

C O O K B O O K



THANE HOUSEWARES™

THE GUIDE TO GREAT Q® COOKING

Your on-the-go lifestyle demands the go-anywhere gas grill - the Thane Q™. Enjoy these simple and quick dishes on your next beach bash, campout, tailgate party or when you just want a no-fuss yet fabulous meal at home*

These recipe ideas and techniques are designed to promote a lighter, more flavorful, and fun way to cook and eat - the “Q” way. When available, prepare these dishes with the freshest ingredients your market has.

*CAUTION: Always use gas grill product in well ventilated outside areas only.

Make sure that meat and poultry are stored at the proper temperature in your refrigerator prior to cooking. Cook meat and poultry thoroughly before serving.

WARNING

When carrying food to another location, keep it cold to minimize bacterial growth. Use an insulated cooler with sufficient ice or ice packs to keep the food at 40°F or below. Pack food right from the refrigerator into the cooler immediately before leaving home. Keep the cooler in the coolest part of the car.

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APPETIZERS

"Q" quesadillas

Serves 4 to 6

A tasty twist on an appetizer favorite.

- 1 package (12) small flour tortillas
- 8 oz. shredded mixed cheeses, suggest Monterey Jack and cheddar
- Salsa (optional)

Seasoning mix:

- ½ tsp. paprika
- ½ tsp. onion powder
- ¼ tsp. coriander
- ¼ tsp. chili powder
- Salt, to taste

Pre-heat the Thane Q™ to medium-high heat. Place the tortillas on the grill. Sprinkle the cheese mixture liberally on one-half of each tortilla. Mix seasonings to taste and lightly sprinkle over cheese. Fold tortilla and grill, about a minute on each side, until the cheese is melted. Remove from grill, top with your favorite Salsa and serve warm.

Grilled Bread with Tomato and Basil

Serves 4 -6

This appetizer makes a colorful presentation on the plate and tastes delicious.

- 1 loaf of French bread or Baguette (cut into ¾" thick slices)
- ½ cup olive oil
- 2 cloves garlic, minced, or 1 tsp. garlic salt
- 4 large fresh tomatoes, chopped
- 8 fresh large basil leaves, chopped, or 2 tsp. dried basil
- 3 Tbsp. red wine vinegar
- Salt and pepper

Pre-heat the Thane Q™ to medium-high heat. In a bowl, mix the olive oil and garlic together. Brush lightly on both sides of the slices of bread. In a separate bowl, mix together the tomatoes and basil leaves, add the remaining oil/garlic mixture and the vinegar, then toss lightly. Place in the refrigerator until ready to serve. Place the slices of bread on the Thane Q™ and lightly brown on both sides. Remove from grill and arrange on a serving dish. Spoon the tomato/basil mixture over the bread and serve.

“Q” The Antipasto

Serves 4 - 6

This is an Italian-style vegetarian appetizer that can double for a main dish.

Entrée serves 2 with a hearty side dish.

- 1 medium red pepper, cored, seeded and cut into 1” strips
- 6 medium mushrooms
- 2 medium zucchini, cut in ½” slices, lengthwise
- 6 asparagus
- 1 medium carrot, peeled and sliced into thin slices, lengthwise
- 6 ½ oz. jar of artichoke hearts, drained
- 1 small red onion, cut into thick ½” slices
- 2 small Japanese eggplant cut into ¼” slices, lengthwise

Marinade

- ½ cup olive oil
- ¼ cup balsamic vinegar
- 1 tsp. oregano
- Salt and pepper to taste

Mix marinade ingredients in bowl. Place vegetables in a deep dish and pour in the marinade. Refrigerate for 1 hour. Pre-heat the Thane Q™ to medium high heat. Place the vegetables on the grill and cook each side for about 3-5 minutes or until tender (carrots will take a little longer, turn twice). Arrange on plate. Drizzle with remaining marinade. Serve warm or cool.

Eggplant with Mozzarella

Serves 4

An appetizer or an accompaniment to a good pasta dish.

