# **GEORGE FOREMAN HEALTHY COOKING GRILL RECIPES**



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These George Foreman grill recipes are designed for any indoor contact grill (it doesn't have to be a George Foreman brand). The beauty of all of these recipes is that they cook quickly and require very little prep work, making them ideal for busy weeknight cooking.

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# George Foreman Grill Chicken Recipes greenykitchen com

If you are searching for George foreman grill chicken recipes, than you are in a right place. In this article, we're going to present our Top 10 best chicken recipes in a Foreman grill. We made all of them in our kitchen and we're pretty sure, that you will enjoy them.

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# **Healthy Grilled Chicken Breast Foreman Grill Recipes**

As with all chicken breast recipes on a George Foreman Grill, you ll get best results using a cut of meat that isn t too thick. Use a meat mallet and pound larger chicken breasts thin to approximately 1/2 thick. The results will be greatly rewarded. This will also help to make the chicken more tender.

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#### Is the George Foreman Grill a Healthy Alternative

George Foreman grills come in a variety of sizes, making it possible to cook one entree or a meal for a large family, depending on your needs. The average Foreman grill lacks a temperature control, so it's either "on" or "off." The grills have a heating surface that delivers heat to the top and bottom of the food simultaneously.

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