
ALFREDO *3in1* HEALTHY GRILL CONTACT GRILL

Thank you for purchasing a DeLonghi product. DeLonghi is well known throughout Europe and the world for its high-quality, long-lasting Italian designed products. We are sure that you will enjoy your DeLonghi product for many years to come. We've even included some recipes to get you started.

If you have any questions or comments regarding your new DeLonghi product, or any of our products, please feel free to contact us at:

1-800-322-3848

We will be happy to answer any questions you have.

Buon Appetito

Your product is equipped with a polarized alternating current line plug (a plug having one blade wider than the other). This plug will fit into the power outlet only one way. This is a safety feature. If you are unable to insert the plug fully into the outlet, try reversing the plug. If the plug should still fail to fit, contact your electrician to replace your obsolete outlet. Do not defeat the safety purpose of the polarized plug.

SAVE THESE INSTRUCTIONS

Instructions for Use

IMPORTANT SAFEGUARDS

When using electrical appliances, basic safety precautions should always be followed.

1. Read all instructions
2. Do not touch hot surfaces. Use handles or knobs.
3. To protect against electrical shock, do not immerse cord, or any part of the unit in water or any liquid.
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 the 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. Return appliance to the nearest authorized service center for examination, repair or adjustment.
7. The use of accessory attachments not recommended by the appliance manufacturer may cause injuries.
8. Do not use outdoors.
9. Do not let cord hang over edge of table or counter, or touch hot surface
10. Do not place on or near a hot gas or electric burner, or in a heated oven
11. Always attach plug to appliance first, then plug cord in the wall outlet. To disconnect turn any control to "OFF", then remove plug from wall outlet.
12. Do not use this appliance for other than intended use.
13. Do not immerse in water.

ABOUT YOUR ALFREDO 3in1 HEALTHY GRILL



1. **Thermostatically controlled heat - RED DIAL.** Allows you to set desired temperature.
2. **Red Indicator Light** - Tells when grill surface has reached desired heat setting. This light will cycle on and off as the heating elements maintain the desired temperature.
3. **Removable grill plates** - To remove, hold back metal clip by handle and lift plate up. To replace plates, slide small legs at the back of each corner of the plate under the metal locking tabs at the back of the heating element chamber and snap front of plate down under front metal clip. Ensure both plates are secure before operating.
4. **Grease Drain** - The front right corner of each plate has a small channel that allows grease and oil to drain while cooking. Place a small cup or bowl under this channel to collect grease.
5. **Versatile Cooking** -your Alfredo 3in1 Healthy Grill can be used for varied cooking functions. There are 3 cooking positions that can be used.

POSITION 1

Fully Closed - place food on lower grill and close lid so top grill makes contact with your food

Ideal For: beef, fish, pork, hamburgers, chicken, grilled sandwiches

POSITION 2

Broiling - Semi Opened - Open top lid, pull up and forward so hinge supports lock into place.

Ideal For: open faced sandwiches, pizza, cheeseburgers, hot dogs

Defrosting- set temperature on slow and wrap frozen food in aluminum foil

POSITION 3

Fully Open - open top lid, pull up and lay back on counter top. Use flap in back of handle to support the top lid.

Ideal For: large family sized meals, steak, chicken, etc.

Warming Tray - place heat proof dishes on grill surface to keep food warm

Ideal For: beef, fish, pork, hamburgers, chicken, grilled sandwiches



Make sure that your grill has not been damaged in any way during transportation.

Place the appliance on a flat surface well out of the reach of children, as high temperatures are generated during use.

Remove plates and wash in warm, soapy water. Rinse thoroughly and dry before replacing plates.

Before using the grill for the first time, switch it on and leave it to heat up in position 3 without any food for at least 5 minutes; open the window in order to eliminate any unpleasant smell that tends to be given off when an appliance is new.



NOTE: Do not use metal cooking utensils, steel wool or abrasive cleaners as they may scratch the cooking surface.

1. Place grill on a level surface.
2. Select your desired cooking surface and lock into place
3. Set grill in desired cooking position
4. Place cup or plate under grease channel
5. Set heat control as desired. Red light will illuminate
6. When light goes off, desired setting has been reached.
7. When finished cooking, turn unit off and unplug grill. To switch the appliance on, turn temperature control knob counter clockwise until it stops between the “slow” and the “O” position; then push and at the same time, turn the knob once more counterclockwise until the “O” position is reached.
8. Allow to cool completely before cleaning.

