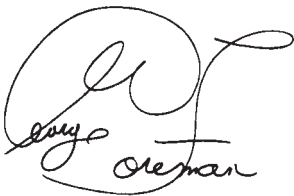


OWNER'S MANUAL

Model: GP160A

GEORGE FOREMAN®



Portable Propane Grill



FOR YOUR SAFETY

If you smell gas:

- 1. Shut off gas to the appliance.**
- 2. Extinguish any open flame.**
- 3. Open Lid.**
- 4. If odor continues, immediately call your gas supplier or your fire department.**

FOR YOUR SAFETY

- 1. Do not store or use gasoline or other flammable vapors and liquids in the vicinity of this or any other appliance.**
- 2. An LP cylinder not connected for use shall not be stored in the vicinity of this or any other appliance.**

WARNING

- 1. Do not store spare LP cylinder within 10 feet (3 m) of this appliance.**
- 2. Do not store or use gasoline or other flammable liquids or vapors within 25 feet (8 m) of this appliance.**

IMPORTANT SAFEGUARDS

WARNING: A risk of fire or explosion exists in all propane grills. Read this manual before use. Failure to follow all instructions may result in serious personal injury, property damage, or death.

When using propane grills, basic safety precautions should always be followed to reduce the risk of fire and injury to persons, including the following:

1. Read all instructions before using the grill.
2. Do not touch hot surfaces. Use handles or knobs and oven mitts or pot holders.
3. Keep children and pets away from the grill at all times.
4. This grill is not for use by children.
5. Do not leave this grill unattended while in use.
6. Do not move the grill when in use. Allow to cool before moving, putting on or taking off parts, and before cleaning and storing the grill.
7. To disconnect, turn Temperature Control Knob to LOCK/OFF.
8. Do not operate any grill after the grill malfunctions, or has been dropped or damaged in any manner. Contact Consumer Service for return authorization, examination, repair or adjustment.
9. The use of accessory attachments not recommended by the grill manufacturer may cause injuries.
10. This grill is for outdoor use only. NEVER operate grill in enclosed areas, as this could lead to gas accumulating from a leak, causing an explosion or a carbon monoxide buildup which could result in injury or death. DO NOT USE in garages, sheds or any enclosed areas.
11. Do not use grill for other than intended use.
12. Extreme caution must be used when moving a grill containing hot oil or other hot liquids. Allow liquid to cool before removing and emptying Drip Tray.
13. Do not attempt to dislodge food or clean the grill when it is hot.
14. Fuel, such as charcoal briquettes, is not to be used with this grill.

SAVE THESE INSTRUCTIONS

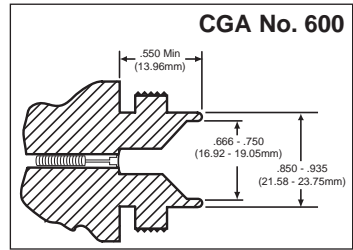
**THIS GRILL IS NOT FOR COMMERCIAL USE.
FOR OUTDOOR USE ONLY.**

Additional Important Safeguards

1. **CAUTION: This grill generates heat and escaping steam during use. Proper precautions must be taken to prevent the risk of burns, fires or other damage to persons or property. Use of protective oven mitts or gloves is recommended.**
2. All users of this grill must read and understand this Owner's Manual before operating or cleaning this grill.
3. When using this grill, provide adequate air space above and on all sides for air circulation. Do not allow this grill to touch clothing, dish towels or other flammable materials during use.
4. **IMPORTANT:** Minimum clearance of 16 inches around all sides of the grill should always be maintained and the appliance shall not be located under overhead unprotected combustible construction.
5. If this grill begins to malfunction during use, immediately turn the Temperature Control Knob to LOCK/OFF. Do not use or attempt to repair the malfunctioning grill.
6. This outdoor cooking gas grill is not intended for use in or on recreational vehicles and/or boats.
7. The use of alcohol, prescription or non-prescription drugs may impair the consumer's ability to properly assemble or safely operate the grill.
8. When cooking with oil/grease, fire extinguishing materials shall be readily accessible. In the event of an oil/grease fire do not attempt to extinguish with water. Use Type BC dry chemical fire extinguisher or smother fire with dirt, sand or baking soda.
9. In the event of rain while cooking with oil/grease, turn off the grill burner and gas supply, and immediately cover the Grill Plate. Do not attempt to move the grill or Grill Plate.
10. When cooking, the grill must be on a level and stable surface in an area clear of combustible materials. An asphalt surface (blacktop) may not be acceptable for this purpose.
11. Make sure the Temperature Control Knob is in the LOCK/OFF position when placing the Grill Plate into position.
12. The grill is not intended for and should never be used as a heater.
13. Keep grill area clear and free from combustible materials, gasoline and other flammable vapors and liquids.
14. Do not obstruct the flow of combustion and ventilation air.
15. Always open lid before lighting your grill.
16. Do not attempt to disconnect the regulator or any gas fitting while the unit is in operation.
17. Do not wear clothing with loose flowing sleeves while lighting or using the grill.
18. Use barbecue tools with long, heat-resistant handles.
19. The grill should never face directly into the wind.
20. Do not operate Grill in a high-traffic area.
21. After use, allow Grill to cool completely before cleaning.
22. We recommend storing Grill indoors or, if unable to store indoors, always cover Grill with protective cover. Always keep out of the reach of children.

