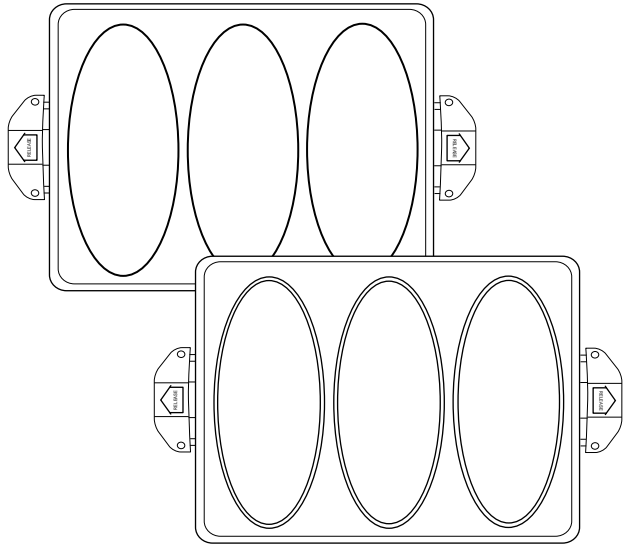
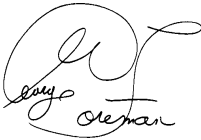


OWNER'S MANUAL

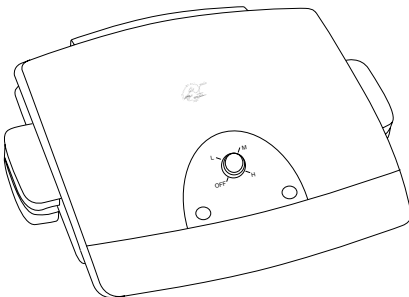
Model No. GFOM1

# GEORGE FOREMAN®

LEAN  
MEAN  
FAT REDUCING  
GRILLING  
MACHINE!



## Omelet/Snack Plates for use with THE NEXT GRILLERATION G5™



Model No. GRP90WG\*

\*Various suffix applied



**salton.**

**THESE PLATES ARE FOR USE IN THE  
GEORGE FOREMAN® G5™ ONLY (MODEL GRP90WG\*)**

# **IMPORTANT SAFEGUARDS**

Basic safety precautions should always be followed, including the following:

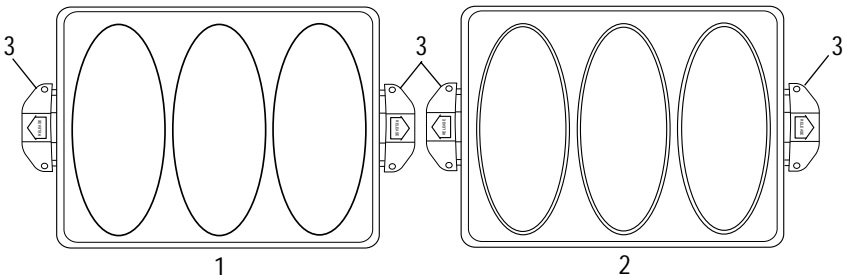
1. Read all instructions. Refer to the G5™ (GRP90WG\*) Owner's Manual for complete instructions.
2. Do not touch hot surfaces. Use handles or knobs. Use oven mitts or pot holders.
3. Allow to cool before putting on or taking off parts, and before cleaning the appliance.
4. Do not use for other than intended use.

# **SAVE THESE INSTRUCTIONS**

## **For Household Use Only**

The following Omelet/Snack Plates have been designed for exclusive use with the George Foreman® G5™ (Model GRP90WG\*). Please refer to that Owner's Manual for proper use of the appliance.

## **Getting to Know Your GFOM1 Omelet/Snack Plates**



1. Omelet/Snack Plate, Upper (1) (P/N 22776U)
2. Omelet/Snack Plate, Lower (1) (P/N 22776L)
3. Release Handles

# Use and Care of the George Foreman® The Next Grilleration G5™ Omelet/Snack Plates

Refer to your George Foreman® G5™ (GRP90WG\*) Owner's Manual for details on how to use plates.

