomatoes and Grilled Salmon

- 1 package (12 ounces) penne pasta
- 1 red bell pepper, thinly sliced
- 2 yellow bell peppers, thinly sliced
- 3 tablespoons olive oil, plus additional for brushing
- 3 tablespoons **Mrs. Dash® Garlic and Herb Seasoning**, plus additional for seasoning
- 3 tablespoons lemon juice
- 2 medium tomatoes, peeled, seeded, diced
- 1 pint cherry tomatoes, halved, yellow if possible
- 1 large cucumber, peeled, seeded, diced
- 6 (4-ounce) salmon fillets

COOK pasta according to package directions. Set aside. Preheat grill 5 minutes.

PLACE bell pepper slices in a single layer on grill. Grill 6 to 8 minutes. Repeat for remaining bell pepper slices. Cool slightly and dice.

COMBINE olive oil, **Mrs. Dash® Garlic and Herb Seasoning** and lemon juice in a large bowl. Add bell peppers, tomatoes and cucumber. Toss well and chill.

PREHEAT grill 5 minutes. Brush salmon fillets with a little olive oil and sprinkle lightly with **Mrs. Dash® Garlic and Herb Seasoning**. Grill fillets 3 to 4 minutes. Serve hot with pasta salad.

Makes 6 servings





GEORGE FOREMAN® GRILLING MACHINE



CRISCO® Grilled Fish with Pineapple Salsa

- 1 can (20 ounces) pineapple tidbits packed in pineapple juice, drained (or 1½ cups chopped fresh pineapple)
- ¼ cup chopped pimiento, drained
- ¼ cup finely chopped red onion or scallion
- 1 small jalapeño pepper, seeds and ribs removed, finely chopped
- ¼ cup CRISCO Oil, divided
- 3 tablespoons rice wine vinegar
- 2 tablespoons dark brown sugar
- ¾ teaspoon salt, divided
- ½ teaspoon freshly ground black pepper, divided
- 1½ pounds firm-fleshed fish fillers, such as salmon, flounder or halibut

CRISCO No-Stick Cooking Spray

COMBINE pineapple, pimiento, red onion, jalapeño, 2 tablespoons CRISCO Oil, vinegar, brown sugar, ¼ teaspoon salt and ¼ teaspoon pepper in glass or stainless



steel mixing bowl. Stir well. Refrigerate 30 minutes, tightly covered.

RINSE fish. Pat dry. Brush with remaining 2 tablespoons CRISCO Oil. Sprinkle with remaining ½ teaspoon salt and remaining ¼ teaspoon pepper.

PREHEAT grill for 5 minutes. Spray both sides of grill with CRISCO No-Stick Cooking Spray.

GRILL fish 3 minutes. Turn gently with plastic spatula. Grill 3 minutes more or until fish flakes easily with a fork.

REMOVE from grill. Top with salsa. Serve immediately.

Makes 4 servings

Note: The salsa can be made up to 1 day in advance and refrigerated, tightly covered. Boneless skinless chicken breasts, turkey cutlets or thin boneless pork chops can be substituted for fish.

CRISCO® Honey Teriyaki Swordfish Steaks



- 2 tablespoons CRISCO Oil
- ¼ cup chopped onion
- 1 tablespoon minced garlic
- 1½ teaspoons minced ginger
- ½ cup teriyaki sauce
- ¼ cup honey
- 4 (6-ounce) center-cut swordfish steaks

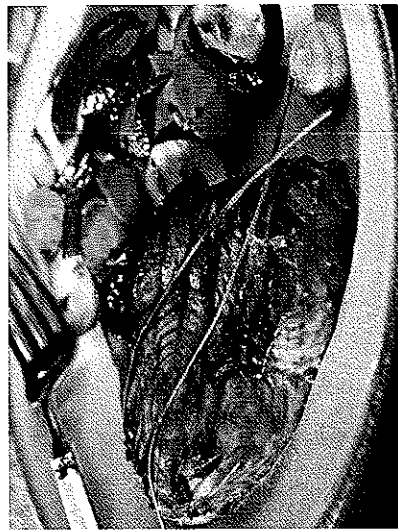
CRISCO No-Stick Cooking Spray

Wasabi

IN a medium saucepan, heat the CRISCO Oil over medium heat. Add the onion, garlic and ginger. Sauté about 3 minutes, until translucent. Add the teriyaki sauce and honey; bring to a boil, stirring constantly. Simmer about 2 minutes. Allow to cool to room temperature.

PREHEAT grill for 5 minutes. Spray both sides of grill with CRISCO No-Stick Cooking Spray. Grill the swordfish steaks for 4 minutes or until almost half done. Open grill and remove steaks; wipe grill clean and spray on both sides with CRISCO No-Stick Cooking Spray. Place steaks back on grill and baste with ¼ cup reserved sauce. Grill 3 more minutes. Serve with wasabi on the side.

