



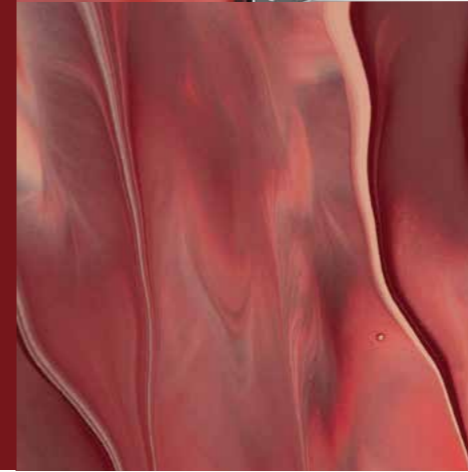
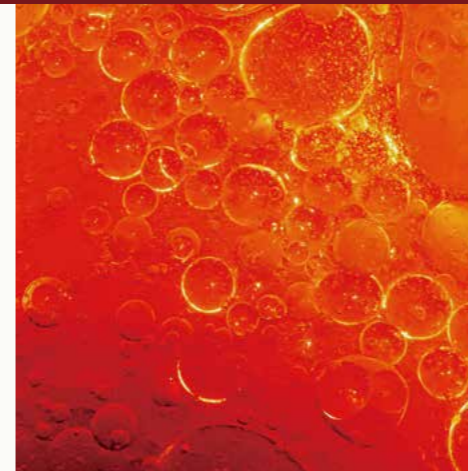
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# VENTRAY

ELECTRIC GRILL

## RECIPE BOOK



# WELCOME TO THE VENTRAY KITCHEN



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We want to maintain a creative and fun tone concerning our recipes that simultaneously advance ideal nutritional value. Our passion is in understanding that food is not just about consumption or taste but ultimately about how it makes you feel physically, mentally and spiritually. It is our responsibility to accomplish and package all these things while presenting the healthiest food alternatives.



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## ENJOY YOUR STAY AT THE VENTRAY KITCHEN

### BREAKFAST

French Toast	6
Grilled Sandwich	8
Tatar Tot Casserole	10

### APPETIZER

Pork Kabob	12
Steak Kabob	14
Grilled Chicken Kabob	16
Hawaiian Teriyaki Chicken Kabob	18

### ENTREE

Grilled Lamb Chops	20
Zesty Tomato Meatballs	22
Taco Pasta	24
Sausage Casserole	26
Seafood Paella	28
Grilled Chicken Breast	30
Grilled Salmon	32
Fried Rice	34
Chicken Parmesan Pasta	36
Chicken Green Bean Casserole	38

Cheese Burger Macaroni	40
Grilled Turkey Breast	42
Grilled Korean Short Ribs	44
Grilled Mixed Seafoods	46
Grilled Wagyu Steak	48
Chicken Paella	50
Creamy Tomato Penne	52
Buffalo Chicken Cheese Crostini	54
Grilled Teriyaki Chicken Thighs	56
Grilled Scallop	58

### SIDES

Maple Bacon Brussels Sprouts	60
Grilled Fajitas	62
Grilled Carrots	64
Easy Grilled Vegetables	66
Grilled Garlic Parmesan Asparagus	68
Grilled Butternut Squash	70
Balsamic Mushrooms	72
Grilled Potato and Mixed Vegetables	74
Grilled Zucchini	76



**Prep**  
5 mins

**Cook**  
5 mins

**Serves**  
4 Servings

## INGREDIENTS

- 1 egg
- 1 tsp pure vanilla extract
- ½ tsp ground cinnamon
- ¼ cup milk
- 4 slices of brioche bread
- 1 tbsp of salted butter

## DIRECTIONS

1. Beat egg, vanilla, cinnamon in a shallow dish. Stir in milk.
2. Dip bread in egg mixture, turn and coat both sides evenly.
3. Turn your **Ventray Grill** to medium-high heat, add a slice of salted butter. Once butter is melted, add in your toast, brown both sides.
4. Serve with maple syrup, fresh berries, or ice cream.

# FRENCH TOAST





**Prep**  
5 mins

**Cook**  
5 mins

**Serves**  
1 Serving

## INGREDIENTS

2 thick slices of bread (baguette, whole grain)

Cheese of your choice (Havarti, cheddar, parmesan, gouda, brie)

Unsalted butter

Bacon bits

Salt and pepper

## DIRECTIONS

1. Slice bread and cheese cut off the rind.
2. Turn your **Ventray Grill** to medium heat.
3. Evenly coat bread with butter on the sides for grilling, season with salt and pepper.
4. Place buttered bread on **Ventray Grill** over medium heat. Add slices of cheese, top off with another slice of bread. Flip the sandwich over once one side is browned.

# GRILLED SANDWICH





**Prep**  
10 mins

**Cook**  
35 mins

**Serves**  
4 Servings

## INGREDIENTS

1½ lbs ground beef

1 bag tater tots

1 can condensed cream of mushroom soup

1 can green beans drained

1½ cup shredded cheddar cheese

½ tsp salt

½ tsp pepper

## DIRECTIONS

1. Turn on the **Ventray Grill** to medium heat, add in beef, brown beef.
2. Add in salt, pepper, soup, and green beans. Place tots on top of beef mixture. Reduce heat to low, close lid, and cook for 20-25 mins. Check in between to see if you need to reduce the heat further.
3. Add cheese, simmer for another 5 mins and serve.

# TATAR TOT CASSEROLE





**Prep**  
3 hr

**Cook**  
10 mins

**Serves**  
4 Servings

## INGREDIENTS

- 2 lbs pork tenderloin trimmed
- 1 tbsp Italian seasoning
- 1 tsp salt
- ½ tsp garlic powder
- ½ tsp black pepper
- 2 tbsp olive oil
- 1 large red onion
- 1 tbsp fresh parsley to garnish

## DIRECTIONS

1. Cut pork, and onion into 1-inch pieces. Add pork, Italian seasoning, salt, garlic powder, black pepper, stir well until combined.
  2. Add onion pieces into a bowl, add 2 tsp olive oil, toss, and season evenly. Cover and marinate in the fridge for at least 3 hours.
  3. Thread kabob on skewers, alternating between meat and onion.
  4. Turn **Ventray Grill** to medium-high heat, drizzle olive oil or spray grill with cooking spray.
  5. Add skewers in a single layer and grill for 8 mins, turn over onto each side after 3 mins.
- \* If using wooden skewers, soak skewers in water for at least 30 mins prior to use, to prevent burn in the grill.

# PORK KABOB





**Prep**  
2 hr

**Cook**  
10 mins

**Serves**  
4 Servings

### INGREDIENTS ( marinade )

¼ olive oil  
2 tbsp soy sauce  
2 tsp Worcestershire sauce  
1 tbsp fresh lemon juice  
2 cloves garlic minced  
1 tbsp brown sugar  
1 tsp paprika  
1 tsp onion powder  
½ tsp dried oregano  
salt and pepper to taste

### (Kabob)

1½ lbs top sirloin steak  
1 red bell pepper  
1 yellow bell pepper  
8 oz button mushrooms  
1 red onion  
8 skewers

### DIRECTIONS

1. Cut ingredients into 1-inch cubes. In a medium bowl, whisk together oil, soy sauce, red wine vinegar, Worcestershire sauce, lemon juice, garlic, brown sugar, paprika, onion powder, oregano, salt, and pepper.
2. Marinate steak in a Ziploc bag for at least 2 hr.
3. Thread meat along with vegetables, alternating them on a skewer. Brush additional marinade sauce.
4. Turn on **Ventray Grill** to medium-high heat, spray cooking spray, cook for 4-5 mins on each side.

