

OWNER'S MANUAL

Model No. GR70



Important Safeguards

When using electrical appliances, basic safety precautions should always be followed, including the following:

1. Read all instructions carefully.
2. Do not touch hot surfaces. Use handles or knobs.
3. To protect against electrical shock, do not immerse cord, plug, or temperature control in water or other liquid.
4. Close supervision is necessary when any appliance is used by or near children.
5. Unplug from outlet when not in use and before cleaning. Allow to cool before putting on or taking off parts and before cleaning.
6. Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions or has been damaged in any manner. Return appliance to the Salton/MAXIM Service Center for examination, repair or adjustment.
7. The use of accessory attachments not recommended by Salton/MAXIM may cause fire, electric shock or injury.
8. Do not use outdoors.
9. Do not let cord hang over edge of table or counter, or touch hot surfaces.
10. Do not place on or near a hot gas or electric burner, or in a heated oven.
11. Extreme caution must be used when moving an appliance containing hot oil or other hot liquids.
12. Always attach temperature control to the appliance first, then plug cord into 120V AC wall outlet. To disconnect, turn temperature control to "**OFF.**" Then remove plug from wall outlet.
13. Do not use appliance for other than intended use.

Save These Instructions

THIS APPLIANCE IS FOR HOUSEHOLD USE ONLY

Additional Important Safeguards

WARNING: This appliance generates heat and escaping steam during use. Proper precautions must be taken to prevent the risk of burns, fires, other injury to persons or damage to property.

1. A person who has not read and understood all operating and safety instructions is not qualified to operate this appliance.
2. ***Unplug from outlet when not in use and before cleaning. To avoid electric shock, never immerse or rinse the temperature control of this appliance in water or any other liquid.***
3. If this appliance falls or accidentally becomes immersed in water, unplug it from the wall outlet immediately. ***Do not reach into the water!***
4. To reduce the risk of burns or other injuries, do not touch hot surfaces. Use handles or knobs cautiously during use. Use of protective oven mitts or gloves is recommended.
5. To reduce the risk of injury to persons or property, unplug this appliance before inserting or removing the temperature control or Fusion Grill pan, or cleaning the appliance. Always keep the appliance unplugged from the wall outlet when not in use.
6. When using this appliance, provide adequate air space above and on the sides for air circulation. Do not operate this appliance touching or near curtains, wall coverings, clothing, dish towels or other flammable materials.
7. To reduce the risk of fire, do not leave this appliance unattended during use.
8. If this appliance begins to smoke or malfunction during use, immediately unplug the cord. Do not use or attempt to repair a malfunctioning appliance!
9. The cord to this appliance should only be plugged into a 120V AC electrical wall outlet.
10. **This appliance is for HOUSEHOLD USE ONLY!**

Additional Important Safeguards *(continued)*

- 11.** Use care not to drop, hit or impact the temperature control against hard surfaces, as it could affect the temperature reading. Do not use the appliance if the temperature control is damaged. Return it to the Salton/MAXIM Service Center for examination and repair.
- 12.** Do not use this appliance if any part is cracked or damaged, or if the grips are loose, weakened, or broken. Return it to the Salton/MAXIM Service Center for examination and repair.
- 13.** Do not use this appliance in an unstable position.
- 14.** Never use the lid when preheating the appliance.
- 15.** This appliance should not be cleaned or operated by children.
- 16.** Only use the temperature control and Fusion Grill pan provided with this appliance. Do not attempt to use any other temperature control, pan, or other such attachment with this appliance. Do not attempt to use the temperature control or Fusion Grill pan provided with this appliance for any other use or with any other appliance.
- 17.** This instruction and safety booklet should be saved. To reduce the risk of injury, anyone who assembles, operates, or cleans this appliance must read all instructions and safety precautions.

Polarized Plug

This appliance has a **polarized plug** (one blade is wider than the other): To reduce the risk of electric shock, this plug is intended to fit into a polarized outlet only one way. If the plug does not fit fully in the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not attempt to modify the plug in any way.