Makes 4 servings





GEORGE FOREMAN® GRILLING MACHINE

Seafood Kabobs

- 1 pound uncooked large shrimp, peeled and deveined
- 10 ounces skinless swordfish or halibut steaks, cut 1-inch thick
- 2 tablespoons honey mustard
- 2 teaspoons fresh lemon juice
- 4 wooden or bamboo skewers (12 inches long), soaked in water 20 minutes
- 8 slices bacon (regular slice, not thick)
- Nonstick cooking spray
- Lemon wedges and fresh herbs (optional)

PLACE shrimp in shallow glass dish. Cut swordfish into 1-inch cubes; add to dish. Combine mustard and lemon juice in small bowl. Pour over shrimp mixture; toss lightly to coat.

PREHEAT grill 5 minutes.

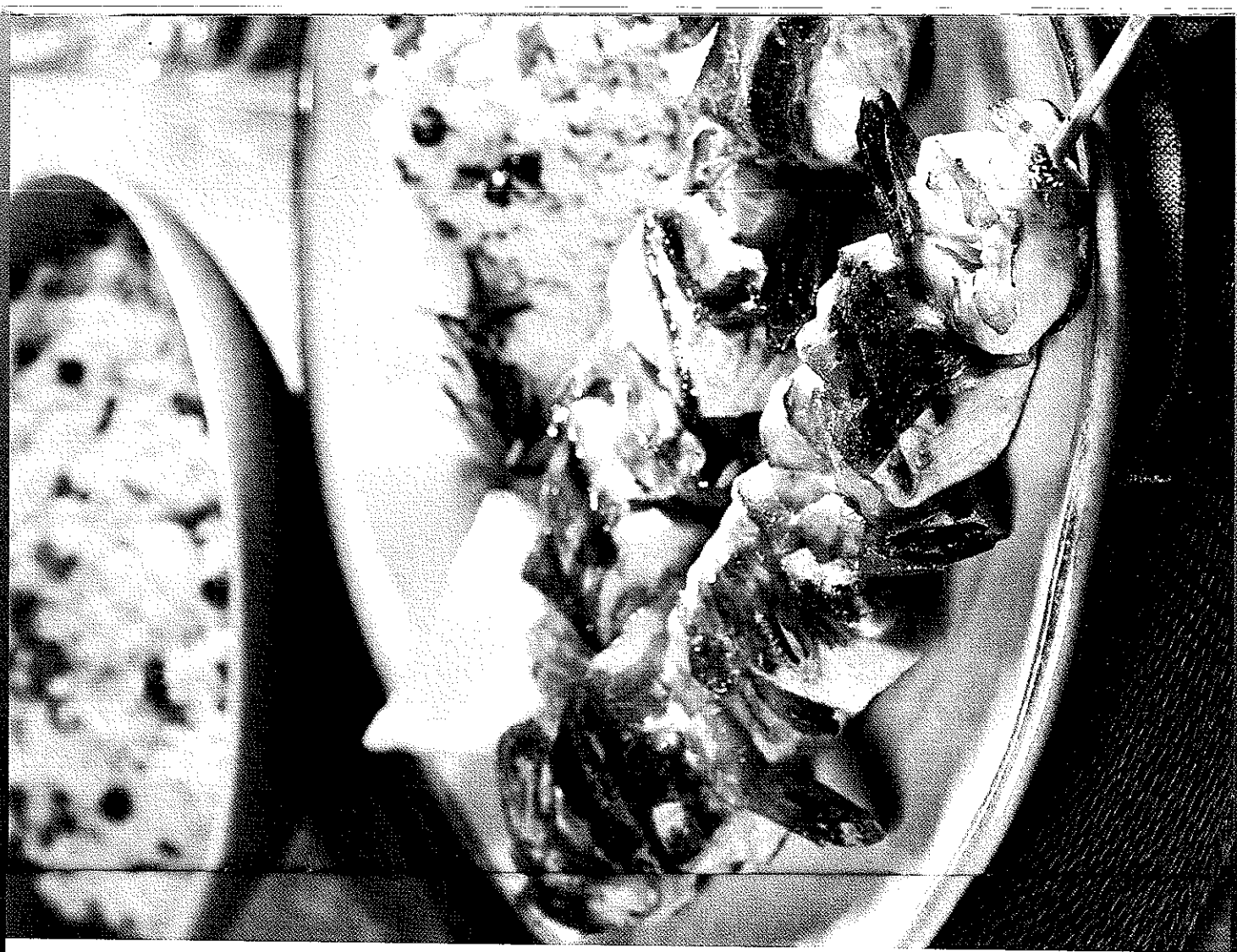
PIERCE 1 skewer through 1 end of bacon slice. Add 1 piece shrimp. Pierce skewer through bacon slice again, wrapping bacon slice around 1 side of shrimp.

ADD 1 piece swordfish. Pierce bacon slice again, wrapping bacon around opposite side of swordfish. Continue adding seafood and wrapping with bacon, pushing ingredients to middle of skewer until end of bacon slice is reached. Repeat with 3 more skewers, beginning and ending with shrimp. Brush any remaining mustard mixture over skewers.

