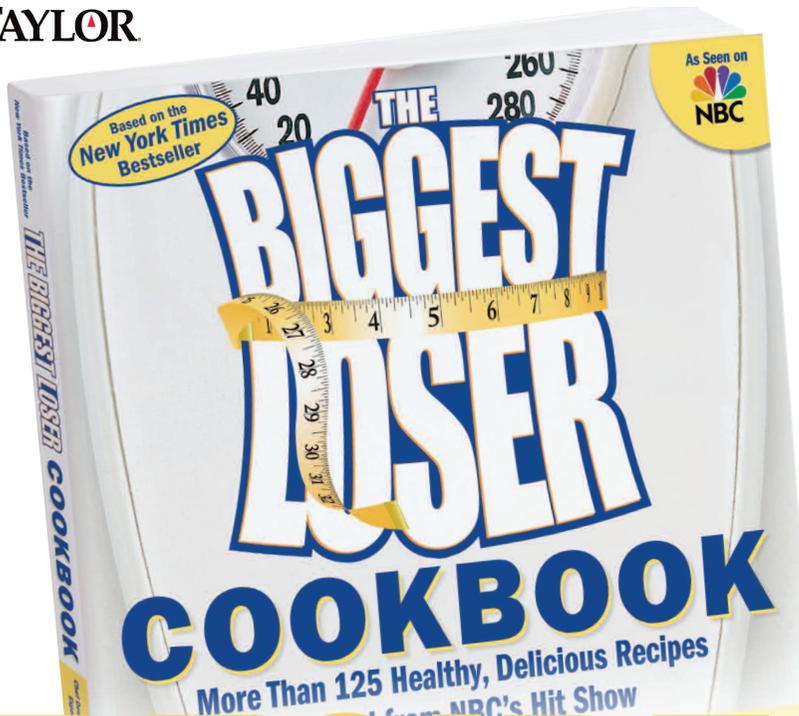


TAYLOR



RECIPES

The best recipes taken from **The Biggest Loser Cookbook & BiggestLoserClub.com** for your new Taylor® appliance!

Grill and Panini Press

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Always consult your physician prior to any weight loss or exercise program.
Recipes and nutritional information are meant as guidelines, individual results may vary, depending on size and quality of ingredients.

SETH'S ROAST BEEF MELT

- 2 slices Ezekiel bread
- 2 slices Fat Free American Cheese
- 4 ounces lean deli thin sliced roast beef
- 1 tablespoon brown mustard
- 3 thin slices yellow onion

In the open face position, toast Ezekiel bread on the grill with cheese on top until the cheese melts. Put roast beef on the toast. Top with mustard and onion slices. Enjoy!

Yield: one sandwich

ONION FACTOID: Eye tearing caused by cutting onions can be prevented by chilling them beforehand. The cold inactivates the offending compound (propanethial-s-oxide) and prevents it from becoming airborne.

NUTRITIONAL VALUES: Fat: 6 g, Carbohydrates: 35 g, Protein: 47 g, Calories: 374 kcal

GRILLED TUNA

- ½ cup fresh pineapple juice*
- ¼ cup fresh orange juice*
- 2 tablespoons low-sodium soy sauce
- 1 teaspoon sesame oil
- 2 teaspoons gingerroot minced or ½ teaspoon ground ginger
- ¼ teaspoon crushed red pepper flakes
- 1 clove garlic minced, or 1/4 teaspoon garlic powder
- 4 tuna steaks, 3 ounces each, 3/4 to 1-inch thick

To Marinate Fish: Add enough orange juice to pineapple juice to make 3/4 cup. Pour into plastic zipper bag. Add soy sauce, sesame oil, gingerroot, pepper, and garlic. Add tuna. Seal bag. Shake well to coat fish. Refrigerate for at least 30 minutes.