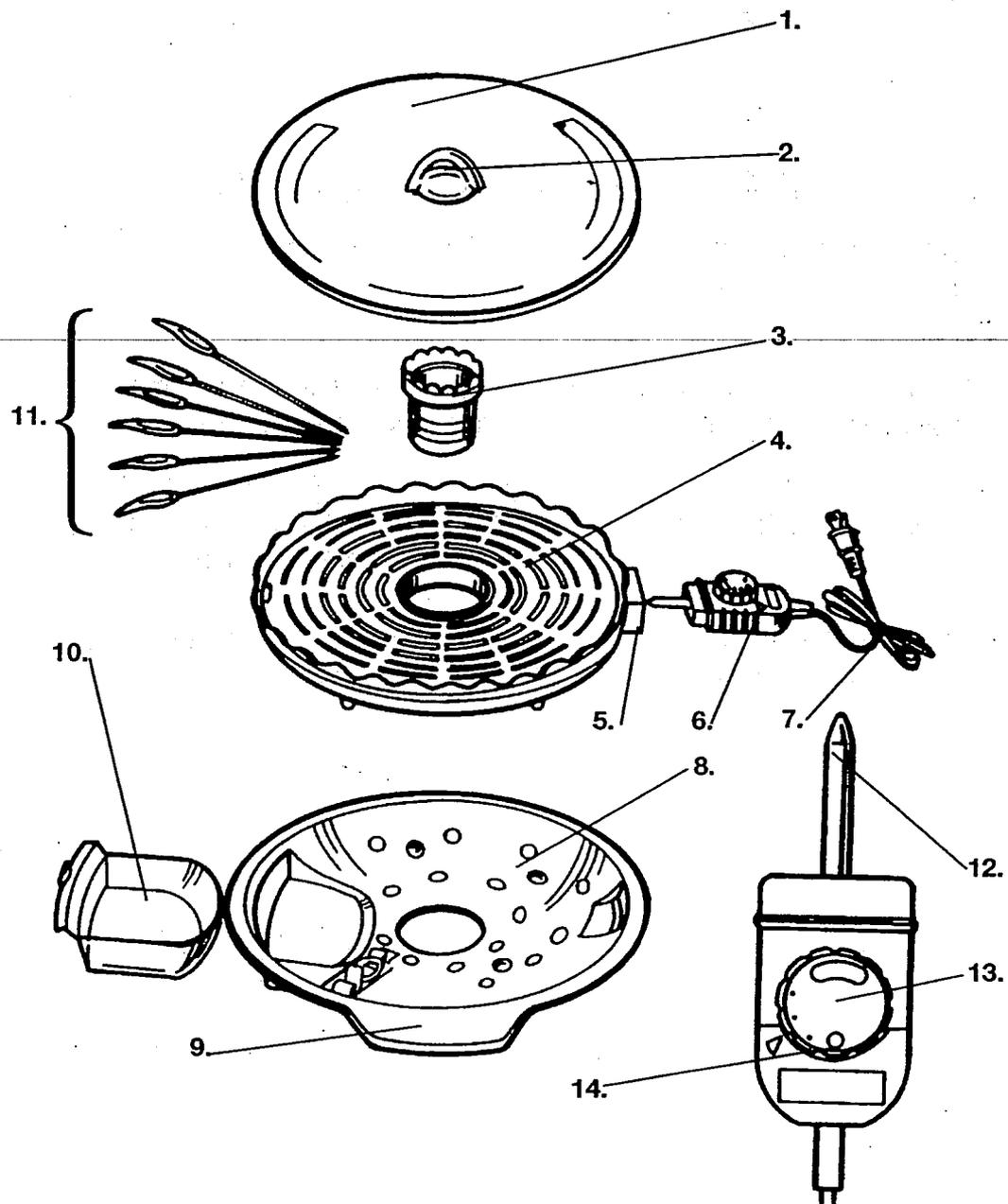
Short Cord Instructions

A short power-supply cord is provided to reduce the risk resulting from becoming entangled in or tripping over a longer cord. . .

Longer detachable power-supply cords or extension cords are available and may be used if care is exercised in their use.

If a longer detachable power-supply cord or extension cord is used, (1) the marked electrical rating of the extension cord should be at least as great as the electrical rating of the appliance, and (2) the longer cord should be arranged so that it will not drape over the counter top or table top where it can be pulled on by children or tripped over unintentionally.

Getting To Know Your Salton® George Foreman Fusion Grilling Machine



- | | |
|-------------------------------|-------------------------------|
| 1. Lid | 8. Housing Base |
| 2. Lid Knob | 9. Housing Handles |
| 3. Fusion Cup | 10. Grease Tray |
| 4. Fusion Grill Pan | 11. Skewers |
| 5. Control Socket | 12. Temperature Sensor |
| 6. Temperature Control | 13. Temperature Dial |
| 7. Power Cord | 14. Indicator Light |

The Lid

The lid is designed to be loose fitting so steam can escape during cooking. Lift and lower lid with its knob using extreme caution; keep hands and face away from escaping steam. For safety, the lid should never be used while preheating.

**CAUTION! THE LID IS MADE OF GLASS.
HANDLE WITH CARE.**

Cooking Tools

Do not use sharp-edged tools such as forks, knives, beaters, metal spatulas, etc., as they will scratch the non-stick cooking surface and damage the Fusion Grill pan surface.

Always use non-stick spatulas and tongs.

The Fusion Grill Pan

The cooking pan is designed to saute, dry fry and grill. It is made with a non-stick surface that is fully immersible which makes cooking and clean-up easy! Always wait until the pan is completely cool before removing it from its base for cleaning.

The Fusion Cup

The die cast, non-stick coated cup with the fluted edge is called the fusion cup. It serves several purposes with this grill.

1. It should always be inserted during operation.
2. It is non-stick coated and is top rack dishwasher safe.
3. The fluted lip can serve as the resting point for the skewer's tips.
4. You can put infusion waters, flavorings, wine, marinades and dipping sauces into the cup. Dipping sauces and marinades should be added near the end of the grilling time, so they don't overheat and caramelize, affecting their flavor.
5. **The infusion cup gets hot...remove it with caution using a pot holder or mitt.**

Introduction

Congratulations on owning the Salton® George Foreman Fusion Grill.

The fusion pan's temperature is thermostatically controlled and adjustable from "Warm" to 420°F. Fast heat recovery, so necessary for precise cooking, is achieved with its 1200 watts of power. The interior is coated with a non-stick coating, enabling the food to be properly cooked without sticking.

The George Foreman Fusion Grill has a sloped grill pan so fats and extra juices roll down and away into the separate grease tray. The ridges which circle around the grilling pan, hold foods in place.

The Fusion Grill comes with 6 individually color-coded skewers so everyone has their own color and can identify which kabob is theirs. The skewers should be hand washed as they are very thin and will fall through the cutlery basket in the dishwasher.

DO NOT PUT THE SKEWERS INTO THE DISHWASHER.

User Maintenance Instructions

WARNING: To avoid electric shock, unplug from outlet when not in use and before cleaning. Use care not to allow any moisture to contact the control socket during cleaning. Carefully rinse the Fusion Grill pan or temperature control of this appliance in warm, soapy water.

1. Before cleaning, unplug the appliance from the wall outlet and allow to cool.
2. Gently remove the temperature control from the control socket prior to disassembling. **NEVER IMMERSE OR RINSE THE TEMPERATURE CONTROL IN WATER OR ANY OTHER LIQUID.** Dry the temperature control with a dry, soft cloth or paper towel.
3. Then remove the Fusion Grill pan from its housing base by gently pulling the hook lever to release it. Clean the pan by carefully rinsing and wiping with warm soapy water. Then wipe it with a dry, soft cloth or paper towel. **Be sure to dry thoroughly; including the socket pins.**
4. Clean lid and housing base with a soft sponge or cloth moistened with water and mild detergent, and then wipe with a clean, damp cloth.

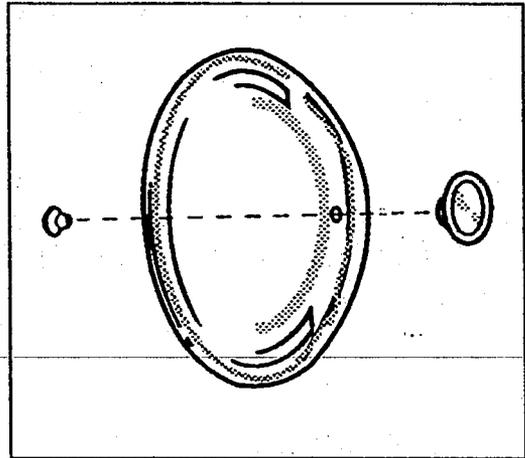
Note: Handle glass lid with care to prevent chipping or breaking. It may become slippery when cleaning.

5. Do not use steel wool, scouring pads or abrasive cleaners on any part of this appliance.
6. This appliance should be cleaned after every use.

Before Using for the First Time

LID AND LID KNOB ASSEMBLY

1. Unscrew the lid knob from inside of the lid.
2. Position the knob and its base on the outside of the lid, at its topmost point, then screw the lid knob to the top of the lid. (See sketch at right.) Both the knob and its base must always be on the exterior of the lid during cooking.



3. Periodically check to make sure the knob is securely fastened onto the lid. Always tighten by hand; do not over tighten.

GENERAL PROCEDURES

- Make sure the appliance is unplugged. Remove the temperature control and Fusion Grill pan, setting both aside.
- To detach the pan, carefully lift it from the base, at the grease tray end, pulling it up and towards you. ***ALWAYS make sure the grease tray is empty before removing the pan from the base.***
- Completely wipe the Fusion Grill pan with a damp cloth to remove all dust. Apply a thin coating of cooking oil for easy maintenance for next use.
- Wash housing base, lid and skewers with warm, sudsy water and rinse. Dry thoroughly before attaching the Fusion Grill pan and inserting the temperature control.