NOTE: during heat up, cooking and cooling all metal surfaces will be hot.

9. To clean, remove cooled plates and wash with soap and water.

NOTE: We do not recommend using a dishwasher as this could harm the non-stick coating.

All types of food can be cooked on your Alfredo 3in1 Healthy Grill. Grilling time and temperature depend on the type of food, thickness and the food temperature. The table below will assist you until you become familiar with your Alfredo 3in1 Healthy Grill. The settings and cooking times shown are approximate and may vary depending on personal preference.

Food Type	Temperature	Grill Position	Grilling Duration
Boneless Chicken Breast	Medium	Closed	6-7 minutes
Chicken pieces with bone	Medium	Semi-open	18-20 minutes, or until juices run clear
Boneless Turkey Breast	Medium	Closed	7-9 minutes
Turkey Burgers	High	Closed	7-9 minutes
Flank Steak (3/4 to 1 inch thick)	Medium	Closed	5 minutes (medium rare)
Hamburgers	High	Closed	7-8 minutes, or until no pinkness
Steak (1½" thick)	High	Closed	8 minutes (med rare) 10 minutes (med)
Veal Chop (1 1/4" thick)	Medium	Closed	7-8 minutes (medium) 9 minutes (well)
Pork Chop (1 1/4" thick)	Medium	Closed	11 minutes, or until juices run clear
Ham Steak (1" thick)	Med/High	Closed	7 minutes
Sausage	High	Open	8-9 minutes
Kebabs (1" cubes)	Med/High	Open or Semi-Open	6-7 minutes
Fish Steak (Tuna, Salmon - 1" thick)	Medium	Open or Semi-Open	2-3 minutes on each side
Shrimp	Medium	Open	Medium Shrimp 3-4 minutes Jumbo Shrimp 4-5 minutes
Lobster Tails	Medium	Semi Open	4-8 minutes or until opaque
Asparagus	High	Closed	4 minutes
Potatoes-sliced	High	Closed	5-6 minutes or until brown
Red Peppers	High	Closed	3 minutes
Eggplant - sliced	High	Closed	4 minutes

COOKING TIPS

Defrosting	Low - Medium	Slow	as desired
Warming Tray	Low- Medium	Slow	Shrimp

- **When cooking beef, chicken or pork, seal in juices by cooking at max setting for two minutes on each side then lower to med setting to complete cooking.**

- Thawed and marinated meat should be dried thoroughly before being placed on the grill.

Meat should be seasoned before grilling but salt should be added at time of serving

- Food which is to be cooked in position 1 should be uniformly thick to ensure even browning.
- Always oil the lower plate before grilling fish

1 ½ cup olive oil ½ cup vinegar
2 tsp. salt 2 tsp. sugar
½ tsp. dry mustard 4 T. chopped chutney
1 tsp. curry 5 slices prepared bacon, broken into pieces

- 1 Grill chicken breasts following grilling chart.
- 2 Prepare 4 salad bowls with mixed greens, carrot, mushrooms, peppers and cranberries.
- 3 In a medium saucepan, combine all dressing ingredients. Stir over low heat until all ingredients are combined and warm.
- 4 Place grilled chicken on the salads, and drizzle with dressing.
- 5 Serves 4

Grilled Crusted Tuna Steaks

2 tuna steaks, 1" thick 2 egg whites
Sesame seeds

1. Pre-heat Contact Grill to medium high
2. Rinse tuna steaks with water and pat dry.
3. Brush with egg whites on all sides.
4. Cover with sesame seeds.
5. Grill for 2-3 minutes on each side for medium rare.

TURKEY CUTLET ALLA COSTANZA

6 mettwursts 2 cans beer
1 can sauerkraut, warmed 6 buns

- 1 Using a fork, poke several holes into the mettwursts.
- 2 In a bowl, marinate the mettwursts in beer for 10 minutes.
- 3 Pre-heat Contact Grill to medium.
- 4 After marinating, grill the mettwursts for 8-9 minutes, until brown and cooked thoroughly.
- 5 Serve mettwursts on bun, top with warm sauerkraut.