- 1 large eggplant, cut into ½” slices, lengthwise
- 4 oz. mozzarella cheese, sliced
- Salt, to taste

Marinade

- ½ cup olive oil
- ¼ cup lemon juice, fresh squeezed, preferably
- 2-4 cloves fresh garlic, minced
- ½ tsp. oregano
- Salt and pepper to taste

On a dish, place the eggplant slices and lightly salt. Pour the marinade over the eggplant and let stand for 1 hour. Pre-heat the Thane Q™ to medium-high heat. Place the eggplant on the grill, reserving the marinade, and cook for about 5 minutes on each side, or until tender. Prior to removing from the grill, place the cheese on the eggplant to melt. Be careful not to over-cook eggplant. Remove from grill to a dish and drizzle the reserved marinade over the eggplant. Serve warm or cool.

SALAD AND SANDWICHES

Dill Vegetable Salad

Serves 2

An entrée size salad ideal for a special lunch or dinner.

- ½ lb. mixed baby greens
- 4-6 sprigs of fresh dill or ½ teaspoon dried dill weed
- 4 asparagus spears
- 1 zucchini, cut into ¼" slices, lengthwise
- 1 acorn squash (or other yellow squash), cut into ¼" slices
- 4 medium mushrooms
- Salt

Marinade/Dressing

- ⅔ cup olive oil
- ⅓ cup lime juice, fresh preferably
- 1 tsp. dried dill weed or 2 Tbsp. fresh dill, chopped
- 2 Tbsp. honey
- 1 tsp. Dijon mustard
- Salt and pepper to taste

Mix all the ingredients of the marinade/dressing in advance. In a dish, place the prepared vegetables and lightly salt. Take the marinade and cover vegetables with about half your dressing. Let stand. Pre-heat the Thane Q™ to medium-high heat. Place your vegetables on the grill and cook until tender about 3-5 minutes a side. Reserve marinade. If using fresh dill, place the dill on the grill for about a minute to soften. When finished cooking, chop the vegetables and return to reserved marinade. On a plate arrange your salad mix. Spoon on the vegetables and drizzle the remainder of reserved marinade/dressing. Garnish with fresh dill or dried dill weed.

Tofu Sandwich a la “Q”

Serves 2

This is a healthy lunch alternative that is high in protein.

- 4 slices whole wheat or grain bread
- 1 package of tofu, firm, sliced ½ thick
- 2 Tbsp. mayonnaise
- horseradish, to taste
- 1 medium tomato, sliced
- lettuce
- red onion, thinly sliced
- pepper
- pinch of celery seed or cloves (optional)

Marinade

- ¼ cup olive oil
- ¼ cup soy sauce
- ¼ cup red wine vinegar

Mix the ingredients of the marinade together. Place the sliced tofu in the marinade and refrigerate several hours. Pre-heat the Thane Q™ to medium-high heat. Mix the mayonnaise and horseradish together. Grill the tofu on both sides until brown and sprinkle on the pepper and seasoning. Put together the sandwich with the tofu and the remaining ingredients.

Grilled Sausages

Serves 4

Beyond the traditional “American” hot dogs that are always great on the Thane Q™ try this variation using different grilled sausages purchased from the market and made from chicken, turkey, pork or veal. Add these touches for a really great sausage sensation.

- 1 Tbsp. olive oil, to coat vegetables
- 4 long deli rolls, partially cut in half
- 1 red bell pepper, cored and seeded and cut into ¼” strips
- 1 onion, cut into ½” slices
- salt to taste
- 4 sausages
- Dijon mustard (optional)

Pre-heat the Thane Q™ to medium-high heat. Brush oil on the vegetables and sprinkle with salt to taste. Place the sausage and the vegetables on the grill. Cook evenly until done and tender. Stuff sausage into bun and top with grilled vegetables and mustard.

“Q” Pizza

Serves 2

The Thane Q™ can take your pizza ideas and make them special.

