

the GRIDDLER<sup>TM</sup> overstuffed sandwich maker a guide to perfect meals



# SAVORY & SWEET RECIPES

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# BREAKFAST

# Individual Spinach and Goat Cheese Frittatas

Just one of many delicious frittatas that you can make in your overstuffed sandwich maker!

### Makes 4 individual frittatas

- ½ teaspoon olive oil
- I garlic clove, smashed
- I packed cup spinach leaves
- 4 large eggs
- I tablespoon whole milk
- 2 tablespoons soft goat cheese or chèvre
- 2 tablespoons grated Parmesan
- I tablespoon fresh basil, thinly sliced pinch kosher salt pinch freshly ground pepper

Place a small skillet over medium heat and add the olive oil. Once heated through, add the garlic and spinach. Stir together until spinach is wilted. Remove and reserve.

Whisk the eggs and milk together. Stir the cheeses in with the eggs. Fold in the reserved spinach and basil and season with the pinch of salt and pepper.

Preheat the Griddler™ overstuffed sandwich maker to medium. Once green indicator light is on, pour the egg mixture equally into each of the four pockets and close. Frittatas should be done between 5 and 6 minutes.

Remove and serve immediately.

Nutritional information per frittata: Calories 110 (63% from fat) • carb. Ig • pro. 9g • fat 8g • sat. fat 3g • chol. 215mg • sod. 180mg • calc. 80mg • fiber 0g



# Breakfast on the Go

Makes 2 sandwiches, or 4 servings

- 4 large eggs cooking spray
- 4 slices white or whole wheat bread
- 1/4 cup shredded Cheddar
- 2 tablespoons melted butter

Preheat the Griddler™ overstuffed sandwich maker to medium.

Whisk eggs together in a liquid measuring cup. Once green indicator light is on, spray the sandwich plates with cooking spray and pour eggs equally into the four pockets and close. Eggs will be cooked in about 5 minutes. Remove and reserve.

Turn the heat up to high.

Lay two slices of bread on a work surface. Divide eggs equally between the two slices of bread. Top each with 2 tablespoons of cheese. Place remaining bread on top of sandwiches and lightly brush tops with melted butter.

Once green indicator is on, place sandwiches in heated sandwich plates and close. Toast sandwiches for about 5 minutes, until bread is evenly golden and toasted.

Cut sandwiches along the perforated edge and serve.

Nutritional information per serving: Calories 236 (49% from fat) • carb. 17g • pro. 13g • fat 13g • sat. fat 6g • chol. 230mg • sod. 354mg • calc. 154mg • fiber 1g

# French Toast

### Makes 2 servings

- 2 large eggs, lightly beaten
- ½ cup whole milk, may use reduced-fat milk
- ½ teaspoon pure vanilla extract
- 4 thick slices challah bread cooking spray



Whisk together the eggs, milk, and vanilla in a small bowl. Place the bread slices in a  $9 \times 9$ -inch baking dish. Pour the egg mixture into the pan. Turn the bread slices to coat completely and let stand until the liquid is completely absorbed, about 5 minutes.

Once the green indicator is on, spray the sandwich plates lightly with cooking spray. Place two of the bread slices on the sandwich plates and close. Cook French toast for about 5 minutes. Repeat with remaining 2 slices.

Serve with butter and maple syrup or sprinkle with confectioners' sugar.

Nutritional information per serving: Calories 363 (25% from fat) • carb. 50g • pro. 17g • fat 10g • sat. fat 3g • chol. 221mg • sod. 551mg • calc. 191mg • fiber 2g



# THE MAIN COURSE

# Grilled BLT with Provolone

This upscale version is delicious with the added cheeses.

### Makes 2 sandwiches

- 4 slices sourdough bread
- 6 slices bacon, cooked
- ½ cup arugula
- I tomato, sliced pinch kosher salt pinch freshly ground pepper
- 1½ ounces provolone, sliced
- I teaspoon mayonnaise
- 1½ tablespoons unsalted butter, melted

Preheat Griddler™ overstuffed sandwich maker to high.

Lay two slices of bread on a work surface. Place 3 slices of the cooked bacon on each. Top each with half of the arugula leaves and 2 slices of tomato. Sprinkle the tomatoes lightly with a pinch of salt and pepper and top each with one slice of provolone. Spread  $\frac{1}{2}$  teaspoon mayonnaise on top of the provolone. Place remaining bread on top of sandwiches and lightly brush tops with melted butter.

Once green indicator is on, place sandwiches in heated sandwich plates and close. Toast sandwiches for about 5 minutes, until bread is evenly golden and toasted.