# STEAK KABOB







**Prep**  
1 hr

**Cook**  
8 mins

**Serves**  
4 Servings

## INGREDIENTS

1 lbs boneless skinless chicken breast  
¼ cup olive oil  
⅓ cup soy sauce  
¼ cup honey  
1 tsp minced garlic  
Salt and pepper to taste  
1 red bell pepper  
1 yellow bell pepper  
2 small zucchinis  
1 red onion  
1 tbsp chopped parsley

## DIRECTIONS

1. Cut chicken and all vegetables into 1-inch pieces.
2. Place olive oil, soy sauce, honey, garlic, salt, and pepper in a large bowl, whisk together.
3. Add in chicken, and vegetables, toss to coat, and marinate for at least 1 hr.
4. Soak wooden skewers in water for at least 30 mins, thread chicken and vegetables onto the skewer.
5. Turn on **Ventray Grill** to medium-high heat, spray with cooking spray.
6. Arrange skewer in a single layer, cook for about 4 mins on each side and turn over.
7. Sprinkle with parsley and serve.

# GRILLED CHICKEN KABOB





**Prep**  
1 hr

**Cook**  
8 mins

**Serves**  
4 Servings

## INGREDIENTS

1 lbs boneless skinless chicken breast cut into 1-inch cubes  
½ cup brown sugar  
½ cup soy sauce  
¼ cup pineapple juice  
2 garlic cloves minced  
¼ tsp pepper  
½ tsp salt  
1 tbsp cornstarch  
1 tbsp water  
1 red bell pepper  
1 yellow bell pepper  
1 green bell pepper  
1 red onion  
2 cups of pineapple  
Green onions for garnish

## DIRECTIONS

1. Add brown sugar, soy sauce, pineapple juice, garlic, salt, and pepper into the saucepan. Whisk together water and cornstarch, then add into saucepan, whisk over medium high heat until boiling and sauce thickens.
2. Remove from heat and set aside ¼ cup of the sauce for later use.
3. Once the sauce is cool, marinate the chicken for at least 1 hr, soak wooden skewers in water for at least 30 mins prior to use.
4. Cut vegetables all into 1-inch cube, thread chicken and vegetables.
5. Spray cooking spray on **Ventray Grill**, turn **Ventray Grill** on medium-high heat, grill for 4 mins on each side until meat is done. Garnish with green onions.

# HWAIIAN TERIYAKI CHICKEN KABOB





**Prep**  
1 hr

**Cook**  
10 mins

**Serves**  
2 Servings

## INGREDIENTS

2 lbs lamb loin, or rib chops  
4 cloves garlic minced  
1 tbsp fresh rosemary chopped  
1¼ tsp kosher salt  
½ tsp ground black pepper  
Zest of 1 lemon  
¼ cup olive oil

## DIRECTIONS

1. Combine garlic, rosemary, salt, pepper, lemon zest, and olive oil, pour marinade over lamb chops, flip them and cover both sides, marinade for at least 1 hr.
2. Turn on the **Ventray Grill**, drizzle olive oil over medium high heat. Grill lamb chops for 7-10 mins.
3. Allow lamb chops to rest for 5 mins before serving.

# GRILLED LAMB CHOPS





**Prep**  
14 mins

**Cook**  
30 mins

**Serves**  
4 Servings

## INGREDIENTS

### Tomato Sauce

1 tbsp olive oil  
1 tbsp minced garlic  
1 tsp salt  
1 tsp paprika  
1 tsp cumin  
½ tsp cayenne pepper  
15 oz can of diced tomatoes

### Meatballs

1 lb 85% lean ground beef  
1 tsp salt  
1 tsp onion powder  
1 tsp paprika  
1 tsp cumin  
1 tsp coriander  
½ tsp ground cinnamon  
¼ tsp cayenne pepper  
2 tbsp finely chopped fresh cilantro

## DIRECTIONS

1. In a medium bowl, mix the meat and spices, divide into 24 equal portions, shape into small 1-inch meatballs.
2. In **Ventray Grill**, heat olive oil over medium heat, add garlic and cook until fragrant. Add the spices, cook for 30 seconds. Add chopped tomatoes, bring to boil, then lower the heat to medium-low.
3. Add the meatballs to the tomato sauce, turn to medium-heat, bring it to boil, then reduce the heat, cover to simmer for about 15-20 mins.
4. Serve with cilantro.

# ZESTY TOMATO MEATBALLS





**Prep**  
5 mins

**Cook**  
20 mins

**Serves**  
4 Servings

## INGREDIENTS

- ½ lbs large shells pasta
- 1 lbs ground beef
- 2 tbsp taco seasoning
- ¾ cup water
- 1 cup jarred salsa
- 1 cup shredded cheddar cheese

## DIRECTIONS

1. Bring water to a boil, add some salt and olive oil, cook shell pasta until ready.
2. Turn on **Ventray Grill** to medium heat, add in ground beef and cook until brown well.
3. Drain excess fat, add taco seasoning and ¾ cup of water, stir and cook until the water thickens.
4. Add pasta into the pot with the salsa and cheese.
5. Stir well to combine, serve immediately. Garnish with crunchy tortilla chips.

# TACO PASTA





**Prep**  
5 mins

**Cook**  
20 mins

**Serves**  
4 Servings

## INGREDIENTS

- ¾ lbs breakfast sausage
- 3 cups shredded potatoes, drained, pressed
- ¼ cup butter melted
- 12 oz cheddar cheese melted
- ½ cup onion shredded
- ½ cup small curd cottage cheese
- 4 extra large eggs

## DIRECTIONS

1. Turn **Ventray Grill** to medium heat, add butter, and splash of olive oil. Line bottom with potatoes.
2. In a mixing bowl, mix the sausage with cheddar cheese, onion, cottage cheese, and eggs.
3. Pour over potato mixture, cover the grill and cook for 15-20 mins, check in between to lower the heat.
4. Once the casserole is set and cooked, it's ready to serve.