- 2 ready made pizza crusts, packaged or frozen
- ½ cup bottled marinara sauce
- 8 oz. mozzarella cheese, shredded
- 1 medium tomato, cut into ¼” slices
- 1 Tbsp. olive oil
- 1 tsp. oregano
- 2 Tbsp. Parmesan cheese, grated

Preheat the Thane Q™ to medium-high heat. Spoon half the sauce on each pizza crust. Sprinkle equal amounts of cheese on the crusts. Then add the tomato to each. Drizzle on the olive oil. Season with oregano. Top with the Parmesan cheese. Place the crusts on the grill and cook until cheese is melted and crust is brown and crispy. About 10 minutes for ready made and 15 -20 minutes for frozen.

The Classic “Q” Burger

Serves 4

Hamburgers are always delicious when cooked on the Thane Q™. Try this recipe the next time out.

- 1½ lbs. ground beef
- 2 Tbsp. bread crumbs
- 2 Tbsp. Worcestershire Sauce
- ½ cup onion, finely chopped
- ¼ cup green or brown olives, coarsely chopped
- Salt and pepper, to taste
- American or cheddar cheese (optional)
- 4 hamburger buns

Combine the beef with the next four ingredients. Pre-heat the Thane Q™ to medium-high heat. Form and press into equal ½” thick patties. For medium, cook on each side for about 5-7 minutes. Finish with salt and pepper. Add cheese if you like. Remove and serve on buns.

Turkey Garlic Burgers

Serves 4

Some say these are better than the classic beef burger.

- 1 ½ lbs. ground turkey, dark meat
- 1-2 cloves garlic, minced
- 2 Tbsp. white Worcestershire Sauce
- salt and pepper, to taste
- Swiss or Monterey Jack Cheese (optional)
- 4 hamburger buns

Mix together the turkey, garlic, salt, pepper, and Worcestershire Sauce. Pre-heat the Thane Q™ to medium-high heat. Form and press into equal ½” patties. Cook thoroughly about 6-8 minutes per side for medium. Check for doneness. Add cheese. Remove from the grill and serve on buns.



MAIN COURSES

The Great “Q” Steak

Serves 4

This is an easy and tasty way to prepare a fine cut of meat.

- 1 ½ - 2 lbs. steaks, New York or rib-eye, ½” – ¾ “ thick
- 2-4 cloves of garlic, bruised and halved
- olive oil
- salt and pepper, to taste

Rub meat thoroughly with the garlic on both sides. Brush a thin coat of olive oil on both sides of the meat. Pre-heat the Thane Q™ to high heat. Place the steaks on the grill and cook about 8 - 10 minutes depending on the degree of doneness you prefer. Remove from grill and add salt and pepper to taste.

A tip for tender meat – Do not salt meat before putting on the grill.

“Q” - Man Ribs

Serves 2-4

A bar-b-“Q” spice-up for any cookout chef.

- 2-4 lbs. pork baby-back ribs

Marinade

- ½ cup bottled barbecue sauce
- ¼ cup lime juice, fresh preferably
- 2 Tbsp. honey
- 2 Tbsp. vegetable oil
- 1 tsp. Dijon mustard
- ¼ tsp. chili powder

Mix the ingredients for the marinade. Coat the ribs thoroughly on both sides with the marinade. Let stand in refrigerator, covered, for at least 6 hours. Pre-heat the Thane Q™ to medium-high heat. Place the ribs on the grill and cook for a total of about 25 – 30 minutes, turning the meat every 6-8 minutes until thoroughly cooked and meat begins to separate from ribs with fork. Continue to coat the ribs with marinade as they cook. Remove from the grill and serve.

Tangy Salmon

Serves 4

With a decidedly Latin taste, this preparation gives the fish a real flair.

