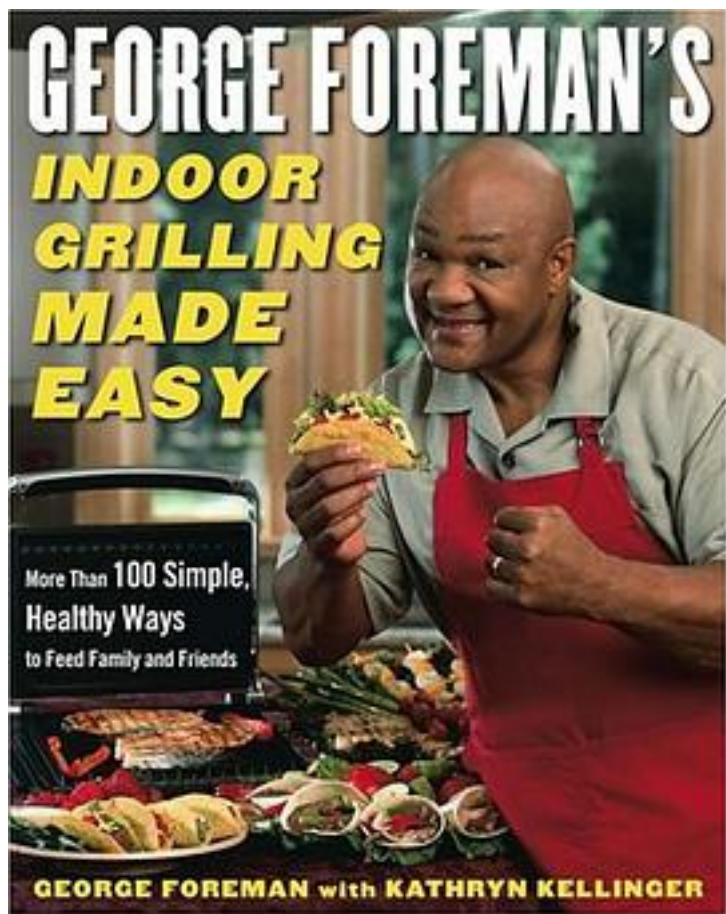


George Foreman's Indoor Grilling Made Easy



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GEORGE FOREMAN'S GRILLING MADE EASY helps you get the freshest, healthiest, most flavourful food possible from your indoor electric grill. Approximately 100 recipes will emphasize tasty meals made from handy ingredients and cooked on the George Foreman Grill in no-time flat. Recipes will be naturally low-carb (after all, George

Foreman is one of the world's most celebrated carnivores) but will also have plenty to keep a carb lover sated. The recipes will include all meals and all phases of the meal, from appetizers to entrees, sides, and desserts. There will even be menus for parties with all the food cooked on the Foreman grill. George's new cookbook will address the broader concerns of feeding a growing family as well as lots of cool food for people going it on their own. Recipes will feed four but can easily be halved or doubled. The Georges -- some of George Foreman's many sons named George -- will lend their voice (representing the younger side of the Foreman clan) to their father's and will assist in promotion. In addition, the book will cover the basic workings of the grill, address how to prepare delicious, healthy food under time constraints, work with tight budgets, and emphasize the joy of sharing meals with family and friends.

作者介绍:

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