Instructions for Use

STEP 1: Preparing the Food

Before assembling and using the Fusion Grill pan, prepare and organize all foods to be cooked.

STEP 2: Attaching the Fusion Grill Pan into the Housing Base

Before attaching the Fusion Grill pan, first make sure the appliance is unplugged and resting on a stable surface.

To attach the pan, set the pan into the housing base, with the control socket in its opening, and gently push the Fusion Grill pan downward until the grill fits into place.

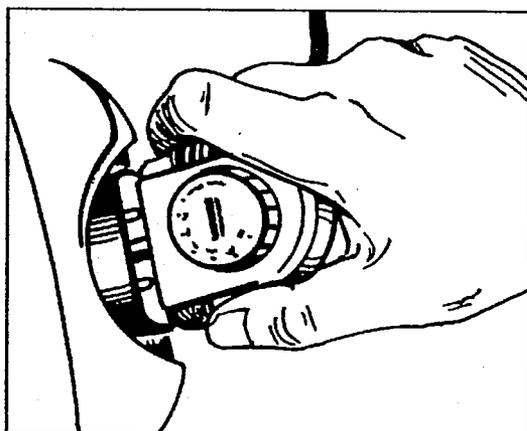
WARNING: *To avoid injury to persons and damage to the appliance, do not use the fusion pan in an unstable position. Never attempt to use the fusion pan without the housing base.*

STEP 3: Inserting the Temperature Control

CAUTION: *The temperature control is designed to yield precise results. Use care not to drop, hit, or impact it against hard surfaces.*

Never pull on the cord of the temperature control. Always grip the body of the control when handling.

NOTE: *The Fusion Grill pan and housing base must be assembled prior to inserting the temperature control.*



Before inserting the temperature control into the appliance, make sure the dial is set to the "OFF" position. Make sure the temperature control is unplugged from the wall outlet and the grill pan is securely attached to the base.

Insert the temperature control completely and securely into the control socket.

STEP 4: Operating the Appliance

WARNING: At all times during and after cooking, make sure the appliance is in a stable position, to reduce the risk of spilling hot contents.

Before plugging in the appliance, make sure the Fusion Grill pan and temperature control are securely in the appliance, and the dial to the temperature control is "OFF."

Plug the cord into a standard 120V AC electrical wall outlet.

The temperature of the pan is controlled by turning the dial of the temperature control. The temperature control can provide a maximum temperature of 420°F.

To preheat the pan, remove the lid and set the temperature dial to the desired temperature by aligning the desired temperature with the indicator light on the body of the control. The indicator light will go on. When the indicator light goes off, the selected temperature has been reached.

Set the temperature dial according to the food prepared:

Temp. Dial	Food
420°F	Steak
350°F - 420°F	Barbecue, Teriyaki Veggies
250°F - 350°F	Fish, Rice, Noodles
Warm	Keep Warm

WARNING: Do not place your hands under the housing base during use.

NOTE: During cooking, the indicator light will cycle on and off, indicating that the Fusion Grill pan is maintaining the selected temperature.

Creaking noise may occur during cooking. This is normal. The noise results from the thermal expansion of the Fusion Grill pan as it heats.

Operating the Appliance *(continued)*

When cooking food in the grill pan, use a long plastic spatula, or similar utensils.

CAUTION: Do not use metal or sharp-edged utensils, as these can damage the non-stick surface of the grill pan. Do not leave any plastic utensils on the grill pan surface while it is plugged in or hot.

When you have finished cooking, turn the temperature dial to the **“OFF”** position and unplug the cord from the wall outlet. Do not touch hot surfaces! Use caution when serving hot foods.

Allow the appliance to cool before removing any part of the appliance or cleaning it. After it has cooled, gently remove the temperature control from the control socket, and then remove the grill pan from the housing base by gently pulling the hook lever to release it. Clean the appliance by following the User Maintenance Instructions on page 8.

Cooking Methods

PAN-BROIL

Cooking food over high heat in an open skillet using little or no fat.

Add little or no oil to pan and preheat to desired temperature (generally 400°F). Place food on hot Fusion Grill pan. Brown, turning often. Remove excess run-off as it accumulates in the grease tray.

DRY FRY

Using high heat (420°F) for the first few minutes, you can “crisp” the exterior of the food. Lower the temperature to 375°F, turning the food stir-fry style with a spatula or with tongs.

BASTING

You can baste meat, chicken, fish and vegetables while they are cooking on the Fusion Grill. Using a basting brush, coat the meat while it is in the Fusion Grill pan. Check the temperature setting, so that it is not too hot. If the marinade begins to “burn” or “brown” on the pan surface, it is caramelizing — the pan is too hot. Reduce the temperature by 25-50°F.

Using either plain water or infusion water in the fusion cup, with the lid in place will result in moist, juicy foods.

Infusion Waters, Dipping Sauces and Marinades

Fusion grilling with no added fats lets you enjoy your meal creations guilt-free! Now with the infusion cup, you can infuse new flavors into your dishes subtly, without the “sauce” overpowering the food.

INFUSION WATERS

These are fat-free ideas for infusing flavors of the world into various dishes. They help create steam as they are water based, and are delicious alternatives to oiled sauces.

Garlic Water

1/2 cup of water with 1 tablespoon fresh minced garlic. Combine the two and let them “merge” in a covered plastic container for at least one hour. Add to the fusion cup, insert the cup into the fusion pan (already in the housing base). Then add your meats, veggies, etc. to the pan. Cover with the lid, turn on the heat, and you will see condensation form as the cup heats up, gently infusing the garlic flavor into the food. If you want *INTENSE* garlic flavor, add it directly to the dish you are cooking.

Other Waters

Here are some fun, delicious infusions we’ve tried. Use the same ratio as above, combine different spices, experiment and enjoy!

Lemongrass; found in Thai and Asian markets

Ginger; found in most groceries

Chilies; jalapenos and others

Masala water; garam masala can be found in health food stores in the spice aisle or in Indian markets. Just add one teaspoon to a half cup of water.

DIPPING SAUCES

Many dipping sauces can be purchased at the markets and are usually in the “ethnic” food sections. If you use a dipping sauce, keep in mind, it is better to add it to the cup close to when the meal is finished cooking. Using care, pour the sauce directly into the cup. If you add the sauce to the cup at the beginning of the cooking cycle, it will heat up quickly and will cook as well, so it may caramelize.

MARINADES

Marinades can be added to the fusion cup at the beginning of cooking; they will heat up with the food. Then, using a marinade brush no more than 2 inches in diameter, dip it into the cup and brush the marinade onto the food. **DO NOT LIFT THE CUP OUT and use it to pour marinade onto the grill. IT IS EXTREMELY HOT!**

THE SKEWERS

Each skewer is color-coded so you and others can identify your kabob by the color of the handle.