- 2 lbs. salmon filets
- 2 Tbsp. olive oil
- ½ cup juices of orange, lemon and lime
- 2 tsp. paprika
- ½ tsp. onion salt
- Pinch of chili powder, for spice
- Salsa (optional)

Place the salmon in a deep dish and pour in the olive oil and juice mixture. Sprinkle paprika generously over the fish. Season with onion salt and chili powder and refrigerate for an hour, turning the fish once. Pre-heat the Thane Q™ to medium-high heat. Place salmon on the grill and cook for 6-8 minutes a side. Check for doneness. Remove from the grill. Top with salsa and serve.

Spicy Fish

Serves 4

Guaranteed to wake up the taste buds!

- 1 Tbsp. soy sauce
- 1 tsp. lime juice
- 2 tsp. vegetable oil
- 4 white fish filets, suggest halibut or orange roughy, about 6 oz. each
- plain yogurt (optional)
- cucumber slices (optional)

Seasoning Mix

- 1 tsp. paprika
- 2 tsp. curry powder
- 1 tsp. oregano
- ½ tsp. turmeric
- ½ tsp. cumin
- cayenne pepper, to taste
- red chili flakes (optional), to taste

Combine the soy sauce, juice and oil and spread over the fish. Remove to a dry plate. Combine all the seasonings together and dust both sides of fish. Refrigerate for an hour. Pre-heat the Thane Q™ to medium heat. Place the fish on the grill and cook until done. Remove from the grill and serve along with yogurt and cucumber.

Simple Salmon

Serves 4

This recipe brings out the delicate flavor and texture of one of nature's healthy foods.

- 2 salmon steaks, approximately 1 lb each, ½" thick
- ¼ cup white table wine
- 1 clove garlic, minced
- 1 Tbsp. olive oil

Mix together the wine, garlic and olive oil and spread over the fish. Pre-heat the Thane Q™ to medium-high heat. Place the fish on the grill and cook about 6 - 8 minutes per side. Check for doneness and serve.

Tuna Kebabs

Serves 4

This rich textured tuna steak is a delightful change from meat kebabs.

- 1 ½ lbs. tuna steak, cut into 1" cubes
- 1 green pepper, cored and seeded and cut into 1" squares
- 1 medium onion, peeled and cut into 1" squares
- 8 mushrooms
- pepper to taste
- toasted sesame seeds (optional)

Marinade

- ½ cup soy sauce
- 2 Tbsp. sesame oil or vegetable oil
- 2 Tbsp. rice vinegar
- 2 Tbsp. fresh ginger, minced or 1 tsp. ginger powder
- wooden bamboo skewers

Mix the ingredients of the marinade together. Place the fish and vegetables in a bowl and pour in the marinade. Refrigerate and let stand for an hour. Soak the skewers in water for 1 hour before placing on grill. Pre-heat the Thane Q™ to medium-high heat. Skewer the fish and vegetables, alternating the different pieces and place on the grill. Cook for about 6-8 minutes on each of the four sides. Check for doneness and tenderness. Remove skewers from grill, season with pepper, sprinkle on sesame seeds and serve.

Mediterranean Swordfish

Serves 4

With or without the Mediterranean style salsa, this grilled fish is a real taste treat.

- 2 Tbsp. bottled barbecue sauce
- ¼ cup lime juice, preferably fresh squeezed
- 1 Tbsp. honey
- 3 Tbsp. olive oil
- 4 swordfish steaks, ½” thick and about ½ lb. each
- ½ tsp. dried tarragon or to taste
- pepper, to taste
- Mediterranean fresh salsa (recipe below)

Combine the sauce, juice, honey and oil together. Spread over the fish steaks, season with tarragon, cover and refrigerate for an hour. Pre-heat the Thane Q™ to medium-high heat. Place the swordfish on the grill and cook for about 8-10 minutes per side. Check for doneness. Remove from grill, add pepper, serve and top with fresh salsa.

Mediterranean Salsa

Serves 4

This zesty fresh salsa can be used with fish or chicken.

