

GEORGE FOREMAN®

SMOKELESS GRILL SERIES

LET'S GET STARTED

Using the interactive touchscreen display, power on the grill:

- ♦ Set your desired temperature
- ♦ Press START
- ♦ It will take approximately 6 minutes to preheat
- ♦ The display light will turn green when ready to cook!

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

* ¼ lb. 80/20 ground beef to 160°F vs. the Power Smokeless Grill™ PG1500 with the lid off

QUICK GRILLING GUIDE



BEEF HAMBURGER (4 OZ)

Temp: 425°F

Grill time: 5-10 min.

Cooked to: 145°F



CHICKEN BREAST

Temp: 425°F

Grill time: 15-25 min.

Cooked to: 165°F



STEAK (12 OZ)

Temp: 425°F

Grill time: 8-15 min.

Cooked to: 145°F



VEGETABLES

Temp: 375°F

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.



TERIYAKI TURKEY BURGERS

WITH GRILLED PINEAPPLE

Prep Time: 30 minutes

Cook Time: 10 minutes

Total Time: 40 minutes

Servings: 4

Serving Size: 1 burger

BURGER INGREDIENTS

1-pound lean ground turkey
¼ cup whole wheat panko bread crumbs
1 tbsp minced garlic
1 tbsp minced ginger
½ tsp ground black pepper
¼ cup chopped cilantro

4 rings canned pineapple, reserve juice for teriyaki sauce and use the rest of the pineapple in the sauce
1 red onion cut into ½ inch thick slices
Whole wheat hamburger buns for serving

TERIYAKI SAUCE:

¼ 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

- 1. Prepare the teriyaki 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.
- 2.** 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 ¾-inch-thick patties. Place in the refrigerator for 30 minutes.
- 3.** 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 teriyaki sauce. Grill the burgers for 5 minutes or until a thermometer inserted in the thickest part registers 160°F or above.
- 4.** Brush the burgers with the teriyaki sauce again as soon as they are removed from the grill.
- 5. 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.