RECIPES

GRILLED CHICKEN SALAD WITH WARM CURRY BACON DRESSING

4 boneless chicken breasts Mixed greens
Carrot matchsticks (1 ½" long) Mushrooms, sliced
Red and Green Peppers, sliced 1 cup dried cranberries

Dressing-

STEAK AU POIVRE

2 steaks

^{1/4} cup red wine

1 tsp. Worcestershire sauce

^{1/2} cup light cream

2 T. minced garlic

1 ^{1/2} tsp. cracked pepper

1. Pre-heat grill to medium
2. Grill steaks following the grilling chart
3. In a saucepan, combine light cream, red wine, garlic, Worcestershire sauce. Bring to a soft boil and reduce heat. Simmer for 6 minutes.
4. Serve steaks covered with au Poivre sauce.

GRILLED MIXED VEGETABLES

1 small eggplant, sliced

1 large onion, sliced

2 zucchini, sliced

1 large red pepper, sliced

1 large green or yellow pepper, sliced

Marinade

^{1/2} cup Olive oil

^{1/4} cup chopped basil

1 tsp. vegetable seasoning

2 cloves garlic, minced

1. To make marinade, mix all marinade ingredients in a jar and shake well to combine.
2. Preheat grill to high
3. Brush marinade on vegetables, and grill in either the closed or open position
4. During the grilling process, brush on more marinade
5. Grill for 14 minutes, flipping occasionally. Grill time may vary due to size of vegetables.

What Does This Warranty Cover? We warrant each appliance to be free from defects in material and workmanship. Our obligation under this warranty is limited to replacement or repair, free of charge at our factory or authorized service centers, of any defective part or parts thereof other than parts damaged in transit, which shall be returned to us, transportation prepaid. This warranty shall apply only if the appliance is used in accordance with the factory directions which accompany it.

How Long Does The Coverage Last? This warranty runs for one year from the date of delivery and applies only to the original purchaser for use.

What Does This Warranty Not Cover? This warranty does not cover defects or damage of the appliance which results from repairs or alterations to the machine outside our factory or authorized service centers, nor shall it apply to any appliance which has been subject to abuse, misuse, negligence or accidents. Also, consequential and incidental damages resulting from the use of this product or arising out of any breach of contract or breach of this warranty are not recoverable under this warranty. Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation may not apply to you.

How Do You Get Service? If repairs become necessary or spare parts are needed, please write to:
DeLonghi America
625 Washington Avenue
Carlstadt, NJ 07072
or call Service Tel. No. 1-800-322-3848

The above warranty is in lieu of all other express warranties and representations. All implied warranties are limited to the applicable warranty period set forth above. This limitation does not apply if you enter into an extended warranty with DeLonghi. Some states do not allow limitations on how long an implied warranty lasts, so the above exclusions may not apply to you. DeLonghi does not authorize any other person or company to assume for it any liability in connection with the sale or use of its Ice Cream Maker.

How Does State Law Apply? This warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

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Instructions for Use

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4. **Grease Drain** - The front right corner of each plate has a small channel that allows grease and oil to drain while cooking. Place a small cup or bowl under this channel to collect grease.
5. **Versatile Cooking** -your Alfredo 3in1 Healthy Grill can be used for varied cooking functions. There are 3 cooking positions that can be used.

POSITION 1

Fully Closed - place food on lower grill and close lid so top grill makes contact with your food

Ideal For: beef, fish, pork, hamburgers, chicken, grilled sandwiches

POSITION 2

Broiling - Semi Opened - Open top lid, pull up and forward so hinge supports lock into place.

Ideal For: open faced sandwiches, pizza, cheeseburgers, hot dogs

Defrosting- set temperature on slow and wrap frozen food in aluminum foil

POSITION 3

Fully Open - open top lid, pull up and lay back on counter top. Use flap in back of handle to support the top lid.

Ideal For: large family sized meals, steak, chicken, etc.

Warming Tray - place heat proof dishes on grill surface to keep food warm

Ideal For: beef, fish, pork, hamburgers, chicken, grilled sandwiches

SAFETY

Make sure that your grill has not been damaged in any way during transportation.

Place the appliance on a flat surface well out of the reach of children, as high temperatures are generated during use.

Remove plates and wash in warm, soapy water. Rinse thoroughly and dry before replacing plates.

Before using the grill for the first time, switch it on and leave it to heat up in position 3 without any food for at least 5 minutes; open the window in order to eliminate any unpleasant smell that tends to be given off when an appliance is new.

GRILLING

NOTE: Do not use metal cooking utensils, steel wool or abrasive cleaners as they may scratch the cooking surface.

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NOTE: during heat up, cooking and cooling all metal surfaces will be hot.