1. Before using for the first time, wipe the Omelet/Snack Plates with a damp cloth to remove all dust.
2. Securely attach the Plates in the top and bottom of the G5 using the Release Handles on each side of the Plates.
3. Remove the food using a Plastic Spatula. Be sure to always use either plastic or wooden utensils so as not to scratch the non-stick surface of the Plates. Never use metal tongs, forks or knives as these can damage the coating on the Plates.
4. Do not remove or change the Plates while the unit is hot. The Plates must cool completely before cleaning.
5. To avoid accidental burns, allow your plates to cool thoroughly before cleaning.
6. To clean the Plates, scrape off any excess fat and food particles using a plastic spatula. Wipe the Plates dry with a paper towel or sponge.
7. The Plates may be removed from the appliance by pulling out on the Release Handles. Wash in warm, soapy water and dry thoroughly. The removable Plates are also dishwasher safe. After washing the Plates in the dishwasher, wipe the uncoated side with a dry towel to prevent discoloration. Dishwasher detergent may cause oxidation on the uncoated side of the cooking plate. This is not harmful and can be wiped off with a damp towel.
8. **Stubborn build-up:** Use a non-metallic scrubbing pad to clean the Plates.
9. Do not use steel wool, scouring pads, or abrasive cleaners on any part of the Plates.
10. Please reference your George Foreman® G5™ (GRP90WG\*) Owner's Manual for additional use and care instructions.

# Recipes

## PLAIN OMELETS

3/4 teaspoon butter  
6 large eggs  
2 tablespoons water  
salt and freshly ground pepper to taste  
6 tablespoons shredded Cheddar cheese

Preheat on High. Place 1/4 teaspoon of butter in each of the preheated sections of the Omelet/Snack Plate. In a small bowl, whisk eggs and water together. When butter is melted, pour 1/3 of the mixture into each section. Close the Lid and cook for 3-4 minutes or until done. When done, transfer omelets to a serving plate and sprinkle equal portions of cheese on each omelet.

Makes 3 omelets

## MEXICAN OMELETS

3/4 teaspoon butter  
3 extra large eggs  
1 tablespoons water  
3 tablespoons cooked pork sausage  
1 tablespoon chopped green chillies  
1 tablespoon chopped onion  
1 tablespoon chopped tomatoes  
salt and freshly ground pepper to taste  
1/4 cup crumbled goat cheese

Preheat on High. Place 1/4 teaspoon of butter in each of the preheated sections of the Omelet/Snack Plate. In a bowl, whisk together the eggs and remaining ingredients, except cheese. Season with salt and pepper. When butter is melted, pour 1/3 of the mixture into each section. Close the Lid and cook for 9 minutes or until done. When done, transfer omelets to a serving plate and sprinkle equal portions of cheese on each omelet.

Makes 3 omelets

## **WESTERN OMELETS**

3/4 teaspoon butter  
3 large eggs  
1 tablespoon water  
1 tablespoon cooked sausage  
1 tablespoon chopped ham  
1 tablespoon chopped bacon  
1 teaspoons chopped green pepper  
1 teaspoons chopped onion  
1 teaspoons chopped tomato  
salt and freshly ground pepper to taste  
1/4 cup shredded Cheddar cheese

Preheat on High. Place 1/4 teaspoon of butter in each of the preheated sections of the Omelet/Snack Plate. In a bowl, whisk together the eggs and remaining ingredients, except cheese. When butter is melted, pour 1/3 of the mixture into each section. Cook for 3-5 minutes or until done. When done, transfer omelets to a serving plate and sprinkle equal portions of cheese on each omelet.

