From dorm rooms and first apartments to suburban homes and four-star restaurants, the George Foreman grill is one of Americas most popular small kitchen appliances. Women love it because it cooks delicious, healthy family meals in minutes and is super easy to clean. Men, on the other hand, often run from cooking. But grilling? Hey, thats definitely a guy thing. And everyone knows the master of the indoor grill is George Foreman. This two-time heavyweight champion of the world knows what tastes really good because George Foreman loves to eat. When George gives advice on how to grill the best burger on the planet, well, believe him.

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 Foremans 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. Youll also find insider info on how to make perfect grilled veggies every time. George Foremans 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
ownsized for those living on their own (or doubled for Foreman-sized families). · Includes a nutritional analysis of every dish · Line drawings throughout

My Personal Review:

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 dont have kids and dont usually want to spend a lot of time in the kitchen.

I really like this book.

For More 5 Star Customer Reviews and Lowest Price:
George Foremans Indoor Grilling Made Easy: More Than 100 Simple, Healthy Ways to Feed Family and Friends by Kathryn Kellinger - 5 Star Customer Reviews and Lowest Price!