# SAUSAGE CASSEROLE





**Prep**  
30 mins

**Cook**  
30 mins

**Serves**  
4 Servings

## INGREDIENTS

3½ cups chicken stock  
½ tsp saffron threads  
¼ tsp salt  
3 tbsp olive oil  
½ yellow onion finely chopped  
½ red bell pepper finely chopped  
3 cloves of garlic finely chopped  
6 oz mild dried sausage (chorizo), sliced into thin half moons  
2½ cups short grain rice  
1 can of fire roasted diced tomatoes  
1 cup frozen green peas  
1 lbs large shrimp peeled deveined  
½ lbs mussels, rinsed and scrubbed  
½ lbs littleneck clams  
¼ cup chopped parsley to garnish

## DIRECTIONS

1. In a saucepan, over high heat bring the stock to boil, add saffron, turn off the heat, let saffron steep for 10-15 mins.
2. Heat oil over medium heat in **Ventray Grill**, add onion, red pepper, cook for 5 mins, stir in garlic and chorizo. Add in rice, saute until rice is coated with oil and lightly toasted.
3. Stir in stock, tomatoes, peas, add in salt.
4. Cover **Ventray Grill** and cook until rice is tender, cook over low to medium heat, stirring often.
5. Add in clams, place hinge side up, and add in shrimp. Cover the pot and cook until the seafood is cooked through. Serve immediately.

# SEAFOOD PAELLA





**Prep**  
2 hr

**Cook**  
8 mins

**Serves**  
4 Servings

## INGREDIENTS

- 1½ lbs boneless skinless chicken breast
- 6 tbsp extra virgin olive oil
- 4 large garlic cloves minced
- 1 tsp dried thyme
- ½ tsp dried oregano
- 1¼ tsp salt
- ½ tsp freshly ground black pepper
- 1½ tsp lemon zest

## DIRECTIONS

1. Pound chicken breast to ½ inch thickness. Mix all ingredients, pour into a Ziploc bag, and marinate chicken for at least 2 hr.
2. Turn the **Ventray Grill** to medium heat, drizzle olive oil, place chicken breast on the grill and cook each side for 2-4 mins.

# GRILLED CHICKEN BREAST







**Prep**  
10 mins

**Cook**  
20 mins

**Serves**  
4 Servings

## INGREDIENTS

1½ lbs of salmon fillet cut into 4 pieces

2 tbsp olive oil

2 tsp salt

2 tsp ground pepper

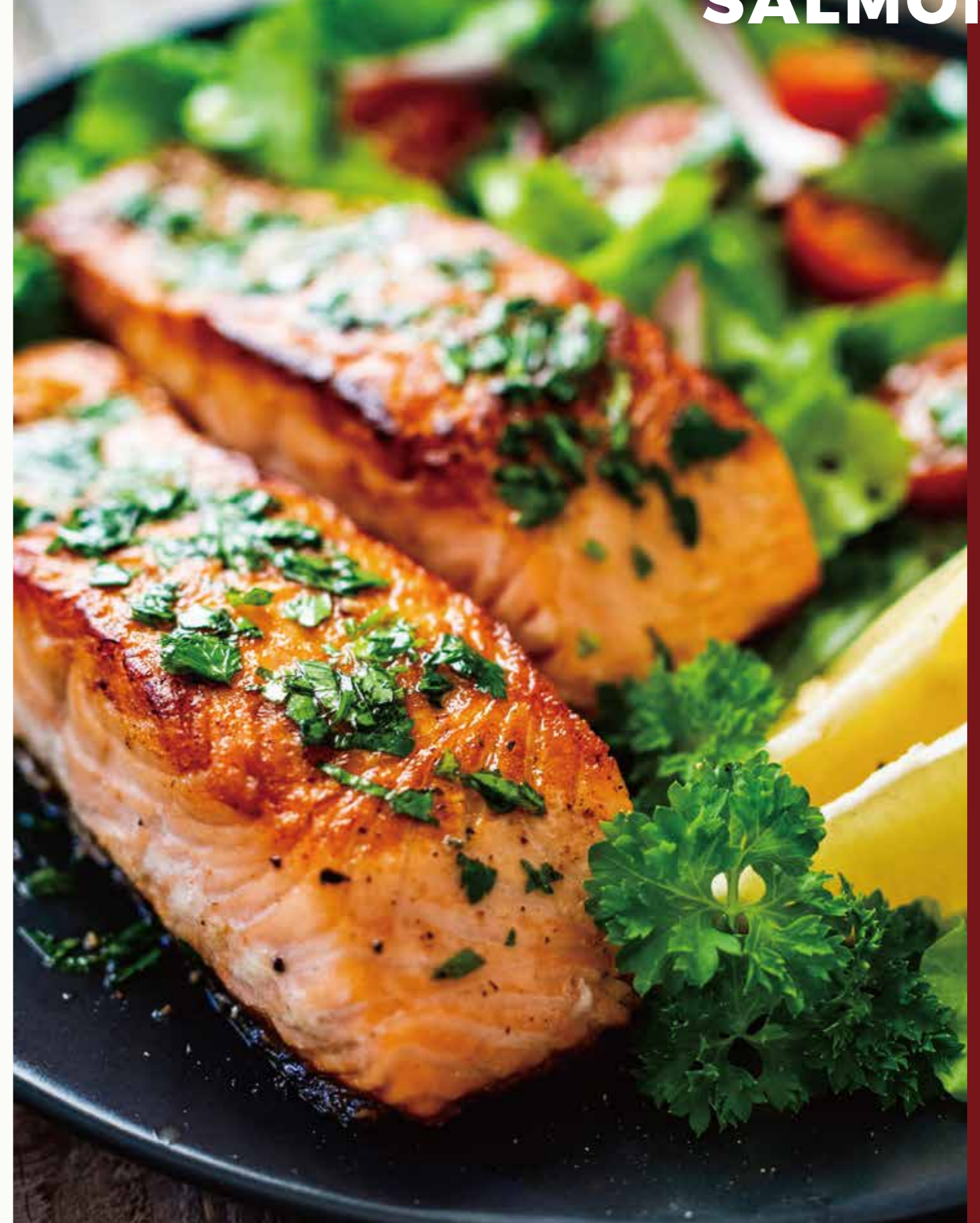
¼ cup minced onion

1 lemon cut into wedges

## DIRECTIONS

1. Mix ingredients together, rub each piece of salmon with olive oil, sprinkle house seasoning, rub generously on each piece.
2. Turn on the **Ventray grill** to medium heat, heat olive oil, place salmon on the grill, cover, and grill each side for about 4-5 mins depending on the thickness of your salmon.
3. Serve with lemon wedges.

# GRILLED SALMON





**Prep**  
5 mins

**Cook**  
8 mins

**Serves**  
4 Servings

## INGREDIENTS

- 2 bowls of leftover rice
- 2 eggs
- 1 cup of ham or spam
- ½ cup kimchi
- Salt and pepper to taste
- 1 cup of shredded cheese of your choice

## DIRECTIONS

1. Turn **Ventray Grill** to medium-high heat, add olive oil. Once the grill is hot, add in rice, and break them into smaller pieces. Add in kimchi, mix in with the rice.
2. Lower the heat, add ham, add eggs, salt, and pepper. Sprinkle cheese, then cover the grill, let it cook for 5 mins, and saute rice.