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All types of food can be cooked on your Alfredo 3in1 Healthy Grill. Grilling time and temperature depend on the type of food, thickness and the food temperature. The table below will assist you until you become familiar with your Alfredo 3in1 Healthy Grill. The settings and cooking times shown are approximate and may vary depending on personal preference.

COOKING TIPS

Veal Chop (1 1/4" thick)	Medium	Closed	7-8 minutes (medium) 9 minutes (well)
Pork Chop (1 1/4" thick)	Medium	Closed	11 minutes, or until juices run clear
Ham Steak (1" thick)	Med/High	Closed	7 minutes
Sausage	High	Open	8-9 minutes
Kebabs (1" cubes)	Med/High	Open or Semi Open	6-7 minutes
Fish Steak (Tuna, Salmon - 1" thick)	Medium	Open or Semi Open	2-3 minutes on each side
Shrimp	Medium	Open	Medium Shrimp 3-4 minutes Jumbo Shrimp 4-5 minutes
Lobster Tails	Medium	Semi Open	4-8 minutes or until opaque
Asparagus	High	Closed	4 minutes
Potatoes-sliced	High	Closed	5-6 minutes or until brown
Red Peppers	High	Closed	3 minutes
Eggplant - sliced	High	Closed	4 minutes
Defrosting	Low - Medium	Slow	as desired
Warming Tray	Low-Medium	Slow	Shrimp

Food Type	Temperature	Grill Position	Grilling Duration
Boneless Chicken Breast	Medium	Closed	6-7 minutes
Chicken pieces with bone	Medium	Semi-open	18-20 minutes, or until juices run clear
Boneless Turkey Breast	Medium	Closed	7-9 minutes
Turkey Burgers	High	Closed	7-9 minutes
Flank Steak (3/4 to 1 inch thick)	Medium	Closed	5 minutes (medium rare)
Hamburgers	High	Closed	7-8 minutes, or until no pinkness
Steak (1½" thick)	High	Closed	8 minutes (med rare) 10 minutes (med)

- **When cooking beef, chicken or pork, seal in juices by cooking at max setting for two minutes on each side then lower to med setting to complete cooking.**

- Thawed and marinated meat should be dried thoroughly before being placed on the grill.

Meat should be seasoned before grilling but salt should be added at time of serving

- Food which is to be cooked in position 1 should be uniformly thick to ensure even browning.
- Always oil the lower plate before grilling fish

RECIPES

GRILLED CHICKEN SALAD WITH WARM CURRY BACON DRESSING

4 boneless chicken breasts
Carrot matchsticks (1 ½" long)
Red and Green Peppers, sliced

Mixed greens
Mushrooms, sliced
1 cup dried cranberries

Dressing-

1 ½ cup olive oil ½ cup vinegar
2 tsp. salt 2 tsp. sugar
½ tsp. dry mustard 4 T. chopped chutney
1 tsp. curry 5 slices prepared bacon, broken into pieces

- 1 Grill chicken breasts following grilling chart.
- 2 Prepare 4 salad bowls with mixed greens, carrot, mushrooms, peppers and cranberries.
- 3 In a medium saucepan, combine all dressing ingredients. Stir over low heat until all ingredients are combined and warm.
- 4 Place grilled chicken on the salads, and drizzle with dressing.
- 5 Serves 4

Grilled Crusted Tuna Steaks

2 tuna steaks, 1" thick 2 egg whites
Sesame seeds

1. Pre-heat Contact Grill to medium high
2. Rinse tuna steaks with water and pat dry.
3. Brush with egg whites on all sides.

4. Cover with sesame seeds.
5. Grill for 2-3 minutes on each side for medium rare.

TURKEY CUTLET ALLA COSTANZA

6 mettwursts 2 cans beer
1 can sauerkraut, warmed 6 buns

- 1 Using a fork, poke several holes into the mettwursts.
- 2 In a bowl, marinate the mettwursts in beer for 10 minutes.
- 3 Pre-heat Contact Grill to medium.
- 4 After marinating, grill the mettwursts for 8-9 minutes, until brown and cooked thoroughly.
- 5 Serve mettwursts on bun, top with warm sauerkraut.

STEAK AU POIVRE

2 steaks **½ cup light cream**
¼ cup red wine 2 T. minced garlic
1 tsp. Worcestershire sauce 1 ½ tsp. cracked pepper

1. Pre-heat grill to medium
2. Grill steaks following the grilling chart
3. In a saucepan, combine light cream, red wine, garlic, Worcestershire sauce. Bring to a soft boil and reduce heat. Simmer for 6 minutes.
4. Serve steaks covered with au Poivre sauce.

