

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



NINJA Foodi

PRESSURE COOKER

5-QUART COMPACT STAINLESS

15 mouthwatering
recipes and charts for
unlimited possibilities



Table of Contents

Pressure Lid	2
Crisping Lid	3
The Art of TenderCrisp™	4
TenderCrisp 101	6
Choose your own Adventure	12
Breakfast	14
Lunch & Dinner	16
Snacks & Sides	22
Desserts	25
Cooking Charts	28

Pressure, meet Crisp

TenderCrisp™ Technology allows you
to harness the speed of pressure cooking
to quickly cook ingredients, then the revolutionary
crisping lid gives your meals a crispy, golden finish
that other pressure cookers can only dream of.

Pressure Lid

With this lid on, the Foodi® is the ultimate pressure cooker. Transform the toughest ingredients into tender, juicy, and flavorful meals in an instant.



PRESSURE COOK

Pressurized steam infuses moisture into ingredients and quickly cooks them from the inside out.



STEAM

Steam infuses moisture, seals in flavor, and maintains the texture of your food.



SLOW COOK

Cook low and slow to create your favorite chilis and stews.



YOGURT

Create homemade yogurt with no artificial ingredients or sweeteners.



SEAR/SAUTÉ

Five stovetop temperature settings allow you to build flavor by searing, sautéing, simmering, and more.

Crisping Lid

Start or finish recipes by dropping this top to unleash super-hot, rapid-moving air around your food to crisp and caramelize to golden-brown perfection.



AIR CRISP

Want that crispy, golden, texture without all the fat and oil? Air Crisping is for you.



BAKE/ROAST

Don't waste time waiting for your oven to preheat. Make your favorite casseroles and roasted veggies in way less time.



BROIL

Finish off your meals by sealing in flavor and giving them just the right amount of caramelization or crispiness.

The Art of TenderCrisp™

Start with pressure cooking. Finish with the crisping method of your choice. That's how you get TenderCrisp results.

The best part? There's more than one way to TenderCrisp. You can start with ingredients that are frozen or fresh. You can cook chicken, veggies, or fish. You can prepare your favorite chili or stew, too. But when you TenderCrisp, you always finish with a crispy, delicious twist.



TenderCrisp™
Frozen to Crispy



TenderCrisp
Apps & Entrees



TenderCrisp
One-Pot Wonders

TenderCrisp™ 101

Herb-Roasted Chicken

BEGINNER RECIPE ●○○

PREP: 10 MINUTES | **TOTAL COOK TIME:** 41 MINUTES | **MAKES:** 4 SERVINGS

APPROX. PRESSURE BUILD: 6 MINUTES | **PRESSURE COOK:** 20 MINUTES | **PRESSURE RELEASE:** QUICK | **AIR CRISP:** 15-20 MINUTES

INGREDIENTS

1 whole chicken (3 ½ to 4 pounds)	1 tablespoon whole black peppercorns
Juice of 2 lemons (¼ cup lemon juice)	5 sprigs fresh thyme
½ cup hot water	5 cloves garlic, peeled, smashed
¼ cup honey	1 tablespoon canola oil
2 tablespoons plus 2 teaspoons kosher salt, divided	2 teaspoons ground black pepper

DIRECTIONS



In a small bowl, mix together lemon juice, hot water, honey, and 2 tablespoons salt.



Pour mixture into the pot. Place whole peppercorns, thyme, and garlic in the pot. Place Cook & Crisp™ Plate in pot.



Place chicken on Cook & Crisp Plate. Assemble pressure lid, making sure the pressure release valve is in the SEAL position.



Select PRESSURE and set to 1 (Lo). Set time to 20 minutes. Select START/STOP to begin.



When pressure cooking is complete, quick release pressure by moving the pressure release valve to the VENT position. Carefully remove lid when unit has finished releasing pressure.



Brush chicken with canola oil or spray with cooking spray. Season with salt and pepper.



Close crisping lid. Select AIR CRISP, set temperature to 375°F, and set time to 15 minutes. Select START/STOP to begin. Cook until desired level of crispness is reached, adding up to 10 additional minutes if desired.