Each skewer has a stop or rest near the handle. Do not push or place food stuffs past the stop.

A word about food size...

Cut pieces no larger than 1” cubes, and then place them onto the skewer tong.

Recipes

Spicy Vegetable Kebabs

- 1 medium zucchini squash, cut into 1/2-inch thick slices
- 1 medium yellow squash, cut into 1/2-inch thick slices
- 1 red bell pepper, cut into 3/4-inch chunks
- 1/2 small red onion, cut into 3/4-inch chunks
- 1/3 cup hickory barbecue sauce
- 1 teaspoon hot pepper sauce

Heat the Fusion Grill to 325 degrees. Alternately thread squash, bell pepper and onion chunks onto 4 (10 to 12-inch) metal skewers (or bamboo skewers that have been soaked in water 10 minutes). Combine barbecue and hot pepper sauces; brush half of mixture over kebabs. Grill 8 to 10 minutes or until vegetables are tender, turning occasionally and brushing with remaining sauce.

Makes 4 side dish servings.

Nutritional information per serving: 42 calories; 2g protein; 8g carbohydrates; 1g total fat; 0g saturated fat; (11% calories from fat); 0mg cholesterol; 2g dietary fiber; 6g sugars; 174mg sodium.

Satay Chicken Appetizers

3/4 pound chicken tenders or 1/2-inch wide strips of
boneless, skinless chicken breast
1/4 cup soy sauce
1-1/2 tablespoons fresh lime juice
1 teaspoon bottled or fresh minced garlic
1 teaspoon sugar
1/2 teaspoon dried hot pepper flakes
1 tablespoon peanut butter
1 tablespoon water

Place chicken in a medium bowl. Combine soy sauce, lime juice, garlic, sugar and pepper flakes; mix well. Remove and reserve 3 tablespoons mixture. Pour remaining mixture over chicken, tossing to coat. Refrigerate at least 30 minutes or up to 2 hours before cooking. Heat the Fusion Grill to 350 degrees. Thread chicken onto 8 (6 to 8-inch) metal skewers (or bamboo skewers that have been soaked in water 10 minutes); brush with any marinade remaining in bowl. Grill skewers 4 to 5 minutes per side or until chicken is cooked through. Meanwhile, combine reserved 3 tablespoons soy sauce mixture with peanut butter and water in a small saucepan. Cook over medium heat until peanut butter melts and sauce thickens, stirring frequently. Serve as a dipping sauce for chicken.

Makes 8 appetizer or 4 main dish servings.

Nutritional information per serving: 91 calories; 14g protein; 2g carbohydrates; 3g total fat; 1g saturated fat; (26% calories from fat); 36mg cholesterol; 0g dietary fiber; 1g sugars; 344mg sodium.

Grilled Bruschetta

2 tablespoons extra-virgin olive oil, divided
4 oval slices Vienna or sourdough bread
2 teaspoons balsamic vinegar
1 clove garlic, minced
1/2 teaspoon freshly ground black pepper
1/4 teaspoon salt
1-1/2 cups chopped ripe tomato
2 tablespoons chopped fresh basil

Heat the Fusion Grill to 350 degrees. Brush 1 tablespoon of the oil lightly over both sides of the bread. Grill bread 2 to 3 minutes per side or until lightly toasted. Meanwhile, combine remaining 1 tablespoon oil, vinegar, garlic, pepper and salt in a medium mixing bowl. Add tomato and basil, tossing lightly. Just before serving, spoon tomato mixture evenly over bread.

Makes 4 appetizer servings.

Nutritional information per serving: 143 calories; 3g protein; 17g carbohydrates; 7g total fat; 1g saturated fat; (47% calories from fat); 0mg cholesterol; 2g dietary fiber; 2g sugars; 291mg sodium.

Grilled Polenta

1 tube (16 ounces) mushroom, sun dried tomato or plain polenta
1 tablespoon porcini flavored olive oil or extra virgin olive oil
1/4 teaspoon freshly ground black pepper
1-1/2 tablespoons grated Romano or Parmesan cheese

Heat the Fusion Grill to 325 degrees. Slice polenta crosswise into eight (3/4 inch) slices. Brush both sides of slices lightly with oil. Grill 5 minutes. Turn; sprinkle with pepper and cheese. Continue to grill 5 minutes or until polenta is hot.

Makes 4 side dish servings.

Nutritional information per serving: 121 calories; 3g protein; 17g carbohydrates; 4g total fat; 1g saturated fat; (31% calories from fat); 2mg cholesterol; 2g dietary fiber; 0g sugars; 244mg sodium.

Grilled Chicken Caesar Salad

4 (4 to 5 ounce) boneless, skinless chicken breast halves
2/3 cup plus 1 tablespoon fat free or
light Caesar salad dressing*, divided
2 slices sourdough bread
8 ounces (6 cups packed) torn romaine lettuce or
mixed salad greens
1 cup halved cherry tomatoes or chopped tomato
2 tablespoons grated Parmesan cheese (optional)
freshly ground black pepper

Place chicken on a plate; pour 1/3 cup dressing over chicken, turning to coat. Let stand 10 minutes. Meanwhile, heat the Fusion Grill to 350 degrees. Brush both sides of bread lightly with remaining 1 tablespoon dressing. Grill 3 minutes per side or until lightly toasted. Remove and reserve bread. Place chicken on grill; grill 5 minutes per side or until chicken is cooked through. Transfer to carving board.

Toss lettuce with tomatoes and remaining 1/3 cup dressing; arrange on four serving plates. Carve chicken crosswise into slices; arrange over salad mixture. Cut grilled bread into croutons; arrange over salad. Sprinkle with cheese, if desired and serve with pepper.

Makes 4 servings.

*Use an oil and vinegar based (not creamy) Caesar salad dressing.

Nutritional information per serving: 189 calories; 25g protein; 11g carbohydrates; 3g total fat; 1g saturated fat; (17% calories from fat); 63mg cholesterol; 2g dietary fiber; 3g sugars; 708mg sodium.

Italian Grilled Peppers

- 1 large red bell pepper
- 1 large yellow or green bell pepper
- 1 tablespoon basil, oregano or rosemary infused olive oil
or extra virgin olive oil
- 2 teaspoons Dijon style mustard
- 1 teaspoon balsamic or red wine vinegar
- 1/2 teaspoon bottled or fresh minced garlic
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper

Heat the Fusion Grill to 350 degrees. Cut bell peppers lengthwise into 1-inch wide strips; discard stems and seeds. Combine oil, mustard, vinegar, garlic, salt and pepper; mix well. Brush half of mixture over pepper strips. Grill 6 to 8 minutes per side or until peppers are tender, turning and brushing with remaining oil mixture occasionally.

