For your safety and continued enjoyment of this product, always read the User Guide carefully before using.
IMPORTANT UNPACKING INSTRUCTIONS

When using an electrical appliance, especially when children are present, basic safety precautions should always be taken, including the following:

1. **READ ALL INSTRUCTIONS.**
2. Do NOT touch hot surfaces. Use handles and knobs.
3. To protect against fire, electric shock, and injury to persons, DO NOT IMMERSE CORD, PLUG OR PROBE in water or other liquids.
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 appliance.
6. Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions or has been damaged in any manner.
7. The use of accessory attachments not recommended by Goodful™ by Cuisinart® may result in fire, electric shock or injury to persons.
8. Do not use outdoors.
9. Do not let power 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. Unplug the unit when finished using.
12. Do not use appliance for other than intended use
13. Extreme caution must be exercised when moving an appliance containing hot oil or other hot liquids.
14. Always attach plug to appliance first, then plug cord into the wall outlet. To disconnect, turn control to OFF setting, then remove plug from wall outlet.

**WARNING: TO REDUCE THE RISK OF FIRE OR ELECTRIC SHOCK, ONLY**

**AUTHORIZED PERSONNEL SHOULD DO REPAIRS.**

**SAVE THESE INSTRUCTIONS FOR HOUSEHOLD USE ONLY**

**SPECIAL CORD SET INSTRUCTIONS**

A short power-supply cord is provided to reduce the risks resulting from becoming entangled in or tripping over a longer cord. Longer extension cords are available and may be used if care is exercised in their use.

If a long extension cord is used, the marked electrical rating of the extension cord should be at least as great as the electrical rating of the appliance, and the longer cord should be arranged so that it will not drape over the countertop or tabletop where it can be pulled on by children or animals, or tripped over.

**NOTICE**

This appliance has a polarized plug (one blade is wider than the other). To reduce the risk of electric shock, this plug will fit in 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 modify the plug in any way.

**CONTENTS**

Unpacking Instructions ......................... 2
Parts and Features ............................... 3
Before First Use .................................... 4
Assembly and Operating Instructions ........ 4
Cleaning and Care ............................... 5
Warranty ............................................ 6
Recipes ............................................. 7
PARTS AND FEATURES

1. **Base** - Bamboo

2. **Grill/Griddle Combo Plate** - Extra-large 17" ceramic coated plate with easy nonstick cooking surface. 7.5" grill surface, and 9.5" griddle surface.


4. **Drip Tray** - Collects grease and removes from base for cleanup.

5. **Accessories** - Slotted tongs and oil brush.
BEFORE FIRST USE

Remove all packaging materials and any promotional labels or stickers from your grill. Be sure all parts (listed on page 3, Parts and Features) of your new appliance have been included before discarding any packaging materials. You may want to keep the box and packing materials for use at a later date.

Before using your Goodful™ by Cuisinart® Grill/Griddle for the first time, remove any dust from shipping by wiping the base and temperature control with a damp cloth. Thoroughly clean the cooking plate and drip tray. The cooking plate can be submerged in water for cleaning.

Never place the temperature control with power cord in the dishwasher, nor should you immerse it in water. Always use a damp cloth to clean these parts.

OPERATING INSTRUCTIONS

Once the Goodful™ by Cuisinart® Grill/Griddle is assembled properly and you are ready to begin cooking, turn the temperature control knob to the desired temperature level. The indicator light will illuminate to indicate that the power is on. It may take 6 to 8 minutes to reach operating temperature, depending on the temperature level that has been set.

When the thermostat has reached the desired temperature, the indicator light will turn off, indicating that the Goodful™ by Cuisinart Grill/Griddle is ready for cooking.

During operation, the light will continue to turn on and off as the thermostat regulates the temperature. This is normal.

The temperature control is used to set and maintain the temperature of the cooking surface. Temperatures range from about 150°F on the Warm setting to 400°F on the highest setting. You may vary the setting of the control knob at any time during cooking, and may wish to do so, depending on the types of foods on the cooking plate.

CAUTION: The cooking plate should not be removed from the base while hot. Allow unit to cool down for at least 30 minutes before handling.

The Grill/Griddle has a built-in safety feature that prevents the unit from operating when the cooking plate is not on the base. If the base and plate are not aligned and probe inserted in safety interlock, unit will not operate.

HEALTHIER COOKING

When cooking with your Grill/Griddle you do not need to add oil or butter to prevent foods from sticking. If you wish to enhance the flavor and appearance of foods, you need add only a minimum amount to the nonstick surface of your cookware.

