

Please make sure to read the enclosed Ninja® Owner's Guide prior to using your unit.



NINJA  
**Foodi™**  
**GRILL**

The grill that sears, sizzles,  
and air fry crisps..

20 mouthwatering  
recipes plus charts for  
unlimited possibilities



# Your guide to grilling like a Foodi

Welcome to the Ninja® Foodi™ Grill recipe book. From here, you're just a few pages away from recipes, tips and tricks, and helpful hints that will give you the confidence to elevate your grill game. Now open the hood and let's get grilling in your kitchen.

## Recipe List

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## Recipe Key

We've tagged recipes with these icons to help find the right one for you.



10 minutes or less



Frozen to char-grilled



Kid-friendly food



Gluten-free



Dairy-free



Keto



Vegetarian

# Cyclonic Grilling

## TECHNOLOGY

Super-hot 500° grilling chamber gives you the fast, juicy, char-grilled results you want by combining a unique, high-density grill grate with cyclonic air that circulates rapidly around food.



**BTU  
cooking  
power of  
an outdoor  
grill**



### Grilled favorites

Quick and easy meals

*Classic Cheeseburgers, page 14*



### No-flip grilling

No more falling apart

*Grilled Citrusy Halibut, page 30*



### Grilled thrills

Grill the unexpected

*Personal Grilled Pizza, page 38*



### Frozen to char-grilled

No thawing required

*Barbecue Chicken Breasts, page 18*

# More flavor. Less smoke.

After hundreds of hours of recipe testing, our chefs have paired your favorite foods with recommended temperature settings to maximize grill flavors while minimizing smoke.



## LOW

Best for bacon, sausages, and calzones, and when using thicker barbecue sauces.



10  
MINS

Sausage & Pepper Grinders  
*Page 28*



## MEDIUM

Best for frozen meats and batches of marinated ingredients.



25  
MINS

Frozen Chicken Breasts  
*Page 48*



## HIGH

Best for steaks, chicken, and burgers.



11  
MINS

Grilled New York Strip Steak  
& Asparagus  
*Page 12*



## MAX

Best for veggies, fruit, fresh and frozen seafood, and pizza.



8  
MINS

Pineapple & Peaches  
*Page 50*

## Always use recommended oils

For less smoke, use oils with a high smoke point—like canola, avocado, vegetable, or grapeseed oil—instead of olive oil. If you choose to cook ingredients at a higher temperature than recommended using olive oil, it may result in more smoke.

# Cooking best practices

No two pieces of protein are alike, and, for that reason, they'll never cook the same. That's why we recommend paying close attention to the sizes of meat listed in our cooking charts. Here are some more tips to ensure a great cooking experience.

## Reasons meat might cook differently



### Cut size

Proteins come in different shapes and sizes, which require different cooking times, so you may need to increase or decrease the recommended chart cook times to achieve desired doneness.



### Meat temperature

For your convenience, cooking charts were created for use with cold meat, straight from the fridge.

#### For even juicier results

If time permits, let meat come to room temperature before cooking for a more juicy center. (We recommend reducing chart cook time by 2 minutes in this case.)

## Carry-over cooking

This occurs when meat continues to cook after it's removed from the grill. For the best results, we recommend removing meat 5°F before actual desired doneness. See the chart below.

FOOD	COOK TO INTERNAL TEMP OF:	CARRY-OVER COOK TO INTERNAL TEMP OF:
<b>Fish</b>	140°F	145°F
<b>Poultry</b>	165°F	165°F or higher
<b>Pork</b>	140°F	145°F
<b>Steak</b>		
Rare	120°F	125°F
Medium Rare	130°F	135°F
Medium	140°F	145°F
Medium Well	145°F	150°F
Well Done	155°F	160°F
<b>Ground Beef</b>	155°F	160°F or higher
<b>Ground Pork</b>	155°F	160°F
<b>Ground Turkey</b>	155°F	160°F

**For juicy and tender results,** allow protein to rest for 5 minutes after cooking. For roasts, half chickens, and large steaks, it's best to let them rest for 10 minutes.

## The importance of a meat thermometer

For best results, use a digital food thermometer to accurately measure internal temperature of protein.



Insert thermometer into center-most, thickest part of protein. If protein is bone-in, insert it very close to (but not touching) the bone.

Because the Fodi™ Grill cooks at high temperatures, proteins can overcook quickly. It's best to monitor the internal temperature of meat, especially during the later stages of cooking.

# Flavor-Building 101

## Pumped-Up Marinades, Zesty Spice Rubs, and Elevated Dipping Sauces

For the following recipes, add all ingredients to a bowl and mix well.

These marinades and spice rubs call for coarse kosher salt—ensure you use that, and not fine-grain iodized salt.

Use spice rubs liberally. Season meat or vegetables generously and let sit at room temperature for 30 minutes before grilling—this will promote evenness and faster cooking.

### Frozen to char-grilled

When grilling frozen meats, baste them liberally and consistently with the marinade of your choosing.

To get the best textures and flavors from frozen meat, season it with your favorite spice rub before grilling.

# Marinades

**YIELD:** APPROX. 1 CUP | **MARINATING TIME:** 2-12 HOURS  
**STORE:** REFRIGERATE FOR UP TO 4 DAYS



### Teriyaki Marinade

**Best for poultry, beef, pork, lamb, veal, seafood, vegetables**

- 1/3 cup soy sauce
- 1/3 cup water
- 1/3 cup dark brown sugar
- 3 tablespoons rice wine vinegar
- 1 tablespoon honey
- 2 cloves garlic, peeled, minced



### Garlic & Herb Marinade

**Best for poultry, pork, lamb, seafood, vegetables**

- 1/4 cup canola oil
- 1/4 cup cider vinegar
- 1/2 cup fresh herbs (like parsley, rosemary, oregano, thyme, or sage), finely chopped
- 5 cloves garlic, peeled, minced
- Juice of 1 lemon (about 3 tablespoons juice)
- 1 teaspoon ground black pepper
- 1 teaspoon kosher salt



### Simple Steak Marinade

**Best for beef, pork, lamb, veal, white fish, vegetables**

- 1/4 cup Worcestershire sauce
- 1/4 cup soy sauce
- 1/4 cup balsamic vinegar
- 2 tablespoons Dijon mustard
- 3 cloves garlic, peeled, minced
- 1 teaspoon ground black pepper
- 1 teaspoon kosher salt

# Spice Rubs

**YIELD:** APPROX. 1 CUP | **SEASON:** GENEROUSLY  
**STORE:** UP TO 6 MONTHS IN AN AIRTIGHT CONTAINER AWAY FROM LIGHT AND HEAT



## Easy BBQ Spice Rub

**Best for poultry, beef, shrimp, cauliflower, broccoli, carrots**

- 1/4 cup dark brown sugar
- 1/4 cup smoked paprika
- 3 tablespoons ground black pepper
- 2 tablespoons kosher salt
- 2 teaspoons garlic powder
- 2 teaspoons onion powder



## Everyday Spice Rub

**Best for poultry, beef, pork, lamb, veal, seafood, vegetables**

- 3 tablespoons chili powder
- 2 tablespoons white sugar
- 1 tablespoon kosher salt
- 1 tablespoon ground cumin
- 1 tablespoon ground black pepper
- 1 tablespoon dried oregano



## Dry Herb Rub

**Best for poultry, pork, lamb, seafood, vegetables**

- 1 tablespoon kosher salt
- 1 tablespoon dried thyme
- 1 tablespoon dried rosemary
- 1 tablespoon dried oregano
- 1 teaspoon mustard powder
- 1 teaspoon ground black pepper
- 1 teaspoon crushed red pepper

# Dipping Sauces

**YIELD:** APPROX. 1 CUP | **STORE:** REFRIGERATE FOR UP TO 4 DAYS



## Chimichurri Sauce

**Best for poultry, beef, pork, fish, vegetables**

- 1/2 bunch fresh cilantro (about 1/3 cup), chopped
- 1/2 bunch fresh parsley (about 1/3 cup), chopped
- 5 cloves garlic, peeled, minced
- 1 small shallot, peeled, chopped
- Zest and juice of 1 lemon (about 1/3 cup juice)
- 1/4 cup extra virgin olive oil
- 1 teaspoon ground black pepper
- Kosher salt, as desired