For best results, let chicken rest for 5 to 10 minutes before serving. Cooking is complete when internal temperature reaches 165°F. Remove chicken from plate and serve.

TIP Use cooking spray in place of oil to evenly coat large cuts of protein in the Cook & Crisp Plate.



TenderCrisp™ 101

Baked Macaroni & Cheese

BEGINNER RECIPE ●○○

PREP: 10 MINUTES | **TOTAL COOK TIME:** 14 MINUTES | **MAKES:** 6-8 SERVINGS | **APPROX. PRESSURE BUILD:** 7 MINUTES
PRESSURE COOK: 0 MINUTES | **PRESSURE RELEASE:** NATURAL 10 MINUTES | **AIR CRISP:** 7 MINUTES

INGREDIENTS

1 tablespoon baking soda	1 tablespoon ground black pepper
1/2 cup lemon juice	1 tablespoon onion powder
5 cups water	1 tablespoon garlic powder
1 box (16 ounces) dry elbow pasta	1 teaspoon mustard powder
1 cup heavy cream	2 cups panko or Italian bread crumbs
1 bag (16 ounces) shredded cheese	1 stick (1/2 cup) butter, melted
2 tablespoons kosher salt	

DIRECTIONS



Place baking soda and lemon juice in the pot. Stir until dissolved and bubbling has stopped. Add the water and dry pasta, stirring to incorporate.



Assemble pressure lid, making sure the pressure release valve is in the SEAL position. Select PRESSURE and set to 1 (Lo). Set time to 0 minutes (the time the unit takes to pressurize is long enough to cook the pasta). Select START/STOP to begin.



When pressure cooking is complete, allow pressure to natural release for 10 minutes. After 10 minutes, quick release remaining pressure by moving the pressure release valve to the VENT position. Carefully remove lid when unit has finished releasing pressure.



Add remaining ingredients, except bread crumbs and butter, to the pot.



Stir well to melt cheese and ensure all ingredients are combined.



In a bowl, stir together the bread crumbs and melted butter. Cover pasta evenly with the mixture.



Close the crisping lid. Select AIR CRISP, set the temperature to 360°F, and set the time to 7 minutes. Select START/STOP to begin.



When cooking is complete, serve immediately.

TIP To make this mac & cheese more kid friendly, remove onion powder, garlic powder, and mustard powder, and serve the kids before adding the bread crumb topping.

TenderCrisp™ 101

Buffalo Chicken Wings

BEGINNER RECIPE ●○○

PREP: 5 MINUTES | **TOTAL COOK TIME:** 35 MINUTES | **MAKES:** 4 SERVINGS

APPROX. PRESSURE BUILD: 10 MINUTES | **PRESSURE COOK:** 5 MINUTES | **PRESSURE RELEASE:** QUICK | **AIR CRISP:** 20 MINUTES

INGREDIENTS

- | | |
|--|--|
| 1/2 cup water | 1/4 cup Buffalo sauce |
| 1 1/2 pounds frozen uncooked chicken wings | 1 tablespoon unsalted butter, softened |
| 2 tablespoons canola oil | 1 tablespoon brown sugar |
| | 1 teaspoon kosher salt |

DIRECTIONS



Place Cook & Crisp™ Plate in pot, then pour water into pot. Place wings on plate. Assemble the pressure lid, making sure the pressure release valve is in the SEAL position.



Select PRESSURE and set to 5 (Hi). Set time to 5 minutes. Select START/STOP to begin.



When pressure cooking is complete, quick release the pressure by moving the pressure release valve to the VENT position. Carefully remove lid when unit has finished releasing pressure.



Pat wings dry with paper towels and using silicone tipped tongs, toss with 2 tablespoons oil.



Close crisping lid. Select AIR CRISP, set temperature to 390°F, and set time to 20 minutes. Select START/STOP to begin.



After 10 minutes, open lid, then toss wings with silicone-tipped tongs. Close lid to resume cooking.