ASSEMBLY INSTRUCTIONS

1. Place base on a clean, flat surface where you intend to cook.
2. The inside of the base has a space provided for drip tray. Slide the drip tray into the base.
3. The cooking plate has two surfaces. The Grill side with ribbed surface is intended for grilling steaks, hamburgers, chicken, seafood, and vegetables. The Griddle side with smooth surface is perfect for cooking bacon and eggs, pancakes, French toast and toasted sandwiches. Make sure that the drip hole in the cooking plate lines up with the front of the base.
4. With the cooking plate correctly positioned on the base and safety interlock aligned, insert the temperature control probe into the socket on right side of the appliance housing base. Unit will activate and temperature can be adjusted as needed.
5. Plug the cord into a standard electrical outlet (120 volts).
**PROPER COOKING UTENSILS**

We recommend using plastic or wooden utensils in to maintain its appearance and performance. Refrain from cutting foods or using sharp utensils such as forks, knives, mashers or whisks that can scratch the cooking surface. Slight surface marks and abrasions are normal and will not affect the coating.

**USER MAINTENANCE**

- Never use metal utensils, as they will scratch the nonstick cooking plate. Instead, use only wooden or heat proof plastic utensils.
- Never leave plastic utensils in contact with the hot cooking plate.

**CLEANING AND CARE**

**CAUTION: BEFORE CLEANING APPLIANCE, MAKE SURE IT HAS COOLED DOWN COMPLETELY.**

Once you have finished cooking, allow the unit to cool down completely and then turn the temperature control knob to the OFF setting. Unplug the appliance from wall outlet and remove the temperature control probe from cooking plate.

Carefully lift the drip tray out from the base and dispose of its contents. The drip tray should be cleaned by hand.

If you have been cooking seafood, wipe the cooking plate with lemon juice to prevent seafood flavor from transferring to the next recipe.

The cooking plate can only be washed by hand, using a soft sponge or cloth and hot water. The cooking plate may be submerged in water, but **DO NOT WASH IN THE DISHWASHER.** Do not use metallic objects, such as knives or forks for cleaning. Do not use a scouring pad for cleaning. The ceramic coating can be damaged.

The temperature control can be wiped clean with a damp cloth. Never submerge the temperature control or plug in water. **Do not place it in a dishwasher.** Wipe it clean with a damp cloth.

The bamboo base can be wiped clean with a soft, dry cloth. For tough stains, dampen cloth. Never use an abrasive cleaner or harsh pad.
WARRANTY

LIMITED 3-YEAR WARRANTY (U.S AND CANADA ONLY)

This warranty is available to consumers only. You are a consumer if you own a Goodful™ by Cuisinart® Grill/Griddle that was purchased at retail for personal, family or household use. Except as otherwise required under applicable law, this warranty is not available to retailers or other commercial purchasers or owners.

We warrant that your Goodful™ by Cuisinart® Grill/Griddle will be free of defects in materials and workmanship under normal home use for 3 years from the date of original purchase.

We recommend that you visit our website, www.cuisinart.com for a fast, efficient way to complete your product registration. However, product registration does not eliminate the need for the consumer to maintain the original proof of purchase in order to obtain the warranty benefits. In the event that you do not have proof of purchase date, the purchase date for purposes of this warranty will be the date of manufacture.

If your Goodful™ by Cuisinart® Grill/Griddle should prove to be defective within the warranty period, we will repair it, or if we think necessary, replace it. To obtain warranty service, simply call our toll-free number 1-800-726-0190 for additional information from our Consumer Service Representatives, or send the defective product to Consumer Service at Cuisinart, 7475 North Glen Harbor Blvd., Glendale, AZ 85307.

To facilitate the speed and accuracy of your return, please enclose $10.00 for shipping and handling of the product.

Please pay by check or money order made payable to Cuisinart (California residents need only supply proof of purchase and should call 1-800-726-0190 for shipping instructions).

NOTE: For added protection and secure handling of any Cuisinart® product that is being returned, we recommend you use a traceable, insured delivery service. Cuisinart cannot be held responsible for in-transit damage or for packages that are not delivered to us. Lost and/or damaged products are not covered under warranty. Please be sure to include your return address, daytime phone number, description of the product defect, product model number (located on bottom of product), original date of purchase, and any other information pertinent to the product’s return.

CALIFORNIA RESIDENTS ONLY:

California law provides that for In-Warranty Service, California residents have the option of returning a nonconforming product (A) to the store where it was purchased or (B) to another retail store which sells Cuisinart products of the same type.

The retail store shall then, at its discretion, either repair the product, refer the consumer to an independent repair facility, replace the product, or refund the purchase price less the amount directly attributable to the consumer’s prior usage of the product. If the above two options do not result in the appropriate relief to the consumer, the consumer may then take the product to an independent repair facility if service or repair can be economically accomplished. Cuisinart and not the consumer will be responsible for the reasonable cost of such service, repair, replacement, or refund for nonconforming products under warranty.