# FRIED RICE





**Prep**  
5 mins

**Cook**  
20 mins

**Serves**  
4 Servings

## INGREDIENTS

2 boneless skinless chicken breasts, diced into bite-size  
1 tsp Italian seasoning  
½ tsp garlic powder  
1 medium yellow onion minced  
3 cloves of garlic minced  
16 oz pasta  
24 oz marinara sauce  
1 cup mozzarella cheese  
½ cup parmesan cheese  
Salt and pepper to taste  
Fresh parsley basil minced for garnish

## DIRECTIONS

1. In **Ventray Grill** over medium-high heat, drizzle olive oil. Add chicken, season with salt, pepper, Italian seasoning, and garlic powder. Cook for about 5 mins, until chicken is always cooked through. Put the chicken aside.
2. In the **Ventray Grill**, add in water, a splash of olive oil, add in pasta, wait until the pasta is fully cooked.
3. Add in garlic, onion, marinara sauce, then add in chicken, stir in cheese, cook for another 5 mins until sauce thickens and cheese is all gooey and melted.
4. Serve with fresh parsley, or basil, or additional Italian seasoning if desired.

# CHICKEN PARMESAN PASTA





**Prep**  
5 mins

**Cook**  
25 mins

**Serves**  
4 Servings

## INGREDIENTS

- 1 lbs chicken breast cut 1-inch strips
- 1 can cream of chicken soup
- ¼ cup milk
- 1 cup herb-seasoned stuffing crumbs
- ¼ cup butter melted
- 2 cups of frozen cut green beans thawed

## DIRECTIONS

1. Turn **Ventray Grill** to medium heat, mix soup and milk until well blended.
2. Mix stuffing with butter first.
3. Layer chicken breast, green beans, soup mixture, then layer with stuffing.
4. Cover and cook over low-medium heat for 20 mins stirring occasionally.
5. When the stuffing is soft, and chicken is cooked, serve.

# CHICKEN GREEN BEAN CASSEROLE





**Prep**  
5 mins

**Cook**  
25 mins

**Serves**  
4 Servings

## INGREDIENTS

- 1 lbs macaroni
- 1 tsp olive oil
- 1 lbs ground beef
- 1 medium onion chopped
- 3 cloves of garlic minced
- 15 oz tomato sauce
- 1 cup milk
- Salt and pepper to taste
- 1 tsp sugar
- 3 cups of shredded cheddar cheese

## DIRECTIONS

1. Cook macaroni according to package instructions, drain and set aside.
2. In **Ventray Grill**, over medium-high heat, add oil, then beef, break beef until nearly cooked through.
3. Add onions, garlic, add tomato sauce, milk salt, pepper, and sugar. Bring beef to a low simmer.
4. Add in macaroni and cheese, combine and wait until the cheese melts.

# CHEESE BURGER MACARONI





**Prep**  
4 hr

**Cook**  
20 mins

**Serves**  
4 Servings

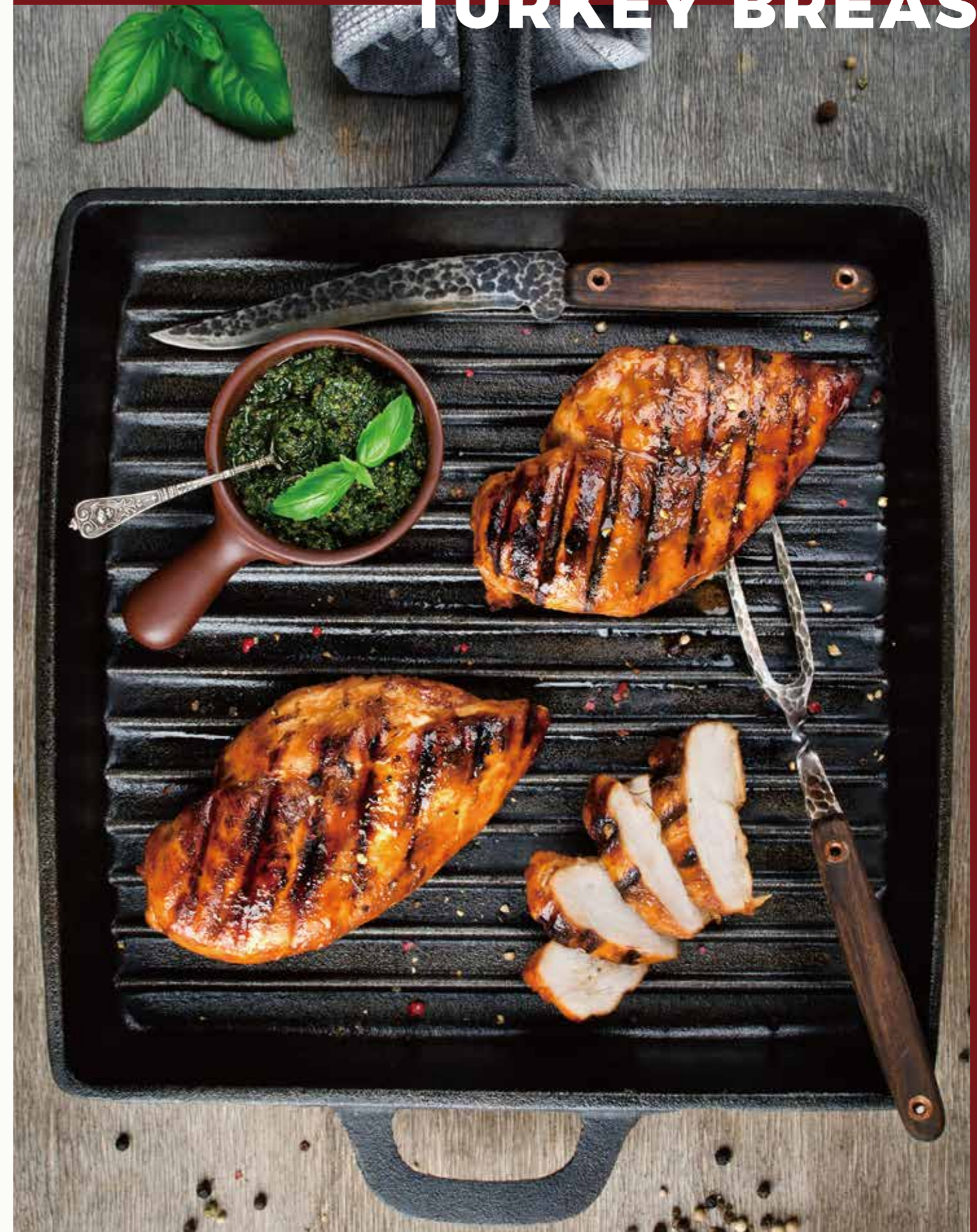
## INGREDIENTS

- 2 cloves of garlic minced
- 1 tbsp fresh basil chopped
- ½ tsp black pepper
- 2 boneless turkey breasts cut in half
- ¼ cup vegetable oil
- 2 tbsp lemon juice
- 1 tbsp brown sugar

## DIRECTIONS

1. Mix garlic, basil, pepper together, then rub over turkey breast.
2. Blend vegetable oil, soy sauce, lemon juice, brown sugar in Ziploc, place turkey breast in, and marinate for at least 4 hours.
3. Heat **Ventray Grill** to medium-high heat, add olive oil. Place turkey breast on grill close lid, grill about 10-15 mins on each side, until internal temperature reaches 170°F.