Makes 4 side dish servings.

Nutritional information per serving: 48 calories; 1g protein; 4g carbohydrates; 3g total fat; 0g saturated fat; (65% calories from fat); 0mg cholesterol; 1g dietary fiber; 1g sugars; 194mg sodium.

Grilled Potato Wedges

2 large russet (baking) potatoes
1-1/2 tablespoons butter or margarine, melted
1/2 teaspoon seasoned salt
1/4 teaspoon freshly ground black pepper
light or fat free sour cream (optional)

Scrub potatoes and bake in 400 degree oven for 40 minutes or cook at high power in microwave oven 10 to 12 minutes or until almost tender. Cool at least 30 minutes. Heat the Fusion Grill to 350 degrees. Cut each potato lengthwise into 6 wedges. Combine melted butter, salt and pepper; brush over potatoes. Arrange cut side down on grill; grill for 4 minutes. Turn; continue to grill 4 minutes or until tender and golden brown. Serve with sour cream, if desired.

Makes 4 side dish servings.

Nutritional information per serving: 148 calories; 2g protein; 26g carbohydrates; 4g total fat; 3g saturated fat; (26% calories from fat); 12mg cholesterol; 2g dietary fiber; 2g sugars; 242mg sodium.

Honey Glazed Onions

8 (1/2 thick) slices large red or sweet onion
2 teaspoons melted butter or margarine
1 tablespoon plus 1 teaspoon honey
1 tablespoon spicy brown mustard
1/4 teaspoon salt
1/4 teaspoon paprika

Heat the Fusion Grill to 325 degrees. Brush one side of onion slices lightly with butter. Place on grill butter side down and grill 7 minutes. Turn onion slices; grill 5 minutes. Brush with combined honey, mustard, salt and paprika. Continue to grill 2 to 3 minutes or until onions are tender.

Makes 4 side dish servings.

Nutritional information per serving: 64 calories; 1g protein; 11g carbohydrates; 2g total fat; 1g saturated fat; (28% calories from fat); 5mg cholesterol; 1g dietary fiber; 9g sugars; 245mg sodium.

Tuscan Grilled Asparagus

8 ounces thin asparagus spears
1-1/2 teaspoons rosemary infused olive oil or
1-1/2 teaspoons olive oil plus 1/2 teaspoon dried
rosemary, crushed
1/2 teaspoon minced fresh or bottled garlic
1/4 teaspoon salt
1 tablespoon freshly grated Parmesan or Romano cheese
1/4 teaspoon freshly ground black pepper

Heat the Fusion Grill to 350 degrees. Trim off woody ends of asparagus; transfer to a plate. Drizzle oil over asparagus; sprinkle with garlic and salt. Roll asparagus in oil mixture to coat all sides evenly. Grill for 6 to 8 minutes or until asparagus are crisp-tender, turning occasionally. Transfer to serving plates; top with cheese and pepper.

Makes 2 side dish servings.

Nutritional information per serving: 72 calories; 4g protein; 6g carbohydrates; 5g total fat; 1g saturated fat; (52% calories from fat); 2mg cholesterol; 3g dietary fiber; 3g sugars; 327mg sodium.

Grilled Eggplant Parmesan

1 large eggplant, about 1-1/4 pounds
2 tablespoons light or regular Italian salad dressing
2/3 cup prepared tomato basil spaghetti sauce
1/4 teaspoon dried red pepper flakes
4 slices light or regular Provolone cheese
chopped fresh basil (optional)

Heat the Fusion Grill to 325 degrees. Cut eggplant crosswise into four 3/4-inch thick slices. Reserve ends of eggplant for another use. Brush both sides of eggplant slices with dressing. Place on grill and grill 5 minutes. Turn; top with spaghetti sauce, pepper flakes and cheese. Continue to grill about 5 minutes or until eggplant is tender and cheese is melted. Sprinkle with basil, if desired.

Makes 2 main dish or 4 side dish servings.

Nutritional information per serving: 231 calories; 21g protein; 19g carbohydrates; 10g fat; 4g saturated fat; (36% calories from fat); 20mg cholesterol; 5g dietary fiber; 9g sugars; 727mg sodium.

Portabello Mushroom Burgers

4 whole wheat hamburger rolls or Kaiser rolls, split
1/3 cup fat free or light Caesar salad dressing*
4 large portabello mushrooms, stems trimmed
4 slices light or regular Provolone cheese
8 large spinach leaves
1/4 cup packed sliced basil leaves
4 large pieces bottled roasted red bell peppers, rinsed, drained

Heat the Fusion Grill to 350 degrees. Lightly brush cut sides of rolls with some of the dressing. Grill, dressing side down, for about 3 minutes or until lightly toasted. Transfer to four serving plates. Brush both sides of mushrooms with remaining dressing. Grill about 4 minutes per side or until mushrooms are tender. Arrange cheese over mushrooms during last minute of cooking to melt slightly. Arrange spinach leaves and basil over bottom of rolls. Top with roasted peppers and mushrooms. Close sandwiches with roll tops.

Makes 4 servings.

*Use an oil and vinegar based (not creamy) salad dressing.

Nutritional information per serving: 238 calories; 16g protein; 32g carbohydrates; 6g total fat; 2g saturated fat; (23% calories from fat); 10mg cholesterol; 3g dietary fiber; 3g sugars; 919mg sodium.

Southwestern Veggie Wraps

1 large zucchini squash

1 large yellow squash

2 (1/4-inch thick) slices large onion

1/3 cup canned hot or mild enchilada sauce or
taco sauce

1 cup canned refried black or pinto beans, heated

4 (8 inch) flavored or plain flour tortillas, heated

1/2 cup (2 ounces) shredded reduced fat Cheddar
or Mexican cheese blend

Heat the Fusion Grill to 350 degrees. Cut squash lengthwise into 6 wedges; brush squash and onion slices with half of enchilada sauce. Grill 8 to 9 minutes or until vegetables are tender, turning and brushing with remaining enchilada sauce once or twice.

Spread beans over warm tortillas; top with vegetables and sprinkle with cheese. Roll up.

Makes 4 servings.

Nutritional information per serving: 234 calories; 12g protein; 38g carbohydrates; 5g total fat; 2g saturated fat; (17% calories from fat); 5mg cholesterol; 7g dietary fiber; 4g sugars; 537mg sodium.

Asian Grilled Mushrooms

1/3 cup light or regular soy sauce
1 tablespoon dry sherry or seasoned rice vinegar
2 teaspoons dark roasted sesame oil
1 teaspoon bottled or fresh minced ginger
1 teaspoon bottled or fresh minced garlic
4 large portabello mushrooms, stems trimmed
1 (10 ounce) package fresh spinach
1/4 cup thinly sliced green onions

Heat the Fusion Grill to 350 degrees. Combine soy sauce, oil, vinegar, ginger and garlic. Reserve 2 tablespoons mixture. Brush remaining mixture over both sides of mushrooms. Grill about 4 minutes per side or until mushrooms are tender. Meanwhile, cook spinach with reserved soy sauce mixture until wilted and hot. Arrange on four serving plates. Carve mushrooms into 1/2-inch slices; arrange over spinach. Sprinkle with green onions.