SPRAY grill with nonstick cooking spray. Grill skewers 6 to 8 minutes or until shrimp are opaque and swordfish flakes easily when tested with a fork, turning halfway through grilling time.

GARNISH with lemon wedges and fresh herbs, if desired.

Makes 4 servings





GEORGE FOREMAN® GRILLING MACHINE

**Save
55¢**
when you buy
any 2 Ore-Ida®
Potatoes
see page 79

Salmon-Potato Patties

Prep time: 5 minutes

Chill time: 1 hour (optional)

Cook time: 6 to 8 minutes

- 1 1/4 cups cooked, flaked salmon or 1 can (6 1/2 ounces) salmon, drained and skin pieces discarded
- 1/2 cup reconstituted Ore-Ida® Mashed Potatoes
- 1/4 cup Ore-Ida® Chopped Onions*
- 1/4 cup liquid egg substitute
- 2 tablespoons chopped flat-leaf parsley
- 1/4 teaspoon Cajun/Croco seasoning mix
- Black pepper to taste
- Olive oil-flavored nonstick cooking spray (optional)
- Chopped green onion for garnish (optional)

INSTRUCTIONS grill 5 minutes.

MIX together salmon, potatoes, onions, egg substitute, parsley, seasoning mix and pepper in bowl.

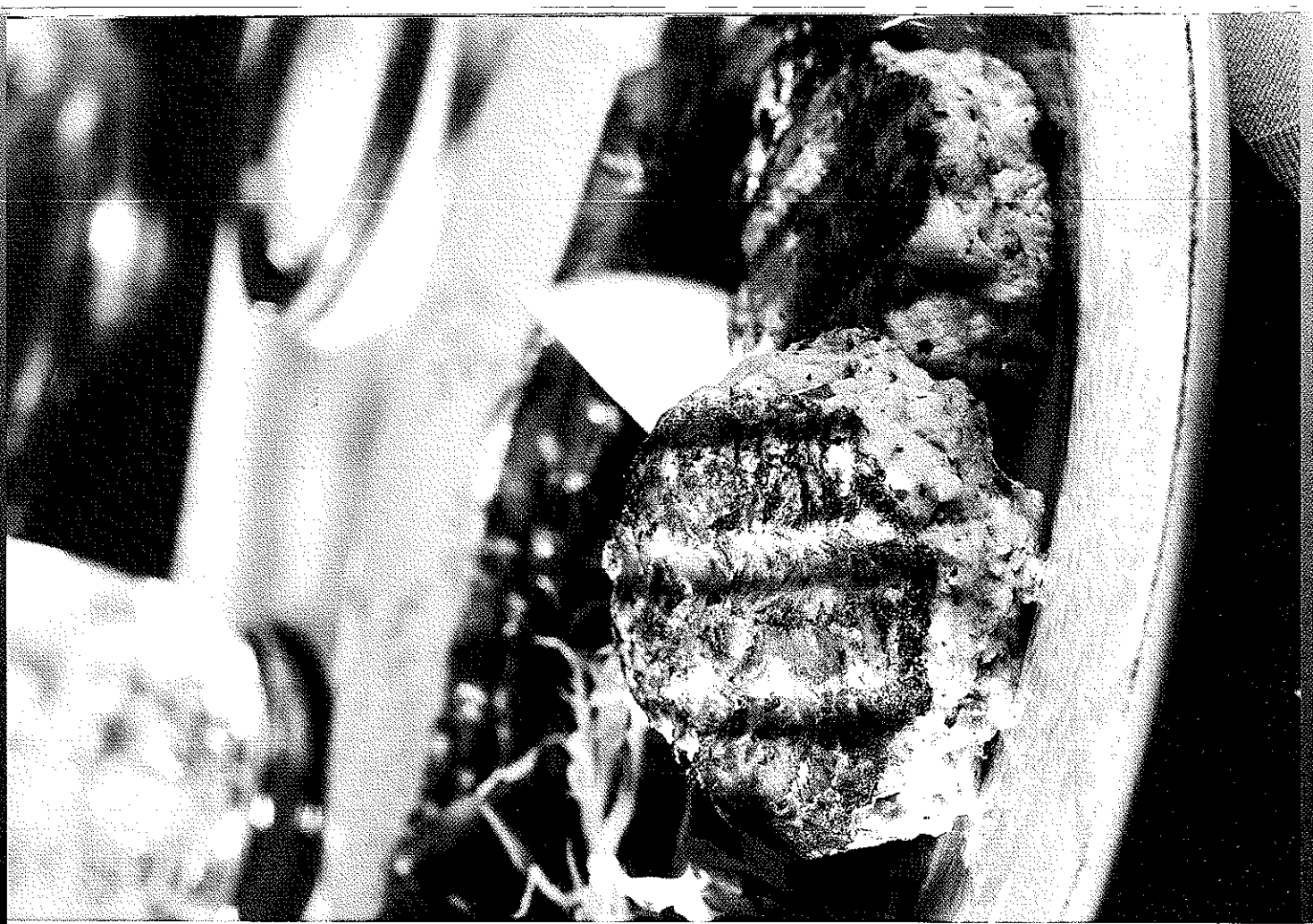
FORM 1/4-cup metal or plastic measuring cup as a scoop, form 4 patties and set on a plate. Lightly spray both sides of grill with cooking spray, if using. Lift patties onto grill and close lid. Cook 5 to 7 minutes or

until golden brown and hot. Garnish with green onion, if desired.