- 2 Tbsp. olive oil
- 1 tsp. balsamic vinegar
- 1 large tomato, coarsely chopped
- 1 small red onion, coarsely chopped
- 2 Tbsp. capers
- 2 Tbsp. black olives, coarsely chopped
- 1 Tbsp. Italian parsley, coarsely chopped
- salt, to taste
- pepper, to taste

Combine all the ingredients and refrigerate until ready to serve. Salsa will keep for a couple of days when stored in an airtight container.

Lemon Herbed Chicken

Serves 3 - 4

A meal favorite that is great on the Thane Q™.

- 6 chicken breasts, about 6 oz. each
- 2 Tbsp. dried parsley
- 1 tsp. garlic salt
- 1 tsp. onion salt
- 1 tsp. dried rosemary
- 1 tsp. dried thyme
- Cracked pepper, to taste

Marinade

- ½ cup olive oil
- ½ cup lemon juice
- 1 tsp. dry mustard or 1 Tbsp. Dijon mustard
- ¼ cup sugar
- ½ tsp. salt
- ¼ tsp. pepper

Whisk together the ingredients of the marinade. Place the chicken in a deep dish and pour in the marinade. Cover, refrigerate and let stand for about an hour. Remove chicken from marinade.

Pour marinade into a small saucepan and bring to a boil. Turn heat to simmer and cook another 3 minutes.

Pre-heat the Thane Q™ to medium-high heat. Place the chicken on the grill, and cook thoroughly, for a total of 20 – 30 minutes, turning every 6-8 minutes and with each turn brushing on the marinade. Check that chicken is thoroughly done by insuring no pinkness to the flesh. Remove from the grill. Combine the ingredients of the herbs and seasoning, sprinkle over cooked meat and serve.

IMPORTANT NOTE: Marinade must be thoroughly heated to eliminate the possibility of contamination from the raw chicken.

Toasted Sesame Chicken

Serves 4

A spicy dish that goes great with stir-fry or steamed vegetables.

- 6 chicken breasts, about 6 oz. each
- 6 Tbsp. sesame seeds, toasted
- cracked pepper
- green onion, chopped (optional)

Marinade

- ½ cup sesame oil or olive oil
- ½ cup soy sauce
- ¼ cup white table wine
- 1-2 Tbsp. fresh ginger or 2 tsp. ginger powder

Combine the ingredients of the marinade. Place the chicken in a deep dish and pour in the marinade. Cover, refrigerate and let stand for at least 4 – 6 hours, preferably overnight.

To toast the sesame seeds, sprinkle sesame seeds on heat proof tray and place under a broiler oven until seeds turn light brown.

Remove chicken from marinade. Pour marinade into a small saucepan and bring to a boil. Turn heat to simmer and cook another 3 minutes. Preheat the Thane Q™ to medium-high heat. Place the chicken on the grill and cook thoroughly, for a total of 20 – 30 minutes, turning every 6 - 8 minutes. With each turn brush on the marinade. Check that chicken is done by making sure that there is no pinkness to the flesh. Remove from the grill. Sprinkle generously with sesame seeds and add cracked pepper, to taste. Garnish with green onion.

IMPORTANT NOTE: Marinade must be thoroughly heated to eliminate the possibility of contamination from the raw chicken.

Crab Cakes with a “Q”

Serves 6-8

This dish is worth the effort and is lighter, and every bit as satisfying as the fried ones.

- 12 oz. crab meat, fresh or 2- 6 oz. cans, coarsely chopped
- 4 Tbsp. mayonnaise
- 2 Tbsp. bottled pimentos, chopped
- 1 tsp. dry mustard
- 1 tsp. paprika
- 1 tsp. onion salt
- ½ tsp. salt
- ¼ tsp. pepper
- 2 Tbsp. fresh parsley, chopped, or 2 tsp. dried
- 1 Tbsp. white cream horseradish
- 1 tsp. white Worcestershire
- 1 ¼ cups breadcrumbs
- flour for dredging
- 2 medium eggs, beaten with 2 Tbsp. water
- 4 Tbsp. melted butter or margarine
- pepper, to taste
- Tartar Sauce, or other bottled sauce for dipping