## Lemony-Garlic Chili Mayo

**Best for poultry, beef, pork, lamb, veal, seafood, vegetables**

- 1 cup mayonnaise
- Juice of 1/2 lemon (about 2 tablespoons juice)
- 1 tablespoon paprika
- 1 teaspoon garlic powder
- Kosher salt, as desired



## Jamaican Jerk Ketchup

**Best for poultry, beef, shrimp**

- 1 cup ketchup
- 3 tablespoons dry jerk seasoning
- 1 ripe banana, peeled, mashed

# Kickstarter Recipe

## Grilled New York Strip Steak & Asparagus

BEGINNER RECIPE ●○○

**PREP:** 10 MINUTES | **PREHEAT:** APPROX. 8 MINUTES | **COOK:** 12 MINUTES | **MAKES:** 2-4 SERVINGS



### INGREDIENTS

2 uncooked New York strip steaks  
(14-16 ounces each)

2 tablespoons canola oil, divided

Kosher salt, as desired

Ground black pepper, as desired

1 bunch asparagus, trimmed

### DIRECTIONS



Brush each steak on all sides with 1/2 tablespoon canola oil, then season with salt and pepper, as desired. Toss asparagus with remaining canola oil, then season with salt and pepper, as desired.



Insert grill grate in unit and close hood. Select GRILL, set temperature to HIGH, and set time to 12 minutes. Select START/STOP to begin preheating.



When the unit beeps to signify it has preheated, place steaks on grill grate, gently pressing them down to maximize grill marks. Close hood and cook for 4 minutes.



After 4 minutes, flip steaks. Close hood and continue cooking for 4 more minutes, or until internal temperature reaches 125°F.



Remove steaks from grill and let rest 5 minutes; they will continue to cook to a food-safe temperature while resting. Use a cooking thermometer to ensure a food-safe temperature has been achieved.



Meanwhile, place asparagus on grill grate. Close hood and cook for 4 minutes.



When cooking and resting are complete, slice steak and serve with asparagus.

**TIP** Substitute any preferred seasoning to the steak in step 1.





# Kickstarter Recipe

## Classic Cheeseburgers

BEGINNER RECIPE ●○○

**PREP:** 10 MINUTES | **PREHEAT:** APPROX. 8 MINUTES | **COOK:** 8 MINUTES | **MAKES:** 4 SERVINGS



### INGREDIENTS

1½ pounds uncooked ground beef (80% lean)  
Kosher salt, as desired  
Ground black pepper, as desired

4 slices American cheese  
4 burger buns

#### *Toppings*

Lettuce      Red onion      Tomatoes      Pickles      Condiments

### DIRECTIONS



Insert grill grate in unit and close hood. Select GRILL, set temperature to HIGH, and set time to 8 minutes for medium-cooked burgers. Select START/STOP to begin preheating.



While unit is preheating, divide the ground beef into 4 portions and hand-form each into a loosely formed 4-inch patty.



With your thumb, make a 1-inch indent in the center of each patty (this will help the burgers keep their shapes uniform during cooking). Season patties with salt and pepper, as desired.



When the unit beeps to signify it has preheated, place patties on the grill grate, gently pressing them down to maximize grill marks. Close hood and cook for 6 minutes.



After 6 minutes, place a slice of cheese on each patty. Close hood and continue cooking for 1 minute.



After 1 minute, remove cheeseburgers from grill grate. Place the buns on the grill grate. Close hood and cook for the remaining 1 minute.



When cooking is complete, serve cheeseburgers on the toasted buns.

**TIP** For extra flavor, grill vegetables like onions, peppers, or mushrooms as a burger topping.

# Kickstarter Recipe

## Teriyaki Marinated Salmon

BEGINNER RECIPE ●○○

**PREP:** 5 MINUTES | **MARINATE:** 1-12 HOURS | **PREHEAT:** APPROX. 8 MINUTES | **COOK:** 7-9 MINUTES | **MAKES:** 4 SERVINGS



### INGREDIENTS

4 uncooked skinless salmon fillets  
(6 ounces each)

1 cup teriyaki marinade

### DIRECTIONS



Place fish fillets and teriyaki sauce in a large resealable plastic bag or container. Move fillets around to coat evenly with sauce. Refrigerate for at least 1 hour and up to 12 hours.



Insert grill grate in unit and close hood. Select GRILL, set temperature to MAX, and set time to 8 minutes. Select START/STOP to begin preheating.



When the unit beeps to signify it has preheated, place fillets on the grill grate, gently pressing them down to maximize grill marks. Close hood and cook for 6 minutes. There is no need to flip the fish during cooking.



After 6 minutes, check fillets for doneness; the internal temperature should be 140°F. If necessary, close hood and continue cooking up to 2 more minutes.



When cooking is complete, serve fillets immediately.

**TIP** Substitute your favorite marinade for the teriyaki sauce in step 1.

# Kickstarter Recipe

## Barbecue Chicken Breasts

BEGINNER RECIPE ●○○

**PREP:** 5 MINUTES | **PREHEAT:** APPROX. 8 MINUTES | **COOK:** 23-25 MINUTES | **MAKES:** 4 SERVINGS



### INGREDIENTS

4 frozen boneless, skinless chicken breasts (8 ounces each)  
2 tablespoons canola oil, divided

Kosher salt, as desired  
Ground black pepper, as desired  
1 cup of your favorite barbecue sauce

### DIRECTIONS



Insert grill grate in unit and close hood. Select GRILL, set temperature to MEDIUM, and set time to 25 minutes. Select START/STOP to begin preheating.



While unit is preheating, evenly brush each chicken breast with 1/2 tablespoon canola oil. Then season with salt and pepper, as desired.



When the unit beeps to signify it has preheated, place chicken breasts on grill grate. Close hood and cook for 10 minutes.



After 10 minutes, flip chicken. Close hood to continue cooking for 5 minutes.



After 5 minutes, liberally baste chicken with barbecue sauce, then flip over and liberally baste the other side. Close hood to continue cooking for 5 minutes.



After 5 minutes, repeat step 5. Close hood and cook for 2 more minutes.



If necessary, baste chicken again and cook for up to 3 more minutes until centermost point of the chicken reaches an internal temperature of 165°F.



Allow chicken to rest for 5 minutes before serving.

**TIP** If using a thicker barbecue sauce, grill on LOW instead of MEDIUM.



# NASHVILLE HOT FRIED CHICKEN

INTERMEDIATE RECIPE ●●○

**PREP:** 20 MINUTES | **MARINATE:** 8 HOURS | **PREHEAT:** APROX. 3 MINUTES | **COOK:** 25 MINUTES | **MAKES:** 3-4 SERVINGS

## INGREDIENTS

- 2 tablespoons garlic powder
- 2 tablespoons onion powder
- 2 tablespoons chili powder
- 1 tablespoon mustard powder
- 2 tablespoons kosher salt
- 1 tablespoon ground black pepper
- 1 quart (4 cups) buttermilk
- 2 uncooked bone-in, skin-on chicken thighs
- 2 uncooked bone-in, skin-on chicken breasts, each split in half
- 4 cups all-purpose flour
- $\frac{3}{4}$  cup canola oil, divided
- 2 tablespoons dark brown sugar
- 3 tablespoons paprika
- 2 teaspoons cayenne pepper

## DIRECTIONS

- 1 Stir together garlic, onion, chili, and mustard powders with salt and pepper. Place half the mixture in a large resealable plastic bag or container. Add buttermilk to bag or container and combine with spice mixture. Set aside remaining spice mixture.
- 2 Add chicken to buttermilk mixture and marinate in refrigerator for 8 hours or overnight.
- 3 Strain chicken from marinade. Combine remaining spice rub with flour in a large mixing bowl. Working in batches, toss chicken pieces in spiced flour mixture until evenly coated. Gently tap chicken off to remove excess flour.
- 4 Insert crisper basket in unit and close hood. Select AIR CRISP, set temperature to 360°F, and set time to 25 minutes. Select START/STOP to begin preheating.
- 5 While unit is preheating, rub each piece of chicken with oil, using a total of  $\frac{1}{4}$  cup oil for all pieces.
- 6 When the unit beeps to signify it has preheated, place chicken in the basket. Close hood and cook for 10 minutes.
- 7 Meanwhile, whisk together remaining  $\frac{1}{2}$  cup canola oil, brown sugar, paprika, and cayenne pepper in a bowl.
- 8 After 10 minutes, flip chicken. Close hood and continue cooking for 10 more minutes, then check chicken for doneness. Continue cooking up to an additional 5 minutes or until chicken's internal temperature reaches 165°F.
- 9 When cooking is complete, gently toss chicken with spiced oil mixture and serve.