TIP: Mix and shape the patties ahead of time, then chill on a plate covered with plastic wrap in the refrigerator. Chilling firms the patties, making them easier to handle and helping them hold their shape during cooking. Shaped patties can also be tightly wrapped and frozen for future use.

Serving suggestions: Serve the patties on their own as a dinner main dish with mustard tartar sauce made with 1/2 cup reduced-fat mayonnaise, 1 tablespoon Ore-Ida® Chopped Onions, 2 teaspoons Heinz Mustard, 1 tablespoon Heinz Sweet Relish and 1 tablespoon chopped flat-leaf parsley. A salad of wild baby greens and asparagus grilled on the George Foreman Grill round out the meal. For lunch, serve the patties as a sandwich on a bun with all of the trimmings, including Heinz Organic Ketchup.

Makes 4 patties (2 servings)
**Remove only required amount of onions from package. Return remaining onions to freezer. Slightly thaw and break up onions before using.*





GEORGE FOREMAN® GRILLING MACHINE

Cajun Fish Fillets

- 2 tablespoons all-purpose flour
- ½ cup seasoned dried bread crumbs
- 1 teaspoon dried thyme leaves
- ½ teaspoon garlic salt
- ¼ teaspoon ground red pepper
- ¼ teaspoon black pepper
- 1 egg
- 1 tablespoon milk or water
- 4 scrod or orange roughy fillets, ½-inch thick (4 to 5 ounces each)
- 2 tablespoons margarine or butter, melted and divided
- Nonstick cooking spray
- ½ cup reduced-fat or regular mayonnaise
- 2 tablespoons sweet pickle relish
- 1 tablespoon lemon juice
- 1 teaspoon bottled horseradish

PLACE flour in large resealable plastic storage bag. Combine bread crumbs, thyme, garlic salt, red pepper and black pepper in a second bag. Beat together egg and milk; place in a third bag.

PLACE each fillet, 1 at a time, in flour; shake bag to coat fillets lightly with flour. Dip fillets into egg mixture, letting excess drip back into bag. Place fillets, 1 at a time, in bread crumb mixture; shake to coat well.

PREHEAT grill 5 minutes. Brush 1 tablespoon margarine evenly over fish. Spray grill with cooking spray. Grill fish 2 to 3 minutes. Open grill and baste fish with remaining 1 tablespoon margarine; grill another 2 to 3 minutes or until fish begins to flake when tested with a fork.

WHILE fish is grilling, combine mayonnaise, relish, lemon juice and horseradish in small bowl; mix well. Serve fish with tartar sauce.

Makes 4 servings





GEORGE FOREMAN® GRILLING MACHINE

Szechuan Tuna Steaks

- 4 tuna steaks (6 ounces each), cut 1-inch thick
- $\frac{1}{4}$ cup soy sauce
- 2 tablespoons rice vinegar
- 1 teaspoon sugar
- 2 tablespoons water
- 1 tablespoon dark sesame oil
- 1 teaspoon hot chili oil or $\frac{1}{4}$ teaspoon red pepper flakes
- 1 clove garlic, minced
- Nonstick cooking spray
- 3 tablespoons chopped fresh cilantro

PLACE tuna in single layer in large shallow glass dish. Combine soy sauce, vinegar, sugar, water, sesame oil, hot chili oil and garlic in small bowl. Reserve $\frac{1}{4}$ cup soy sauce mixture at room temperature. Pour remaining soy sauce mixture over tuna. Cover and marinate in refrigerator 40 minutes, turning once.

PREHEAT grill 5 minutes.

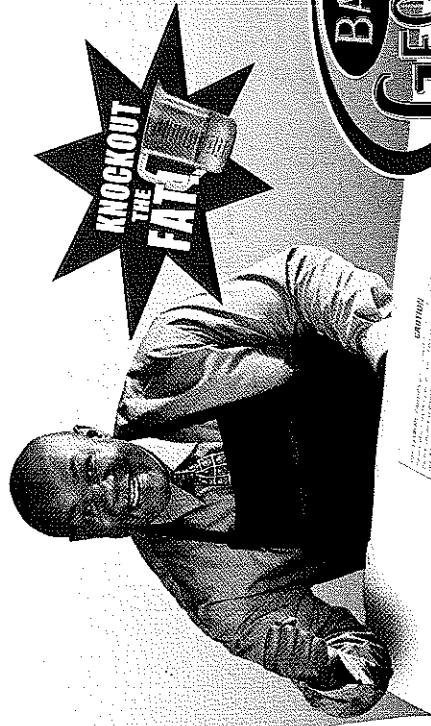
DRAIN tuna, discarding marinade. Spray both sides of grill with cooking spray. Grill 7 minutes or until tuna is opaque, but still feels somewhat soft in center.* Transfer tuna to carving board. Cut each tuna steak into thin slices; fan out slices onto serving plates. Drizzle tuna slices with reserved soy sauce mixture; sprinkle with cilantro.