While the wings are cooking, stir together Buffalo sauce, butter, brown sugar, and salt together in a large mixing bowl. Stir well to combine.



When cooking is complete, transfer wings to the bowl with Buffalo sauce and toss to coat. Serve immediately.

Choose Your Own TenderCrisp™ Adventure

Feeling adventurous? Simply choose an ingredient from each column to customize and create your very own TenderCrisp meals.

TIP If you want to keep meat drippings from falling off the broil rack and onto your starches and grains below, place a layer of aluminum foil under the meat to keep everything tidy and clean.

Pick a Grain or Starch
and place with liquid in pot

1 cup white rice
with 1 cup stock

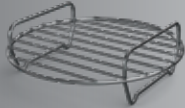
1 cup quinoa
with 1 cup stock

1 lb russet potatoes, cubed,
with 1/2 cup water

1 cup pearly couscous
with 1 cup stock

Add the Rack

PLACE RACK
IN THE POT
OVER GRAIN
OR STARCH



Pick a Protein
and place on broil rack

1 lb fresh
boneless skinless
chicken thighs

4 fresh boneless
chicken breasts
(6-8 oz each)

2 frozen
New York strip steaks
(8-12 oz each, 1-inch thick)

**Pressure
Cook**

HIGH FOR 2 MINS

Pressure Lid



**Pressure
Release**

QUICK RELEASE
PRESSURE;
CAREFULLY
REMOVE LID



Pick a vegetable,
oil and season to taste,
then place on rack around protein

1 large or 2 small zucchini,
cut in 3-in x 1/2-in sticks

4 carrots,
cut in 3-in x 1/2-inch sticks

1/2 head cauliflower,
cut in small florets

Finishing touch
brush your protein with sauce
or rub of your choice

Barbecue

Teriyaki

Sweet & sour

Blackening seasoning

Adobo spice rub

Your favorite spice blend

Broil

DROP THE
CRISPING LID
AND BROIL
FOR 10 MINS

Crisping Lid



BREAKFAST BISCUITS & GRAVY

INTERMEDIATE RECIPE ●●○

PREP: 5 MINUTES | **TOTAL COOK TIME:** 25-30 MINUTES | **MAKES:** 5 SERVINGS
SEAR/SAUTÉ: 15 MINUTES | **BAKE/ROAST:** 15 MINUTES

INGREDIENTS

- 1 package (12 ounces) uncooked ground breakfast sausage
- 1 tablespoon kosher salt
- 2 teaspoons ground black pepper
- 2 tablespoons unsalted butter
- 1/4 cup all-purpose flour
- 3 cups whole milk
- 1 tube (16.3 ounces) refrigerated biscuit dough
- 5 eggs

DIRECTIONS

- 1 Select SEAR/SAUTÉ and set to 5 (Hi). Select START/STOP to begin. Allow to preheat for 3 minutes.
- 2 After 3 minutes, add the sausage, salt, and pepper to the pot. Allow meat to brown for 5 minutes, breaking apart sausage with a wooden spoon.
- 3 After 5 minutes, add butter and melt completely, then add flour and stir to combine. Cook for 2 minutes, then whisk in milk. Bring to a simmer, then cook for 5 minutes, or until thickened.
- 4 Separate the rounds of biscuit dough and place them on top of the gravy, spacing evenly.
- 5 Crack one egg into a small bowl. Pour egg on top of the biscuits. Repeat with remaining eggs, spacing evenly.
- 6 Select BAKE/ROAST, set temperature to 325°F, and set time to 15 minutes. Select START/STOP to begin.
- 7 After 10 minutes, check eggs for desired doneness. Continue cooking for up to 5 additional minutes, as desired.
- 8 Cooking is complete when eggs are set and biscuits are cooked through. Allow to cool slightly before serving.