Mix together crab, mayonnaise, pimentos, mustard, paprika, onion salt, salt, pepper, parsley, horseradish, Worcestershire and ¼ cup bread crumbs. Form into 1” - 2” round, ¼” thick patties. In four separate bowls, put flour in one, the egg beaten with water in another, the breadcrumbs in another, and the melted butter in the last. First dust with flour on both sides, then dip on both sides in egg mixture, next cover with breadcrumbs and finally brush both sides with butter. Place on cookie sheet and refrigerate for 1 hour. Pre-heat the Thane Q™ to medium heat. Place the crab cakes on the grill, cook until golden brown and then turn on other side. Remove from grill and serve warm with a dipping sauce of your choice.

Garlicky Pork

Serves 4

This is an Asian inspired tangy pork dish.

- 2 lbs. pork loin, sliced thin
- pepper, to taste

Marinade

- $\frac{3}{4}$ cup white vinegar
- $\frac{1}{2}$ cup soy sauce
- 6-8 cloves garlic, chopped
- 1 bay leaf

Combine the ingredients of the marinade. In a deep dish, pour marinade over meat. Cover, refrigerate and let stand at least 4 hours. Pre-heat the Thane Q™ to medium-high heat. Pour marinade into a small saucepan and bring to a boil. Turn heat to simmer and cook another 3 minutes. Place the pork on the grill, and cook for 6-8 minutes per side, or until cooked thoroughly. Upon turning the meat, brush on the reserved marinade. Remove from grill and serve.

IMPORTANT NOTE: Marinade must be thoroughly heated to eliminate the possibility of contamination from the raw pork.

Shrimp on the “Q”

Serves 4

Right off the grill or cooked in advanced, take this dish to any party, and dive right into these succulent goodies.

- 1 $\frac{1}{2}$ - 2 lbs. large shrimp or prawns, shelled and deveined
- $\frac{1}{4}$ cup olive oil
- $\frac{1}{4}$ cup lemon juice
- 2 tsp. paprika
- 2 tsp. garlic salt
- salt, to taste
- pepper, to taste
- 4 Tbsp. butter, melted (optional)

Place the shrimp in a deep dish, combine the oil with the lemon juice and pour over shrimp. Let stand for an hour. Remove to plate and sprinkle the garlic salt, salt and paprika evenly over both sides of the shrimp and let stand while the Thane Q™ is pre-heated to medium-high heat. When ready, place the shrimp on the Thane Q™ and grill for about 3-5 minutes each side, or until done and golden brown on each side. Remove from grill and finish with pepper. Serve with butter.

Lamb Chops with Fresh Mint

Serves 2

Instead of mint jelly, this recipe relies on the subtle flavors of the meat, garlic and herbs.

- 1-1 ¼ lbs. lamb rib chops, 4 –6 chops, cut about ½” thick
- 1 Tbsp. olive oil
- 2 cloves, fresh garlic, minced
- 2 Tbsp. fresh mint leaves, chopped
- salt
- pepper, to taste

Spread a thin coat of olive oil on both sides of the meat. Combine the chopped garlic and mint, sprinkle over the lamb. Let stand in the refrigerator, covered for at least 4 hours. Reserve some of the chopped mixture to garnish. Pre-heat the Thane Q™ to medium-high heat. Place the lamb on the grill and cook about 8 - 10 minutes on each side for medium. Check for doneness. Remove from grill, add salt and pepper to taste, then sprinkle the reserved chopped garlic and mint over the lamb and serve.

Skirt Steak Pepper Plate

Serves 4

The flavorful skirt steak is often overlooked, but once tried, always appreciated.

- 1 ½ - 2 lbs. skirt steak
- 2 green peppers, cored and seeded and cut into ¼” strips
- 2 Tbsp. olive oil
- ¼ cup Worcestershire Sauce or soy sauce
- salt, to taste
- cracked pepper, to taste

Season Mix:

- 1 tsp. paprika
- ½ tsp. onion powder
- ½ tsp. garlic powder

Coat steak and peppers with olive oil and Worcestershire Sauce. Sprinkle with paprika, onion powder and garlic powder. Pre-heat the Thane Q™ to medium-high heat. Place steak along with the peppers on the grill and cook for about 4 to 5 minutes per side or until desired doneness. Check for doneness in the meat and tenderness for the peppers. Remove from the grill and top meat with peppers. Season with salt and a good helping of pepper, for a spicy taste.

