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CORNED BEEF HASH

SERVING SIZE 4 PORTIONS

INGREDIENTS
2 whole grated potatoes
1 can corned beef
½ yellow onion, diced
Salt and black pepper to taste

PREPARATION
• Preheat the Kitchen HQ Smokeless Grill to 400°F with the griddle plate.
• Cook the grated potatoes and diced onions on the griddle for 5 minutes, or until brown.
• Stir in corned beef, salt and pepper.
• Serve.
• Option: add a poached egg for a perfect breakfast!
SWISS SPINACH OMELET

SERVING SIZE 4 PORTIONS

INGREDIENTS

6 eggs, beaten
16-ounce bag of spinach
½ cup swiss cheese
Salt and black pepper to taste
Optional: 1 red bell pepper, diced

PREPARATION

• Preheat the Kitchen HQ Smokeless Grill to 300°F with the griddle plate.
• In a bowl, mix eggs, salt and pepper, spinach, swiss cheese, and optional red bell peppers.
• Pour the mixture over the griddle surface.
• Cook until partially set, then flip with spatula and continue cooking until desired doneness.
• Serve and enjoy!
GRILLED AVOCADO TACOS

SERVING SIZE 2 PORTIONS

INGREDIENTS
2 ripe, fresh Hass avocados, halved and pitted
1 fresh lime or lemon juice
Cumin, sea salt and fresh ground pepper to taste
½ pound of cooked ground beef
Vegetarian Option: crumbled tofu, feta cheese and cilantro

PREPARATION

• Preheat the Kitchen HQ Smokeless Grill to 400°F with the grill plate.
• Cut avocado in half and remove seed with spoon.
• Drizzle avocado with fresh lime or lemon juice.
• Place avocado face down on the grill surface for 2-3 minutes, or until charred.
• Remove avocados from the grill and fill with cooked ground beef.
• Sprinkle sea salt, ground pepper, and cumin to taste.
• Vegetarian option: fill with crumbled tofu, feta cheese and cilantro.
VEGETARIAN POTSTICKERS

SERVING SIZE 6 PORTIONS

INGREDIENTS

<table>
<thead>
<tr>
<th>2 tablespoons soy sauce</th>
<th>¼ cup chopped celery</th>
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<tbody>
<tr>
<td>1 tablespoon chili paste</td>
<td>1 teaspoon ginger powder</td>
</tr>
<tr>
<td>1 tablespoon honey</td>
<td>½ pound cauliflower rice</td>
</tr>
<tr>
<td>1 tablespoon white wine</td>
<td>24 wonton wrappers</td>
</tr>
<tr>
<td>1 tablespoon roasted sesame seeds</td>
<td>1 tablespoon vegetable oil</td>
</tr>
<tr>
<td>½ cup thinly sliced scallions</td>
<td>Egg wash</td>
</tr>
<tr>
<td>½ cup chopped carrots</td>
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</tbody>
</table>

PREPARATION

• Preheat the Kitchen HQ Smokeless Grill to 350°F with the griddle plate.
• To create the filling, combine 1 tablespoon soy sauce, chili paste, honey, white wine, roasted sesame seeds, scallions, carrots, celery, ginger powder, cauliflower rice into a bowl. Set aside.
• To assemble the potstickers, place wonton wrappers on a flat surface. Then, spoon 1 tablespoon of filling into the center of each wrapper. Brush egg wash on the edges of the wonton wrappers and fold over the filling to create a half-moon shape. Pinch the edges together to seal.
• Pour vegetable oil on the griddle, then add the potstickers. Close the lid and cook 2-3 mins. per side, or until golden.
• Serve with the remaining soy sauce.
SPICY GRILLED MUSHROOM SKEWERS
SERVING SIZE 4 PORTIONS

INGREDIENTS
½ pound fresh mushrooms
¼ cup melted butter
½ teaspoon cayenne pepper
½ teaspoon garlic salt

PREPARATION
• Preheat the Kitchen HQ Smokeless Grill to 400°F with the grill plate.
• Evenly thread mushrooms on metal or wooden skewers.
• Combine melted butter, cayenne pepper, and garlic salt into a mixture.
• Brush the mixture over mushrooms and place on the grill.
• Grill while turning occasionally for 10-15 minutes, or until tender.
**DOWN SOUTH COUNTRY BOIL**

**SERVING SIZE 4 PORTIONS**

**INGREDIENTS**
- 3 corn cobs, cut into 3 sections
- 4 red potatoes, halved & par-cooked
- 1 sweet onion, peeled & quartered
- 1 pound medium shrimp, peeled and deveined
- 1 pound sausage, cut into large chunks
- ¼ cup white wine
- ½ cup broccoli
- Salt, black pepper and paprika to taste

**PREPARATION**
- Preheat the Kitchen HQ Smokeless Grill to 450°F with the grill plate.
- In a large bowl, combine cut corn cobs, halved red potatoes, quartered onion, shrimp, sausage chunks, white wine, broccoli, salt, black pepper and paprika.
- Evenly place the combined ingredients on the grill.
- Cover the grill with the lid and cook for 5 mins.
CHEESE STUFFED BURGERS