**TIP** For a complete meal, serve with biscuits with honey and coleslaw.

# CHEESY CHICKEN QUESADILLA STACKS



INTERMEDIATE RECIPE ●●○

**PREP:** 15 MINUTES | **PREHEAT:** APPROX. 8 MINUTES | **COOK:** 27 MINUTES | **MAKES:** 6-8 SERVINGS

## INGREDIENTS

4 (8-inch) flour tortillas  
Vegetable oil cooking spray  
1/3 cup salsa  
1/3 cup sour cream  
3-5 dashes hot sauce

12 ounces grilled chicken breast,  
chopped, divided  
5 scallions, chopped, divided  
1 can (4 ounces) diced jalapeño peppers, divided  
2 cups (8 ounces) plus 1/4 cup shredded cheddar  
or Colby Jack cheese, divided

## DIRECTIONS

- 1 Insert grill grate in unit and close hood. Select GRILL, set temperature to MAX, and set time to 4 minutes. Select START/STOP to begin preheating.
- 2 While unit is preheating, spray both sides of the tortillas with cooking spray. Then use a knife tip to poke 5 to 7 small holes in each tortilla (to prevent them from ballooning during cooking).
- 3 In a small bowl, stir together salsa, sour cream, hot sauce; set aside.
- 4 When the unit beeps to signify it has preheated, place 1 tortilla on the grill grate. Close hood and grill for 1 minute. After 1 minute, open hood and remove tortilla; set aside. Repeat with remaining 3 tortillas.
- 5 Evenly spread a grilled tortilla with a third of the chopped chicken, a third of the scallions, a third of the jalapeño peppers, 2/3 cup cheese, and a third of the salsa mixture. Place another tortilla on top.
- 6 Top that tortilla with a third of the chopped chicken, a third of the scallions, a third of the jalapeño peppers, 2/3 cup cheese, and a third of the salsa mixture. Place another tortilla on top.
- 7 Repeat step 6. After placing the last tortilla on top, press down gently.
- 8 Remove grill grate from unit. Select ROAST, set temperature to 350°F, and set time to 23 minutes. Select START/STOP to begin preheating.
- 9 When the unit beeps to signify it has preheated, place tortilla stack in pot. Then cover it with an aluminum foil tent, pressing down gently to secure foil around stack. Close hood and cook for 20 minutes.
- 10 After 20 minutes, remove foil. Sprinkle remaining 1/4 cup cheese over the top, close hood, and cook for the remaining 3 minutes.
- 11 When cooking is complete, remove with a non metal spatula and transfer to plate, slice slack and serve.



# GRILLED CAULIFLOWER STEAKS WITH GREEK SALSA



ADVANCED RECIPE ●●●

**PREP:** 20 MINUTES | **PREHEAT:** APPROX. 8 MINUTES | **COOK:** 17 MINUTES | **MAKES:** 2 SERVINGS

## INGREDIENTS

1 head cauliflower, leaves and stem removed  
1/3 cup Kalamata olives, chopped, pits removed  
1/2 cup roasted red peppers, chopped  
1 tablespoon fresh oregano, minced  
1 tablespoon fresh parsley, minced  
3 cloves garlic, peeled, minced  
Juice of 1 lemon  
1/2 pound (8 ounces) feta cheese, crumbled  
Kosher salt, as desired  
1 teaspoon ground black pepper  
1/3 cup walnuts, roughly chopped  
1 small red onion, peeled, chopped  
1/4 cup canola oil, divided

## DIRECTIONS

- 1 Cut cauliflower from top to bottom into two 2-inch “steaks”; reserve remaining cauliflower.
- 2 To make the Greek salsa, in a large bowl, stir together olives, roasted red peppers, oregano, parsley, garlic, lemon juice, feta, salt, pepper, walnuts, red onion, and 2 tablespoons of canola oil.
- 3 Insert grill grate in unit and close hood. Select GRILL, set temperature to MAX, and set time to 17 minutes. Select START/STOP to begin preheating.
- 4 While unit is preheating, brush remaining 2 tablespoons of oil on both sides of “steaks,” then season each with salt, as desired.
- 5 When the unit beeps to signify it has preheated, place steaks on the grill grate. Close hood and cook for 10 minutes.
- 6 After 10 minutes, flip “steaks.” Close hood and continue cooking for 5 minutes.
- 7 After 5 minutes, spread “steaks” generously with Greek salsa. Close hood and cook for the remaining 2 minutes. Reserve remaining Greek salsa.
- 8 When cooking is complete, serve immediately.

**TIP** Cut remaining cauliflower into large chunks, toss with canola oil, and grill for 12 minutes before tossing with remaining Greek salsa.

# RICE & VEGETABLE STUFFED PEPPERS



INTERMEDIATE RECIPE ●●○

**PREP:** 15 MINUTES | **PREHEAT:** APROX. 3 MINUTES | **COOK:** 32 MINUTES | **MAKES:** 6 PEPPERS

## INGREDIENTS

6 red or green bell peppers,  
top 1/2-inch sections cut off and reserved,  
seeds and ribs removed from the insides  
4 cloves garlic, minced  
1 small white onion, peeled, diced  
2 bags (8.5 ounces) instant rice,  
cooked in microwave  
1 can (10 ounces) red enchilada sauce  
1 package (1 ounce) fajita spice mix  
1 can (4 ounces) diced green chilis, drained  
1/2 cup vegetable stock  
1 bag (8 ounces) shredded  
Colby Jack cheese, divided

## DIRECTIONS

- 1 Chop the 1/2-inch portions of reserved bell peppers and place in a large mixing bowl. Add all other ingredients to mixing bowl, except whole bell peppers and half the cheese.
- 2 Use cooking pot without grill grate or crisper basket installed. Close the hood. Select ROAST, set temperature to 350°F, and set time to 32 minutes. Select START/STOP to begin preheating.
- 3 While unit is preheating, spoon the mixture into the peppers, filling them up as fully as possible. If necessary, lightly press mixture down into the peppers to fit more in.
- 4 When the unit beeps to signify it has preheated, place peppers, standing upright, in the pot. Close hood and cook for 30 minutes.
- 5 After 30 minutes, evenly sprinkle remaining cheese over the top of the peppers. Close hood and cook for the remaining 2 minutes.
- 6 When cooking is complete, serve immediately.



# STEAK & VEGETABLE KEBABS



INTERMEDIATE RECIPE ●●○

**PREP:** 15 MINUTES | **PREHEAT:** APPROX. 8 MINUTES | **COOK:** 8-12 MINUTES | **MAKES:** 4 SERVINGS

## INGREDIENTS

2 New York strip steaks (10-12 ounces each), cut in 2-inch cubes

8 white button mushrooms, cut in half, stems removed

1 bell pepper (green, yellow, or red), cut in 2-inch pieces

1 small white onion, peeled, cut in quarters, petals cut in 2-inch pieces

Kosher salt, as desired

Ground black pepper, as desired

Steak seasoning, as desired

5 Ninja® Foodi™ Grill kebab skewers\* (or wood skewers, no longer than 8 inches)

## DIRECTIONS

- 1** Insert grill grate in unit and close hood. Select GRILL, set temperature to HIGH, and set time to 12 minutes. Select START/STOP to begin preheating.
- 2** While unit is preheating, assemble the skewers in the following order until they're almost full: steak, mushroom, bell pepper, onion. Ensure ingredients are pushed almost completely down to the end of the skewers.
- 3** Season skewers liberally with salt, pepper, and steak seasoning.
- 4** When the unit beeps to signify it has preheated, place skewers on the grill grate. Close hood and cook for 8 minutes without flipping.
- 5** After 8 minutes, check steak for desired doneness, cooking up to 4 more minutes if desired.
- 6** When cooking is complete, serve immediately.