Makes 4 servings.

Nutritional information per serving: 77 calories; 5g protein; 9g carbohydrates; 3g total fat; 0g saturated fat; (31% calories from fat); 0mg cholesterol; 3g dietary fiber; 2g sugars; 868mg sodium.

Grilled Turkey Pastrami Reubens

4 large slices rye or marble rye bread
2 teaspoons tub margarine or softened butter
2 slices light or regular Swiss cheese
2 tablespoons fat free or light mayonnaise
2 tablespoons chili sauce
4 ounces thinly sliced deli turkey pastrami
1/3 cup drained sauerkraut

Heat the Fusion Grill to 350 degrees. Spread one side of each slice of bread with margarine. Turn 2 slices of bread over; top with cheese, tearing to fit if necessary. Combine mayonnaise and chili sauce; mix well. Spread half of mixture over cheese; top with turkey and sauerkraut. Close sandwiches with remaining 2 slices bread, margarine side up. Grill sandwiches 4 to 5 minutes per side or until lightly toasted and cheese melts.

Makes 2 servings.

Nutritional information per serving: 355 calories; 25g protein; 33g carbohydrates; 13 g total fat; 5g saturated fat; (34% calories from fat); 46mg cholesterol; 4g dietary fiber; 7g sugars; 1,542mg sodium.

Barbecued Sausage & Onion Sandwiches

4 (6 inch) French sandwich rolls, split
cooking spray
4 (3 ounce) fully cooked chicken bratwurst or
turkey smoked sausages
2 (1/4-inch thick) slices large sweet or red onion
1/4 cup hickory flavored barbecue sauce

Heat the Fusion Grill to 350 degrees. Coat cut sides of rolls lightly with cooking spray. Lay rolls, cut side down on grill; grill about 3 minutes or until lightly toasted. Transfer to four serving plates. Place bratwurst on grill. Coat both sides of onion slices with cooking spray; place on grill. Grill bratwurst and onion slices 6 minutes, turning once. Brush barbecue sauce over bratwurst and onion slices; continue to grill 5 to 6 minutes or until onions are tender and bratwurst is hot, turning and brushing with sauce occasionally. Transfer bratwurst to rolls. Separate onion slices into rings; arrange over bratwurst.

Makes 4 servings.

Nutritional information per serving: 336 calories; 23g protein; 40g carbohydrates; 10g total fat; 2g saturated fat; (27% calories from fat); 76mg cholesterol; 1g dietary fiber; 3g sugars; 1,013mg sodium.

Grilled Chicken Fajitas

- 8 ounces boneless, skinless chicken breast cut into (1/2-inch wide) long strips
- 1 red, yellow or green bell pepper, cut into long thin strips
- 2 (1/4-inch thick) slices small red or sweet onion, separated into rings
- 1/3 cup picante sauce or salsa
- 1 teaspoon bottled or fresh minced garlic
- 4 (8 inch) flavored or plain flour tortillas, warmed
- 1/4 cup chopped cilantro
- shredded Monterey Jack or Pepper Jack cheese (optional)

Place chicken, bell pepper and onion in a resealable plastic bag. Add picante sauce and garlic. Close bag securely, turning to coat. Refrigerate at least 30 minutes or up to 8 hours before cooking. Heat the Fusion Grill to 350 degrees. Drain chicken and vegetables; discard marinade. Grill about 4 minutes per side or until chicken is cooked through and vegetables are crisp-tender. Serve in tortillas; top with cilantro, and, if desired, cheese.

Makes 4 servings.

Nutritional information per serving: 169 calories; 15g protein; 25g carbohydrates; 2g total fat; 0g saturated fat; (10% calories from fat); 31mg cholesterol; 4g dietary fiber; 3g sugars; 305mg sodium.

Grilled Beef & Blue Cheese Salad

1 (1 pound) boneless beef top sirloin steak, cut 1-inch thick
1/4 cup plus 2 tablespoons fat free or
light Italian salad dressing, divided
8 ounces (6 cups packed) mesclun salad greens or
torn mixed lettuce
1 cup diced ripe tomatoes or halved yellow or
red cherry tomatoes
1/4 cup (1 ounce) crumbled blue cheese
1/2 cup garlic croutons (optional)
Freshly ground black pepper

Heat the Fusion Grill to 350 degrees. Brush both sides of steak lightly with 2 tablespoons dressing. Grill 4 to 5 minutes per side for medium rare. Transfer to a carving board; let stand 5 minutes. Toss salad greens and tomatoes with remaining 1/4 cup dressing; arrange on four serving plates. Carve steak crosswise into thin slices; arrange slices over salad. Sprinkle with cheese, and, if desired, croutons. Serve with pepper.

Makes 4 servings.

Nutritional information per serving: 238 calories; 27g protein; 10g carbohydrates; 9g total fat; 4g saturated fat; (35% calories from fat); 80mg cholesterol; 0g dietary fiber; 3g sugars; 511mg sodium.

Ginger Glazed Chicken

4 (4 to 5 ounce) boneless, skinless chicken breast halves
2 tablespoons soy sauce
1/2 teaspoon bottled or fresh minced garlic
1/4 teaspoon crushed red pepper flakes
1/4 cup orange marmalade
1 teaspoon bottled or fresh grated ginger root or
1/2 teaspoon ground ginger

Brush both sides of chicken with combined soy sauce, garlic and pepper flakes; let stand 10 minutes. Heat the Fusion Grill to 350 degrees. Place chicken on hot Grill; grill 6 minutes. Turn chicken; brush with combined orange marmalade and ginger. Continue to grill 5 to 6 minutes or until chicken is cooked through.

Makes 4 servings.

Nutritional information per serving: 208 calories; 29g protein; 15g carbohydrates; 3g total fat; 1g saturated fat; (15% calories from fat); 78mg cholesterol; 0g dietary fiber; 14g sugars; 594mg sodium.

Tarragon Chicken Breasts

4 (5 to 6 ounce) boneless, skinless chicken breast halves
1 tablespoon Dijon mustard
1 tablespoon chopped fresh tarragon or
1 teaspoon dried
1 teaspoon olive oil
1 teaspoon balsamic or red wine vinegar
1/2 teaspoon bottled or fresh minced garlic
1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper

Heat the Fusion Grill to 350 degrees. Brush both sides of chicken with combined mustard, tarragon, oil, vinegar, garlic, salt and pepper. Grill chicken about 6 minutes per side or until cooked through.

Makes 4 servings.