California residents may also, according to their preference, return nonconforming products directly to Cuisinart for repair, or if necessary, replacement, by calling our Consumer Service Center toll-free at 1-800-726-0190.

Cuisinart will be responsible for the cost of the repair, replacement, and shipping and handling for such products under warranty.

BEFORE RETURNING YOUR CUISINART PRODUCT

If you are experiencing problems with your product, we suggest that you call our Service Center at 1-800-726-0190 before returning the product for service.

If servicing is needed, a Representative can confirm whether the product is under warranty and direct you to the nearest service location.

Your Goodful™ by Cuisinart® Grill/Griddle has been manufactured to the strictest specifications and has been designed for use
only in 120-volt outlets and only with authorized accessories and replacement parts. This warranty expressly excludes any defects or damages caused by attempted use of this unit with a converter, as well as by use with accessories, replacement parts or repair service other than those authorized by Cuisinart. This warranty does not cover any damage caused by accident, misuse, shipment or other than ordinary household use. This warranty excludes all incidental or consequential damages. Some states do not allow the exclusion or limitation of these damages, so these exclusions may not apply to you. This warranty gives you specific legal rights, and you may also have other rights, which vary from state to state.

Important: If the nonconforming product is to be serviced by someone other than Cuisinart’s Authorized Service Center, please remind the servicer to call our Consumer Service Center at 1-800-726-0190 to ensure that the problem is properly diagnosed, the product is serviced with the correct parts, and the product is still under warranty.

**RECIPEs**

- Blueberry Sour Cream Pancakes ............. 8
- Breakfast for Two .......................... 8
- Hash Brown Potatoes ....................... 8
- Grilled Tomato Bruschetta ................. 9
- Black Bean Cakes with Grilled Shrimp .... 9
- Grilled Vegetable Salad .................... 10
- Grilled Corn on the Cob ................... 10
- Shrimp Fajitas ............................. 10
- Fish and Chips ............................. 11
- Grilled Swordfish with Chermoula Marinade .......................... 11
- Tarragon Sea Scallops and Asparagus ... 12
- Honey-Glazed Chicken with Griddled Veggies ................. 12
- Chicken and Vegetable Skewers .......... 13
- Beef Burgers with Spicy Potato Wedges ......................... 13
- Grilled Rib Eye Steaks with Onion Rings ......................... 14
- Grilled Rosemary and Garlic Lamb Chops ......................... 14
- Grilled Pound Cake with Cinnamon-Glazed Pears ..................... 15
- Grilled Apricot Sundae ...................... 15
Blueberry Sour Cream Pancakes

A great dish to serve at any brunch.

Makes about twelve 3½-inch pancakes

1¼ cups unbleached, all-purpose flour
3 tablespoons granulated sugar
2 teaspoons baking powder
¼ teaspoon baking soda
¾ teaspoon kosher salt
¾ cup sour cream, may use reduced-fat sour cream
¾ reduced-fat milk
1 large egg
1 teaspoon pure vanilla extract
2 tablespoons unsalted butter, melted and cooled slightly
1 cup blueberries

1. Preheat the Goodful™ by Cuisinart® Grill/Griddle to 350°F.

2. While the Grill/Griddle is preheating, put the flour, sugar, baking powder, baking soda, and salt in a medium bowl. Stir with a whisk to blend. Reserve.

3. In a separate bowl, whisk the sour cream, milk, egg, and vanilla extract together. Add to the flour mixture; whisk to combine. Stir in the melted butter. Fold in the blueberries. Do not overmix.

4. Once Grill/Griddle is preheated, drop batter evenly onto the griddle side of the plate using a ¼-cup measure; four pancakes will fit at one time. Cook pancakes until bubbles form, about 3 minutes; flip and cook until done, about 1 to 1½ minutes longer.

5. Transfer to warm plates to serve. As you finish each batch of pancakes, you can keep them warm on a wire rack placed on a baking sheet in a low oven (200°F). Repeat until all the batter is used.

Nutritional information per serving (3 pancakes):
Calories 300 (32% from fat) • carb. 48g • pro. 8g
fat 12g • sat. fat 7g • chol. 80mg • sod. 810mg
calc. 129mg • fiber 2g

Breakfast for Two

Pair this quick breakfast with our hash brown potatoes for a weekend breakfast treat.