# SAUSAGE & PEPPER GRINDERS



INTERMEDIATE RECIPE ●●○

**PREP:** 15 MINUTES | **PREHEAT:** APPROX. 8 MINUTES | **COOK:** 26 MINUTES | **MAKES:** 6 GRINDERS

## INGREDIENTS

2 bell peppers, cut in quarters, seeds and ribs removed

1 white onion, peeled, sliced in 1-inch rings

2 tablespoons canola oil, divided

Kosher salt, as desired

Ground black pepper, as desired

6 raw sausages (4 ounces each), like hot Italian or Bratwurst

6 hot dog buns

Condiments, as desired

## DIRECTIONS

- 1** Insert grill grate in unit and close hood. Select GRILL, set temperature to LOW, and set time to 26 minutes. Select START/STOP to begin preheating.
- 2** While unit is preheating, toss bell peppers and onions with oil, salt, and black pepper.
- 3** When the unit beeps to signify it has preheated, place peppers and onions on the grill grate. Close hood and cook for 12 minutes without flipping.
- 4** After 12 minutes, transfer peppers and onions to a medium mixing bowl. Place sausages on grill grate; close hood and cook for 6 minutes.
- 5** After 6 minutes, flip sausages. Close hood and cook for 6 more minutes.
- 6** Meanwhile, gently break up the grilled onions into individual rings and mix them with the peppers.
- 7** After 6 minutes, remove sausages from grill grate. Place the buns, cut-side down, on the grill grate. Close hood and cook for the remaining 2 minutes.
- 8** When cooking is complete, spread any desired condiments on the buns, then place sausages in buns. Top each liberally with peppers and onions and serve.

**TIP** To make this recipe Keto-friendly, serve without buns.







# GRILLED CITRUSY HALIBUT



BEGINNER RECIPE ●○○

**PREP:** 10 MINUTES | **PREHEAT:** APPROX. 8 MINUTES | **COOK:** 10-12 MINUTES | **MAKES:** 2 SERVINGS

## INGREDIENTS

Zest and juice of 1 orange  
Zest and juice of 1 lime  
1 teaspoon ginger, minced  
1 teaspoon garlic, minced  
1 teaspoon kosher salt  
1 teaspoon ground black pepper  
2 tablespoons canola oil  
1 tablespoon parsley, minced  
2 tablespoons honey  
2 frozen halibut fillets (6 ounces each)

## DIRECTIONS

- 1** Insert grill grate in unit and close hood. Select GRILL, set temperature to MAX, and set time to 12 minutes. Select START/STOP to begin preheating.
- 2** While unit is preheating, combine all ingredients, except halibut fillets, in a bowl and mix well to incorporate. Then place fillets in the bowl and generously spoon marinade over them, coating evenly.
- 3** When the unit beeps to signify it has preheated, place fillets on the grill grate. Pour a spoonful of marinade over the top of each fillet, then close the hood and cook for 10 to 12 minutes, until internal temperature reaches 140°F. For an additional infusion of flavor, baste the fillets with marinade every 3 to 4 minutes.
- 4** When cooking is complete, serve immediately.

**TIP** To make a serving sauce for the fish, bring remaining marinade to a boil for 2 minutes in a small pan, then whisk in 2 tablespoons cold butter until melted.

# MEXICAN STREET CORN

BEGINNER RECIPE ●○○

**PREP:** 10 MINUTES | **PREHEAT:** APPROX. 8 MINUTES | **COOK:** 12 MINUTES | **MAKES:** 4 SERVINGS

## INGREDIENTS

4 ears corn, shucked  
2 tablespoons canola oil, divided  
Kosher salt, as desired  
Ground black pepper, as desired

## SAUCE

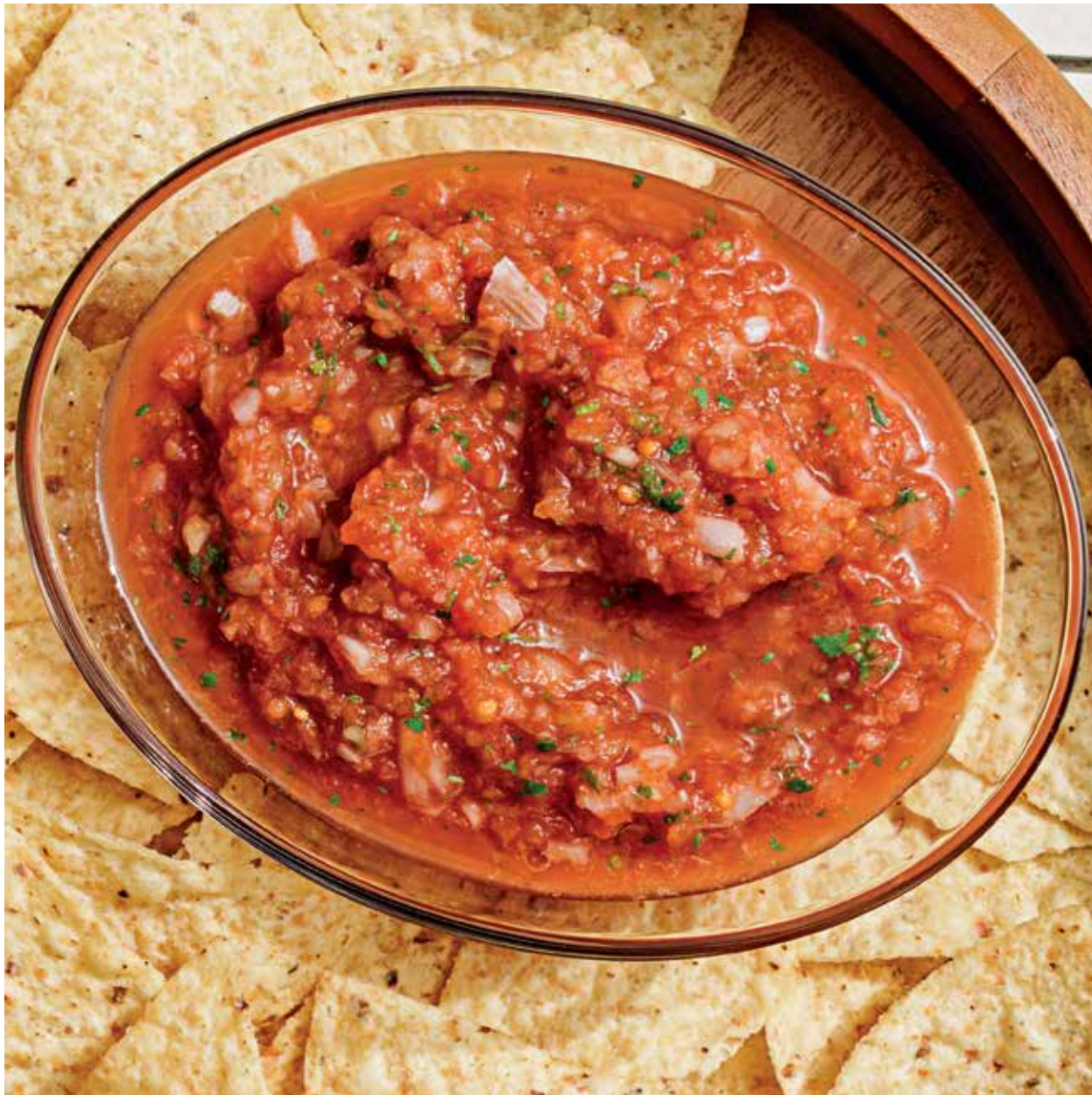
1 cup cotija cheese, grated, plus more for garnish  
1/4 cup mayonnaise  
1/4 cup sour cream  
Juice of 2 limes  
1 teaspoon garlic powder  
1 teaspoon onion powder  
1/4 cup fresh cilantro, chopped

## DIRECTIONS

- 1** Insert grill grate in unit and close hood. Select GRILL, set temperature to MAX, and set time to 12 minutes. Select START/STOP to begin preheating.
- 2** While unit is preheating, brush each ear of corn with 1/2 tablespoon canola oil. Season corn with salt and pepper, as desired.
- 3** When the unit beeps to signify it has preheated, place corn on grill grate and close hood and cook for 6 minutes.
- 4** After 6 minutes, flip corn. Close hood and continue cooking for the remaining 6 minutes.
- 5** Meanwhile, stir together all sauce ingredients in a mixing bowl.
- 6** When cooking is complete, coat corn evenly with sauce. Garnish with additional cotija cheese and serve immediately.