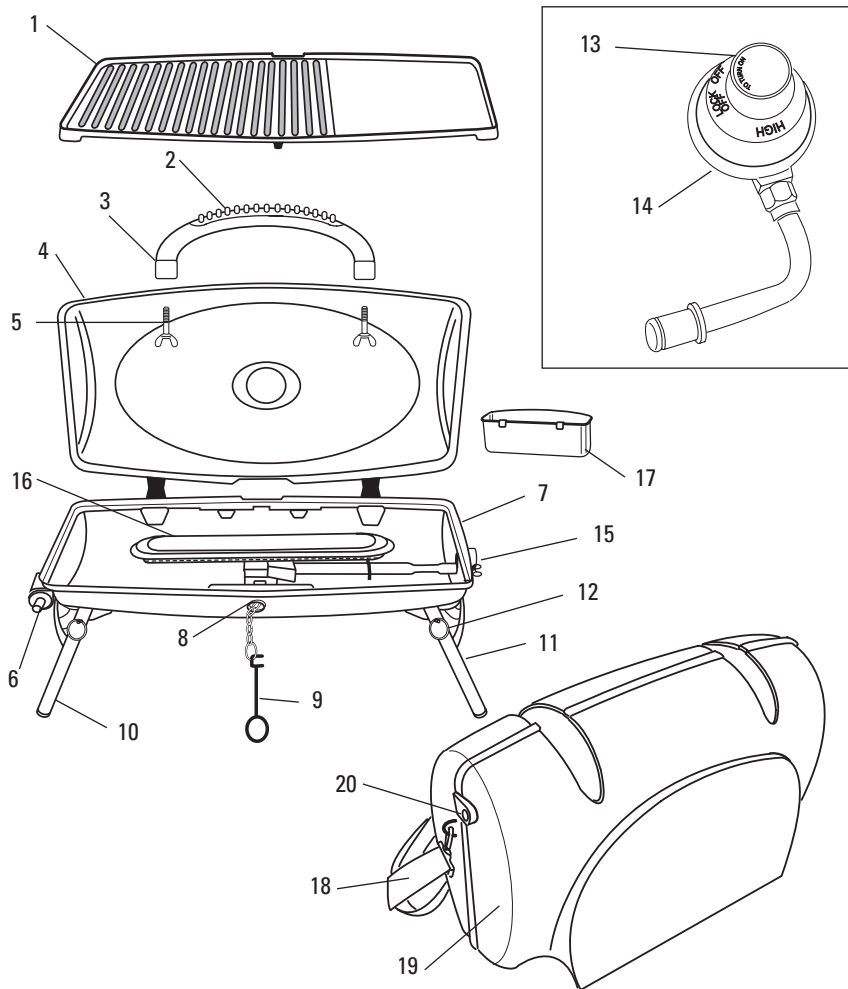
Special Instructions for the Use of Regulator and LP (Propane) Cylinders

- The propane grill is equipped with a regulator having a CGA No. 600 cylinder connection device which is for connecting to a one pound PROPANE cylinder ONLY. See Illustration.
- Grill installation must conform with local codes, or in the absence of local codes, with the National Fuel Gas Code, ANSI Z223.1, Storage and Handling of Liquefied Petroleum Gases, ANSI/NFPA 58 or CSA B149.1, Natural Gas and Propane Installation Code.



- Use grill only with LP (propane) gas. Use grill only with the regulator/valve assembly supplied.
- Never use charcoal briquettes or lighter fluid in a gas grill.
- Discard used and empty fuel cylinder in a safe place.
- Store spare fuel canisters in a well-ventilated area away from the grill.
- Do not puncture or burn fuel canister.
- Do not operate the grill if there is a gas leak present.
- Do not enlarge orifice or burner ports when cleaning the regulator and burner.
- If you smell gas, turn Temperature Control Knob to LOCK/OFF to shut off gas to the grill. Extinguish any open flame and open Lid. If odor continues, immediately call your gas supplier or your fire department.
- Do not store or use gasoline or other flammable vapors and liquids in the vicinity of this or any other grill.
- An LP cylinder not connected for use shall not be stored in the vicinity of this or any other appliance.
- The LP-gas supply cylinder to be used must be constructed and marked in accordance with the specifications for LP-gas cylinders of the U.S. Department of Transportation (DOT) CFR 49 or the National Standard of Canada, CAN/CSA-B339, Cylinders, Spheres and Tubes for the Transportation of Dangerous Goods.
- If the grill is not in use, the Temperature Control Knob must be turned to LOCK/OFF to shut off the gas cylinder. Storage of a grill indoors is permissible only if the cylinder is disconnected and removed from the grill. Cylinders must be stored outdoors out of the reach of children and must not be stored in a building, garage or any other enclosed area.
- Do not store a spare LP-gas cylinder under or near this appliance. If the instructions are not followed exactly, a fire causing death or serious injury may occur.
- The regulator may make a humming or whistling noise during operation. This will not affect safety or use of grill.
- Save cylinder cap and reinstall when not in use.
- Cylinder supply system must be arranged for vapor withdrawal. The gas cylinder must be upright in use. Do not block the pressure relief valve during use or storage.
- Always remove one pound cylinder from grill when transporting and when not in use.