Makes 3 omelets

## **POACHED EGGS**

1/3 cup water  
1 1/2 teaspoons salt\*  
1/4 teaspoon vinegar\*  
3 large eggs

Preheat on High. Combine the water, salt and vinegar together. Pour 1/3 of the water mixture into each of the preheated sections of the Omelet/Snack Plate, filling only to minimal fill line. Close Lid and heat the water for 3 minutes. Break each egg into a small bowl, slip into water and cook for 1-2 minutes or to desired doneness. Remove the egg with a slotted spoon. \* The salt will promote coagulation and the vinegar will lower the coagulation temperature resulting in a better poached egg.

Makes 3 eggs

# Recipes (Cont.)

## MEXICAN WRAPS

- 3/4 teaspoon butter
- 3 tablespoons salsa
- 3 8-inch flour tortillas
- 3 tablespoons canned black beans, rinsed and drained
- 1 tablespoon chopped cilantro
- 1 tablespoon green onion, thinly sliced
- 3/4 cup shredded Mexican cheese

Preheat on High. Place 1/4 teaspoon of butter in each section of the Omelet/Snack Plate. Spread 1 tablespoon salsa evenly over each flour tortilla. Add 1 tablespoon of beans and cilantro. Top with 1/4 cup cheese. Fold one side in toward center covering filling. Fold the other side in toward the center, overlapping the other. Place one wrap in each section, with the overlapped side on the bottom. Cook for 4-5 minutes or until the cheese is melted.

Makes 3 wraps

## PIZZA POCKETS

- 10 ounce can refrigerated pizza dough
- 3 tablespoons prepared pizza sauce
- 3/4 cup mozzarella cheese, shredded
- 3 tablespoons Parmesan cheese, grated
- 3/4 cup pepperoni, sliced or sausage, cooked and crumbled

Preheat on High. Roll out or pat and stretch the dough. Cut the dough into 6-inch circles. Spread 1 tablespoon of the sauce evenly over half the circle; top with 1/4 cup mozzarella cheese and 1 tablespoon Parmesan cheese. Top with 1/4 cup pepperoni or sausage. Fold the dough over and seal the edges. Brush each of the preheated sections of the Omelet/Snack Plate with melted butter. Place the pizza pockets into each section. Cook for 3-4 minutes or until the crust is golden brown.

Makes 3 servings

## **GRILLED CHICKEN BREAST PITA SANDWICH**

1/3 cup lettuce, thinly sliced  
3/4 cup basmati rice, cooked  
3 pieces of pita pocket bread  
6 slices deli chicken breast, thinly sliced  
1/4 cup honey mustard dressing

Mix the lettuce with the rice in a bowl. Divide the mixture between each pocket and top with 2 slices of chicken breast. Lightly coat each of the sections of the Omelet/Snack Plate with cooking spray. Place one pita into each section. Cook for 3-4 minutes. Serve with honey mustard dressing.

Makes 3 sandwiches

## **CORN BREAD**

1 1/4 cups all-purpose flour  
3/4 cup enriched yellow corn meal  
1/4 cup sugar  
2 teaspoons baking powder  
1/2 teaspoon salt  
1 cup milk  
1/4 cup vegetable oil  
1 egg, beaten

Preheat on High. Brush each of the preheated sections of the Omelet/Snack Plate with melted butter. Combine the dry ingredients in a mixing bowl and stir in the milk, oil and egg. Mix until dry ingredients are moistened. Pour 1/2 cup of the batter into each section and cook for 10-15 minutes or until wooden pick inserted in the center comes out clean.