**TIP** For an easy-to-eat salad, cut the grilled corn off the cob and mix with half the mayonnaise mixture.



# GRILLED TOMATO SALSA



ADVANCED RECIPE ●●●

**PREP:** 15 MINUTES | **PREHEAT:** APPROX. 8 MINUTES | **COOL:** 10 MINUTES | **COOK:** 10 MINUTES | **MAKES:** 4 CUPS

## INGREDIENTS

5 Roma tomatoes, cut in half lengthwise  
1 red onion, peeled, cut in quarters  
1 jalapeño pepper, cut in half, seeds removed  
1 tablespoon kosher salt  
2 teaspoons ground black pepper  
2 tablespoons canola oil  
1 bunch fresh cilantro, stems trimmed  
3 cloves garlic, peeled  
2 tablespoons ground cumin  
Juice and zest of 3 limes

## DIRECTIONS

- 1** In a large bowl, combine tomatoes, onion, jalapeño pepper, salt, and black pepper with canola oil. Mix well to ensure vegetables are coated with oil and seasonings.
- 2** Insert grill grate in unit and close hood. Select GRILL, set temperature to MAX, and set time to 10 minutes. Select START/STOP to begin preheating.
- 3** When the unit beeps to signify it has preheated, place vegetable mixture on the grill grate. Close hood and cook for 5 minutes.
- 4** After 5 minutes, flip vegetables. Close hood and cook for the remaining 5 minutes.
- 5** When cooking is complete, remove mixture from unit and allow to cool.
- 6** Transfer cooled mixture to a food processor. Add cilantro, garlic, cumin, and lime juice and zest. Pulse until desired consistency is reached. Serve immediately, or chill in refrigerator first.

**TIP** This salsa makes a tasty topper for grilled meats, chicken, and fish. It goes great with chips, too.

# HONEY ROSEMARY CHICKEN WINGS



BEGINNER RECIPE ●○○

**PREP:** 10 MINUTES | **PREHEAT:** APPROX. 3 MINUTES | **COOK:** 27 MINUTES | **MAKES:** 4 SERVINGS

## INGREDIENTS

- 1 tablespoon kosher salt
- 1/2 teaspoon baking powder
- 1 teaspoon paprika
- 2 pounds chicken wings, rinsed, patted dry
- 1 tablespoon garlic, minced
- 1 tablespoon lemon juice
- 1 teaspoon crushed red pepper
- 1 tablespoon fresh rosemary, chopped
- 1/4 cup honey

## DIRECTIONS

- 1 Insert crisper basket in unit and close hood. Select AIR CRISP, set temperature to 390°F, and set time to 27 minutes. Select START/STOP to begin preheating.
- 2 While unit is preheating, stir together salt, baking powder, and paprika in a large mixing bowl.
- 3 When the unit beeps to signify it has preheated, place wings in crisper basket, spreading out evenly. Close hood and cook for 12 minutes.
- 4 While wings are cooking, combine garlic, lemon juice, crushed red pepper, rosemary, and honey in a mixing bowl.
- 5 After 12 minutes, flip the wings with rubber-tipped tongs. Close hood and cook for 12 more minutes.
- 6 After 12 minutes, transfer wings to the bowl with sauce and toss to coat. Then return them to the basket. Reserve any leftover sauce.
- 7 Continue cooking for the remaining 3 minutes.
- 8 When cooking is complete, remove wings from unit and toss in the remaining sauce. Serve immediately.

**TIP** To achieve maximum crispiness, wash and pat wings dry ahead of time.

# ROASTED RAINBOW CAULIFLOWER



BEGINNER RECIPE ●○○

**PREP:** 15 MINUTES | **PREHEAT:** APROX. 3 MINUTES | **COOK:** 18-20 MINUTES | **MAKES:** 4 SERVINGS

## INGREDIENTS

- 1/2 head (approximately 6 ounces) white cauliflower, cut in 2-inch florets
- 1/2 head (approximately 6 ounces) purple cauliflower, cut in 2-inch florets
- 1/2 head (approximately 6 ounces) yellow cauliflower, cut in 2-inch florets
- 3 tablespoons extra virgin olive oil
- Kosher salt, as desired
- Ground black pepper, as desired

## SAUCE (OPTIONAL)

- 1 tablespoon Asian chili paste
- 1/4 cup extra virgin olive oil
- 2 tablespoons rice wine vinegar
- 3 tablespoons honey
- 1 tablespoon soy sauce
- 1 tablespoon fresh cilantro, minced
- 1/4 cup roasted peanuts, coarsely chopped
- 1 tablespoon sesame seeds

**TIP** If yellow or purple cauliflower isn't available, simply substitute classic white cauliflower.

## DIRECTIONS

- 1 Insert crisper basket in unit and close hood. Select AIR CRISP, set temperature to 390°F, and set time to 20 minutes. Select START/STOP to begin preheating.
- 2 Meanwhile, combine cauliflower, olive oil, salt, and pepper in a large mixing bowl, tossing well to evenly distribute the oil and seasonings.
- 3 When the unit beeps to signify it has preheated, place cauliflower in the basket. Close hood and cook for 9 minutes.
- 4 After 9 minutes, stir cauliflower with silicone-tipped tongs or a spatula. Close hood to continue cooking for 9 more minutes.
- 5 Meanwhile, if desired, stir together all sauce ingredients in a large mixing bowl.
- 6 After 9 minutes, check cauliflower for doneness and crispiness. If desired, cook up to 2 more minutes.
- 7 When cooking is complete, toss cauliflower in the sauce, and serve.

# PERSONAL GRILLED PIZZA

INTERMEDIATE RECIPE ●●○

**PREP:** 10 MINUTES | **PREHEAT:** APPROX. 8 MINUTES | **COOK:** 6 MINUTES | **MAKES:** 2 SERVINGS

## INGREDIENTS

2 tablespoons all-purpose flour, plus more as needed  
1 store-bought pizza dough (6 ounces)  
1 tablespoon canola oil, divided  
1/2 cup pizza or alfredo sauce  
1 cup shredded mozzarella cheese  
1/2 cup ricotta cheese  
12-15 pepperoni slices, optional  
Dried oregano for serving, optional

## DIRECTIONS

- 1 Insert grill grate in unit and close hood. Select GRILL, set temperature to MAX, and set time to 7 minutes. Select START/STOP to begin preheating.
- 2 While unit is preheating, spread flour out evenly over a clean work surface.
- 3 Use a rolling pin to roll out the dough on the floured surface to an even thinness, adding additional flour as needed to ensure dough does not stick to rolling pin. Dough should not be rolled out larger than 9 inches across, so it will fit on the grill grate.
- 4 Brush the surface of the rolled-out dough evenly with 1/2 tablespoon canola oil. Flip dough over and brush with remaining 1/2 tablespoon oil. Poke dough with a fork 5 or 6 times across its surface to prevent air pockets from forming during cooking.
- 5 When the unit beeps to signify it has preheated, place dough on the grill grate. Close hood and cook for 4 minutes.
- 6 After 4 minutes, flip dough, then spread sauce evenly over the dough. Sprinkle with cheese and pepperoni slices, if desired.
- 7 Close hood and continue cooking for the remaining 2 minutes, until cheese is melted and pepperoni slices begin to crisp.
- 8 When cooking is complete, allow to cool slightly and top with dried oregano, if desired, before slicing.