Makes 4 servings

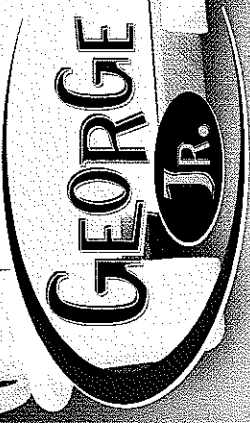
*Tuna becomes dry and tough if overcooked. Cook it as if it were beef.



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Sandwiches

GEORGE FOREMAN® GRILLING MACHINE



Sides

Asparagus Spears with Sun-Dried Tomatoes

- ½ cup sun-dried tomatoes (not packed in oil)
- 1 cup boiling water
- 1 clove garlic, minced
- 2 tablespoons balsamic vinegar
- 1 teaspoon sugar
- ¼ teaspoon dried oregano leaves
- ¼ teaspoon dried basil leaves
- ¼ teaspoon black pepper
- ½ cup plus 1 tablespoon olive oil, divided
- 1 pound asparagus, trimmed

SOAK dried tomatoes in 1 cup boiling water 30 minutes; drain and coarsely chop. Process tomatoes, garlic, vinegar, sugar, oregano, basil, pepper and ½ cup olive oil in food processor or blender until smooth; set aside.

PREHEAT grill 5 minutes.

DRIZZLE asparagus with remaining 1 tablespoon olive oil. Grill 3 to 4 minutes or until crisp-tender. Serve with tomato mixture.

Makes 4 servings





GEORGE FOREMAN® GRILLING MACHINE



Mrs. Dash® Spicy Steak Fries

- 2 large potatoes
- 1 tablespoon *Mrs. Dash® Extra Spicy Seasoning Blend*
- 1 tablespoon *Mrs. Dash® Garlic and Herb Seasoning Blend*
- 2 tablespoons olive oil
- Vegetable cooking spray

WASH potatoes; cut each in half lengthwise and again into 1/4-inch thick wedges. Dry potato wedges with paper towels.

PREHEAT grill 5 minutes.

IN a large bowl, toss potatoes with **Mrs. Dash® Extra Spicy Seasoning Blend**, **Mrs. Dash® Garlic and Herb Seasoning Blend** and olive oil.

SPRAY both sides of grill with cooking spray. Place potato wedges in single layer on grill. Grill 9 to 12 minutes or until potatoes are lightly browned and fork-tender, turning once halfway through cooking time.

Makes 4 servings

Greek-Style Vegetables

- 1/2 pound eggplant, cut into 1/2-inch thick slices
- 1 medium zucchini, cut lengthwise into 1/2-inch thick slices
- 1 medium yellow squash, cut lengthwise into 1/2-inch thick slices
- 1 small red onion, cut into 1/4-inch thick slices
- 1 red bell pepper, cored, seeded and sliced into 1-inch thick strips
- 1/3 cup olive oil
- 1/4 cup balsamic vinegar
- 3 garlic cloves, chopped
- 3 tablespoons chopped fresh oregano
- 1 cup canned chickpeas, rinsed and drained
- 1/3 cup buttermilk
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1/2 cup (2 ounces) crumbled feta cheese
- 1/4 cup Fisher® Chef's Naturals® Slivered Almonds, toasted*

Fisher

PREHEAT grill 5 minutes.

ADD chickpeas, buttermilk, salt and black pepper to remaining oil mixture in food processor; process until smooth. Refrigerate.

GRILL vegetables 4 to 6 minutes or until tender. Transfer to shallow serving dish. Drizzle vegetables with bean mixture. Sprinkle with feta cheese and almonds.

Makes 2 servings

***Toasting Instructions:**

Conventional oven: Spread nuts in a single layer in shallow pan. Place in cold oven. Toast at 350°F, 3 to 5 minutes, stirring occasionally until lightly toasted.

Skillet: Spread nuts in a single layer in large skillet over medium heat, stirring constantly until lightly toasted.



COMBINE eggplant, zucchini, squash, red onion and bell pepper in large shallow dish. Combine oil, vinegar, garlic and oregano in food processor; process until smooth. Remove 1/4 cup oil mixture from processor and pour over vegetables; toss gently to coat. Let stand 30 minutes.



Jamaican Grilled Sweet Potatoes

- 3 tablespoons packed brown sugar
- 2 tablespoons softened butter, divided
- 1 teaspoon ground ginger
- 1 teaspoon dark molasses
- 1 teaspoon pineapple juice
- ¼ teaspoon almond extract
- 1 tablespoon chopped fresh cilantro
- 2 large (about 1½ pounds) sweet potatoes or yams, peeled and cut diagonally into ¼-inch slices

PREHEAT grill 5 minutes.