Cut sandwiches along the perforated edge and serve.

Nutritional information per sandwich:: Calories 470 (52% from fat) • carb. 36g • pro. 21g • fat 27g • sat. fat 13g • chol. 65mg • sod. 1230mg • calc. 225mg • fiber 3g

# Grilled Reubens

### Makes 2 sandwiches

- 4 slices rye bread
- 2 ounces corned beef, thinly sliced
- 2 teaspoons Russian or Thousand Island dressing
- 1/4 cup sauerkraut, well drained
- I ounce Swiss cheese
- I tablespoon unsalted butter, melted

Preheat the Griddler™ overstuffed sandwich maker to high.

Lay two slices of rye bread on a work surface. Place 1 ounce of corned beef on each slice of bread and spread 1 teaspoon of Russian dressing on each. Place 2 tablespoons of sauerkraut on each sandwich and top with Swiss cheese. Place remaining bread on top of sandwiches and lightly brush tops with melted butter.



Once green indicator is on, place sandwiches in heated sandwich plates and close. Toast sandwiches for about 5 minutes, until bread is evenly golden and toasted.

Cut sandwiches along the perforated edge and serve.

Nutritional information per sandwich: Calories 360 (46% from fat) • carb. 34g • pro. 15g • fat 19g • sat. fat 9g • chol. 55mg • sod. 870mg • calc. 169mg • fiber 4g

# Grilled Sopressata with Fontina and Arugula

### Makes 2 sandwiches

- 4 slices sourdough bread, sliced
- 2 ounces sopressata, sliced
- ½ ounce fontina, sliced
- 1/4 cup arugula
- I tablespoon olive oil



Preheat the Griddler  ${}^{\text{TM}}$  overstuffed sandwich maker to high.

Lay two slices of bread on a work surface. Place I ounce sopressata on each slice of bread and top each evenly with the fontina cheese and arugula. Place remaining bread on top of sandwiches and lightly brush tops with olive oil.

Once green indicator is on, place sandwiches in heated sandwich plates and close. Toast sandwiches for about 5 minutes, until bread is evenly golden and toasted.

Cut sandwiches along the perforated edge and serve.

Nutritional information per sandwich: Calories 370 (47% from fat) • carb. 34g • pro. 15g • fat 19g • sat. fat 6g • chol. 35mg • sod. 1010mg • calc. 94mg • fiber 2g

# Toasted Prosciutto, Tomato, and Fresh Mozzarella

A delicious sandwich combination.

### Makes 2 sandwiches

- 4 slices sourdough or ciabatta bread
- 6 slices prosciutto
- 4 slices tomato
- 2 ounces fresh mozzarella (approximately 2 to 3 slices per sandwich)
- 4 basil leaves
- I tablespoon olive oil

Preheat the Griddler™ overstuffed sandwich maker to high.

Lay two slices of bread on a work surface. Place 3 slices of prosciutto on each slice of bread and top each with 2 slices of tomato. Distribute fresh mozzarella and basil leaves equally between the two sandwiches. Place remaining bread on top of sandwiches and lightly brush tops with olive oil.

Once green indicator is on, place sandwiches in heated sandwich plates and close. Toast sandwiches for about 5 minutes, until bread is evenly golden and toasted.

Cut sandwiches along the perforated edge and serve.

Nutritional information per sandwich: Calories 380 (44% from fat) • carb. 36g • pro. 17g • fat 18g • sat. fat 7g • chol. 40mg • sod. 900mg • calc. 222mg • fiber 2g

# Croque Monsieur

The taste of this French classic is hard to beat.

### Makes 2 sandwiches

- 4 slices hearty, country white bread
- 8 ounces sliced ham
- I teaspoon Dijon mustard
- 2 ounces Gruyère cheese, thinly sliced
- 1/2 tablespoons unsalted butter, melted for brushing

Preheat the Griddler™ overstuffed sandwich maker to high.

Lay two slices of bread on a work surface. Place 4 ounces of ham on each slice of bread. Spread the ham with ½ teaspoon of mustard and place I ounce of the sliced Gruyère on top of each. Place remaining bread on top of sandwiches and lightly brush tops with melted butter.

Once green indicator is on, place sandwiches in heated sandwich plates and close. Toast sandwiches for about 5 to 7 minutes, until bread is evenly golden and toasted.

Cut sandwiches along the perforated edge and serve.

Nutritional information per sandwich: Calories 457 (41% from fat) • carb. 34g • pro. 33g • fat 21g • sat. fat 10g • chol. 100mg • sod. 1890mg • calc. 350mg • fiber 2g



# Grilled Smoked Turkey with Brie and Apples

These ingredients create a great flavor combination.