# GRILLED TURKEY BREAST





**Prep**  
4 hr

**Cook**  
10 mins

**Serves**  
4 Servings

## INGREDIENTS

- 5 lbs of Korean style beef short ribs
- 1 cup brown sugar packed
- 1 cup soy sauce
- ½ cup water
- ¼ cup rice wine
- 1 small onion grated
- 1 small Asian pear grated
- 4 tbsp minced garlic
- 2 tbsp dark sesame oil
- ¼ tsp black pepper
- 2 green onions sliced

## DIRECTIONS

1. Sprinkle brown sugar over beef, mix well to evenly coat.
2. In a bowl, whisk together soy sauce, water, rice wine, onion, pear, garlic, sesame oil, black pepper, transfer to Ziploc, marinate short ribs for 4 hours or overnight.
3. Add olive oil to **Ventray Grill**, turn to medium-high heat, grill short ribs about 4 mins each side.
4. Serve, garnish with green onions.

# GRILLED KOREAN SHORT RIBS





**Prep**  
10 mins

**Cook**  
15 mins

**Serves**  
4 Servings

## INGREDIENTS

1 lbs Shrimp  
1 lbs Scallop  
½ lbs Calamari  
1 lbs Octopus  
2 Corn  
1 Onion  
1 Bell pepper  
1 Bell pepper  
8 cherry tomatoes  
⅓ cup butter melted  
2 tsp grated lemon zest  
2 tsp chopped chives  
salt and pepper to taste

## DIRECTIONS

1. Wash, clean, prepare seafood, cut corn into 6 pieces, chop onion, and pepper.
2. Turn **Ventray Grill** to medium-high heat, spray cooking spray.
3. Add corn, onion, pepper, grill for about 2 mins, add in seafood, cherry tomatoes, add in lemon zest, salt, and pepper.
4. Continue grilling until the shrimp begin to turn pink, corn is cooked.
5. Pour butter and chives, serve.

# GRILLED MIXED SEAFOODS







**Prep**  
30 mins

**Cook**  
10 mins

**Serves**  
1 Serving

## INGREDIENTS

Butter

One 16 oz wagyu steak

Sea salt and pepper to taste

## DIRECTIONS

1. Rest your Wagyu steak at room temperature for 30 mins to an hour before cooking.
2. Generously salt steak with sea salt on both sides.
3. Turn **Ventray Grill** on medium-high heat, wait until the pan is hot.
4. Rub the fat cap around the steak on the entire inside of the grill pan, use the fat to grease the entire pan.
5. Place the steak on the hot grill, cook for about 1 and a half minutes, flip the steak and cook until internal temperature reaches 120°F - 125°F degrees for rare or 130°F - 135°F degrees for medium-rare.
6. Remove steak and rest for 5-10 mins, slice into thin-stripes, and serve.

# GRILLED WAGYU STEAK





**Prep**  
10 mins

**Cook**  
35 mins

**Serves**  
4 Servings

## INGREDIENTS

1 tsp grated lemon zest  
2 tbsp fresh lemon juice  
½ tsp saffron threads crushed  
3 tbsp olive oil  
6 skin-on, bone-in chicken thighs divided  
1 tsp black pepper  
1 ½ tsp kosher salt  
1 cup chopped yellow onion  
1 tbsp fresh thyme  
5 garlic cloves minced,  
1½ cup uncooked Bomba rice  
⅓ cup dry white wine  
3 cups of unsalted chicken stock  
1 cup frozen green peas  
1 small red bell pepper chopped  
3 tbsp of fresh parsley chopped  
Lemon wedges

## DIRECTIONS

1. Stir together lemon zest, lemon juice, and saffron, set aside.
2. In **Ventray Grill**, heat oil over medium-high heat, salt and pepper chicken thighs on both sides, add chicken to **Ventray Grill**, cook skin side down until golden brown. Remove chicken.
3. In **Ventray Grill**, add onion, thyme, garlic to grill, cook until fragrant. Add in rice, cook for about 2 mins.
4. Add wine, cook until reduced by about half. Stir in lemon juice and chicken stock, cook for about 4 mins.
5. Add chicken skin side up into rice, cover, reduce heat to medium-low, simmer for 15 mins.
6. Add in peas, red pepper, increase heat to medium-high, cook until rice begins to brown on the bottom and edges of the grill for about 5 to 8 mins.
7. Serve with parsley, lemon wedges.

# CHICKEN PAELLA





**Prep**  
10 mins

**Cook**  
20 mins

**Serves**  
4 Servings

## INGREDIENTS

1 tbsp olive oil  
1 small onion chopped  
1 clove garlic minced  
⅓ cup sundried tomatoes chopped  
1 tbsp tomato paste  
2 tsp Italian seasoning  
3 cups chicken stock  
15 oz can diced tomatoes  
12 oz bow tie or penne pasta  
Salt pepper to taste  
½ cup grated parmesan  
¼ cup cream cheese ricotta,  
Chopped parsley for garnish

## DIRECTIONS

1. In **Ventray Grill**, heat oil over medium heat, saute garlic, onion, sun-dried tomatoes until softened.
2. Add tomato paste, Italian seasoning and cook for about 1 minute.
3. Add in chicken stock and pasta, diced tomatoes.
4. Cook and bring pasta to boil, reduce the heat to simmer, cook until pasta is done. If pasta is a bit dry, add a bit more water.
5. Once pasta is cooked, turn off the heat, add in Parmesan and cream cheese, sprinkle parsley. Let pasta sit for about 3 to 5 minutes until thickened, then serve immediately.