Getting To Know Your GP160A Propane Grill



- | | |
|------------------------------------|--|
| 1 Grill Plate (P/N 22241A) | 12. Lock Pin (2) (P/N22248) |
| 2. Handle (P/N 22242) | 13. Temperature Control Knob (P/N 21647) |
| 3. Handle Spacer (2) (P/N 22243) | 14. Regulator Assembly (P/N 22372) |
| 4. Lid (P/N 22246) | 15. Regulator Spring Clip (P/N 22249) |
| 5. Thumb Screw (2) (P/N 22244) | 16. Burner Assembly |
| 6. Ignitor Assembly (P/N 21648) | 17. Drip Tray (P/N 21646) |
| 7. Grill Body (P/N 22247) | 18. Transport Strap (P/N 22250) |
| 8. Flame Viewing Hole | 19. Carrying Case (P/N 22251) |
| 9. Match Holder (P/N 21656) | 20. Snap Lock (2) |
| 10. Folding Legs Left (P/N 22245L) | |
| 11. Folding Legs Right(P/N 22245R) | |

Take-It and Grill-It Positions

The Take-It and Grill-It Portable Propane Grill is compact enough to transport to any grilling location. Take-It from storage to patio, to a picnic in the park, or off on a camping trip. The portable Propane Grill easily transforms from the Take-It to the Grill-It position.

Storage and Transport: In this position the Grill is compact enough for space saving storage and easy carrying. The Grill Legs fold neatly beneath the Grill Body, the Drip Tray and the Regulator Assembly stores within the Grill. The sturdy Carrying Case, with heavy-duty strap, conveniently stores the Grill when not in use.

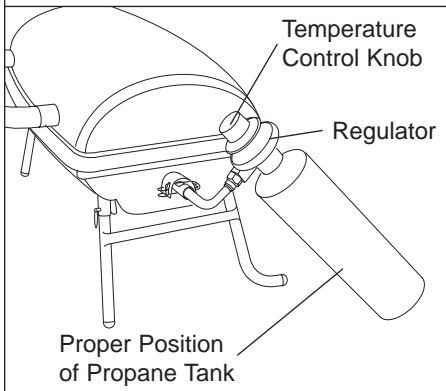
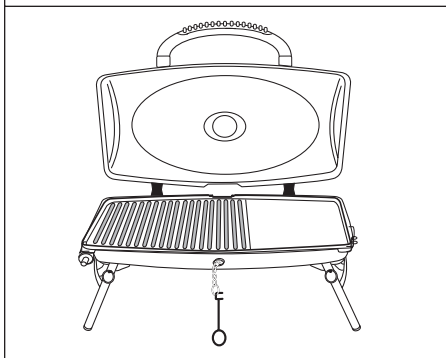
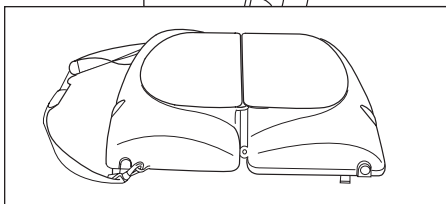
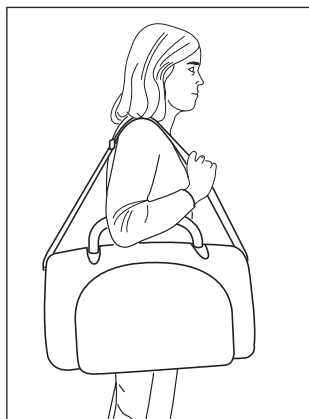
Note: You may open the Carrying Case and turn it over to serve as a food preparation surface. **DO NOT** place the Grill on the Carrying Case.

Grilling Position: This Grill is great for beach barbecues, camping sites, tail-gate parties or picnics in the park.

To transform the Grill from the Take-It Position to the Grilling Position, open the Carrying Case and lift out the Grill. Swing out the Legs and place the Grill on a flat stable surface.

Place the Grill Plate on the Grill Body, attach the Drip Tray into the slots on the rear of the Grill then attach the Regulator and the Propane Cylinder. See "Attaching Propane Gas Cylinder" and "Before First Use" for details. The Grill is ready for use.

Make sure the Drip Tray is in place and the propane cylinder is properly positioned, as shown. Remember that the Grill should always be operated with the Regulator on the right and the Drip Tray in the rear.