BREAKFAST FRITTATA

INTERMEDIATE RECIPE ●●○

PREP: 5 MINUTES | **TOTAL COOK TIME:** 15 MINUTES | **MAKES:** 6-8 SERVINGS
SEAR/SAUTÉ: 8 MINUTES | **BAKE/ROAST:** 7 MINUTES

INGREDIENTS

- 2 tablespoons unsalted butter
- 1/4 cup onion, diced
- 1 cup honey ham, shredded or chopped
- 7 eggs, lightly beaten with 3 tablespoons water
- 1 cup Swiss or Gruyère cheese, shredded or diced

DIRECTIONS

- 1 Select SEAR/SAUTÉ and set to 4 (medium-high). Select START/STOP to begin. Allow to preheat for 3 minutes.
- 2 After 3 minutes, add butter and onion to pot and cook for about 3 minutes, stirring occasionally. Add onion and cook for about 3 minutes, stirring occasionally. Add ham and cook for another 2 minutes.
- 3 Add eggs and cheese, stirring with a rubber spatula to incorporate.
- 4 Close crisping lid. Select BAKE/ROAST, set temperature to 350°F, and set time to 7 minutes. Select START/STOP to begin.
- 5 When cooking is complete, allow to cool slightly before serving.



MISO-GLAZED SALMON & BOK CHOY

INTERMEDIATE RECIPE ●●○

PREP: 10 MINUTES | **TOTAL COOK TIME:** 14 MINUTES | **MAKES:** 4 SERVINGS | **APPROX. PRESSURE BUILD:** 5 MINUTES
PRESSURE COOK: 2 MINUTES | **PRESSURE RELEASE:** QUICK | **BROIL:** 12 MINUTES

INGREDIENTS

- 1 cup jasmine rice, rinsed
- ¾ cup water
- 4 frozen skinless salmon fillets (4 ounces, 1-inch thick each)
- 1 teaspoon kosher salt
- 2 tablespoons red miso paste
- 2 tablespoons butter, softened
- 2 heads baby bok choy, stems on, rinsed, cut in quarters
- ¼ cup mirin
- 1 teaspoon sesame oil
- Sesame seeds, for garnish



DIRECTIONS

- Place rice and water into the pot. Stir to combine. Place broil rack in pot.
- Season salmon with salt, then place on rack. Assemble pressure lid, making sure the pressure release valve is in the SEAL position.
- Select PRESSURE and set to Hi. Set time to 2 minutes. Select START/STOP to begin.
- While salmon and rice are cooking, stir together miso and butter to form a paste. Toss bok choy with mirin and sesame oil.
- When pressure cooking is complete, quick release the pressure by moving the pressure release valve to the VENT position. Carefully remove lid when unit has finished releasing pressure.
- Gently pat salmon dry with paper towel, then spread miso butter evenly on top of the fillets. Add bok choy to the rack.
- Close crisping lid. Select BROIL and set time to 12 minutes. Select START/STOP to begin, checking for doneness after 7 minutes.
- When cooking is complete, remove salmon from rack and serve with bok choy and rice.

TIP Want to use fresh salmon instead of frozen? Pressure cook only the white rice. Add the fresh salmon fillets as instructed in step 6. At step 7, broil the salmon for up to 15 minutes, or until the internal temperature reaches 145°F.

SWEDISH MEATBALLS

INTERMEDIATE RECIPE ●●○

PREP: 10 MINUTES | **TOTAL COOK TIME:** 29-33 MINUTES | **MAKES:** 4-6 SERVINGS | **SEAR/SAUTÉ:** 16-20 MINUTES
PRESSURE BUILD: 6 MINUTES | **PRESSURE COOK:** 3 MINUTES | **PRESSURE RELEASE:** QUICK | **BAKE/ROAST:** 10 MINUTES

INGREDIENTS

- ½ pound uncooked ground beef
- ½ pound uncooked ground pork
- 1 medium yellow onion, peeled, grated
- ½ cup panko bread crumbs
- 1 egg, lightly beaten
- ½ teaspoon kosher salt
- ½ teaspoon ground black pepper
- ½ teaspoon garlic powder
- ½ teaspoon ground nutmeg
- ½ teaspoon ground allspice
- 1 tablespoon extra virgin olive oil
- ½ stick (¼ cup) unsalted butter, divided
- 2 cups beef broth
- ½ package (8 ounces) dry wide egg noodles
- ½ cup sour cream
- 1 tablespoon fresh parsley, chopped, for garnish