# CREAMY TOMATO PENNE





**Prep**  
5 mins

**Cook**  
20 mins

**Serves**  
4 Servings

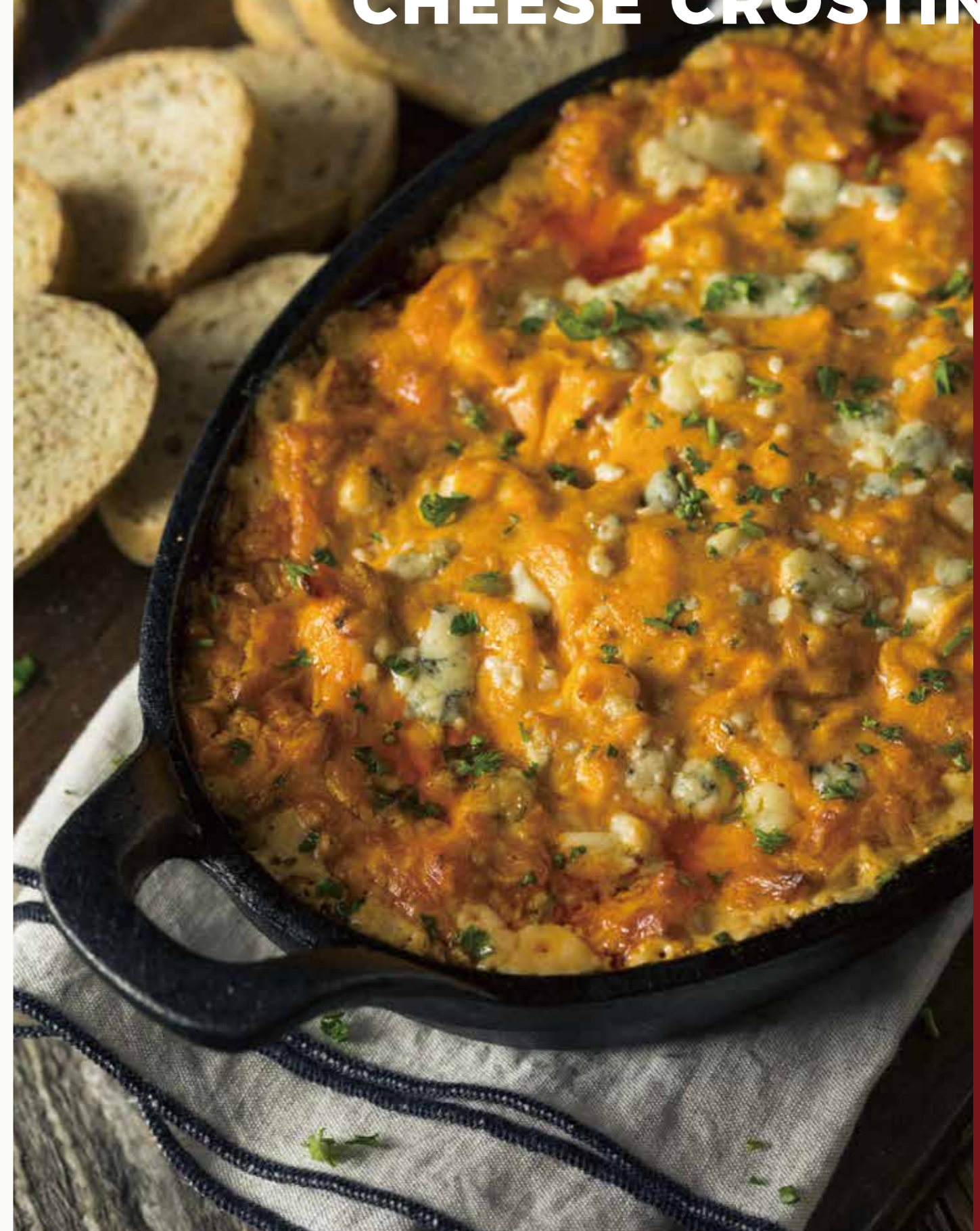
## INGREDIENTS

1 lb boneless skinless chicken breast  
¼ tsp pepper  
¼ tsp salt  
6 oz buffalo sauce  
4 tbsp unsalted butter  
**(Crostini)**  
⅓ cup cream cheese  
2 green onions sliced  
3 tbsp olive oil  
2 tsp garlic powder  
½ tsp salt and pepper  
1 slender french baguette  
1 cup shredded mozzarella cheese  
¼ cup ranch dressing  
Fresh chopped parsley

## DIRECTIONS

1. Salt and pepper chicken on both sides, measure 1 cup buffalo sauce, reserve rest.
2. In **Ventray Grill**, heat oil over medium-high heat, place chicken breast in, and slightly grill both sides.
3. Pour buffalo sauce to cover chicken, add in butter, close lid and reduce heat to medium-low, simmer for about 10 to 15 mins.
4. Shred chicken. Remove from grill, Clean **Ventray Grill**.
5. Mix together buffalo chicken, cream cheese until well combined.
6. In a small bowl, whisk olive oil, garlic powder, salt, pepper, slice baguette, brush top sides with olive oil.
7. In **Ventray Grill**, heat butter over medium-low heat, add in bread slices with a spoonful of buffalo chicken mix on top. Add cheese, close lid grill until cheese melted.
8. Serve, drizzle ranch dress, and fresh chopped parsley.

# BUFFALO CHICKEN CHEESE CROSTINI





**Prep**  
3 hr

**Cook**  
15 mins

**Serves**  
4 Servings

## INGREDIENTS

- 1½ lbs chicken thighs
- 2 tbsp soy sauce
- 2 tbsp honey
- 2 tbsp ketchup
- ¼ cup orange juice
- 2 green onions
- 1 clove garlic minced
- 1 tbsp ginger minced
- 1 tbsp sweet rice wine

## DIRECTIONS

1. Mix all marinade ingredients into a Ziploc bag, add in the chicken marinade for at least 3 hr.
2. in **Ventray Grill** heat oil over medium-high heat, grill chicken thighs for 5 mins per side, or until cooked through.
3. Garnish with fresh chopped green onions, serve immediately.

# GRILLED TERIYAKI CHICKEN THIGHS





**Prep**  
1 hr

**Cook**  
8 mins

**Serves**  
4 Servings

## INGREDIENTS

20 large scallops

¼ cup olive oil

1 tbsp honey

2 tbsp lemon juice

2 garlic cloves minced

2 tsp smoked paprika

1 tsp salt

Salt and pepper to taste

4-5 wooden skewers

## DIRECTIONS

1. In a small bowl, combine olive oil, honey, lemon juice, garlic, paprika, and salt, whisk until honey dissolves. Marinade scallop in Ziploc bag for at least 1 hr.
2. Thread scallops, heat **Ventray Grill** over medium heat, add in oil.
3. Grill and cook scallops for about 3 mins per side.

# GRILLED SCALLOP





**Prep**  
5 mins

**Cook**  
15 mins

**Serves**  
4 Servings

## INGREDIENTS

1½ lb brussel sprouts, cut in half lengthwise

6 strips thick-cut bacon

1 tbsp olive oil

1 tbsp maple syrup

¾ tsp salt

½ tsp pepper

## DIRECTIONS

1. Turn **Ventray Grill** on to medium heat, spray with cooking spray.
2. Cut bacon into ¼-inch pieces. Whisk maple syrup with oil.
3. Add brussel sprouts to **Ventray Grill**, grill for about 15 mins. Add in bacon, cook until crisp, season with salt and pepper.
4. Add in maple syrup mixture, grill until sauce thickens caramelized syrup.

# MAPLE BACON BRUSSELS SPROUTS





**Prep**  
10 mins

**Cook**  
10 mins

**Serves**  
4 Servings

## INGREDIENTS

4 tbsp canola oil divided  
2 tbsp lemon juice  
1½ tsp salt  
1½ tsp dried oregano  
1½ tsp ground cumin  
1 tsp garlic powder  
½ tsp chili powder  
½ tsp paprika  
½ tsp crushed red pepper flakes  
1½ lbs boneless chicken breast cut into thin stripe  
½ medium red pepper  
½ medium green pepper  
2 green onions thinly sliced  
½ cup chopped onion  
6 flour tortillas, warmed  
1 cup cheddar cheese  
Guacamole, salsa, sour cream for garnish

## DIRECTIONS

1. In a large bowl, combine 2 tbsp oil, lemon juice, seasoning, add chicken, and marinate for at least 2 hours.
2. In **Ventray Grill**, add oil, heat over medium-high heat, saute peppers, onion until crispy, remove from grill.
3. In **Ventray Grill** cook chicken over medium-high heat for 6 mins, return pepper onions to grill, saute and cook through.
4. Spoon filling down the center of the tortillas, add guacamole, salsa, and sour cream to garnish and serve.