### Makes 2 sandwiches

- 4 slices multigrain bread
- 4 ounces smoked turkey, sliced
- ½ teaspoon grainy mustard
- I ounce Brie, sliced and chilled
- 8 thin slices green apple
- I tablespoon unsalted butter, melted

Preheat the Griddler™ overstuffed sandwich maker to high.

Lay two slices of bread on a work surface. Place 2 ounces of turkey on each slice of bread and top each evenly with the mustard. Place cold Brie and apple slices evenly between the two sandwiches. Place remaining bread on top of sandwiches and lightly brush tops with melted butter.

Once green indicator is on, place sandwiches in heated sandwich plates and close. Toast sandwiches for about 5 minutes, until bread is evenly golden and toasted.

Cut sandwiches along the perforated edge and serve.

Nutritional information per sandwich: Calories 290 (37% from fat) • carb. 27g • pro. 19g • fat 12g • sat. fat 7g • chol. 55mg • sod. 1040mg • calc. 85mg • fiber 4g

# The Gobbler

The Thanksgiving leftover sandwich – so good you will want to prepare it anytime!

### Makes 2 sandwiches

- 4 slices white bread
- 5 ounces sliced turkey
- I teaspoon mayonnaise
- 4 cup prepared bread stuffing
- I tablespoon plus I teaspoon cranberry sauce
- I tablespoon unsalted butter, melted

Preheat the Griddler™ overstuffed sandwich maker to high.

Lay two slices of bread on a work surface. Place  $2\frac{1}{2}$  ounces of turkey on each slice of bread and top each with  $\frac{1}{2}$  teaspoon of mayonnaise and 2 tablespoons of stuffing. Top each sandwich evenly with cranberry sauce. Place remaining bread on top of sandwiches and lightly brush tops with melted butter.

Once green indicator is on, place sandwiches in heated sandwich plates and close. Toast sandwiches for about 4 to 5 minutes, until bread is evenly golden and toasted.

Cut sandwiches along the perforated edge and serve.

Nutritional information per sandwich: Calories 550 (23% from fat) • carb. 80g • pro. 24g • fat 14g • sat. fat 5g • chol. 45mg • sod. 1670mg • calc.113 mg • fiber 5g

# Toasted Avocado, Cheese, and Tomato

## So simple but so delicious!

### Makes 2 sandwiches

4 slices multigrain bread

½ avocado, sliced

4 slices tomato

I ounce sliced Cheddar

1/4 teaspoon kosher salt

teaspoon freshly ground peppertablespoons unsalted butter, melted

Preheat the Griddler™ overstuffed sandwich maker to high.

Lay two slices of bread on a work surface. Place avocado slices evenly on each slice of bread, and sprinkle with a pinch of the salt and pepper. Top each with 2 slices of tomato and sprinkle again with the remaining salt and pepper. Top each with equal amounts of the Cheddar. Place remaining bread on top of sandwiches and lightly brush tops with melted butter.

Once green indicator is on, place sandwiches in heated sandwich plates and close. Toast sandwiches for about 5 minutes, until bread is evenly golden and toasted.

Cut sandwiches along the perforated edge and serve.

Nutritional information per sandwich: Calories 330 (52% from fat) • carb. 30g • pro. 10g • fat 20g • sat. fat 8g • chol. 30mg • sod. 640mg • calc. 161mg • fiber 7g



# Three-Cheese Calzones with Sausage and Pesto

### Makes 8 calzones

- ½ teaspoon olive oil
- 6 ounces fresh Italian sausage (hot or sweet), casings removed
- 2 garlic cloves, smashed and peeled
- 3/4 cup ricotta
- 3/4 cup shredded mozzarella
- 3 tablespoons grated Parmesan
- 2 teaspoons prepared pesto
- I refrigerated package (13.8 ounces) pizza dough

Place olive oil in a medium skillet over medium heat. Add sausage meat and smashed garlic cloves, and cook until meat is completely cooked through. Remove sausage. Reserve, and cool to room temperature.

While sausage is cooking, stir together the three cheeses and pesto. Stir in cooked sausage once cooked and slightly cooled.

Roll pizza dough into four long rectangles that are  $5 \times 10$  inches. Spread approximately ½ cup of calzone filling evenly on the bottom half of each rectangle. Fold the top part of the pizza dough down to cover the filling, and seal the calzones by pressing the dough together with fingers or fork to create a sealed  $5 \times 5$ -inch pocket.

