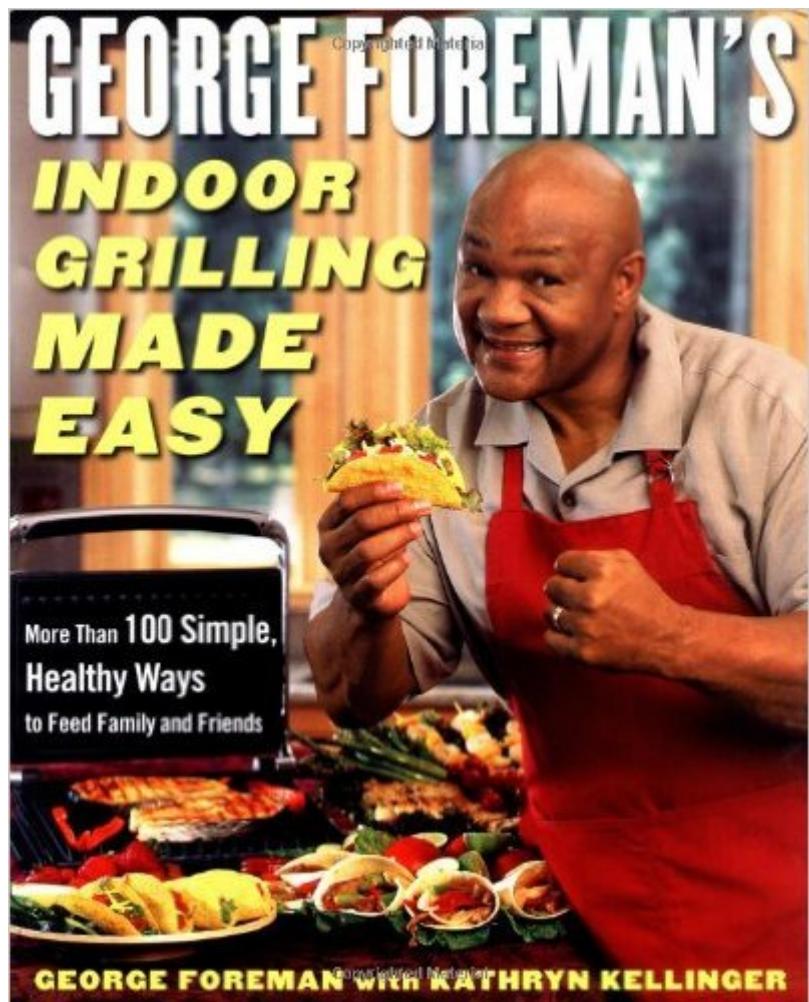


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# George Foreman's Indoor Grilling Made Easy: More Than 100 Simple, Healthy Ways To Feed Family And Friends



## Synopsis

From George Foreman, two-time heavy-weight champion of the world and one of the greatest salesmen of all time, his cookbook written specifically for his fabulous, indoor grills. From dorm rooms and first apartments to suburban homes and four-star restaurants, the George Foreman grill is one of America's most popular small kitchen appliances. As a world-class athlete and father of ten, George Foreman is focused on fresh, healthy foods that keep him and his family strong. Between kids, careers, and a heavyweight training schedule, the Foremans are a big, constantly-in-motion family. Getting dinner on the table could be an endurance event, but instead of going ten rounds in the kitchen, George Foreman has perfected fast and easy, and he passes on his strategy in George Foreman's Indoor Grilling Made Easy. Here are more than 100 recipes that speak to the reason everyone buys the indoor grill in the first place: easy dishes filled with big, bold flavor for healthy food fast. From breakfast foods to snacks, entrées, side dishes, and even desserts made on the grill, this is food to satisfy the young, the not-so-young, and everyone in between. Most recipes are naturally lower in carbohydrates (after all, George is a carnivore of some note), but some have choice carbs to fuel heavy training days. In addition to the recipes, there are plenty of flavor-enhancing ideas—marinades, spice rubs, and sauces—for simple cuts of fish, beef, pork, and chicken. You'll also find insider info on how to make perfect grilled veggies every time. George Foreman's Indoor Grilling Made Easy even includes finger foods for a party and a Thanksgiving dinner made on the grill. Portions feed a family of four but can easily be downsized for those living on their own (or doubled for Foreman-sized families).

## Book Information

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## Customer Reviews

I was really unsure about whether to buy this book, but I'm so glad I did! I just got my grill a couple of weeks ago and it really doesn't come with a single recipe and very little general guidelines. This cookbook had tons of recipes and tips and was organized well. It also gets high marks for "readability", i.e., not a bore. I bought the Kindle version and now I have the recipes at my disposal when I'm shopping at the store. I've tried out several recipes and found that they worked well. I saw several other reviews that said they weren't particularly healthy recipes, but I found that some were, some weren't and those that weren't could easily be modified. I'm glad to have the choice...some days I want to be sure we eat very healthy and some days I just want dinner on the table! In my opinion, this book was worth the purchase.

Foodies, I guess, are people who.... like food? Like to cook? Yea, this cookbook isn't for those people. But, then again, a George Foreman grill is not for those people. I eat food. I like food. I do have a George Foreman Grill. I don't have kids and don't usually want to spend a lot of time in the kitchen. I really like this book.

This book is really great for indoor grilling. I don't know much about grilling and this book is a great way to start. It shows you how to make really quick meals and also meals for the family. I highly recommend this book for the first time griller.

As someone with children who doesn't want to spend a lot of time in the kitchen, this book has been an excellent resource. I appreciate that the recipes are simple to put together with just a few ingredients. I've made the recipes both on my George Foreman and on the gas grill with excellent results.

Yeah, not too much in the way of helpful recipes. Also arranged kind of strange with the index. More recipes for ways to cook hamburgers, sausage and things that really are not the most healthy way to eat. Not sure where the title came from. If you can pick up a used copy, maybe give it a try but his original cookbook was awesome while this one is just barely a one-star. Get a copy of Lean Mean Fat reducing grilling machine cookbook and you'll get your money's worth and then some.

The recipes are great! What I like the most is the chart that estimates cooking time for all types of grilling items.

The recipes are really nice and creative, but if you're trying to eat healthier--this is a book to skip. Just because a recipe is full of grilled veggies, the "health" benefits lessen when you dump enough olive oil, cheeses, etc on them to increase the fat content to a whopping 25-35 grams per serving--of which a lion's share of these recipes sport. The rubs and marinades section in the back is good, but if you're watching your weight, and don't like to constantly modify your cooking--grill or otherwise--to keep the fat at bay, this is not the book you want.

I like this because although I don't have a foreman grill, I use the recipes for my grill and they work fine. I needed this to help me learn to cook on this type of grill versus a regular stove or outdoor grill. The cooking methods are different, so the how to was helpful for me to get it right on these indoor grills.

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