Before First Use

1. Remove the grill and any packaging materials from the shipping carton.
2. Place the Carrying Case on a flat, level surface.
3. Press in on both Snap Locks to open the Carrying Case. Raise the Carrying Case cover, remove the grill assembly and set the Carrying Case to the side.
4. Raise the Grill Lid, remove the Drip Tray, Regulator Assembly, and Grill Plate.

5. Wipe the Grill Body and Lid with a damp cloth to remove any dust. Wash the Grill Plate and Drip Tray in warm, soapy water. Rinse and dry thoroughly.

6. The Handle and mounting hardware, (Thumb Screws and Spacers) are shipped assembled in an inverted fashion, requiring minor reassembly. Remove the Handle and Spacers from the inside of the Lid by loosening and removing both Thumb Screws. Reposition the Handle and Spacers on the top of the Lid. From the inside of the Lid, thread the Thumb Screws through the Lid and into the Spacers and Handle. Securely tighten each Thumb Screw. See Figure 1.

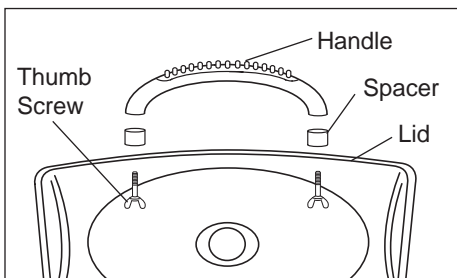


Figure 1

7. Close the Lid, pull out on the Lock Pin rings and swing the Legs out from beneath the Grill Body. The Lock Pins will lock into position with a "click". See Figure 2.

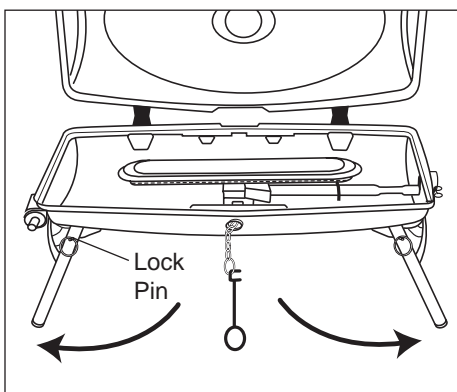


Figure 2

8. Slide the Drip Tray into the slots in the back of the Grill Body.

9. Raise the Lid and place the Grill Plate on the Grill Body.

10. Pinch the Regulator Spring Clip together and insert the Regulator Assembly into the venturi tube opening on the right side of the Grill Body. Release the Regulator Spring Clip and pull back slightly on the Regulator Assembly to set the Regulator Spring Clip into position. See Figure 3 for details.

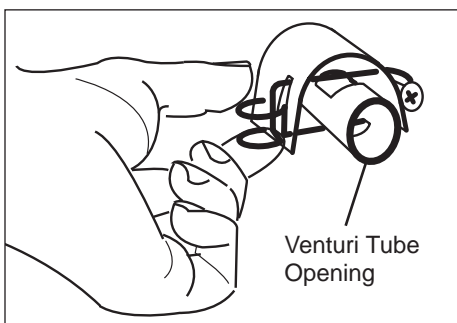


Figure 3

Attaching Propane Gas Cylinder

1. Turn the Temperature Control Knob to the LOCK/OFF Position.
2. Push the one pound propane cylinder slightly into the valve while turning counterclockwise until a snug fit is obtained. Do not turn the propane cylinder upside down while attaching to the Regulator Assembly.

Testing for Leaks

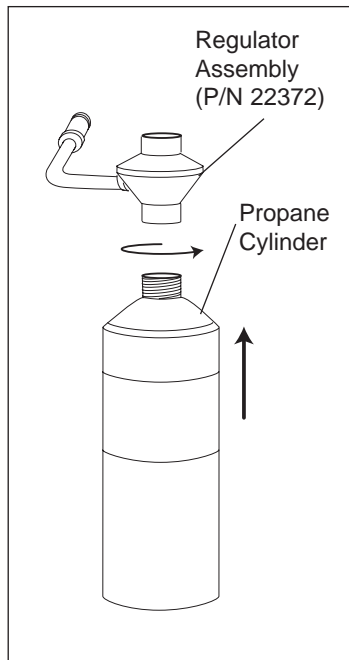
SAFETY PRECAUTIONS:

- **Test all gas connections for leaks before using your propane grill.**
 - **Test for leaks every time you connect the gas supply.**
 - **Do not smoke while checking for leaks.**
 - **DANGER - Do not use an open flame to check for gas leaks. Be sure there are no sparks or open flames in the area while you check for leaks. This will result in a fire or explosion which can cause serious bodily injury or death, and damage to property.**
 - **Test for leaks outdoors in a well ventilated area.**
1. Mix a couple tablespoons of liquid detergent with an equal amount of water. Use mild soap and water. **DO NOT USE HOUSEHOLD CLEANING AGENTS.**
 2. Be sure that the Temperature Control Knob is in the LOCK/OFF position.
 3. Use a clean paint brush to brush soapy solution onto connection between gas cylinder and Regulator orifice, and watch for bubbles.
 4. If bubbles form or if a bubble grows, there is a leak. Retighten connection and repeat steps (2) and (3).

