GEORGE FOREMAN®





TIPS & TRICKS

No Need to Use Oil

Grills plates are nonstick and ready to cook on

90 Sq. In. of Cooking Surface

Can fit 4-6 servings - enough to feed a family

No Need to Flip

Dual sided cooking plates allow you to let food be while it cooks, speeding up the cooking process (up to 3x faster)

Enjoy Full Flavor Without the Smoke

Check out the cooking chart on the back for chef approved cook times and temps

† 1/4 lb. 80/20 ground beef to 160°F vs. the Power Smokeless Grill™ PG1500 with the lid off

QUICK B GRILLING B



BEEF HAMBURGER (4 0Z)

Temp: Grill time: 5-10 min.

Cooked to: 145°F



CHICKEN BREAST

425°F Temp: Grill time: 15-25 min.





STEAK (12 0Z)

Temp: Grill time: 8-15 min.

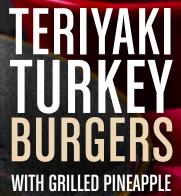
Cooked to: 145°F



VEGETABLES

Temp: Grill time: 5-7 min. Cooked to: desired doneness

Chart is meant to be used as a guideline only. Cooking time will depend on the thickness of the food. To be sure your food is cooked. USDA recommends using a meat thermometer to test for doneness. Insert the meat thermometer into the thickest part of the meat until the temperature stabilizes.



Prep Time: 30 minutes

Cook Time: 10 minutes

Total Time: 40 minutes

Servings: 4

Servina Size: 1 burger

BURGER

1-pound lean ground turkey

1/4 cup whole wheat panko bread crumbs

1 tbsp minced garlic

1 tbsp minced ginger

½ tsp ground black pepper

1/4 cup chopped cilantro

juice for teriyaki sauce and use the rest of the pineapple in the sauce 1 red onion cut into 1/2 inch thick slices

4 rings canned pineapple, reserve

Whole wheat hamburger buns for servina

1/4 cup reserved pineapple juice, from canned pineapple Reserved pineapple rings, finely

diced

½ cup low sodium soy sauce 2 tbsp rice vinegar

1 tbsp honey

1 tsp minced garlic

2 tsp minced ginger

1 tbsp cornstarch

Prepare the terivaki sauce: In a small saucepan over medium heat, combine the reserved ¼ cup pineapple juice, reserved pineapple rings. soy sauce, rice vinegar, honey, garlic, and ginger. Cover and bring to a boil. Once boiling, remove the lid and cook for 1 minute, stirring constantly. While you wait for the sauce to boil, whisk the cornstarch and 1 tbsp of water together in a small bowl to create a slurry. Once the sauce is boiling, add the slurry, then stir to combine. Cook for an additional minute, until sauce begins to thicken. Remove from heat,

In a large mixing bowl, combine the turkey, panko, garlic, ginger, black pepper, cilantro, and 3 tbsp teriyaki sauce. Mix just until combined and be careful to not compact the meat. Shape into four %-inch-thick patties. Place in the refrigerator for 30 minutes.

Set aside some of the remaining teriyaki sauce for serving, reserving the rest for grilling. Preheat the grill to 425°F. Once the grill is preheated, cook the pineapple rings and red onion slices until caramelized and tender, about 3 minutes for the pineapple and 4 minutes for the red onion. Set aside. Place the burgers on the grill and brush with the reserved terivaki sauce. Grill the burgers for 5 minutes or until a thermometer inserted in the thickest part registers 160°F or above.

Brush the burgers with the terivaki sauce again as soon as they are removed from the grill.

Build the burger: place the burger on top of the bottom bun, spoon more of the reserved sauce on the burger and top with pineapple and red onions.

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