Preheat the Griddler™ overstuffed sandwich maker to high. When green indicator lights, place two calzones into preheated sandwich plates. Close unit and bake for about 8 to 10 minutes, until pizza dough is evenly golden. Bake the remaining two calzones.

Cut into individual calzones along the perforated edges. Serve with warm marinara sauce.

Nutritional information per calzone: Calories 240 (35% from fat) • carb. 24g • pro. 14g • fat 9g • sat. fat 5g • chol. 30mg • sod. 540mg • calc. 128mg • fiber 0g

# Chicken and Green Chile Burritos with Black Beans

 $egin{array}{l} A$  great but quick dinner idea to make use of leftovers and staple pantry items.

### Makes 8 individual burritos

- I cup cooked chicken breast, cut into ½" cubes
- 2 green onions, chopped
- can (15.5 ounces) black beans, rinsed and drained well
- I can (14.5 ounces) chopped green chiles pinch kosher salt pinch freshly ground pepper
- ½ cup shredded Cheddar
- 4 10-inch flour tortillas

In a small bowl combine chicken breast, green onions, black beans, green chiles, salt and pepper.

Preheat the Griddler™ overstuffed sandwich maker to high.

Place the tortillas on a work surface. Place  $\frac{1}{2}$  cup of chicken mixture in the center of each tortilla and top each with 2 tablespoons of the shredded cheese. Roll burritos by folding the bottom of the tortilla over the filling. Fold in both sides of the tortilla and then roll up burrito. The burrito should be about 5 inches long.

Once green indicator is on, place burritos in heated sandwich plates lengthwise and close. Toast burritos for about 5 to 7 minutes, until tortilla is evenly golden and toasted.

Cut burrito pockets along the perforated edges and serve with guacamole, salsa, and sour cream on the side.

Nutritional information per burrito: Calories 200 (27% from fat) • carb. 24g • pro. 12g • fat 6g • sat. fat 3g • chol. 20mg • sod. 510mg • calc. 111mg • fiber 3g

# DESSERT

# Caramelized Apple Turnovers

A delicious and elegant dessert that is so easy to make.

### Makes 8 turnovers

- 1½ tablespoons unsalted butter
- 2 medium apples, peeled, cored, halved, and thinly sliced
- 3 tablespoons granulated sugar
- ½ teaspoon ground cinnamon
- I pound or 2 sheets packaged puff pastry, thawed melted butter for brushing



Melt butter in a large skillet over medium heat. Add sliced apples, sugar, and cinnamon. Turn heat down to medium-low and cook apples, stirring occasionally, until soft and slightly caramelized, about 8 to 10 minutes. Remove and reserve.

On a floured work surface, roll each sheet of pastry into a large square. Cut each sheet of rolled pastry so that there are four 5  $\times$  10-inch rectangles (two rectangles per pastry sheet). Place approximately ½ cup of apple on the bottom half of each pastry rectangle. Fold the top part of the pastry down to cover the apples, and close the turnovers by pressing fork tines around the pastry edge to create a sealed 5  $\times$  5-inch pocket. Brush the tops of each pocket with melted butter.

Preheat the Griddler™ overstuffed sandwich maker to high. When green indicator lights, place two apple turnovers into preheated sandwich plates. Close unit and bake for about 8 to 10 minutes, until pastry is evenly golden. Bake the remaining two turnovers.

Cut into individual turnovers along the perforated edge. Top turnovers with vanilla ice cream and/ or fresh whipped cream.

Nutritional information per turnover:

Calories 370 (58% from fat) • carb. 34g • pro. 4g • fat 24g • sat. fat 7g • chol. 5mg • sod. 140mg • calc. 10mg • fiber 1g

# 5'mores

### This campfire classic is a big hit with kids of all ages.

### Makes 2 sandwiches

- 4 slices challah or white bread
- 11/2 ounce semisweet chocolate bar
- 1/4 cup mini marshmallows
- 2 tablespoons unsalted butter, melted

Preheat the Griddler™ overstuffed sandwich maker to high.

Lay two slices of bread on a work surface. Distribute chocolate and marshmallows equally between the 2 slices of bread. Place remaining bread on top of sandwiches and brush tops with melted butter.

Once green indicator is on, place sandwiches in heated sandwich plates and close. Toast sandwiches for about 5 minutes, until bread is evenly golden and toasted.

Cut sandwiches along the perforated edge and serve.

Nutritional information per sandwich:

Calories 470 (41% from fat) • carb. 63g • pro. 9g • fat 23g • sat. fat 12g • chol. 75mg • sod. 410mg • calc. 85mg • fiber 3g



# Notes:

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