DIRECTIONS

- In a large bowl, combine beef, pork, onion, bread crumbs, egg, salt, pepper, garlic, nutmeg, and allspice. Form mixture into about 20 1-inch meatballs.
- Select SEAR/SAUTÉ and set to 4 (medium-high). Select START/STOP to begin. Allow to preheat for 3 minutes.
- After 3 minutes, add oil and half the meatballs to the pot. Cook meatballs for 8 to 10 minutes, turning occasionally until all sides are browned. Transfer browned meatballs to a plate; set aside.
- Repeat step 3 with remaining meatballs.
- Add 2 tablespoons butter, beef stock, and egg noodles to pot. Assemble pressure lid, making sure the pressure release valve is in the SEAL position. Select PRESSURE and set to Hi. Set time to 3 minutes. Select START/STOP to begin.
- When pressure cooking is complete, quick release the pressure by moving the pressure release valve to the VENT position. Carefully remove lid when unit has finished releasing pressure. Add sour cream, remaining 2 tablespoons butter, and browned meatballs to the pot. Stir gently to combine.
- Close crisping lid. Select BAKE/ROAST, set temperature to 350°F, and set time to 10 minutes. Select START/STOP to begin.
- When cooking is complete, garnish with parsley and serve immediately.

CHICKEN & SPINACH CASSEROLE

BEGINNER RECIPE ●○○

PREP: 15 MINUTES | **TOTAL COOK TIME:** 28 MINUTES | **MAKES:** 4–6 SERVINGS | **APPROX. PRESSURE BUILD:** 7 MINUTES
PRESSURE COOK: 20 MINUTES | **PRESSURE RELEASE:** QUICK | **SEAR/SAUTÉ:** 2 MINUTES | **BAKE/ROAST:** 6 MINUTES

INGREDIENTS

- 1 1/2 pounds uncooked boneless, skinless chicken thighs
- 1 yellow onion, peeled, diced
- 3 cloves garlic, peeled, minced
- 1/2 cup chicken stock
- 2 teaspoons kosher salt
- 1 teaspoon ground black pepper
- 1 package (16 ounces) fresh baby spinach
- 1 tablespoon all-purpose flour
- 1 tablespoon fresh dill
- 1 bunch fresh scallions, chopped
- 1 container (6 ounces) feta cheese
- 6 sheets phyllo dough, thawed
- 1/2 stick (1/4 cup) unsalted butter, melted

DIRECTIONS

- 1 Place chicken, onion, garlic, stock, salt, and pepper in the pot; stir to combine.
- 2 Assemble the pressure lid, making sure the pressure release button is in the SEAL position. Select PRESSURE and set to Hi. Set time to 20 minutes. Select START/STOP to begin.
- 3 When pressure cooking is complete, quick release the pressure by moving the pressure release valve to the VENT position. Carefully remove lid when unit has finished releasing pressure.
- 4 Select SEAR/SAUTÉ and set to 3 (medium). Select START/STOP to begin. Add spinach to pot, stirring to combine.
- 5 Add flour to pot; stir to combine. Continue stirring until sauce thickens, approximately 2 minutes. Once the sauce has thickened, select START/STOP to turn off SEAR/SAUTÉ. Add dill, scallions, and feta cheese. Stir to incorporate.
- 6 Place phyllo dough, 2 sheets at a time, evenly over the chicken mixture. Using a pastry brush, liberally brush each layer of dough sheets with melted butter.
- 7 Close crisping lid. Select BAKE/ROAST, set temperature to 350°F, and set time to 6 minutes. Select START/STOP to begin.
- 8 When cooking is complete, allow to cool for 5 minutes before serving.