Nutritional information per serving: 168 calories; 29g protein; 1g carbohydrates; 4g total fat; 1g saturated fat; (25% calories from fat); 78mg sodium; 0g dietary fiber; 0g sugars; 425mg sodium.

Great Grilled Hamburgers

1 pound lean ground beef
1/3 cup plus 1-1/2 tablespoons chili sauce, divided
1/4 cup seasoned dry bread crumbs
1 large egg white
1/4 teaspoon salt (optional)
1/4 teaspoon freshly ground black pepper
2 slices red onion (1/4-inch thick)
cooking spray
4 whole grain or bakery hamburger rolls, split, lightly toasted*
1-1/2 tablespoons fat free or light mayonnaise
4 lettuce leaves
4 slices tomato

Heat the Fusion Grill to 350 degrees. Combine ground beef, 1/3 cup chili sauce, bread crumbs, egg white, salt and pepper, mixing lightly but thoroughly. Shape to form four 1/2-inch thick patties. Coat red onion slices and patties lightly with cooking spray. Place patties and onion slices on grill. Grill about 6 minutes per side or until burgers are no longer pink in center or internal temperature reaches 160 degrees. Separate onions into rings; place patties and onion rings on bottoms of rolls. Combine remaining 1-1/2 tablespoons chili sauce with mayonnaise; mix well. Top patties with sauce, lettuce, tomato and roll tops.

Makes 4 servings.

* Rolls may be toasted on Fusion Grill. Coat cut surfaces of rolls lightly with cooking spray; grill half of rolls at a time cut side down about 2 minutes or until lightly toasted.

Nutritional information per serving: 560 calories; 42g protein; 53g carbohydrates; 21g total fat; 7g saturated fat; (33% calories from fat); 112mg cholesterol; 2g dietary fiber; 9g sugars; 1,205mg sodium.

Grilled Caribbean Tuna Steaks

4 (5 to 6 ounce) fresh ahi tuna steaks, cut 3/4-inch thick
1-1/2 teaspoons Caribbean jerk seasonings
1/4 cup bottled mango chutney
1-1/2 teaspoons fresh lime juice
1/4 teaspoon bottled or fresh minced ginger

Heat the Fusion Grill to 350 degrees. Sprinkle both sides of tuna with jerk seasonings. Grill 3 to 4 minutes per side or until tuna is barely opaque and pink in center (do not over cook or tuna will be tough). Combine chutney, lime juice and ginger; serve tuna with chutney sauce.

• Makes 4 servings.

• **Nutritional information per serving:** 287 calories; 43g protein; 7g carbohydrates; 9g total fat; 2g saturated fat; (29% calories from fat); 70mg cholesterol; 0g dietary fiber; 6g sugars; 252mg sodium.

Blackened Red Snapper

1 tablespoon butter or margarine, melted
1 tablespoon fresh lemon juice
4 (6 to 8 ounce) skinless red snapper or mahi mahi fish fillets
4 teaspoons blackened seasoning mix or
Cajun or Creole seasoning mix
lemon wedges

Heat the Fusion Grill to 350 degrees. Combine butter and lemon juice; brush half of mixture evenly over one side of fish fillets. Sprinkle 2 teaspoons seasoning mix evenly over fish. Place fish on grill seasoned side down. Grill 3 minutes. Brush remaining butter mixture over uncooked side of fish; sprinkle with remaining 2 teaspoons seasoning mix. Turn fish; continue to grill 3 to 4 minutes or until fish is opaque. Serve with lemon wedges.

Makes 4 servings.

Nutritional information per serving: 211 calories; 40g protein; 0g carbohydrates; 4g total fat; 2g saturated fat; (20% calories from fat); 167mg cholesterol; 0g dietary fiber; 0g sugars; 602mg sodium.

Asian Shrimp Kebabs

1-1/2 tablespoons soy sauce
1-1/2 teaspoons dark roasted sesame oil
1/2 teaspoon sugar
1/2 teaspoon bottled or fresh minced ginger root
1/2 teaspoon bottled or fresh minced garlic
1/4 teaspoon dried red pepper flakes
1 pound peeled and deveined large shrimp

In a medium bowl, combine soy sauce, sesame oil, sugar, ginger, garlic and pepper flakes; mix well. Stir in shrimp; let stand 10 minutes. Heat the Fusion Grill to 350 degrees. Thread shrimp onto 4 (8 to 10-inch) metal skewers (or bamboo skewers that have been soaked in water 10 minutes) leaving marinade in bowl. Grill shrimp 4 minutes per side or until opaque. Bring reserved marinade to a boil; simmer 1 minute. Serve as a dipping sauce for shrimp.

Makes 4 servings.

Nutritional information per serving: 104 calories; 18g protein; 1g carbohydrates; 3g total fat; 0g saturated fat; (24% calories from fat); 161mg cholesterol; 0g dietary fiber; 1g sugars; 571mg sodium.

Mustard Glazed Salmon

4 (5 to 6 ounce) skinless salmon fillets
1/2 teaspoon salt
1/2 teaspoon paprika
1 tablespoon honey
1 teaspoon Dijon style mustard
1/2 teaspoon mustard seed

Heat the Fusion Grill to 350 degrees. Sprinkle salmon with salt and paprika. Place seasoned side down on grill. Grill 4 minutes. Combine honey, mustard and mustard seed. Turn salmon over; spread with honey mixture. Continue to grill about 4 minutes or until salmon is opaque in center.

Makes 4 servings.

Nutritional information per serving: 222 calories; 28g protein; 5g carbohydrates; 9g total fat; 1g saturated fat; (39% calories from fat); 78mg cholesterol; 0g dietary fiber; 4g sugars; 359mg sodium.

Sassy Halibut Steaks

4 (5 to 6 ounce) halibut steaks or skinless fillets, cut 3/4-inch thick
3 tablespoons prepared salsa or picante sauce
1 tablespoon prepared honey mustard
2 tablespoons chopped cilantro
lime wedges (optional)

Place halibut on a plate. Combine salsa and mustard; spread over both sides of halibut. Let stand 10 minutes. Heat the Fusion Grill to 350 degrees. Grill halibut for about 4 minutes per side or until opaque. Sprinkle with cilantro and serve with additional salsa and lime wedges, if desired.

Makes 4 servings.

Nutritional information per serving: 171 calories; 30g protein; 3g carbohydrates; 4g total fat; 0g saturated fat; (20% calories from fat); 45mg cholesterol; 0g dietary fiber; 1g sugars; 163 mg sodium.

Skewered Sea Scallops

1 pound large sea scallops
2 green onions, cut into 1-inch pieces
1 tablespoon butter or margarine, melted
2 teaspoons fresh lemon or lime juice
3/4 teaspoon garlic salt
1/4 teaspoon paprika
1/8 teaspoon ground white pepper

Heat the Fusion Grill to 350 degrees. Alternately thread scallops and green onions onto 4 (8 to 10-inch) metal skewers (or bamboo skewers that have been soaked in water 10 minutes). Combine butter, juice, garlic salt, paprika and pepper; mix well. Brush both sides of scallops and green onions with butter mixture. Grill about 4 minutes per side or until scallops are opaque.