**TIP** Feel free to swap out the pepperoni for any of your favorite pizza toppings.





# FRENCH FRIES WITH PARMESAN & GARLICKY MAYO



BEGINNER RECIPE ●○○

**PREP:** 15 MINUTES | **PREHEAT:** APROX. 3 MINUTES | **COOK:** 20-22 MINUTES | **MAKES:** 5-6 SERVINGS

## INGREDIENTS

- 1 pound frozen French fries
- 1/2 cup mayonnaise
- 2 cloves garlic, minced
- 1 teaspoon garlic powder
- 1/2 teaspoon kosher salt
- 1/4 teaspoon ground black pepper
- Squeeze of lemon juice
- 1 tablespoon canola oil
- 1/2 cup grated Parmesan cheese
- 1 tablespoon parsley, chopped

## DIRECTIONS

- 1 Insert crisper basket unit and close hood. Select AIR CRISP, set temperature to 375°F, and set time to 22 minutes. Select START/STOP to begin preheating.
- 2 When the unit beeps to signify it has preheated, add frozen fries to basket. Close hood and cook for 10 minutes.
- 3 After 10 minutes, shake basket of fries. Place basket back in unit and close hood to resume cooking.
- 4 Meanwhile, combine mayonnaise, garlic, garlic powder, salt, pepper, and lemon juice in a bowl.
- 5 After 10 minutes, check fries for doneness. Continue cooking up to 2 more minutes if necessary.
- 6 When cooking is complete, first toss fries with canola oil and then with grated Parmesan and parsley. Serve immediately with garlicky mayo sauce.

**TIP** Use any kind of frozen fries you'd like, just keep a close eye on them during cooking so they don't over- or under-crisp.

# HONEY & HERB CHARRED CARROTS



BEGINNER RECIPE ●○○

**PREP:** 15 MINUTES | **PREHEAT:** APPROX. 8 MINUTES | **COOK:** 10 MINUTES | **MAKES:** 4-6 SERVINGS

## INGREDIENTS

- 1 tablespoon honey
- 1 teaspoon kosher salt
- 2 tablespoons melted butter
- 6 medium carrots, peeled, cut in lengthwise
- 1 tablespoon fresh parsley, chopped
- 1 tablespoon fresh rosemary, chopped

## DIRECTIONS

- 1 Insert grill grate in unit and close hood. Select GRILL, set temperature to MAX, and set time to 10 minutes. Select START/STOP to begin preheating.
- 2 In a small bowl, stir together honey, salt, and melted butter.
- 3 Coat carrots with the honey butter, then rub evenly with the fresh herbs.
- 4 When the unit beeps to signify it has preheated, place carrots on the center of the grill grate. Close hood and cook for 5 minutes.
- 5 After 5 minutes, turn the carrots. Close hood and cook for the remaining 5 minutes.
- 6 When cooking is complete, serve immediately.

**TIP** This recipe works well with most root vegetables, cut in a similar size as the carrots.

# GRILLED WATERMELON



BEGINNER RECIPE ●○○

**PREP:** 5 MINUTES | **PREHEAT:** APPROX. 8 MINUTES | **COOK:** 2 MINUTES | **MAKES:** 6 SLICES

## INGREDIENTS

- 6 watermelon slices, each measuring 3 inches across and 1-inch thick
- 2 tablespoons honey

## DIRECTIONS

- 1 Insert grill grate in unit and close hood. Select GRILL, set temperature to MAX, and set time to 2 minutes. Select START/STOP to begin preheating.
- 2 While unit is preheating, brush watermelon slices liberally on both sides with honey.
- 3 When the unit beeps to signify it has preheated, place watermelon on grill grate. Press down gently to increase contact with grate. Close hood and grill for 2 minutes without flipping.
- 4 When cooking is complete, serve immediately.

**TIP** To give these watermelon slices a kick, add 2 teaspoons chili powder and the zest of 1 lime to the honey before seasoning the fruit.

# GRILLED APPLE & RASPBERRY PIE

INTERMEDIATE RECIPE ●●○

**PREP:** 20 MINUTES | **PREHEAT:** APPROX. 8 MINUTES | **COOK:** 28 MINUTES | **COOL:** 20 MINUTES | **MAKES:** 8 SERVINGS

## INGREDIENTS

Juice of 1 lemon  
8 cups cold water  
8 Granny Smith apples, peeled, cored  
cut in quarters, divided  
1½ cups raspberries, rinsed  
¼ cup plus 1 tablespoon dark brown sugar, divided

¼ cup plus 1 tablespoon granulated sugar, divided  
½ teaspoon ground cinnamon  
½ teaspoon ground ginger  
3 tablespoons all-purpose flour  
½ cup applesauce  
1 frozen pie crust, defrosted  
Ice cream, optional, for serving

## DIRECTIONS

- 1 Combine lemon juice, water, and apple slices in a bowl. Let slices soak for 10 minutes, then remove them from the water and pat very dry.
- 2 Insert grill grate in unit and close hood. Select GRILL, set temperature to MAX, and set time to 8 minutes. Select START/STOP to begin preheating.
- 3 While unit is preheating, dice 8 of the apple slices; set them aside. In a mixing bowl, toss remaining slices with 1 tablespoon dark brown sugar and 1 tablespoon granulated sugar, covering all slices evenly.
- 4 When the unit beeps to signify it has preheated, place slices tossed with sugar on the grill grate and cook for 8 minutes. Do not flip slices during grilling.
- 5 Meanwhile, combine raspberries, remaining dark brown sugar, remaining granulated sugar, cinnamon, ginger, flour, applesauce, and diced apples in a mixing bowl.
- 6 When cooking is complete, gently fold grilled apples into the ingredients in the mixing bowl.
- 7 Pour mixture into the Ninja® multi-purpose pan\* (or an 8-inch baking pan), spreading evenly. Lay pie crust over the top and pinch around the edges to ensure it adheres to pan. Using a knife, cut several Xs in the dough so steam can escape during baking.
- 8 Remove grill grate from unit. Select BAKE, set temperature to 350F, and set time to 20 minutes. Select START/STOP to begin preheating.
- 9 When the unit beeps to signify it has preheated, place pan directly in pot. Close hood and cook for 20 minutes.
- 10 When cooking is complete, allow pie to cool for 20 minutes before serving warm with ice cream, if desired.

**TIP** For an extra-golden crust, brush before and during cooking with ¼ cup heavy cream mixed with an egg yolk.

\*The Ninja multi-purpose pan is sold separately on [ninjaaccessories.com](http://ninjaaccessories.com).





# Grill Chart

**TIP** For less smoke, we recommend brushing your food with canola oil before grilling.

INGREDIENT	AMOUNT	TEMP	COOK TIME	INSTRUCTIONS
<b>POULTRY</b> Chart times are intended to cook poultry all the way through to an internal temperature of 165°F				
Chicken breasts	2 bone-in breasts (12-24 oz each)	HIGH	16-20 mins	Flip halfway through cooking
	4 boneless breasts (7-9 oz each)	HIGH	14-18 mins	Flip halfway through cooking
Chicken, leg quarters	2 bone-in leg quarters (12-14 oz each)	HIGH	20-24 mins	Flip halfway through cooking
Chicken sausages, prepared	1 package, 12 oz (4 sausages)	HIGH	5-6 mins	Flipping not necessary
Chicken tenderloins	6 boneless tenderloins (2-3 oz each)	HIGH	7-10 mins	Flip halfway through cooking
Chicken thighs	4 bone-in thighs (7-9 oz each)	HIGH	23-26 mins	Flip halfway through cooking
	4 boneless thighs (4-7 oz each)	HIGH	10-13 mins	Flip halfway through cooking
Chicken wings	2 lbs, bone-in (drumettes & flats)	HIGH	10-14 mins	Flip halfway through cooking
Turkey burgers	4 patties (1/4 lb each), 1-inch thick	HIGH	11-13 mins	Flipping not necessary
<b>BEEF</b> Chart times are intended for to cook beef to medium doneness with an internal temperature of 145°F				
Burgers	4 patties (up to 7 oz each), 1-1 1/2 inches thick	HIGH	4-9 mins	Flipping not necessary
Filet mignon	4 steaks (6-8 oz each), 1 1/4-1 1/2 inches thick	HIGH	12-15 mins	Flip halfway through cooking
Flat iron or flank steak	2 steaks (8-10 oz each), 1-1 1/4 inches thick	HIGH	7-10 mins	Flip halfway through cooking
Hot dogs	4 hot dogs	HIGH	3-5 mins	Flip halfway through cooking
NY strip	2 steaks (14-16 oz each), 1 1/4-1 1/2 inches thick	HIGH	9-11 mins	Flip halfway through cooking
Ribeye	2 steaks (14-16 oz each), 1 1/4 inches thick	HIGH	8-10 mins	Flip halfway through cooking
Skirt	2 steaks (8 oz each), 3/4-1 inch thick	HIGH	7-9 mins	Flip halfway through cooking
Steak tips	Up to 24 oz	MEDIUM	11-13 mins	Marinate as desired (see page 7 for inspiration)
T-bone	2 steaks (14-16 oz each), 1 1/2 inches thick	HIGH	9-12 mins	Flip halfway through cooking
<b>PORK, LAMB &amp; VEAL</b> Chart times are intended to cook pork, lamb & veal all the way through to an internal temperature of 145°F				
Baby back ribs	4 each, 3-bone pieces (8-10 oz)	HIGH	20-22 mins	Flip halfway through cooking
Bacon	5 strips, thick cut	LOW	9-11 mins	Flipping not necessary
Lamb rack	1/2 rack (4 bones)	HIGH	12-14 mins	Flip halfway through cooking
Pork chops	2 thick-cut, bone-in chops (10-12 oz each)	HIGH	15-18 mins	Flip halfway through cooking
	4 boneless chops (8 oz each)	HIGH	14-16 mins	Flip halfway through cooking
Pork tenderloins	2 whole tenderloins (1-1 1/2 lbs each)	HIGH	15-20 mins	Flip halfway through cooking
Sausages	6 whole sausages (3-4 oz each)	LOW	8-12 mins	Flip halfway through cooking
Veal chops	4 bone-in chops (4-6 oz each)	HIGH	8-12 mins	Flip halfway through cooking