NOTE: If you cannot stop a leak, remove gas cylinder and check for damaged threads, dirt and debris at the connection and gas cylinder. Also check to see if anything is obstructing flow of gas at the connection and gas cylinder openings. Remove any obstruction that may be found and repeat leak test.

Checking the Ignitor:

- The Temperature Control Knob must be in the "LOCK/OFF" position. Press the Ignitor button rapidly. A "CLICK" should be heard and spark seen through Flame Viewing Hole.



How To Use the George Foreman® GP160A Propane Grill

IMPORTANT: Make sure the Drip Tray is in proper position on the rear of the Grill before use.

Lighting Burner with Ignitor:

1. Turn Temperature Control Knob counterclockwise to "OFF", push in, and then turn the Temperature Control knob to "HIGH".
2. To light, rapidly push the Ignitor button down until it "clicks". Use Flame Viewing Hole to be sure all burner ports light and stay lit.
3. If Ignitor **does not** work, turn the Temperature Control Knob to LOCK/OFF. Open the Lid and remove the Grill Plate to allow the gas to dissipate. Wait five minutes, then follow match lighting instructions below.

Lighting Burner with Matches:

1. Secure a paper match to Match Holder, light the match with a second lit match, and place lit match through the Flame Viewing Hole to the nearest burner ports.
2. Turn Temperature Control Knob counterclockwise to "OFF", push in, and then turn the Temperature Control Knob to "HIGH".

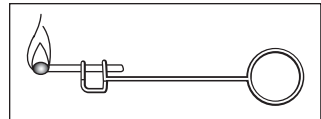


Figure 4

WARNING: If burner does not light within 5 seconds, turn Temperature Control Knob to the LOCK/OFF position. Open the Lid and remove the Grill Plate to allow the gas to dissipate. Wait 5 minutes, then try again.

Grilling Instructions:

1. Light burner and turn the Temperature Control Knob from HIGH to LOW. Check the flame through the Flame Viewing Hole making sure the burner is lit.
2. **To preheat:** Place the Lid over the Grill Plate and preheat on HIGH for 8 minutes. During the first use, you may notice a slight odor caused by the curing of paint and parts. **IMPORTANT:** Do not close the Lid for more than 8 minutes, or without food loaded on the Grill Plate. The non-stick coating may be damaged.
3. After the 8 minute preheat period, carefully open the Lid and place food onto the Grill Plate. Cook until done, turning at least once halfway through cooking time for most foods. Adjust flame with Temperature Control Knob as needed.

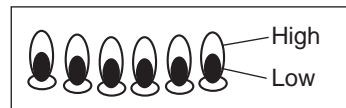


Figure 5

CAUTION: Condensation may collect on the inside of the Lid when cooking. Use caution when opening Lid.

How To Use the George Foreman® GP160A Propane Grill (Cont.)

Grilling Instructions Continued:

4. When the food is cooked, remove with heat resistant plastic or wooden spatula or other utensil. Be sure to always use either plastic or wooden utensils so as not to scratch the non-stick surface. Never use metal tongs, forks or knives as these can damage the coating on the Grill Plate.
CAUTION: Do not leave any utensils on the Grill Plate surface while it is hot.
5. When finished cooking, or when the propane cylinder is empty, turn the Temperature Control Knob to the LOCK/OFF position and remove the propane cylinder.
6. Allow the Grill to cool before disassembling and cleaning.
7. When cool, the Drip Tray may be removed and emptied. **Be sure the liquid has cooled before removing Drip Tray.**

Instructions For Cleaning

CAUTION: Grill surfaces are hot during use. Allow Grill Plate, Drip Tray, Lid and Grill Body to cool completely before handling and cleaning.

1. Turn the Temperature Control Knob to the LOCK/OFF position and allow the Grill to cool before disassembling and cleaning.
2. Remove the Regulator Assembly and propane cylinder.
3. Remove the Grill Plate and empty the Drip Tray.
4. Wash the Grill Plate and Drip Tray with warm, soapy water and a plastic scouring pad. Rinse and dry thoroughly. Do not use steel wool, coarse scouring pads or harsh or abrasive cleaners. If necessary, use a nylon bristle brush to loosen hardened food particles.
5. Wash exterior parts with a soft sponge and warm clear water. Nonabrasive cleaners may also be used.
6. Use a damp cloth to clean the inside of the Lid and Grill Body.

Cleaning the Burner Assembly

IMPORTANT: Clean the burner assembly prior to use after storing, at the beginning of the grilling season or an inactive period of one month. Spiders and insects like to build nests in burner tubes, especially during colder months. The nests can cause fires in burner tubes or under grill.

In order to clean the inside of the burner tubes, the Burner Assembly must be removed from the Grill. Make sure the Regulator Assembly, propane cylinder, Grill Plate and Drip Tray have been removed before proceeding.