# GRILLED FAJITAS







**Prep**  
5 mins

**Cook**  
10 mins

**Serves**  
4 Servings

## INGREDIENTS

- 2 tbsp balsamic vinegar
- 1 tbsp soy sauce
- 1 tbsp dark brown sugar
- ½ tsp finely chopped rosemary
- ½ clove garlic thinly sliced
- 1 tsp freshly grated ginger
- 2 tbsp olive oil
- 10 medium carrots peeled cut in half lengthwise
- 1 green onion thinly sliced

## DIRECTIONS

1. In a large bowl, whisk vinegar, soy sauce, sugar, rosemary, garlic, and ginger together. Add in 2 tbsp oil to emulsify the sauce.
2. Heat **Ventray Grill** to medium-low, coat carrot with oil and salt, grill, and cover for about 10 mins each side.
3. Once carrots are grilled to tender, remove from grill, toss them in dressing sauce, garnish with green onions.

# GRILLED CARROTS





**Prep**  
20 mins

**Cook**  
10 mins

**Serves**  
4 Servings

## INGREDIENTS

1 zucchini  
1 bell peppers  
1 jalapeno peppers  
2 portobello mushrooms  
1 eggplant  
1 onion  
¼ cup extra virgin olive oil  
1 tsp salt and pepper  
3 cloves of garlic minced  
¼ cup parsley

### (Marinade)

⅓ cup lemon juice  
⅓ cup extra virgin olive oil  
2 tsp white sugar  
2 garlic cloves minced  
½ tsp salt and pepper  
½ tsp dried basil  
½ tsp dried parsley  
½ tsp thyme  
1 tsp chili flakes

## DIRECTIONS

1. Cut all vegetables to the desired size. Add all marinade ingredients into a Ziploc or deep dish, add in vegetables, and marinade for at least 20 mins.
2. Turn on **Ventray Grill**, heat oil over medium-high heat, add in garlic, saute until fragrant, add in vegetables, season with salt and pepper.
3. Garnish with parsley and serve.

# EASY GRILLED VEGETABLES





**Prep**  
5 mins

**Cook**  
10 mins

**Serves**  
4 Servings

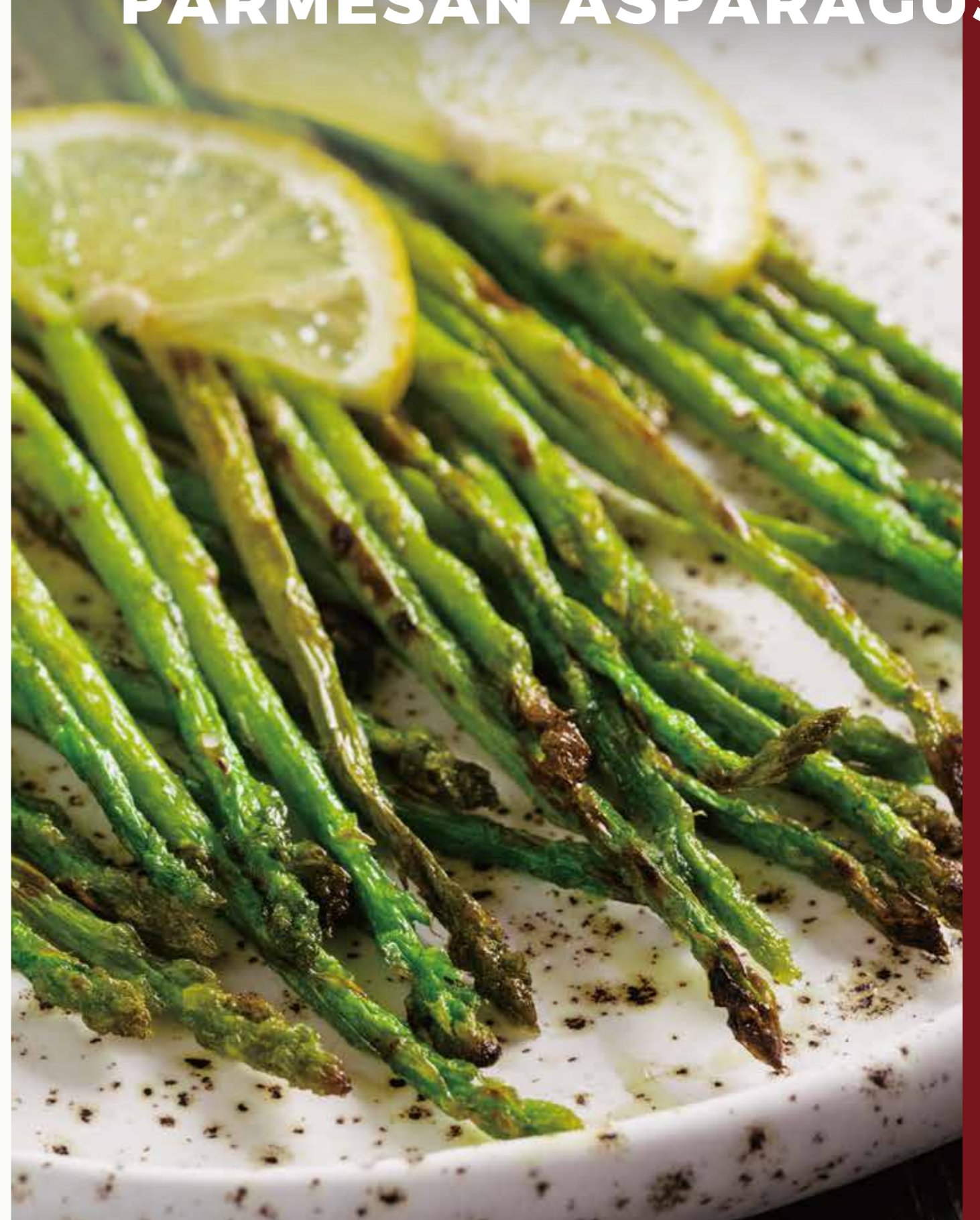
## INGREDIENTS

- 2 lbs asparagus washed dried
- 3 tbsp unsalted butter
- 2 tbsp olive oil
- 5 garlic cloves minced
- ½ cup freshly grated parmesan cheese
- 2 tsp parsley chopped
- Salt and pepper

## DIRECTIONS

1. Prep and chop off wood ends of asparagus.
2. Turn **Ventray Grill** to medium heat, spray grill with oil, add in garlic, saute until fragrant.
3. Toss asparagus in olive oil, arrange spears on the grill, add parsley and butter, grill 3 mins per side.
4. Transfer asparagus to a serving plate and sprinkle parmesan cheese, drizzle balsamic vinegar and serve.