SERVING SIZE 4 PORTIONS

INGREDIENTS

- 1 ½ pounds ground beef
- 1 cup shredded cheddar cheese
- 4 hamburger buns
- 1 teaspoon minced garlic
- 1 teaspoon cumin
- 1 teaspoon chili powder
- Salt and black pepper to taste
- Cooking spray

PREPARATION

• Preheat the Kitchen HQ Smokeless Grill to 400°F with the grill plate.
• In a large bowl, combine the ground beef, minced garlic, cumin, chili powder, salt and pepper. Then, on a smooth surface, divide the ground beef into quarters, then each quarter into halves.
• Press half of the portions into small bases and the other half into flat patties.
• Fill each base with 1 tablespoon of cheddar cheese.
• Gently lay the flat patties on top of the filled bases and press the edges together to form a tightly sealed burger.
• Transfer the patties to the grill and cook each side for 8-10 minutes with the lid closed, or until desired doneness. Then, set aside.
• Add cooking spray inside the hamburger buns and grill (side down) until browned.
• Place the patties inside the hamburger buns and serve.
GARLIC BUTTER SKIRT STEAK

SERVING SIZE 4 PORTIONS

INGREDIENTS
1 pound skirt steak
1 teaspoon sea salt
1 teaspoon black pepper
1 tablespoon minced garlic
½ cup melted butter

PREPARATION
• In a bowl, whisk together sea salt, black pepper, minced garlic and melted butter to create the marinade.
• Add skirt steak in the marinade. Cover the bowl and marinate the steak in the refrigerator for 30 mins.
• Preheat the Kitchen HQ Smokeless Grill to 350°F with the grill plate.
• Place the steak on the grill and cook each side for 5 mins or until desired doneness.
GRILLED LEMON BUTTER SALMON STEAKS

SERVING SIZE 2 PORTIONS

INGREDIENTS

2 salmon steaks
1 tablespoon minced garlic
1 lemon
2 fresh rosemary stems
½ stick melted butter
Salt and black pepper to taste

PREPARATION

• Preheat the Kitchen HQ Smokeless Grill to 350°F with the grill plate.
• In a bowl, whisk together the minced garlic, lemon juice, melted butter, salt and black pepper to create the marinade.
• Add salmon steaks inside the bowl and let marinate for 10-15 minutes.
• Gently place the salmon steaks with fresh rosemary stems on the grill and cook for 5 mins on each side.
• Serve with vegetables.
SHRIMP FRIED QUINOA

SERVING SIZE 4 PORTIONS

INGREDIENTS

- 3 tablespoons olive oil
- ½ teaspoon kosher salt
- ½ teaspoon black pepper
- 2 garlic cloves, chopped
- 1 tablespoon finely chopped ginger
- 2 tablespoons low-sodium soy sauce
- Fresh parsley
- ½ pound medium shrimp, peeled & deveined
- ½ cup cooked quinoa
- 3 eggs, beaten
- 1 cup frozen peas
- 1 chopped onion

PREPARATION

• Preheat the Kitchen HQ Smokeless Grill to 390°F with the griddle plate.
• In a small bowl, whisk together the soy sauce, salt, ground pepper, garlic and ginger. Then, set aside.
• Caramelize the chopped onions on the griddle surface.
• Then, add shrimp and whisked ingredients on the griddle and cook thoroughly for 15 mins.
• Add the quinoa, peas and eggs and sauté for 15 mins.
• Garnish with parsley and serve.
HONEY GRILLED BRIE

SERVING SIZE 4 PORTIONS

INGREDIENTS
1 brie cheese wheel
½ cup walnuts
2 tablespoons honey
Cooking spray

PREPARATION
• Preheat the Kitchen HQ Smokeless Grill to 350°F with the griddle plate.
• Spray the griddle surface with cooking spray.
• Place the brie on the griddle and drizzle with honey and walnuts. Close the grill with the lid and cook for 5-7 minutes, or until slightly softened.
• Serve with crackers.
GRILLED BANANA SPLIT

SERVING SIZE 4 PORTIONS

INGREDIENTS
4 ripe bananas, split
8 teaspoons unsalted butter, cut into small pieces
4 tablespoons honey
¼ cup coconut shavings
3 cups dulce de leche ice cream
¼ cup shaved almonds, walnuts or nuts of your choosing

PREPARATION
• Preheat the Kitchen HQ Smokeless Grill to 250°F with the griddle plate.
• Split banana with skin intact leaving 1 inch uncut at both ends. Open the cut and spoon in 2 teaspoons of butter pieces, 1 tablespoon honey and coconut shavings.
• Gently place the bananas on the griddle and cook for 8-10 mins, or until mixture has melted.
• Move bananas to 4 separate sundae bowls, carefully flipping the bananas over to pour the melted sauce into the bottom of each bowl.
• Peel off the skin and top each bowl with dulce de leche ice cream and walnuts.
• Serve immediately and enjoy!