1. Turn the Grill Body upside down and locate the two machine screws that secure the Burner Assembly to the Grill. Refer to Figure 6. Loosen and remove these screws, making sure you retain the screws, washers and nuts for reassembly.
2. Turn the Grill Body to the upright position. Remove the screw and nut that secures the Regulator Spring Clip to its Mounting Bracket, making sure to retain the hardware for reassembly. Lift and remove the Mounting Bracket by pulling slightly to the right while pressing the Regulator Spring Clip (to open it wide enough for removal) and set to the side. See Figure 7.

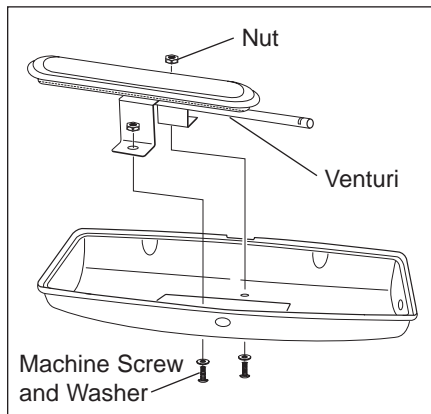


Figure 6

3. Carefully pull back on the Burner Assembly. **NOTE:** The ignitor is still attached to the Burner Assembly, however, there is enough slack available to allow you to look into the end of the venturi and clean with a pipe cleaner if needed.

4. When clean, carefully reassemble the Burner Assembly, making sure the mounting screws are tight and the venturi tube, Regulator Spring Clip and Mounting Bracket are properly assembled.
5. Clean the outside of the Burner Assembly with a paper towel or damp sponge. Open any clogged holes with a thin wire.

Storing Your Propane Grill

1. Clean the Grill as instructed above.
2. Cover Grill when stored outdoors.
3. Store Grill indoors only if the propane cylinder is turned off and disconnected, removed from Grill and stored outdoors in a well-ventilated space and out of the reach of children..
4. When removing Grill from storage, follow the "Cleaning the Burner Assembly" instructions before starting the Grill.

Any servicing requiring disassembly other than the above cleaning must be performed by an authorized appliance repair technician.

Do **NOT** ship gas cylinder if product needs service or repair.

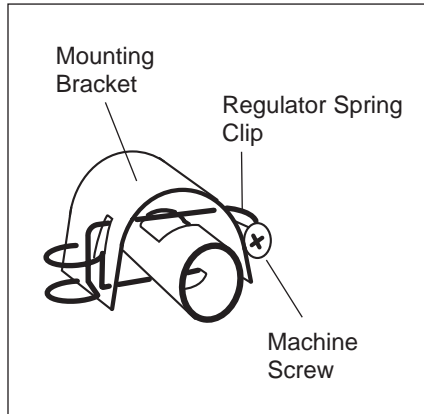


Figure 7

Grilling Hints and Tips

- Use tender cuts of meat for grilling.
- Marinate tougher cuts of meat to tenderize them before grilling.
- To avoid drying out meat and fish, turn only once and do not pierce.
- To turn meat and fish, use a large, flat, heat resistant plastic or wooden spatula to support the food.
- Place meat or chicken to be roasted in a shallow baking pan. Using oven mitts carefully place pan on preheated Grill, taking care not to scratch the non-stick surface. Place Lid on the Grill Plate.

NOTE: Just resting a baking container on top of the non-stick surface will not damage it. Do not use saucepans or plates.

- Do not cut food on non-stick surface.
- Use only heat resistant plastic or wooden utensils on non-stick surfaces.
- Adjust heat setting gradually and only as necessary. Cooking foods at too high a temperature can cause them to dry out.
- When grilling fish or chicken breast fillets, tuck extremely thin parts under to prevent over cooking.

Grilling Guide

The following times are to be used as a guideline only. Preheat the Grill for eight minutes. Cooking times will vary due to the cut or thickness of the meat being cooked. To be sure that the food is done, use a meat thermometer. If the food is not quite done, continue to cook and check periodically so it is not over cooked.