Makes 2 servings

2 large eggs
4 slices good quality, thick-cut bacon

1. Preheat the Goodful™ by Cuisinart® Grill/Griddle to 400°F.

2. Once the Grill/Griddle is preheated, place the bacon on the grill side. After about 5 to 7 minutes of cooking, add the two eggs to the griddle plate.

3. If the bacon seems to be getting too dark, reduce to 350°F.

4. Once the bacon and eggs are cooked to desired doneness, remove and serve.

Nutritional information per serving:
Calories 420 (85% from fat) • carb. 1g • pro. 15g
fat 39g • sat. fat 13g • chol. 265mg • sod. 700mg
calc. 31mg • fiber 0g

Hash Brown Potatoes

Makes 2 servings

1  8- to 10-ounce russet potato, baked and cooled
¼ cup chopped onion
½ cup chopped red bell pepper
½ teaspoon kosher salt
1 to 2 pinches freshly ground black pepper
¼ teaspoon chopped fresh thyme
tablespoon unsalted butter, melted
teaspoons chopped fresh parsley

1. Preheat the Goodful™ by Cuisinart® Grill/Griddle to 400°F.

2. Cut the potatoes into ½-inch cubes.

3. Place the potato in a medium bowl with the onion, red pepper, salt, pepper and thyme. Stir gently to combine. Drizzle with the butter; stir to coat.

4. Once the grill is preheated, place the potato mixture on the griddle side of the Grill/Griddle in a single layer. Allow to cook for 15 minutes, turning the mixture every 2 to 3 minutes, until browned, crispy and hot. After the potatoes
have cooked for about 10 to 12 minutes, sprinkle with chopped parsley.

5. Transfer the potatoes to a bowl and keep warm in a 250°F oven if not serving immediately.

Nutritional information per serving:
Calories 170 (31% from fat) • carb. 27g • pro. 3g
fat 6g • sat. fat 4g • chol. 15mg • sod. 640mg
calc. 27mg • fiber 3g

Grilled Tomato Bruschetta

Make this delicious first course in summer when
tomatoes are at their best.

Makes 8 servings

2 tablespoons extra virgin olive oil, divided
3 tomatoes, halved
½ teaspoon kosher salt
¼ teaspoon freshly ground black pepper
⅓ loaf French bread, cut into eight 1-inch
slices
¼ ounce grated Parmesan
4 medium basil leaves, thinly sliced
(chiffonade)
4 small garlic cloves, chopped
1 teaspoon olive oil

1. Preheat the Goodful™ by Cuisinart® Grill/Griddle to 350°F.

2. Using 1 tablespoon of extra virgin olive oil, brush the tomatoes with the oil; season with salt and pepper. Brush each slice of bread with the remaining oil.

3. Once the grill is preheated, place the tomatoes, cut side down, on the griddle side. Cook for about 30 to 45 seconds per side.

4. While the tomatoes are cooking, place the oiled bread on the grill side. Cook for 3 to 4 minutes per side, until bread is warmed with nice grill marks.

5. Once the tomatoes are cooked, cut into large pieces and transfer to a small bowl. Toss with the remaining ingredients.

6. To serve, divide the tomato mixture among the 8 pieces of the grilled bread.

Nutritional information per serving:
Calories 130 (33% from fat) • carb. 18g • pro. 3g
fat 5g • sat. fat 1g • chol. 0mg • sod. 360mg
calc. 40mg • fiber 1g

Black Bean Cakes with
Grilled Shrimp

These are great served as an hors d'oeuvre or as a first course.

Makes 6 servings

Black Bean Cakes

1 small onion, finely chopped
2 medium garlic cloves, finely chopped
¼ cup finely chopped red and green peppers
1 teaspoon extra virgin olive oil
1 can (15 ounces) black beans, well drained
1 teaspoon chopped fresh parsley
¼ teaspoon kosher salt
¼ teaspoon freshly ground black pepper
¼ teaspoon ground cumin
1 large egg white, lightly beaten
1 tablespoon fresh lime juice
(about ½ medium lime)

Shrimp

12 large shrimp, deveined
(shells still attached)
1 tablespoon fresh lime juice
(about ½ medium lime)
¼ teaspoon kosher salt
¼ teaspoon freshly ground black pepper
2 teaspoons unsalted butter
Sour cream for serving
Salsa for serving
Chopped cilantro for garnish

1. Preheat the Goodful™ by Cuisinart® Grill/Griddle to 300°F.

2. Toss the onion, garlic and peppers in the olive oil. Arrange them on the preheated griddle plate; sauté until softened, about 6 to 8 minutes.