To Cook Fish: Preheat grill in the contact position. Grill until cooked through, opening the grill to brush with marinade, about 5 -7 minutes total.**

Yield: 4 Servings

NUTRITIONAL VALUES: Fat: 2 g, Carbohydrates: 2 g, Protein: 21 g, Calories: 119 kcal

* Use your Biggest Loser Juicer to process fresh pineapple and orange juice.

** Cooking time will vary depending on tuna thickness and consistency.

BEST TURKEY BURGERS

- 8 ounces ground turkey breast
- ½ cup chopped fresh cilantro*
- 1/3 cup bread crumbs*
- 3 tablespoons Dijon mustard
- 1 egg, large, beaten
- Dash of salt
- Ground pepper, to taste

Combine all ingredients in a large bowl and mix well. Shape into four even-sized patties. Preheat your grill in the contact position. Place burgers on grill and cook until they reach an internal temperature of 165 F. Serve with whole-grain hamburger buns.

TIP: If you like ‘grilled’ burger buns, place the face side of the bun on the grill, in the open face position BEFORE you cook the turkey burgers. They will get that toasted, crunchy texture you crave.

Yield: 4 Servings

NUTRITIONAL VALUES: Fat: 3 g, Carbohydrates: 9 g, Protein: 12 g, Calories: 111 kcal

* Use your Biggest Loser Chopper to prepare fresh cilantro and bread crumbs.

BLACK BEAN GRILLED QUESADILLA

- 1 **teaspoon olive oil**
- 1/2 **cup green pepper, chopped***
- 1/2 **cup red onion, chopped***
- 1 **teaspoon chili powder**
- 2 **whole grain flour tortillas, 6" (130 cal per tortilla)**
- 1 **cup black beans, cooked**
- 1 **tablespoon grated parmesan cheese**

Fresh cilantro (optional)

Preheat the grill in the open face position. Grill peppers, onions, and chili powder until vegetables are slightly softened, about 3 minutes. Remove from heat.

In the closed position, place the tortilla on the grill surface. Evenly spread beans over one side of tortilla. Top with pepper mixture and cheese. Fold in half. Close down the lid lightly and cook for 2-3 minutes until toasted. Cut and serve immediately.

Yield: 4 Servings

NUTRITIONAL VALUES: Fat: 4 g, Carbohydrates: 17 g, Protein: 4 g, Calories: 115 kcal

* Use your Biggest Loser Chopper to prepare green peppers and onions.

GRILLED MEDITERRANEAN SPREAD

- 1 eggplant (10 oz), cut lengthwise into 1/4-inch slices
- 12 ounces (3/4 pound) yellow squash, cut lengthwise into 1/4-inch slices
- 1 red onion, sliced crosswise
- 2 sweet red peppers
- 2 tablespoons sun-dried tomatoes (dried, not packed in oil), chopped*
- 2 ounces nonfat cream cheese, at room temperature
- 2 ounces goat cheese
- 2 tablespoons nonfat sour cream
- 2 teaspoons fresh thyme

Crusty Bread

Preheat the grill in the open position. Let it get hot. Add the eggplant, squash, onions, and peppers in a single layer. Lightly spray the vegetables with a spray olive oil. Cook the eggplant, squash, and onions for 2 to 3 minutes per side, or until lightly browned and softened; remove from the grill and set aside. Continue cooking the peppers until charred all over. Transfer the peppers to a paper bag and let stand for 5 minutes. Remove the tops, charred skin, ribs, and seeds from the peppers; discard. Slice the peppers into thin strips. Place the tomatoes in a small bowl and cover with boiling water. Let soak for 10 minutes, or until softened. Drain.

In another small bowl, using your Biggest Loser hand blender, mix together the cream cheese, goat cheese, sour cream, thyme, and tomatoes until incorporated. Remove the soft insides from the crust of each half of the bread. Discard or reserve for another use. Spread the tomato mixture over both halves of the bread. Layer the grilled vegetables on the bottom half, and then cover with the top half of the bread. Cut into a total of 4 sandwiches.