Food	Temp Setting	Med Rare 145° F Cook Time	Med Well 160° F Cook Time	Well 170° F Cook Time
Beef				
Hamburgers, Fresh 4 oz. each, 3/4" thick	High		11-15 min.	
Hamburgers, Fresh 8 oz. each, 1" thick	High		15-19 min.	
Hamburgers, Frozen 4 oz. each, 1/2" thick	Medium		18-22 min.	
T-bone Steak, 8 oz. each, 1/2" thick	High	6-10 min.	8-12 min.	10-14 min.
T-bone Steak, 14 oz. each, 1" thick	High	8-12 min.	10-14 min.	12-16 min.
NY/KC Strip Steak, 6 oz. each, 1/2" thick	High	7-11 min.	9-13 min.	11-15 min.
NY/KC Strip Steak, 8 oz. each, 1" thick	High	6-10 min.	8-12 min.	10-14 min.
Ribeye Steak, 8 oz. each, 1/2" thick	High	11-15 min.	13-19 min.	15-20 min.
Ribeye Steak, 10 oz. each, 1" thick	High	12-16 min.	14-18 min.	16-21 min.
Sirloin Steak, 14 oz. each, 1" thick	High	12-16 min.	14-18 min.	16-20 min.
Filet Mignon Steak, 5 oz. each, 1" thick	High	13-17 min.	15-19 min.	17-21 min.
Filet Mignon Steak, 8 oz. each, 1 1/2" thick	High	24-28 min.	28-32 min.	32-36 min.
Beef Kabobs, 1/4 turn every 5 minutes	High	8-12 min.	11-15 min.	14-18 min.
Pork				
Pork Chops, boneless, 4 oz. each, 1/2" thick	Medium		6-10 min.	8-12 min.
Pork Chops, boneless, 6 oz. each, 1" thick	Medium		12-16 min.	14-18 min.
Pork Steaks 14 oz. each, 3/4" thick	High		11-15 min.	13-17 min.
Pork Country Style Ribs 10 oz. each, 1" thick	High		21-25 min.	23-27 min.

Grilling Guide (Cont.)

Food	Temp Setting	Med Rare 145° F Cook Time	Med Well 160° F Cook Time	Well 170° F Cook Time
Poultry				
Turkey Burgers 4 oz. each, 3/4" thick	High			8-12 min.
Turkey Burgers 8 oz. each, 1" thick	High			12-16 min.
Chicken Breast, boneless/skinless 10 oz. each, 1 1/2" thick	Medium			25-30 min.
Chicken Wings, 2 1/4 lbs. total cook to 180° F	Medium			21-25 min.
Turkey Brats 4 oz. each	Medium			16-20 min.
Turkey Sausage 4 oz. each	Medium			16-20 min.
Chicken Kabobs, 1/4 turn every 5 minutes	Medium			18-22 min.
Seafood				
Salmon Fillet 12 oz. each, 1 1/2" thick	Medium	18-22 min.	22-26 min.	
Swordfish 16 oz. each, 1" thick	Medium	12-16 min.	14-18 min.	
Tuna Steak, 12 oz. each, 1" thick	Medium	6-10 min.	9-13 min.	
Fish Fillet 12 oz. each, 1 1/2" thick	Medium	9-13 min.	11-15 min.	
Sausage				
Fresh Sliced Sausage 3 oz. each, 1/4" thick	Medium		4-8 min.	
Fresh Breakfast Sausage Links, 1 lb.	Medium		10-15 min.	
Hot Dogs, 10 per pound	Medium		9-14 min.	
Jumbo Hot Dogs, 8 per pound	Medium		11-15 min.	
Brat Burgers	High		4-8 min.	
Fresh Brats 4 oz. each	Medium		15-19 min.	
Precooked Brats 1 pound	Medium		15-19 min.	
Smoked Sausage 3" pieces	Medium		15-19 min.	

Grilling Guide (Cont.)

Food	Temp Setting	Med Rare 145° F Cook Time	Med Well 160° F Cook Time	Well 170° F Cook Time
Vegetables				
Zucchini, peppers, onions, 1/2" thick, toss with olive oil	High		6-8 min. tender crisp	10-12 min. tender
Whole Portabello Mushroom Caps	High		10-14 min. tender crisp	12-16 min. tender

PLEASE NOTE: The United States Department of Agriculture recommends that meat and poultry be cooked to the following internal temperatures to be sure any harmful bacteria has been killed. Ground turkey and chicken should be cooked to an internal temperature of 165° F and ground beef, veal, lamb and pork should be cooked to an internal temperature of 160° F. Chicken and turkey should be cooked to an internal temperature of 170° F for white meat and 180° F for dark meat. Goose and duck should be cooked to an internal temperature of 180° F. Fresh beef, veal and lamb, etc. should be cooked to an internal temperature of at least 145° F. Fresh pork should be cooked to an internal temperature of at least 160° F. When reheating meat and poultry products, they should also be cooked to an internal temperature of 165° F.

Recipes

The Champ's Sausage Without Guilt

Try this sizzling sausage patty that not only tastes good, but is also good for you. Choose ground turkey breast, which is lower in fat than ground turkey containing dark meat and skin. Turkey, especially the light meat, is a good source of niacin, which is an important B vitamin needed to maintain a healthy nervous system. Early symptoms of niacin deficiency that appear in the nervous system are apprehension, irritability, depression, weakness, and loss of memory. To prevent niacin deficiency, include plenty of lean turkey, fish, whole wheat, potatoes, corn flower, eggs, broccoli, tomatoes, and carrots.