3. While vegetables are sautéing, toss the shrimp with the lime juice, salt, and black pepper. Reserve.

4. Once the vegetables have sautéed, remove and reserve in a large mixing bowl. Increase the temperature to 400°F.

5. Add the drained beans, chopped parsley, salt, pepper, cumin, egg white, and lime juice to the sautéed vegetables. Mash ingredients together until mixture is homogeneous. Form
the black bean mixture into 1/3-cup round cakes.

6. When the Grill/Griddle has reached temperature, brush the griddle side with the butter. Place four of the cakes on the preheated griddle, cooking 5 to 6 minutes per side, or until well browned. Repeat with remaining cakes.

7. When the second batch of the black bean cakes has been placed on the griddle, place the shrimp on the hot grill side. Grill, in two batches, 1 1/2 to 2 minutes per side, or until shells are pink and shrimp are opaque.

8. Place one shrimp on top of each black bean cake and serve with sour cream, salsa and chopped cilantro.

Nutritional information per serving: Calories 160 (12% from fat) • carb. 24g • pro. 12g • fat 2g • sat. fat 1g • chol. 25mg • sod. 440mg • calc. 40mg • fiber 8g

Grilled Vegetable Salad

Makes 4 servings

1/2 medium eggplant, thinly sliced
1 small red or yellow pepper, thinly sliced
6 asparagus spears, trimmed and peeled
1/2 medium summer squash or zucchini, thinly sliced
1/4 teaspoon kosher salt
1/8 teaspoon freshly ground black pepper
2 tablespoons extra virgin olive oil
2 cups mixed greens

1. Preheat the Goodful™ by Cuisinart® Grill/Griddle to 350°F.

2. In a large bowl, mix the sliced vegetables with the salt, pepper and olive oil. Toss to combine.

3. Once the Grill/Griddle is preheated, evenly distribute the eggplant and asparagus over the grill side of the plate, and the pepper and squash/zucchini over the griddle side (you will need to do this in batches). Cook 2 to 3 minutes per side, until vegetables are tender. Repeat with remaining vegetables.


Nutritional information per serving: Calories 90 (64% from fat) • carb. 7g • pro. 2g • fat 7g • sat. fat 1g • chol. 0mg • sod. 150mg • calc. 34mg fiber 3g

Grilled Corn on the Cob

Makes 4 servings

4 small ears fresh corn
2 tablespoons unsalted butter, softened
1/2 teaspoon freshly ground black pepper

1. Preheat the Goodful™ by Cuisinart® Grill/Griddle to 400°F.

2. Brush each ear of corn with softened butter; sprinkle with pepper.

3. Once the Grill/Griddle is preheated, evenly place the corn on the grill side of the plate. Grill corn, turning every 3 to 3 1/2 minutes, for 20 to 22 minutes in total, being sure that each side of the corn is grilled.

Nutritional information per serving: Calories 110 (47% from fat) • carb. 14g • pro. 2g • fat 7g • sat. fat 4g • chol. 15mg • sod. 10mg • calc. 4mg • fiber 2g

Shrimp Fajitas

Makes 8 fajitas

Marinade

8 sprigs fresh cilantro
1 tablespoon fresh lime juice
1 tablespoon chili powder
1/4 teaspoon cayenne
2 garlic cloves, peeled and smashed
1 jalapeño, seeded and thinly sliced
1 tablespoon extra virgin olive oil

Vegetables

1 bell pepper, thinly sliced (any color variety, or could use 1/2 of two different peppers for extra color)
1 small onion, thinly sliced
1 jalapeño, seeded and thinly sliced
1 tablespoon vegetable oil, plus more for brushing tortillas
1/4 teaspoon chili powder
1/4 teaspoon kosher salt
Pinch cayenne
12 6-inch corn tortillas
3/4 pound large shrimp, peeled and deveined
1/4 teaspoon kosher salt
1. Combine the marinade ingredients in a medium bowl; stir to combine. Add the shrimp; refrigerate for 1 hour.

2. Preheat the Goodful™ by Cuisinart® Grill/Griddle to 400°F.

3. In a medium bowl, toss the pepper and onion with the jalapeño, oil, and spices.

4. Once the grill is preheated, place half of the vegetables on the grill side. Flip the vegetables occasionally during cooking; remove when tender and browned, about 8 minutes per batch. Reserve; repeat with second batch.

5. While the second batch of vegetables is cooking, brush tortillas with oil; warm 1 to 2 minutes per side on the griddle. Reserve.

6. Sprinkle shrimp with the salt; grill for about 2 to 3 minutes per side.

7. Serve all fajita ingredients with desired toppings (salsa, sour cream, sliced avocado), so each individual can assemble his/her own.