Yield: 4 servings

NUTRITIONAL VALUES: Fat: 5 g, Carbohydrates: 16 g, Protein: 7 g, Calories: 125 kcal

* Use your Biggest Loser Chopper to prepare sun-dried tomatoes.

CHINESE BBQ PORK CHOPS

**1/3 cup ketchup,
low-sodium**

1/4 cup hoisin sauce

**3 tablespoons rice
wine vinegar or
white wine vinegar**

**2 tablespoons fat-free,
reduced-sodium
chicken broth**

**3 cloves garlic,
chopped***

**1 tablespoon fresh
ginger, grated**

**8 ounces, boneless
center-cut pork
chops, trimmed of
all visible fat**

In a small non reactive saucepan, combine the ketchup, hoisin sauce, vinegar, broth, garlic, and ginger. Bring to a gentle boil over medium-high heat. Cook, stirring often, for 3 to 5 minutes, or until reduced to a syrupy consistency. Set aside.

Preheat the grill in the contact position. Grill the chops for a total of 8 minutes; at 4 minutes, using a pair of long handled tongs rotate the chops a quarter turn so you get criss-cross grill marks. Before you close the lid, brush with the sauce lightly. It will caramelize on the chops. Cook until a thermometer inserted in the center of a chop registers 160 degrees F and the juices run clear. Plate the chops with the sauce on the side for extra dipping!

Yield: 4 Servings

NUTRITIONAL VALUES: Fat: 4 g, Carbohydrates: 6 g, Protein: 16 g, Calories: 121 kcal

* Use your Biggest Loser Chopper to prepare garlic.

SAN DIEGO CHICKEN

- 1 **lemon, fresh**
- 1 **lime, fresh**
- 8 **ounces tomato sauce, low-sodium**
- 3 **large oranges, juiced***
- 2 **pieces of skinless chicken breast, 5 ounces each**
- 2 **cloves minced garlic***
- 1 **teaspoon dried Italian seasoning**
- 1 **teaspoon hot-pepper sauce**

Prepare ahead: Grate the zest of the lemon and lime into a gallon size large reseal able bag. Use your Biggest Loser Juicer and squeeze the juice from both into the bag. Juice 3 oranges and also add this juice to the bag.

Add garlic, seasonings and hot sauce into the bag mixing with the juices. Lastly add the chicken, seal the bag, and refrigerate for a few hours or overnight.

Preheat your Biggest Loser grill in the contact position. Remove the chicken from the bag and place on the grill. Dispose of the marinade. Close the lid and grill until the center is no longer pink and the juices run clear (about 160°F on an instant-read thermometer). Serve with salsa.

Yield: 4 Servings

NUTRITIONAL VALUES: Fat: 1 g, Carbohydrates: 8 g, Protein: 16 g, Calories: 107 kcal

* Use your Biggest Loser Mincer to prepare garlic and your Biggest Loser Juicer to juice oranges, lemon, and lime.

SESAME GRILLED ASPARAGUS

- 12 asparagus stalks, medium, 5-7 inches long
- 1 teaspoon sesame oil
- 2 teaspoons soy sauce, low sodium
- 1 clove garlic, crushed
- 2 teaspoons sesame seeds

Dash of salt

Ground pepper, to taste

Wooden skewers*

* Soak wooden skewers in water for about 20 minutes prior to using.

Spear six asparagus stalks together side by side, like a raft. Combine the sesame oil, soy sauce, and garlic, then stir and brush the mixture onto both sides of the raft. Sprinkle sesame seeds on top. Add salt and pepper, to taste. In the open face position grill for 4 minutes, until brown on both sides.

Yield: 4 Servings; Serving = 1/2 of one raft

NUTRITIONAL VALUES: Fat: 2 g, Carbohydrates: 3 g, Protein: 1 g, Calories: 29 kcal



Go to www.biggestloser.com to learn more about all The Biggest Loser Lifestyle products.

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