Teriyaki Beef Kebabs

Serves 4

These kebabs will start them talking!

- 1 ½ lbs. top sirloin, cut into 1" cubes

Marinade

- ½ cup bottled Teriyaki Sauce
- ½ cup soy sauce
- ¼ cup sugar
- 2 Tbsp. sesame oil or vegetable oil
- ¼ cup rice wine vinegar
- 1-2 cloves garlic, minced or ½ tsp. garlic salt
- 1-2 Tbsp. chili sauce or chili paste, to taste
- wooden bamboo skewers

Mix the ingredients of the marinade together. Place the meat in a dish and add the marinade. Cover, refrigerate, and let stand for several hours, best if left overnight. Soak skewers in water for about 20 – 25 minutes. Pre-heat the Thane Q™ to medium-high heat. Skewer the meat and place on grill, cooking for about 3 minutes on each of the four sides or to desired doneness. Check for doneness. Remove skewers and serve.

SIDES

“Q” Style Tomatoes and Red Onions

Serves 2 - 4

Prepare this dish as a side or serve over baby mixed lettuce as a salad.

- 4 firm large tomatoes, cut into thick ½” slices
- 2 large red onions, cut into thick ½” slices
- 2 tsp. sugar
- salt, to taste
- pepper, to taste
- ½ lb. mixed baby lettuces (optional)

Marinade/Dressing

- ¾ cup balsamic vinegar
- ½ Tbsp. fresh garlic, minced, or ½ tsp. garlic salt
- 3 Tbsp. honey
- ½ tsp. dried oregano
- ½ tsp. celery seed
- 2 Tbsp. olive oil

Whisk together all the ingredients of the marinade. In a deep dish, place the tomatoes and onion and pour the marinade over them. Let stand for about an hour. Pre-heat the Thane Q™ to medium high heat. Remove onions to plate and sprinkle sugar on both sides. Reserve the marinade. Place onions and tomatoes on the grill and cook until just tender and slightly soft. Remove from grill and serve on a dish or over salad greens. Drizzle with remaining marinade/dressing.

“PQR”

Serves 2 to 4

Potatoes, the Q®, and Rosemary: This healthy alternative to fried may just become your favorite way to fix the spuds.

- 2 - 3 large russet potatoes, washed, peeled and sliced ¼” thick
- ¼ cup olive oil
- 2 Tbsp. lemon juice
- 4 Tbsp. dried rosemary
- salt to taste

Pre-heat the Thane Q™ to medium-high heat. Whisk the olive oil and lemon juice together and generously brush on both sides of the potato slices. Sprinkle potatoes evenly with salt and half of the rosemary. Place on grill and cook about 6 to 8 minutes per side, until lightly golden on both sides. Remove from grill, serve on a plate and garnish with remaining rosemary sprinkled on the potatoes.

DESSERT

Mind your Peaches and “Q”s

Serves 3 to 4

This is a fun summertime side dish or dessert when served with whipped cream. When peaches are unavailable, substitute with pears when available.

- 6 peaches semi-firm, halved
- 2 - 3 Tbsp. butter or margarine
- ¼ cup sugar
- 2 Tbsp. cinnamon
- 1 tsp. crushed cloves

Spread a little butter on each of the inside halves of the fruit. Combine the sugar and spices, then sprinkle over the butter on the inside of the fruit. If using pears, squeeze a little lemon over pears before spreading butter to prevent discoloration. Pre-heat the Thane Q™ to medium heat. Place outside of fruit on the grill and cook until just softened, about 3 - 5 minutes. Turn once to finish on grill until fully softened.

