

396

GET UP-TO-THE-MINUTE
HEALTHY TIPS,
RECIPES & ALL
GEORGE FOREMAN
GRILL UPDATES

FOLLOW US!
LIKE US!
f t i n

HINT: WE ALSO HAVE
FUN
GIVEAWAYS



8 serving
GRILL &
PANINI



HARVEST HAM PANINI

2 slice of whole grain bread
2 ounces deli ham
1/2 apple or pear, thinly sliced
1/4 cup shredded 2" cheddar cheese
1 tablespoon butter
(optional) Thinly sliced onion
Spread 1/2 tablespoon butter to each slice of bread. Place one slice of bread, butter side down, on grill. Top one slice of bread with ham, apple/pear, onion, cheese. Add remaining slice of bread, butter side up, to Panini. Preheat your George Foreman grill and grill for 4 to 7 minutes or until golden brown.



GEORGE FOREMAN®

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**ITALIANO
BEEF & MOZZARELLA
BURGERS**

8 serving
GRILL &
PANINI

**ADVANCED
GEORGE TOUGH™
NONSTICK COATING**
3x more durable¹

**LARGE COOKING
SURFACE**
for endless
meal options

**FAST, EVEN
COOKING**



REMOVES UP TO 42% OF FAT*

LOSE THE FAT! NOT THE TASTE.™

**Feed the
FAMILY**



**FAST
&
EASY**



**YEAR-ROUND
GRILLING!**



CONVENIENT



**ADVANCED
GEORGE TOUGH™
NONSTICK COATING**
3x more durable¹



1" HINGE
for thick burgers
& sandwiches



ADJUSTABLE ANGLE
1) tilt for grilling
2) flat for paninis



**NESTED
DISHWASHER-SAFE
REMOVABLE DRIP TRAY**
for easy cleanup



**VERTICAL STORAGE
AND CORD WRAP**
for small spaces



8 serving
GRILL &
PANINI

GR380FB



**SHARE YOUR
RECIPES**

INGREDIENTS:

1 pound lean ground chuck
1 teaspoon dried Italian seasoning
1 teaspoon ground oregano
1 egg white
1 medium garlic clove, minced
1/4 cup low-fat Italian salad dressing
4 slices Ciabatta bread, lightly toasted
4 lettuce leaves
1 tomato, sliced
4 slices Mozzarella cheese
1/2 red onion, thinly sliced

DIRECTIONS:
In a large bowl, combine beef, Italian seasoning, oregano, egg white and garlic; shape into 4 patties. Place the burgers on the preheated grill and cook for 4 minutes or to desired doneness. Drizzle the Italian salad dressing on the Ciabatta bread and top each with the lettuce, tomato, cheese and onion. Place the cooked hamburger patties on top and serve.



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146

376