Nutritional information per serving (1 fajita):
Calories 110 (35% from fat) • carb. 16g • pro. 3g
fat 5g • sat. fat 1g • chol. 5mg • sod. 90mg
calc. 57mg • fiber 2g

Fish and Chips

Makes 2 servings

2 tablespoons extra virgin olive oil, divided
½ tablespoon fresh lemon juice
1 garlic clove, chopped
½ teaspoon dried thyme
¼ teaspoon kosher salt
⅛ teaspoon paprika
⅛ teaspoon cayenne
1 pound flounder filets (or other boneless white fish, such as haddock, hake, cod)
8 ounces new red potatoes (about 2 to 3 inches in diameter), scrubbed

Tartar sauce
Lemon wedges

1. Preheat the Goodful™ by Cuisinart® Grill/Griddle to 400°F.

2. Place 1 tablespoon of the olive oil in a medium bowl with the lemon juice, garlic and spices; stir to blend. Pat fish dry and cut each fillet into 2 pieces lengthwise along the bone line. Add fish to bowl; toss gently to coat.

3. Slice the potatoes into thin slices. Place in a large bowl; toss with remaining olive oil.

4. Once the grill is preheated, arrange sliced potatoes on the hot grill plate in three batches. Grill for 5 to 6 minutes per side. As they are cooked, transfer to a platter and keep warm in a 200°F oven. When the last batch of potatoes is ready to turn, arrange the fish on the hot griddle. Cook for 3 to 4 minutes per side.

5. Serve hot with tartar sauce and fresh lemon wedges.

Nutritional information per serving:
Calories 390 (36% from fat) • carb. 19g • pro. 43g
fat 15g • sat. fat 2g • chol. 100mg • sod. 420mg
calc. 58mg • fiber 2g

Grilled Swordfish with Chermoula Marinade

Makes 2 servings

Chermoula marinade
2 garlic cloves, finely chopped
½ teaspoon paprika
½ teaspoon kosher salt
¼ teaspoon freshly ground black pepper
½ teaspoon ground coriander
¼ teaspoon ground cumin
½ teaspoon red pepper flakes
2 inch strips lemon peel, finely chopped
⅓ cup fresh cilantro, roughly chopped
2 tablespoons fresh parsley, roughly chopped
2 tablespoons fresh lemon juice
1 tablespoon white wine vinegar
½ cup extra virgin olive oil
2 tablespoons pitted whole kalamata olives, finely chopped
1 boneless swordfish fillet (¾ to 1 pound)

1. Put the garlic, paprika, salt, pepper, coriander, cumin, red pepper flakes, and lemon peel into a small bowl. Mix until completely combined – this should be the consistency of a thick paste. Stir in the cilantro, parsley, lemon juice and vinegar. Slowly whisk in the olive oil. Add the olives; reserve ¼ cup marinade. Place the swordfish in a 9 x 13-inch baking dish; add the remaining marinade to cover the fish.
Cover with plastic wrap; let fish marinate 1 to 2 hours. Bring to room temperature before grilling.

2. Preheat the Goodful™ for Cuisinart® Grill/Griddle to 400°F.

3. Once grill is preheated, lay the swordfish on the hot grill side. Grill 4 minutes on the first side; flip and grill second side for 5 minutes. Reduce the heat to 300°F and cook for an additional minute on both sides.

4. To serve, place the swordfish on a platter and top with the reserved chermoula marinade.

Nutritional information per serving:
Calories 720 (77% from fat) • carb. 6g • pro. 35g • fat 62g • sat. fat 10g • chol. 65mg • sod. 690mg • calc. 51mg • fiber 2g

**Honey-Glazed Chicken with Griddled Veggies**

Makes 2 servings

**Chicken**

2 boneless, skinless chicken breasts (5 to 6 ounces each)

1 tablespoon extra virgin olive oil

¼ teaspoon kosher salt

¼ teaspoon freshly ground black pepper

**Glaze**

1½ tablespoons honey

1 tablespoon white wine vinegar

½ tablespoon Dijon mustard

¼ teaspoon freshly ground black pepper

3 tablespoons low-sodium soy sauce

**Vegetables**

½ medium zucchini, halved and cut into ½-inch semicircles

½ cup corn kernels (fresh or frozen)

½ medium-small onion, thinly sliced

1 tablespoon unsalted butter, melted

3 large, fresh basil leaves, thinly sliced (chiffonade)

¼ teaspoon kosher salt, divided

¼ teaspoon freshly ground black pepper, divided

1. Preheat the Goodful™ for Cuisinart® Grill/Griddle to 350°F.

2. Coat the chicken breasts with the olive oil; sprinkle with salt and pepper. Reserve.

3. Combine all ingredients for glaze. Brush each side of the chicken breasts with the glaze.

4. In a medium bowl, toss the zucchini, corn and onion with the butter, basil, and half of the salt and pepper.

5. Place the chicken on the preheated grill side of the plate. Cook on each side for 3 to 3½ minutes, reapplying the glaze after each turn.
Continue cooking for a total of about 10 minutes, or until the chicken is fully cooked.