GRILLED MIXED VEGETABLES

1 small eggplant, sliced **1 large red pepper, sliced**
1 large onion, sliced 1 large green or yellow pepper, sliced
2 zucchini, sliced

Marinade

½ cup Olive oil 1 tsp. vegetable seasoning
¼ cup chopped basil 2 cloves garlic, minced

1. To make marinade, mix all marinade ingredients in a jar and shake well to combine.
2. Preheat grill to high
3. Brush marinade on vegetables, and grill in either the closed or open position
4. During the grilling process, brush on more marinade
5. Grill for 14 minutes, flipping occasionally. Grill time may vary due to size of vegetables.

How Does State Law Apply? This warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

Limited Warranty

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How Do You Get Service? If repairs become necessary or spare parts are needed, please write to:

DeLonghi America
625 Washington Avenue
Carlstadt, NJ 07072
or call Service Tel. No. 1-800-322-3848

The above warranty is in lieu of all other express warranties and representations. All implied warranties are limited to the applicable warranty period set forth above. This limitation does not apply if you enter into an extended warranty with DeLonghi. Some states do not allow limitations on how long an implied warranty lasts, so the above exclusions may not apply to you. DeLonghi does not authorize any other person or company to assume for it any liability in connection with the sale or use of its Ice Cream Maker.

1 tsp. curry 5 slices prepared bacon, broken into pieces

- 1 Grill chicken breasts following grilling chart.
- 2 Prepare 4 salad bowls with mixed greens, carrot, mushrooms, peppers and cranberries.
- 3 In a medium saucepan, combine all dressing ingredients. Stir over low heat until all ingredients are combined and warm.
- 4 Place grilled chicken on the salads, and drizzle with dressing.
- 5 Serves 4

Grilled Crusted Tuna Steaks

2 tuna steaks, 1" thick 2 egg whites
Sesame seeds

1. Pre-heat Contact Grill to medium high
2. Rinse tuna steaks with water and pat dry.
3. Brush with egg whites on all sides.
4. Cover with sesame seeds.
5. Grill for 2-3 minutes on each side for medium rare.

TURKEY CUTLET ALLA COSTANZA

6 mettwursts 2 cans beer
1 can sauerkraut, warmed 6 buns

- 1 Using a fork, poke several holes into the mettwursts.
- 2 In a bowl, marinate the mettwursts in beer for 10 minutes.
- 3 Pre-heat Contact Grill to medium.
- 4 After marinating, grill the mettwursts for 8-9 minutes, until brown and cooked thoroughly.
- 5 Serve mettwursts on bun, top with warm sauerkraut.

STEAK AU POIVRE

2 steaks ½ cup light cream

RECIPES

GRILLED CHICKEN SALAD WITH WARM CURRY BACON DRESSING

4 boneless chicken breasts	Mixed greens
Carrot matchsticks (1 ½" long)	Mushrooms, sliced
Red and Green Peppers, sliced	1 cup dried cranberries

Dressing-

1 ½ cup olive oil	½ cup vinegar
2 tsp. salt	2 tsp. sugar
½ tsp. dry mustard	4 T. chopped chutney

$\frac{1}{4}$ cup red wine
1 tsp. Worcestershire sauce

2 T. minced garlic
1 $\frac{1}{2}$ tsp. cracked pepper

1. Pre-heat grill to medium
2. Grill steaks following the grilling chart
3. In a saucepan, combine light cream, red wine, garlic, Worcestershire sauce. Bring to a soft boil and reduce heat. Simmer for 6 minutes.
4. Serve steaks covered with au Poivre sauce.

GRILLED MIXED VEGETABLES

1 small eggplant, sliced **1 large red pepper, sliced**
1 large onion, sliced 1 large green or yellow pepper, sliced
2 zucchini, sliced

Marinade

$\frac{1}{2}$ cup Olive oil 1 tsp. vegetable seasoning
 $\frac{1}{4}$ cup chopped basil 2 cloves garlic, minced

1. To make marinade, mix all marinade ingredients in a jar and shake well to combine.
2. Preheat grill to high
3. Brush marinade on vegetables, and grill in either the closed or open position
4. During the grilling process, brush on more marinade
5. Grill for 14 minutes, flipping occasionally. Grill time may vary due to size of vegetables.