- 2 slightly beaten egg whites
- 2/3 cup finely chopped onion
- 1/2 cup finely snipped dried apples or 1 cup finely chopped fresh red Delicious apple
- 1/2 cup seasoned bread crumbs
- 4 Tbsp. snipped fresh parsley
- 1 tsp. sea salt
- 1 tsp. ground sage
- 1/2 tsp. ground nutmeg
- 1/2 tsp. black pepper
- 1/4 tsp. cayenne pepper
- 1 lb. lean ground turkey breast

- In a medium bowl, combine all ingredients except turkey. Add the ground turkey and mix well.
- Shape the mixture into sixteen to eighteen 2-inch wide patties.
- Preheat the Grill on MED for 8 minutes.
- Place sausage on the Grill. Cover and cook for 6-7 minutes. Turn and cook another 6-7 minutes or until the meat is no longer pink and the juices run clear.
- Serves 8

This recipe is from "The Healthy Gourmet" (Clarkson Potter) by Cherie Calbom.

George's Sausage Texas Style

A spicy sausage with true Southwestern zip! These breakfast sausages are great served with a sautéed vegetable or fresh salsa and scrambled eggs. Buy 90% lean ground beef for the least-fat sausage. Ninety percent lean beef has 9 grams of fat with 4 of those grams being saturated fat; whereas 73% lean beef has 18 grams of fat with 7 of the grams being saturated.

2 slightly beaten egg whites
2/3 cup finely chopped onion
1/2 cup seasoned bread crumbs
1/2 cup diced green chili peppers
2 cloves (large) garlic, finely minced
4 Tbsp. snipped fresh cilantro
2 Tbsp. apple cider vinegar
1 Tbsp. chili powder
1/2 tsp. sea salt
1/4 tsp. cayenne pepper
1 lb. lean ground beef

- In a medium bowl, combine all ingredients except ground beef. Add the ground beef and mix well.
- Shape the mixture into sixteen 3-inch wide patties.
- Preheat the Grill on MED/HIGH for 8 minutes.
- Place the patties on the Grill.
- Cover and cook for 5-6 minutes. Turn and cook for another 5-6 minutes or until meat is no longer pink and the juices run clear.
- Serves 8

This recipe is from "The Healthy Gourmet" (Clarkson Potter) by Cherie Calbom.

Recipes (Cont.)

George Foreman's Power Burger

A flavorful hamburger that we think tastes even better than its all-meat cousin! It pays to eat meals that minimize meat. To reduce saturated fat in a typical burger, you can cut back on the amount of meat and make up for it with plant-based ingredients. Bread crumbs and chopped vegetables have been added in this recipe. You could also try cooked rice, other grains or cereal. In addition, choose whole wheat buns; they typically contain one less fat gram than regular or even reduced-calorie buns.

If you settle for nothing less than a cheeseburger, Swiss cheese is 1 gram lower in fat than Cheddar, American or Monterey Jack with 8 grams of fat versus 9 in each ounce of cheese. However, reduced fat cheeses like Cheddar or Swiss contain half the fat with 4 grams per ounce. Mustard contains 1 gram of fat per tablespoon versus a whopping 11 grams of fat in a tablespoon of mayonnaise.

Top your burger in healthful style with dark, leafy green lettuce, shredded cabbage, fresh cilantro, basil or spinach.

3/4 cup chopped vegetables such as yellow onions,
green onions, zucchini, parsley (can be sautéed)
3/4 cup seasoned bread crumbs
2-1/4 lbs. lean ground beef

- In a medium-size mixing bowl, combine the vegetables and bread crumbs. Add the ground beef and mix well.
- Shape the mixture into twelve 4-inch wide patties.
- Preheat the Grill on MED/HIGH for 8 minutes.
- Place the patties on the Grill.
- Cover and cook 6-8 minutes. Turn and cook another 6-7 minutes or until the meat is no longer pink and the juices run clear.
- Serves 12

This recipe is from "The Healthy Gourmet" (Clarkson Potter) by Cherie Calbom.

Grilled Vegetables

12 slices eggplant (or 8 baby eggplants)
4 small onions
4 small tomatoes
2 small zucchini
8-12 mushrooms
8 large cloves of garlic, peeled and sliced 1/4" thick
2/3 cup olive oil
4 tablespoons Italian seasoning

- Slice all vegetables 1/2 inch thick.
- Brush vegetables and garlic lightly with olive oil.
- Sprinkle Italian seasoning on both sides of vegetables and garlic.
- Preheat the Grill on MED for 8 minutes.
- Place vegetables and garlic on Grill. Cover and cook for 7-8 minutes. Turn and cook another 10-15 minutes or until desired doneness is achieved.
- Serves 6-8

Serve as an accompaniment to meat and pasta, or stuff them into a piece of pita or French bread for a grilled vegetable sandwich.

Mustard Lemon Chicken Breasts

4 tablespoons mustard
4 tablespoons balsamic vinegar
6 tablespoons lemon juice
4 cloves garlic, minced
2 tsp. paprika
8 6-oz. chicken breast, halved, boneless and skinless

- In a medium non-metal bowl, combine all ingredients except chicken.
- Add chicken breast and let it marinate for at least 1/2 hour in the refrigerator.
- Preheat the Grill on MED for 8 minutes.
- Place chicken on Grill. Cover and cook for 9-10 minutes. Turn and cook another 9-10 minutes or until meat is no longer pink and the juices run clear.
- Serves 8

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