COMBINE brown sugar, 1 tablespoon butter and ginger in small bowl; mix well. Stir in molasses, pineapple juice, almond extract and cilantro; set aside.

MIX remaining 1 tablespoon butter. Brush both sides of sweet potato slices with butter. Grill 8 to 10 minutes or until tender. To serve, spoon molasses mixture equally over potato slices.

Makes 6 servings

Swiss Rosti Potatoes

Prep time: 5 minutes

Cook time: 5 to 8 minutes

2 cups Ore-Ida® Country Style Hash Browns*

1 cup grated zucchini

¼ cup Ore-Ida® Chopped Onions*

½ cup shredded mozzarella or Cheddar cheese

Salt and black pepper to taste

Olive oil-flavored nonstick cooking spray (optional)

PREHEAT grill 5 minutes.

MIX together hash browns, zucchini, onions, cheese, salt and black pepper in bowl.

Ore-Ida®

LIGHTLY spray both sides of grill with cooking spray, if using. Spread potato mixture evenly on bottom of cooking surface. Close lid. Cook 5 to 8 minutes or until potatoes are browned and hot.

OPEN lid and remove potatoes with rubber spatula. Divide into 4 portions and serve.

Makes 4 side dish servings

**Remove only required amount of hash browns and onions from package. Return remaining product to freezer. Slightly thaw and break up hash browns and onions before using.*



Save 55¢
When you buy any 2 Ore-Ida® Potatoes see page 79



GEORGE FOREMAN® GRILLING MACHINE

**Save
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when you buy
any 2 Ore-Ida®
Potatoes
see page 79

Ore-Ida® Frozen Products Preparation Instructions

Cook time: 13 to 19 minutes

Canola oil nonstick cooking
spray (optional)

Ore-Ida® frozen products

such as:

Golden Crinkles® OR
Golden Fries® OR
Steak Fries OR
Tater Tots® OR
Crispy Crowns® OR
Zesties® OR
Wedges OR
Onion Ringers®
Heinz Ketchup or Heinz
Ketchup KICKERS™

grill 5 minutes. Lightly coat
both sides of grill with cooking spray, if
using.

grill lid and place potatoes in
single layer on cooking surface. Close lid
and cook potatoes, turning once, for 13
to 19 minutes or to desired crispness.

potatoes with plastic spatula
to serving plate. Serve with Heinz
Ketchup or Heinz Ketchup KICKERS™.

Ore-Ida® Is Grilling With the George Foreman® Grill

Ore-Ida® Potatoes and Onion Ringers® make a quick and easy after-school snack. Keep in mind that cooking times vary according to the Ore-Ida® product used. Smaller products require less cooking time than larger products.

Sandwiches & Sides

Pictured (clockwise from left): Onion Ringers®,
Steak Fries, and Golden Crinkles®.





Grilled Vegetable and Cheese Sandwiches

- 2 large zucchini, cut lengthwise into 8 (1/4-inch) slices
 - 4 slices sweet onion (such as Vidalia or Walla Walla) cut 1/4-inch thick
 - 1 large yellow bell pepper, cored, seeded and thinly sliced
 - 6 tablespoons prepared light or regular Caesar salad dressing, divided
 - Nonstick cooking spray
 - 8 slices sourdough bread (from round loaf)
 - 6 (1-ounce) slices Muenster cheese
- PREHEAT** grill 5 minutes.
- BRUSH** both sides of vegetables with 4 tablespoons dressing. Spray both sides of grill with cooking spray. Grill 6 to 8 minutes or until tender; set aside.
- BRUSH** both sides of bread lightly with remaining 2 tablespoons dressing. Grill 1 minute or until lightly toasted.
- TOP** 4 pieces of bread with 4 slices of cheese. Tear remaining 2 cheese slices into small pieces; divide among bread slices. Place vegetables evenly on top of cheese. Cover with remaining bread slices. Spray both sides of grill with cooking spray. Grill sandwiches 3 to 5 minutes more or until cheese is melted and bread is toasted.

Makes 4 servings

Grilled Orzo Salad

- 1 1/2 cups (6 ounces) pattypan squash, sliced 1/2-inch thick
- 1 1/2 cups (6 ounces) zucchini, sliced lengthwise 1/2-inch thick
- 5 ounces radicchio, quartered
- 1 1/2 tablespoons olive oil, divided
- 1/2 teaspoon kosher salt
- 1/2 teaspoon coarsely ground black pepper
- 2 1/2 cups (1 pound) cooked orzo pasta, cooled to room temperature
- 2/3 cup sliced California Ripe Olives
- 2 1/2 tablespoons balsamic vinegar
- 1 tablespoon minced shallots
- 2 teaspoons chopped thyme
- 1/4 cup chopped basil
- 1/4 cup (2 ounces) goat cheese, crumbled
- 1/2 cup (1 1/2 ounces) roasted sliced almonds

PREHEAT grill 5 minutes.

IN a large mixing bowl, toss squash, zucchini and radicchio with 1/2 tablespoon olive oil and season with salt and pepper.

