

## Grilling Time Chart

These are the recommended grilling times when using your Foreman Grill. *The most important thing is to preheat the grill for at least 5 minutes with the lid closed.* Grilling times will vary depending on the size and thickness of the food.

### Chicken

Use only boneless and skinless chicken breasts, pounded to approximately 1/2" to 3/4" inch thick.

Suggested grilling time:

4-6 minutes

### Steak

Boneless steaks are recommended for your Foreman Grill. 1/2" – 1" inch steak will grill best.

Suggested Steak Grilling Times:

4-7 minutes for medium rare

6-9 minutes for medium

7-10 for well done

### Burgers

Burgers are excellent on a Foreman Grill.

These cooking times are for a 1/4lb burger of approximately 1/2" thick.

Suggested Grilling Time:

5-8 minutes

### Pork Chops

For best results grilling pork chops on a Foreman or other indoor contact grill, use boneless pork chops that are 1/2" – 3/4" thick.

Suggested Grilling Time:

6-8 minutes

### Fish Filets

2 – 3 minutes per 1/2" thickness. Fish will flake with a fork when done.

### Sausage

For raw round sausages (Italian sausage, Brats, etc.)

of approximately 3/4" diameter: 6-8 minutes

Smaller frozen sausages 4-6 minutes

Be sure to turn frequently for even grilling.

### Asparagus

Asparagus is awesome on a Foreman Grill.

4-6 minutes