# Grill Chart, continued

**TIP** For less smoke, we recommend brushing your food with canola oil before grilling.

INGREDIENT	AMOUNT	TEMP	COOK TIME	INSTRUCTIONS
<b>SEAFOOD</b> Chart times are intended to cook seafood all the way through to an internal temperature of 145°F				
Cod or haddock	4 fillets (4–6 oz each)	MAX	8–10 mins	Flipping not necessary
Flounder	2 fillets (2–4 oz each)	MAX	2–3 mins	Flipping not necessary
Halibut	4 fillets (4–6 oz each)	MAX	6–9 mins	Flipping not necessary
Oysters	12	MAX	5–7 mins	Shuck and place on grill, shell-side down
Salmon	4 fillets (5–6 oz each)	MAX	7–9 mins	Flipping not necessary
Scallops	12 (1 lb)	MAX	5–8 mins	Flip halfway through cooking
Shrimp	1 lb jumbo (16–18 count)	MAX	3–5 mins	Pat dry, season
Swordfish or tuna	4 fillets (4–6 oz each)	MAX	6–8 mins	Flipping not necessary
<b>FROZEN POULTRY</b> Chart times are intended to cook poultry all the way through to an internal temperature of 165°F				
Chicken breasts	4 boneless breasts (7–9 oz each)	MEDIUM	20–25 mins	Flip 2 to 3 times while cooking
Chicken thighs	4 bone-in thighs (7–9 oz each)	MEDIUM	25–28 mins	Flip 2 to 3 times while cooking
Turkey burgers	4 patties (4–6 oz each)	MEDIUM	11–13 mins	Flip halfway through cooking, if desired
<b>FROZEN BEEF</b> Chart times are intended to cook beef all the way through to an internal temperature of 145°F				
Burgers	4 patties (1/4 lb each), 1 inch thick	MEDIUM	10–15 mins	Flip halfway through cooking, if desired
Filet mignon	2 steaks (6–8 oz each), 1 1/4–1 1/2 inches thick	MEDIUM	15–17 mins	Flip 2 to 3 times while cooking
NY strip	2 steaks (14–16 oz each), 1 1/4–1 1/2 inches thick	MEDIUM	18–24 mins	Flip 2 to 3 times while cooking
Ribeye	2 steaks (14–16 oz each), 1 1/4 inches thick	MEDIUM	18–22 mins	Flip 2 to 3 times while cooking
<b>FROZEN PORK</b> Chart times are intended to cook pork all the way through to an internal temperature of 145°F				
Pork chops	4 boneless chops (8 oz each)	MEDIUM	20–23 mins	Flip 2 to 3 times while cooking
Pork tenderloin	1 whole tenderloin (1 lb)	MEDIUM	20 mins	Flip 2 to 3 times while cooking
Sausage, uncooked	6 whole sausages (approx. 1 lb)	LOW	10–14 mins	Flip halfway through cooking
<b>FROZEN SEAFOOD</b> Chart times are intended to cook seafood all the way through to an internal temperature of 145°F				
Halibut	4 fillets (6 oz each)	MAX	14–16 mins	Flip halfway through cooking, if desired
Salmon	4 fillets (4 oz each)	MAX	10–13 mins	Flip halfway through cooking, if desired
Shrimp	1 lb jumbo (16–18 each)	MAX	4–6 mins	Flipping not necessary
<b>FROZEN VEGGIE BURGERS</b>				
Veggie burgers	4 patties (4 oz each)	HIGH	8–10 mins	Flip halfway through cooking, if desired

# Grill Chart, continued

**TIP** For less smoke, we recommend tossing your vegetables with canola oil before grilling.

INGREDIENT	AMOUNT	PREPARATION	TEMP	COOK TIME	INSTRUCTIONS
<b>VEGETABLES</b>					
Asparagus	1 bunch	Whole, trim stems	MAX	5-7 mins	Flipping not necessary
Baby bok choy	1 lb	Cut in half lengthwise, season	MAX	9-11 mins	Flip halfway through cooking
Bell peppers	3	Cut in quarters, season	MAX	10-12 mins	Flip halfway through cooking
Broccoli	2 heads (1 lb)	Cut in 2-inch florets	MAX	10 mins	Flipping not necessary
Brussels sprouts	2 lbs	Whole, trim stems	MAX	12-15 mins	Flip halfway through cooking
Carrots	6 (1 1/2 lb)	Peel, cut in 2-3-inch pieces, season	MAX	12 mins	Flipping not necessary
Cauliflower	1 head (12-16 oz)	Cut in 2-inch florets	MAX	12-15 mins	Flipping not necessary
Corn on the cob	4-5	Whole ears, remove husks	MAX	10-13 mins	Flip halfway through cooking
Crimini mushrooms	1 lb	Cut in half, season	MAX	5-7 mins	Flipping not necessary
Eggplant	1 large (12-16 oz)	Cut in 2-inch pieces, season	MAX	10-12 mins	Flip halfway through cooking
Green Beans	24 oz	Trim stems, season	MAX	8-10 mins	Flipping not necessary
Onions, white or red (cut in half)	5	Peel, cut in half, season	MAX	10-12 mins	Flipping not necessary
Onions, white or red (sliced)	1-2	Peel, cut in 1-inch slices, season	MAX	2-4 mins	Flip halfway through cooking
Portobella mushrooms	4	Remove stems, scrape out gills with spoon, season	MAX	8 mins	Flip halfway through cooking
Squash or Zucchini	4-5 (24 oz)	Cut in quarters lengthwise, season	MAX	12-16 mins	Flip halfway through cooking
Tomatoes	5	Cut in half, season	MAX	8-10 mins	Flipping not necessary
<b>FRUIT</b>					
Avocado	Up to 3 avocados	Cut in half, remove pit	HIGH	4-5 mins	Flipping not necessary
Bananas	4	Peel, cut in half lengthwise	MAX	2 mins	Remove using silicone-tipped tongs or spatula
Lemons & Limes	5	Cut in half lengthwise, press down on grill grate	MAX	3 mins	Flipping not necessary
Mango	4-6	Press down gently on grill grate	MAX	4 mins	Flipping not necessary
Melon	6 spears (4-6 inches each)	Press down gently on grill grate	MAX	4 mins	Flipping not necessary
Pineapple	6-8 slices or spears	Cut in 2-inch pieces	MAX	7-9 mins	Flip gently several times during cooking
Stone fruit (such as peaches & plums)	4-6	Cut in half, remove pit, press down on grill grate	MAX	10-12 mins	Flipping not necessary
<b>BREAD &amp; CHEESE</b>					
Bread	2-3 slices	Hand-cut, 2-inch slices, brushed with canola oil	MAX	3-4 mins	Flipping not necessary
Halloumi cheese	1 lb	Cut in 1-inch slices	HIGH	4 mins	Flipping not necessary