6. While the chicken is cooking, arrange the vegetables on the griddle plate. Cook, tossing occasionally, 6 to 8 minutes, or until zucchini is tender and lightly browned.

Nutritional information per serving:
Calories 610 (58% from fat) • carb. 30g • pro. 35g
fat 40g • sat. fat 10g • chol. 105mg • sod. 2150mg
calc. 63mg • fiber 4g

Chicken and Vegetable Skewers

Makes 6 servings

Marinade

¼ cup fresh lemon juice (juice of about 1½ medium lemons)
2 teaspoons Dijon mustard
½ teaspoon kosher salt
½ teaspoon freshly ground black pepper
1 teaspoon fresh dill
½ teaspoon red pepper flakes
½ cup extra virgin olive oil
12 ounces boneless, skinless chicken breasts, cut into 1½-inch pieces
6 bamboo skewers
2 small zucchini, cut into twelve 1x1-inch pieces
1 small red pepper, cut into 12, 1-inch pieces
6 baby portobella mushrooms

1. In a small mixing bowl, combine all the marinade ingredients except for the olive oil. Once the mixture is well combined, slowly whisk in the olive oil. Pour into a 1- to 2-gallon resealable plastic bag. Add chicken and toss to coat. Refrigerate 1 to 3 hours to marinate. Bring to room temperature before grilling.

2. Soak 6 skewers in water for 10 minutes before adding meat and vegetables.

3. Preheat the Goodful for Cuisinart Grill/Griddle to 400°F.

4. Divide chicken and vegetables among skewers – each skewer should have 2 pieces of chicken, 2 pieces of zucchini, 2 pieces of pepper, and 1 mushroom.

5. Once the grill is preheated, arrange the prepared skewers across the Grille/Griddle evenly (some will cook on the grill, some on the griddle – they will all cook in about the same amount of time.) Grill for 15 to 18 minutes, turning a quarter-turn every 4 minutes, or until chicken is completely cooked and vegetables are tender with good browning.

Nutritional information per serving:
Calories 240 (70% from fat) • carb. 4g • pro. 14g
fat 19g • sat. fat 3g • chol. 35mg • sod. 250mg
calc. 17mg • fiber 1g

Beef Burgers with Spicy Potato Wedges

Makes 2 servings

8 ounces potatoes, cut into ½-inch wedges
2 teaspoons vegetable oil
2 pinches freshly ground black pepper
¼ teaspoon kosher salt
2 pinches chili powder
12 ounces ground beef, preferably chuck
1 small onion, very finely chopped or grated
½ teaspoon kosher salt
¼ teaspoon freshly ground black pepper

1. Preheat the Goodful™ for Cuisinart® Grill/Griddle to 400°F.

2. In a large bowl, toss the potatoes with the oil and spices. Reserve.

3. In a separate large bowl, gently mix the ground meat with the onion, salt, and pepper. Form into two 6-ounce patties, making a small indent in the center of each patty (this keeps the burgers even in size while grilling).

4. When the grill is preheated, place half of the potato wedges on the griddle side of the grill. Flip after browned, about 5 to 7 minutes. Continue cooking on opposite side for an additional 5 to 7 minutes. Repeat with remaining potatoes.

5. Once the second batch of potatoes has been placed on the griddle plate, evenly space the burgers on the grill side. Flip the burgers after 5 to 6 minutes, and continue cooking on opposite side until desired doneness.

Nutritional information per serving:
Calories 540 (48% from fat) • carb. 23g • pro. 47g
fat 28g • sat. fat 10g • chol. 155mg • sod. 700mg
calc. 53mg • fiber 3g
Grilled Rib Eye Steaks with Onion Rings

A delicious combination for an easy meal that is sure to impress.

Makes 2 servings

2 boneless rib eye steaks (about 8 to 10 ounces each)
¼ cup extra virgin olive oil, divided
½ teaspoon kosher salt, divided
¾ teaspoon freshly ground black pepper
1 large onion, cut into ⅛- to ½-inch slices
⅛ teaspoon paprika

1. Preheat the Goodful™ for Cuisinart® Grill/Griddle to 400°F.
2. Coat each steak with 1 tablespoon of olive oil. Season with ⅛ teaspoon of salt and ¼ teaspoon pepper. Reserve.
3. In a medium bowl, toss the onions with remaining oil, ¼ teaspoon salt, ¼ teaspoon pepper, and paprika. Reserve.
4. Once the grill has preheated, place the steaks on the grill side and the onions on the griddle side.
5. Grill the steaks 4 to 5 minutes per side, or until desired doneness. Griddle the onion rings for a total of 10 to 12 minutes, flipping every 2 to 3 minutes.