GRILL vegetables in a single layer until marked and tender (2 to 3 minutes for radicchio,



Makes 4 servings

4 to 5 minutes for squash and zucchini). Repeat with remaining vegetables. Transfer to a clean cutting board and allow to cool slightly.

WHEN cooled, dice squash and zucchini into 1/4-inch pieces and shred radicchio into 1/4-inch strips (removing the core), then place into a large mixing bowl. Toss in orzo and California Ripe Olives and set aside.

IN a small mixing bowl, whisk together remaining olive oil, balsamic vinegar, shallots and thyme. Pour into vegetable and pasta mixture and stir until evenly combined. Mix in basil, goat cheese and almonds just before serving.



Curried Walnut Grain Burgers

- 2 eggs
- 1/3 cup plain yogurt
- 2 teaspoons Worcestershire sauce
- 2 teaspoons curry powder
- 1/2 teaspoon salt
- 1/4 teaspoon ground red pepper
- 1 1/2 cups cooked couscous or brown rice
- 1/2 cup finely chopped walnuts
- 1/2 cup grated carrot
- 1/2 cup minced green onions
- 1/3 cup fine, dry breadcrumbs
- 4 whole-grain hamburger buns

Thinly sliced cucumber or apple
Alfalfa sprouts

PREHEAT grill 5 minutes.
MEANWHILE, combine eggs, yogurt, Worcestershire sauce, curry, salt and ground red pepper in large bowl; beat with an electric mixer until blended. Stir in couscous, walnuts, carrot, green onions and breadcrumbs. Shape into 4 (1-inch-thick) patties.

PLACE burgers on grill and cook 7 to 8 minutes or until hot and cooked through. Serve on buns topped with cucumber and sprouts.

Makes 4 burgers

Turkey and Sharp Cheddar Panini with Cranberry Mayonnaise

- 1/2 cup mayonnaise
- 1/4 cup dried sweetened cranberries
- 2 tablespoons Dijon mustard
- 2 tablespoons milk
- 1/4 to 1/2 teaspoon ground cumin
- 6 ounces smoked deli-sliced turkey
- 2 ounces sharp Cheddar cheese, thinly sliced
- 1 loaf (10 inches) Italian bread, sliced in half lengthwise
- 1 tablespoon butter or margarine, melted

PLACE mayonnaise, cranberries, mustard, milk and cumin in a blender and process until smooth, scraping sides frequently. Spread mayonnaise mixture evenly over cut sides of bread. Top one slice with turkey and cheese and top with the other half of the bread.

PREHEAT grill 5 minutes.

BRUSH both sides of grill with melted butter. Place sandwich on grill and press down firmly to flatten as much as possible.

GRILL 6 minutes or until cheese has just melted, holding lid down firmly during first few minutes to compress sandwich. To serve, slice into 2 to 4 pieces.

Makes 2 to 4 servings





Fruit-Stuffed French Toast

- 1 loaf (12 inches) French bread
- 4 ounces cream cheese, softened
- $\frac{1}{4}$ cup chopped strawberries (about 3 medium strawberries)
- $\frac{1}{4}$ cup chopped banana (about $\frac{1}{2}$ medium banana)
- 2 tablespoons strawberry jam
- 6 eggs, lightly beaten
- $\frac{1}{4}$ cup milk
- 3 tablespoons butter or margarine, melted, divided
- Powdered sugar
- Strawberry Sauce (recipe follows)

CUT French bread into 8 (1½-inch) slices. Make pocket in each slice by cutting through top crust and almost to bottom, leaving sides of bread slices intact.

COMBINE cream cheese, strawberries, banana and jam in small bowl to make

filling.

Place heaping tablespoon of strawberry filling into each pocket. Press back together.

PREHEAT grill 5 minutes.

BEAT eggs and milk in wide shallow bowl. Add bread; let stand to coat, then turn to coat other side.

BRUSH enough melted butter to coat both sides of grill. Grill bread slices about 2 to 3 minutes or until brown. Repeat with remaining butter and bread slices. Dust with powdered sugar and serve with Strawberry Sauce.

Makes 8 slices

Strawberry Sauce

Combine 1 pint hulled strawberries, 2 to 3 tablespoons sugar and 1 tablespoon orange juice in blender or food processor. Cover; process until strawberries are pureed.