Makes 3 servings

# Recipes (Cont.)

## ASPARAGUS QUICHE

3 asparagus spears, trimmed and halved crosswise  
1 9-ounce refrigerated pie crust  
1 tablespoon all-purpose flour  
1/4 cup Parmesan cheese, grated  
1 teaspoon dried basil  
1 tablespoon onion, chopped (optional)  
2 eggs, beaten  
1/2 cup lowfat milk  
1/8 teaspoon salt

Cook the asparagus, covered in boiling water for 2 minutes. Set aside and let cool. Cut into 1/2 inch pieces. Preheat to High. Brush each section of the Omelet/Snack Plate with melted butter. Cut the pie crust into 3-4" x 7" oval pieces and fit the pie crust into sections. Turn to Medium and cook for 5 minutes. While cooking, combine flour and cheese in a bowl. Add remaining ingredients and mix thoroughly. After partially cooking the crust for 5 minutes, add 1/4 cup egg mixture to each section. Top each with 1/3 of the asparagus. Cook for 16-18 minutes or until wooden pick inserted in the center comes out clean.

Makes 3 quiche

## STRAWBERRY FILLED FRENCH TOAST

2 eggs, lightly beaten  
1/2 cup lowfat milk  
1/2 teaspoon vanilla extract  
1/2 teaspoon ground cinnamon  
6 large slices of raisin bread  
1 1/2 cups strawberries, thinly sliced

Preheat on Medium. Combine the eggs, milk, vanilla and cinnamon in a bowl. Brush each of the preheated sections of the Omelet/Snack Plate with melted butter. Dip one side of each slice of bread in the mixture. Place one slice of bread, soaked side down, into each section. Place 1/4 cup strawberries on one side of the bread, fold it over to cover the strawberries. Cook for 3-4 minutes or until the bread is golden-brown. Top with whipped cream or maple syrup if so desired.

Makes 6 servings



## **CHERRY VANILLA PIE**

1 9-inch refrigerated pie crust  
1 1/2 cups prepared vanilla pudding  
3/4 cup cherry pie filling

Brush each section of the Omelet/Snack Plate with melted butter. Cut pie crust into 3-4" x 7" oval pieces and fit into each section. Bake for 3-4 minutes or until the pie crust becomes golden brown. Allow to cool completely before filling. Fill each shell with 1/2 cup vanilla pudding and top with 1/4 cup cherry pie filling.

Makes 3 pies

## **FUDGE BROWNIE CAKE**

Preheat on High. Prepare the Fudge Brownie Cake mix according to package directions, for cake-like brownies. Place 1/4 teaspoon butter in each of the sections of the Omelet/Snack Plate. Fill each section with 1/2 cup of batter. Bake for 11-12 minutes or until a wooden pick inserted in the middle comes out clean. Repeat with the remaining batter.

Makes 6 brownies





## LIMITED ONE-YEAR WARRANTY

**Warranty Coverage:** This product is warranted to be free from defects in materials or workmanship for a period of one (1) year from the original purchase date. This product warranty is extended only to the original consumer purchaser of the product and is not transferable. For a period of one (1) year from the date of original purchase of the product, our Repair Center will, at its option, either (1) repair the product or (2) replace the product with a reconditioned comparable model. These remedies are the purchaser's exclusive remedies under this warranty.

**Warranty Service:** To obtain warranty service, you must call our warranty service number at 1-800-233-9054 for return instructions on how to deliver the product, in either the original packaging or packaging affording an equal degree of protection to the Repair Center specified below. You must enclose a copy of your sales receipt or other proof of purchase to demonstrate eligibility for warranty coverage.

**To return** the appliance, ship to:

ATTN: Repair Center  
708 South Missouri Street  
Macon, MO 63552 USA

**To contact us**, please write to, call, or email:

Consumer Relations Department  
PO Box 7366  
Columbia MO 65205-7366 USA  
1-800-233-9054  
E-mail:  
consumer\_relations@toastmaster.com

**What Is Not Covered:** This warranty does not cover damage resulting from misuse, accident, commercial use, improper service or any other damage caused by anything other than defects in material or workmanship during ordinary consumer use. This warranty is invalid if the serial number has been altered or removed from the product. This warranty is valid only in the United States and Canada.

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