Makes 4 servings.

Nutritional information per serving: 183 calories; 23g protein; 5g carbohydrates; 7g total fat; 3g saturated fat; (37% calories from fat); 53mg cholesterol; 0g dietary fiber; 1g sugars; 792mg sodium.

Rosemary Grilled Lamb Chops

8 small well-trimmed loin lamb chops, cut 1-inch thick
(about 2-1/4 pounds)

1 teaspoon garlic salt

1 teaspoon dried rosemary, crushed

1/2 teaspoon freshly ground black pepper

mint jelly (optional)

Heat the Fusion Grill to 350 degrees. Sprinkle both sides of chops with combined garlic salt, rosemary and pepper. Grill about 6 minutes per side for medium doneness. Serve with mint jelly, if desired.

Makes 4 servings.

Nutritional information per serving: 246 calories; 34g protein; 0g carbohydrates; 11g total fat; 4g saturated fat; (42% calories from fat); 107mg cholesterol; 0g dietary fiber; 0g sugars; 335mg sodium.

Sirloin Steak Au Poivre

- 1 (1 pound) well-trimmed boneless beef top sirloin steak, cut 1-inch thick
- 1/2 teaspoon salt
- 2 teaspoons mixed dried peppercorns or black peppercorns

Heat the Fusion Grill to 350 degrees. Sprinkle both sides of steak with salt. Place peppercorns in a small plastic bag. Crush peppercorns with a meat mallet or bottom of a heavy saucepan until coarsely cracked; press cracked pepper into both sides of steak. Grill steak 5 minutes per side for medium rare or until steak is desired doneness. Transfer to a carving board. Carve steak crosswise into thin slices.

Makes 4 servings.

Nutritional information per serving: 166 calories; 26g protein; 1g carbohydrates; 6g total fat; 2g saturated fat; (34% calories from fat); 75mg cholesterol; 0g dietary fiber; 0g sugars; 322 mg sodium.

Spicy Pork Chops Paprikash

4 (5 to 6 ounce) well-trimmed center-cut pork loin chops,
cut 3/4 inch thick

2 teaspoons blackened seasoning mix or Cajun or
Creole seasoning mix

1/4 teaspoon salt

1/2 cup drained sauerkraut

1/3 cup fat free or light sour cream

1/2 teaspoon paprika

Heat the Fusion Grill to 375 degrees. Sprinkle both sides of pork chops evenly with seasoning mix and salt. Grill chops 6 minutes. Turn; top with sauerkraut and sour cream. Sprinkle with paprika. Continue to grill about 6 minutes or until chops are no longer pink in center.

Makes 4 servings.

Nutritional information per serving: 213 calories; 33g protein; 3g carbohydrates; 7g total fat; 2g saturated fat (31% calories from fat); 89mg cholesterol; 1g dietary fiber; 0g sugars; 535mg sodium.

Veal Chops Picatta

4 well-trimmed veal rib chops, cut 1/2 inch thick
2 tablespoons lemon juice
4 cloves garlic, minced
1 teaspoon olive oil
1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper
1 tablespoon drained capers

Place chops in a resealable plastic bag; add lemon juice and garlic. Close bag securely, turning to coat. Refrigerate at least 2 hours or up to 8 hours. Heat the Fusion Grill to 350 degrees. Drain chops, discarding marinade. Brush chops lightly with oil; sprinkle with salt and pepper. Grill 4 to 5 minutes per side for medium doneness. Spoon capers over chops.

Makes 4 servings.

Nutritional information per serving: 120 calories; 16g protein; 2g carbohydrates; 5g total fat; 2g saturated fat; (40% calories from fat); 64mg cholesterol; 0g dietary fiber; 1g sugars; 324mg sodium.

ONE-YEAR LIMITED WARRANTY

This Salton/MAXIM product warranty extends to the original consumer purchaser of the product.

Warranty Duration: This product is warranted to the original consumer purchaser for a period of one (1) year from the original purchase date.

Warranty Coverage: This product is warranted against defective materials or workmanship. This warranty is void if the product has been damaged by accident, in shipment, unreasonable use, misuse, neglect, improper service, commercial use, repairs by unauthorized personnel or other causes not arising out of defects in materials or workmanship. This warranty is effective only if the product is purchased and operated in the USA, and does not extend to any units which have been used in violation of written instructions furnished by Salton/MAXIM Housewares, Inc., or to units which have been altered or modified or to damage to products or parts thereof which have had the serial number removed, altered, defaced or rendered illegible.

Warranty Disclaimers: This warranty is in lieu of all warranties expressed or implied and no representative or person is authorized to assume for Salton/MAXIM Housewares, Inc. any other liability in connection with the sale of our products. There shall be no claims for defects or failure of performance or product failure under any theory of tort, contract or commercial law including, but not limited to, negligence, gross negligence, strict liability, breach of warranty and breach of contract.

Warranty Performance: During the above one-year warranty period, a product with a defect will be either repaired or replaced with a reconditioned comparable model (at Salton/MAXIM's option) when the product is returned to the Salton/MAXIM facility. The repaired or replacement product will be in warranty for the balance of the one-year warranty period, and an additional one-month period. No charge will be made for such repair or replacement.

Service and Repair

Should the appliance malfunction, you should first call toll-free 1-800-233-9054 **between the hours of 9:00 am and 5:00 pm Central Standard Time** and ask for CUSTOMER SERVICE stating that you are a consumer with a problem.

In-Warranty Service (USA) for an appliance covered under the warranty period, no charge is made for service or postage. Call for pre-paid return mailing label. (U.S. Customers Only)

In-Warranty Service (Canada) for an appliance covered under the warranty period, no charge is made for service or postage. Please return the product insured, packaged with sufficient protection, and postage and insurance prepaid to the address listed below. Customs duty/brokerage fee, if any, must be paid by the consumer.

Out-of-Warranty Service: A flat rate charge by model is made for out-of-warranty service. Include \$8.00 (U.S.) for return shipping and handling.

Salton/MAXIM cannot assume responsibility for loss or damage during incoming shipment. For your protection, carefully package the product for shipment and insure it with the carrier. Be sure to enclose the following items with your appliance: any accessories related to your problem; your full return address and daytime phone number; a note describing the problem you experienced; a copy of your sales receipt or other proof of purchase to determine warranty status. C.O.D. shipments cannot be accepted.

Return the appliance to:

ATTN: Repair Department, Salton/Maxim Housewares, Inc.
708 South Missouri St. Macon, MO 63552-1343

For more information on Salton/MAXIM products:

visit our website: <http://www.salton-maxim.com> or salton@saltonusa.com