# Air Crisp Chart

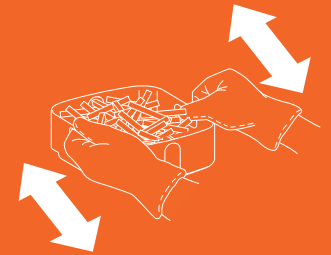
INGREDIENT	AMOUNT	PREPARATION	TOSS IN OIL	TEMP	COOK TIME
<b>VEGETABLES</b>					
Asparagus	2 bunches	Whole, trim stems	2 tsp	390°F	12-14 mins
Beets	6 small or 4 large (about 2 lbs)	Whole	None	390°F	45-60 mins
Bell peppers (for roasting)	4	Whole	None	400°F	20-25 mins
Broccoli	2 heads	Cut in 1-inch florets	1 Tbsp	390°F	12-16 mins
Brussels sprouts	2 lbs	Cut in half, remove stems	1 Tbsp	390°F	15-18 mins
Butternut squash	3 lbs	Cut in 1-2-inch pieces	1 Tbsp	390°F	30 mins
Carrots	2 lbs	Peel, cut in 1/2-inch pieces	1 Tbsp	390°F	16-18 mins
Cauliflower	2 heads	Cut in 1-inch florets	2 Tbsp	390°F	20-24 mins
Corn on the cob	5	Whole ears, remove husks	1 Tbsp	390°F	12-15 mins
Green beans	2 bags (24 oz)	Trim	1 Tbsp	390°F	10-12 mins
Kale (for chips)	8 cups, packed	Tear in pieces, remove stems	None	300°F	10-12 mins
Mushrooms	1 lb	Rinse, cut in quarters	1 Tbsp	390°F	10-12 mins
Potatoes, russet	3 lbs	Cut in 1-inch wedges	1 Tbsp	390°F	25-30 mins
	1 lb	Hand-cut fries*, thin	1/2-3 Tbsp, canola	390°F	20-24 mins
	1 lb	Hand-cut fries*, thick	1/2-3 Tbsp, canola	390°F	23-26 mins
	4 whole (6-8 oz)	Pierce with fork 3 times	None	390°F	38-42 mins
Potatoes, sweet	1 1/2 lbs	Cut in 1-inch chunks	1 Tbsp	390°F	15-20 mins
	6 whole (6-8 oz)	Pierce with fork 3 times	None	390°F	30-35 mins
Zucchini	2 lbs	Cut in quarters lengthwise, then cut in 1-inch pieces	1 Tbsp	390°F	15-18 mins
<b>POULTRY</b>					
Chicken breasts	2 breasts (3/4-1 1/2 lbs each)	Bone in	Brushed with oil	375°F	25-35 mins
	2 breasts (1/2-3/4 lb each)	Boneless	Brushed with oil	375°F	18-22 mins
Chicken thighs	4 thighs (6-10 oz each)	Bone in	Brushed with oil	390°F	22-28 mins
	4 thighs (4-8 oz each)	Boneless	Brushed with oil	390°F	18-22 mins
Chicken wings	2 lbs (drumettes & flats)	Bone in	1 Tbsp	390°F	22-26 mins

\*After cutting potatoes, allow raw fries to soak in cold water for at least 30 minutes to remove unnecessary starch. Pat fries dry. The drier the fries, the better the results.

**For best results, shake or toss often.**

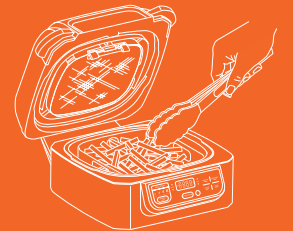
We recommend frequently checking your food and shaking or tossing it to ensure desired results.

Use these cook times as a guide, adjusting to your preference.



Shake your food

OR



Toss with silicone-tipped tongs

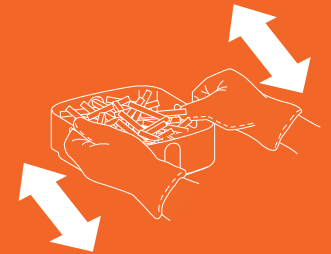
# Air Crisp Chart, continued

INGREDIENT	AMOUNT	PREPARATION	TOSS IN OIL	TEMP	COOK TIME
<b>PORK &amp; LAMB</b>					
Bacon	4 strips, cut in half	None	None	350°F	8-10 mins
Pork chops	2 thick-cut, bone-in chops (10-12 oz each)	Bone in	Brush with oil	375°F	15-17 mins
	4 boneless chops (8 oz each)	Boneless	Brush with oil	375°F	14-17 mins
Pork tenderloins	2 tenderloins (1-1 1/2 lbs each)	Whole	Brush with oil	375°F	25-35 mins
Sausages	4 sausages	Whole	None	390°F	8-10 mins
<b>FROZEN FOODS</b>					
Chicken cutlets	5 cutlets	None	None	390°F	18-21 mins
Chicken nuggets	1 box (12 oz)	None	None	390°F	10-13 mins
Fish fillets	1 box (6 fillets)	None	None	390°F	14-16 mins
Fish sticks	18 fish sticks (11 oz; approx. 1 box)	None	None	390°F	10-13 mins
French fries	1 lb	None	None	350°F	20-25 mins
	2 lbs	None	None	360°F	28-32 mins
Mozzarella sticks	1 box (11 oz)	None	None	375°F	8-10 mins
Pot stickers	1 bag (24 oz, 20 count)	None	None	390°F	12-14 mins
Pizza rolls	1 bag (20 oz, 40 count)	None	None	390°F	12-15 mins
Popcorn shrimp	1 box (14-16 oz)	None	None	390°F	9-11 mins
Sweet potato fries	1 lb	None	None	375°F	20-22 mins
Tater tots	1 lb	None	None	360°F	18-22 mins

**For best results, shake or toss often.**

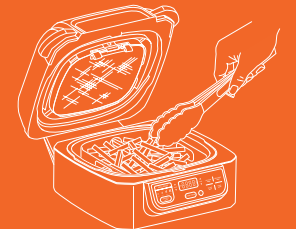
We recommend frequently checking your food and shaking or tossing it to ensure desired results.

Use these cook times as a guide, adjusting to your preference.



Shake your food

OR



Toss with silicone-tipped tongs

# Dehydrate Chart

**TIP** When dehydrating meats and fish, it is recommended to ROAST at 330°F for 1 minute as a final step in order to fully pasteurize the food.

INGREDIENTS	PREPARATION	TEMP	DEHYDRATE TIME
<b>FRUITS &amp; VEGETABLES</b>			
Apples	Cut in 1/8-inch slices, remove core, rinse in lemon water, pat dry	135°F	7-8 hours
Asparagus	Cut in 1-inch pieces, blanch	135°F	6-8 hours
Bananas	Peel, cut in 3/8-inch slices	135°F	8-10 hours
Beets	Peel, cut in 1/8-inch slices	135°F	6-8 hours
Eggplant	Peel, cut in 1/4-inch slices, blanch	135°F	6-8 hours
Fresh herbs	Rinse, pat dry, remove stems	135°F	4 hours
Ginger root	Cut in 3/8-inch slices	135°F	6 hours
Mangoes	Peel, cut in 3/8-inch slices, remove pit	135°F	6-8 hours
Mushrooms	Clean with soft brush (do not wash)	135°F	6-8 hours
Pineapple	Peel, cut in 3/8-1/2-inch slices, remove core	135°F	6-8 hours
Strawberries	Cut in half or in 1/2-inch slices	135°F	6-8 hours
Tomatoes	Cut in 3/8-inch slices or grated; steam if planning to rehydrate	135°F	6-8 hours
<b>MEAT, POULTRY, FISH</b>			
Beef jerky	Cut in 1/4-inch slices, marinate overnight	150°F	5-7 hours
Chicken jerky	Cut in 1/4-inch slices, marinate overnight	150°F	5-7 hours
Turkey jerky	Cut in 1/4-inch slices, marinate overnight	150°F	5-7 hours
Salmon jerky	Cut in 1/4-inch slices, marinate overnight	150°F	3-5 hours

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