Nutritional information per serving:
Calories 710 (66% from fat) • carb. 8g • pro. 52g • fat 52g • sat. fat 12g • chol. 150mg • sod. 1040mg • calc. 47mg • fiber 1g

Grilled Rosemary and Garlic Lamb Chops

So easy and so delicious!

Serves 2 to 3

1 to 2 garlic cloves, finely chopped
2 teaspoons chopped fresh rosemary
2 pinches freshly ground black pepper
2 tablespoons olive oil
1 pound loin lamb chops, approximately 3 chops
⅛ teaspoon kosher salt

1. Combine chopped garlic, rosemary, black pepper, and olive oil together in a bowl. Dip chops in marinade to coat both sides and place in a shallow baking dish to accommodate all of the chops. Once all chops are dipped, scrape the remaining marinade out on top of the chops with a rubber spatula. At this point, chops can be refrigerated for up to 24 hours.
2. One hour before grilling, remove chops from refrigerator so they can come to room temperature.
3. Preheat the Goodful™ for Cuisinart® Grill/Griddle to 400°F.
4. Sprinkle lamb on both sides with salt.
5. When grill is preheated, place the lamb chops, evenly spaced, across the grill side of the plate (this may need to be done in 2 batches, or can use the griddle side as well).
6. Grill approximately 7 to 8 minutes per side or on all sides for a total of 15 minutes for medium rare.

Nutritional information per serving (based on 3 servings): Calories 140 (58% from fat) • carb. 0g • pro. 14g • fat 9g • sat. fat 2g • chol. 45mg • sod. 170mg • calc. 13mg • fiber 0g
Grilled Pound Cake with Cinnamon-Glazed Pears

Makes 4 servings

Pears:
1 large pear, firm but ripe, peeled, halved and cored
1 teaspoon fresh lemon juice
2 teaspoons unsalted butter, melted
2 teaspoons light brown sugar
½ teaspoon ground cinnamon

Pound Cake:
1 tablespoons unsalted butter, softened
4 slices pound cake, ½-inch thick

1. Preheat the Goodful™ for Cuisinart® Grill/Griddle to 350°F.
2. Cut each pear half into eight slices. Place in a medium bowl with lemon juice; toss gently. Add melted butter, brown sugar, and cinnamon. Stir gently to coat. Let stand for 15 minutes.
3. While pears are marinating, brush softened butter on each side of each slice of pound cake.
4. Once preheated, arrange the pears in a single layer on the griddle side; cook 3 to 4 minutes per side, or until tender and caramelized. While the pears are cooking, arrange the pound cake on the grill side. Grill 3 to 4 minutes per side, until browned and warm.

Serve pears on the warmed pound cake.

Nutritional information per serving:
Calories 180 (49% from fat) • carb. 23g • pro. 2g
fat 10g • sat. fat 6g • chol. 80mg • sod. 120mg
calc. 20mg • fiber 2g

Grilled Apricot Sundae

Makes 4 sundaes

Chocolate Sauce
3 ounces semisweet chocolate, chopped (or about 1/3 cup semisweet chocolate chips)
¼ cup heavy cream
½ tablespoon light corn syrup
¼ teaspoon pure vanilla extract
Pinch kosher salt
¼ teaspoon ground cinnamon
6 fresh apricots, pitted and halved
4 teaspoons toasted, crushed almonds, divided
2 cups vanilla ice cream, divided

1. Place the chocolate in a medium mixing bowl; reserve.
2. In a small, heavy-bottomed saucepan, combine the cream, corn syrup and vanilla extract, salt and cinnamon. Set over low heat and bring to a strong simmer. Immediately pour over the reserved chocolate and let sit for 5 minutes before whisking to combine. Reserve.
3. Preheat the Goodful™ for Cuisinart® Grill/Griddle to 350°F.
4. Once the grill has preheated, place the apricots, cut side down, evenly across the grill side. Grill for about 6 minutes on each side, or until slightly softened.

To serve: In an ice cream dish, or a small plate or bowl, scoop ½ cup ice cream per serving. Divide the apricots among dishes; drizzle with chocolate sauce and top with the almonds.

Nutritional information per serving:
Calories 340 (51% from fat) • carb. 39g • pro. 5g
fat 20g • sat. fat 12g • chol. 55mg • sod. 105mg
calc. 123mg • fiber 3g