# GRILLED GARLIC PARMESAN ASPARAGUS





**Prep**  
5 mins

**Cook**  
10 mins

**Serves**  
4 Servings

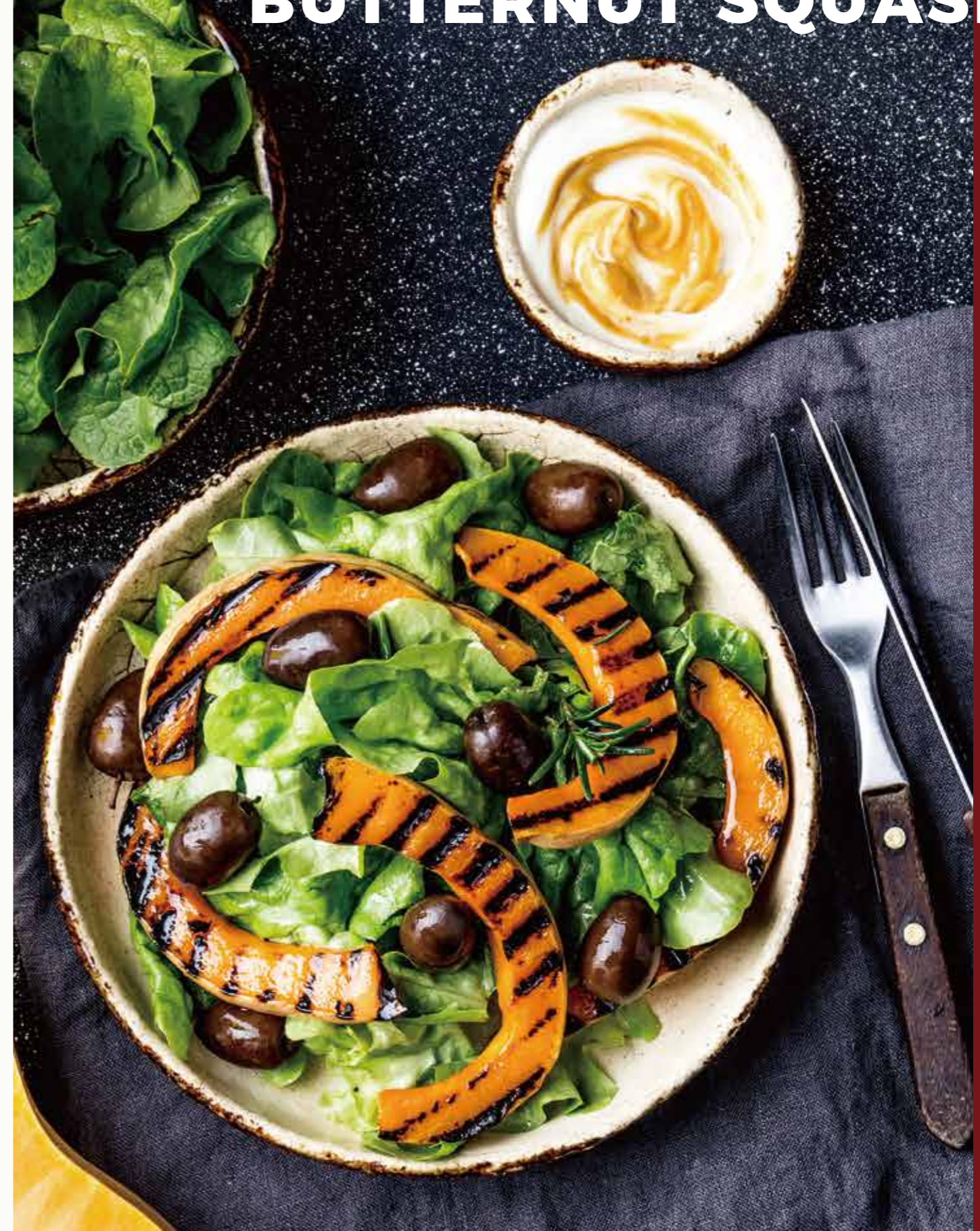
## INGREDIENTS

- ½ cup olive oil
- ½ cup coconut sugar or brown sugar
- 1 tsp salt
- 1 tsp black pepper
- 2 lbs butternut seeds removed
- ¼ cup pine nuts lightly toasted
- ½ cup fresh basil leaves chopped
- 1 cup shaved Parmigiano-Reggiano cheese
- 1 tbsp orange zest
- ½ tsp red chili flakes
- 2 lemon cut into wedges

## DIRECTIONS

1. Whisk together olive oil, sugar, 1 tsp salt, and pepper chili flakes.
2. Cut squash slices into ½ to 1-inch half-moon slices, brush both sides with sugar mixture.
3. Turn **Ventray Grill** to medium-high heat, spray cooking spray on the grill, and place squash, cover and cook until tender, about 6 to 8 mins each side.
4. Transfer squash to a platter, sprinkle pine nuts, basil, cheese, orange zest, and serve with lemon wedges.

# GRILLED BUTTERNUT SQUASH





**Prep**  
5 mins

**Cook**  
10 mins

**Serves**  
4 Servings

## INGREDIENTS

- 1 lbs mushrooms
- 1 tbsp olive oil
- 3 tbsp balsamic vinegar
- ½ tbsp brown sugar
- 1 tbsp soy sauce
- 2 cloves of garlic
- ¼ tsp dried thyme
- ¼ tsp black pepper

## DIRECTIONS

1. Mince garlic, in a small bowl combine olive oil, balsamic vinegar, sugar, soy sauce, garlic, thyme, and pepper, combine well.
2. Turn **Ventray Grill** to medium heat, spray cooking spray, grill mushroom for about 10 mins stirring occasionally. Add in sauce, continue cooking until sauce thickens.

# BALSAMIC MUSHROOMS





**Prep**  
10 mins

**Cook**  
15 mins

**Serves**  
4 Servings

## INGREDIENTS

2 medium zucchinis, cut into ½ inch slices  
1 large green pepper  
1 large sweet red pepper  
1 lbs fresh mushrooms halved  
1 large onion cubed  
3 carrots cut into ¼ inch slices  
2 cups fresh broccoli florets  
2 cups fresh cauliflower florets  
¼ cup olive oil  
¼ cup butter melted  
¼ cup fresh parsley minced  
2 garlic cloves minced  
1 tsp dried basil  
½ tsp dried oregano  
½ tsp salt

## DIRECTIONS

1. Combine olive oil, butter, parsley, garlic, basil, oregano, and salt together, toss vegetables, and evenly coat.
2. Turn **Ventray Grill** to medium-high heat, spray with cooking spray. Add vegetables to grill for about 15 mins or until vegetables are tender. Serve immediately.

# GRILLED POTATO AND MIXED VEGETABLES





**Prep**  
10 mins

**Cook**  
10 mins

**Serves**  
4 Servings

## INGREDIENTS

2 medium zucchini slices ¼' thick  
1 tbsp olive oil  
1 tbsp red wine  
1 tsp parsley  
1 tsp basil  
½ tsp garlic powder  
Salt and pepper to taste

## DIRECTIONS

1. Turn **Ventray Grill** on medium-high, spray cooking spray.
2. In a large bowl, toss zucchini with oil, red wine vinegar, parsley, basil, and garlic, season with ¼ tsp salt and pepper to taste.
3. Once the grill is hot grill zucchini 2-3 mins per side.

# GRILLED ZUCCHINI

