



Grill Power: Everything You Need to Know to Make Delicious, Healthy Meals with Your Indoor Electric Grill

Holly Rudin-Braschi

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Grill Power is an excellent choice for grill owners who want to move beyond the basics of their grill manual. Holly Rudin-Braschi begins with cooking and cleaning fundamentals for all four types of indoor electric grills currently on the market, then offers mix-and-match recipes and grilling charts for meat, poultry, fish, vegetables, and even fruit. In addition, she outlines 50 international menus, from burgers to seafood to vegetarian fare, complete with nutritional breakdowns and cook's notes, making this an indispensable resource for anyone who wants to cook quick, healthy, gourmet meals on the grill. To help ensure cooking success, all of the information has been thoroughly tested by a team of professional chefs and home cooks.

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