GRILLING TIMES

MEAT

Flank steak
7 to 8 minutes

Hamburger, 4 ounces
7 to 8 minutes

Hamburger, 8 ounces
8 to 9 minutes

Kabobs, 1-inch pieces
7 to 8 minutes

London broil, 1½ to 2 inches thick
7 to 8 minutes

Ribeye
5 to 7 minutes

Short ribs, parboiled
8 to 9 minutes

Loin ribs, parboiled
7 to 8 minutes

Round steak
5 to 7 minutes

Sirloin
7 to 9 minutes

T-Bone
8 to 9 minutes

Tenderloin
5 to 7 minutes

FRUIT

Apple, halved or sliced
6 to 8 minutes

Banana, sliced lengthwise
3 to 4 minutes

Mango, 1-inch cubes
3 to 5 minutes

Nectarine, halved or sliced
3 to 5 minutes

Peach, halved or sliced
3 to 5 minutes

Pineapple, ½-inch slices
5 to 7 minutes

LAMB

Ground lamb
6 to 7 minutes

Kabobs, 1-inch pieces
7 to 8 minutes

Loin chops
4 to 6 minutes

PORK

Bacon
3 to 4 minutes

Bacon, thick-cut
6 to 8 minutes

Center cut chops
5 to 6 minutes

Ground pork
7 to 8 minutes

Fully-cooked ham, ½-inch slice or 1-inch pieces
3 to 4 minutes

Kabobs
7 to 8 minutes

Loin chops
5 to 6 minutes

Baby back ribs, parboiled
5 to 7 minutes

Country-style ribs, boneless
8 to 10 minutes

Sausage, link or patty
5 to 6 minutes

Tenderloin
4 to 6 minutes

POULTRY

Chicken breasts, boneless/skinless
5 to 9 minutes

Chicken kabobs, 1-inch pieces
7 to 9 minutes

Chicken sausage, link or patty
5 to 9 minutes

Chicken thighs, boneless/skinless
5 to 9 minutes

Ground chicken
7 to 9 minutes

Ground turkey
7 to 9 minutes

Turkey breast, boneless/skinless
¼- to ½-inch slices
5 to 9 minutes

Tenderloins
5 to 9 minutes

GRILLING TIMES

Turkey sausage, link or patty
6 to 9 minutes

SANDWICHES

Cheese
6 to 7 minutes

Ham
5 to 6 minutes

Roast beef
6 to 7 minutes

Reuben
5 to 6 minutes

Sausage
6 to 7 minutes

Turkey
6 to 7 minutes

SEAFOOD

Crabmeat, fresh or canned
2 to 3 minutes

Halibut steak, 1/2- to 1-inch thick
6 to 8 minutes

Kabobs, 1-inch pieces
4 to 6 minutes

Mahi Mahi fillet
3 to 5 minutes

Orange Roughy fillet
4 to 6 minutes

Red Snapper fillet
3 to 5 minutes

Salmon fillet
3 to 4 minutes

Salmon steak, 1/2- to 1-inch thick
6 to 8 minutes

Scallops
4 to 6 minutes

Sea Bass fillet
3 to 5 minutes

Shrimp
1 1/2 to 2 1/2 minutes

Swordfish steak, 1/2- to 1-inch thick
6 to 8 minutes

Tuna steak, 1/2- to 1-inch thick
6 to 8 minutes

SNACKS

Calzone
8 to 9 minutes

Hot dogs
2 to 3 minutes

Quesadillas
2 to 3 minutes

Tacos, meat filling
6 to 8 minutes

VEGETABLES

Asparagus (grill vertically)
3 to 4 minutes

Brussels sprouts, frozen & thawed
8 to 9 minutes

Carrots, 1/4- to 1/2-inch slices
5 to 7 minutes

Eggplant, 1/4- to 1/2-inch slices or cubed
8 to 9 minutes

Mushrooms, thin slices
4 to 5 minutes

Portobello mushrooms
4 to 5 minutes

Onions, thin slices
5 to 6 minutes

Peppers, thin slices
6 to 8 minutes

Potatoes, small wedges
7 to 9 minutes

Frozen potatoes, small wedges
7 to 9 minutes

Baking potatoes, 1/4- to 1/2-inch slices or cubed
7 to 9 minutes

Red potatoes, 1/4- to 1/2-inch slices or cubed
7 to 9 minutes

Sweet potatoes, 1/4- to 1/2-inch slices or cubed
7 to 9 minutes

Squash, 1/4- to 1/2-inch slices or cubed
6 to 8 minutes

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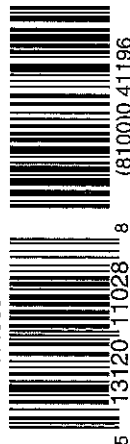
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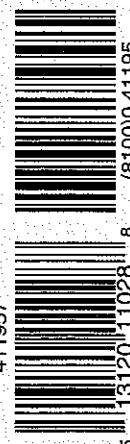


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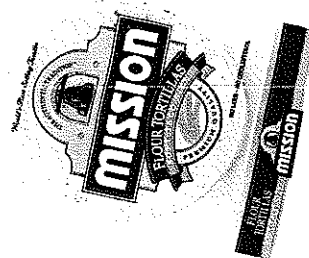
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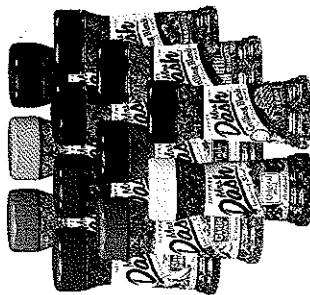


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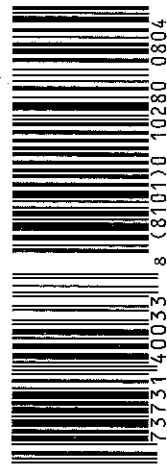
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