SPAGHETTI PIE

INTERMEDIATE RECIPE ●●○

PREP: 10 MINUTES | **COOK:** 15 MINUTES | **MAKES:** 8 SERVINGS
SEAR/SAUTÉ: 5 MINUTES | **APPROX. PRESSURE BUILD:** 10 MINUTES | **PRESSURE COOK:** 2 MINUTES
PRESSURE RELEASE: NATURAL 10 MINUTES | **AIR CRISP:** 8 MINUTES

INGREDIENTS

- 1 tablespoon canola oil
- 1 medium yellow onion, peeled, diced
- 3 cloves garlic, peeled, minced
- Kosher salt, to taste
- Ground black pepper, to taste
- 1 pound uncooked ground beef
- 2 cups water
- 1 jar (24 ounces) marinara sauce
- 1/2 box (8 ounces) angel hair pasta, broken in half
- 2 eggs
- 1 cup ricotta cheese
- 2 cups shredded mozzarella cheese, divided
- 1 cup grated Parmesan cheese, divided
- 1 bunch fresh basil, torn, for garnish

DIRECTIONS

- 1 Select SEAR/SAUTÉ and set to 4 (medium-high). Select START/STOP to begin. Allow to preheat for 2 minutes.
- 2 Add canola oil, onion, garlic, salt, and pepper and cook, stirring occasionally, for 2 to 3 minutes.
- 3 Add ground beef and stir to incorporate. Cook for 3 minutes, then add water, marinara sauce, and pasta. Stir again to combine.
- 4 Assemble pressure lid, making sure the pressure release valve is in the SEAL position. Select PRESSURE and set to Lo. Set time to 2 minutes. Select START/STOP to begin.
- 5 When pressure cooking is complete, allow pressure to naturally release for 10 minutes. After 10 minutes, quick release remaining pressure by moving the pressure release valve to the VENT position. Carefully remove lid when unit has finished releasing pressure.
- 6 In a mixing bowl, combine eggs, ricotta cheese, 1 cup mozzarella cheese, and 1/2 cup Parmesan cheese. Stir cheese mixture into the pasta. Then top pasta with remaining mozzarella and Parmesan cheeses.
- 7 Close crisping lid. Select AIR CRISP, set temperature to 375°F, and set time to 8 minutes. Select START/STOP to begin.
- 8 When cooking is complete, let pie cool for 10 minutes. Garnish with basil before serving.

BEEF STEW POT PIE

BEGINNER RECIPE ●○○

PREP: 15 MINUTES | **TOTAL COOK TIME:** 35 MINUTES | **MAKES:** 6 SERVINGS
SEAR/SAUTÉ: 8 MINUTES | **APPROX. PRESSURE BUILD:** 6 MINUTES | **PRESSURE COOK:** 20 MINUTES
PRESSURE RELEASE: NATURAL 10 MINUTES | **AIR CRISP:** 7 MINUTES

INGREDIENTS

- 2 tablespoons olive oil
- 1 yellow onion, peeled, diced
- 1 rib celery, diced
- 2 carrots, peeled, diced
- 2 cloves garlic, peeled, minced
- 1 ½ pounds uncooked stew meat or sirloin, cut in 1-inch cubes
- 1 teaspoon dried thyme
- 2 teaspoons kosher salt
- 1 teaspoon ground black pepper
- 2 russet potatoes, peeled, cut in ½-inch cubes
- 1 cup beef stock
- 2 tablespoons Worcestershire sauce
- 2 tablespoons milk
- 2 tablespoons cornstarch
- ½ cup frozen peas
- 1 store bought refrigerated pie crust, room temperature

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

DIRECTIONS

- 1 Select SEAR/SAUTÉ and set to 4 (medium-high). Select START/STOP to begin. Allow to preheat for 3 minutes.
- 2 After 3 minutes, add oil, onions, celery, carrots, and garlic. Sauté for 5 minutes, or until softened.
- 3 Add meat and cook until browned on all sides, about 3 additional minutes.
- 4 Add seasonings, potatoes, stock, and Worcestershire. Assemble pressure lid, making sure the pressure release valve is in the SEAL position. Select PRESSURE and set to Hi. Set time to 20 minutes. Select START/STOP to begin.
- 5 When pressure cooking is complete, allow pressure to naturally release for 10 minutes. After 10 minutes, quick release remaining pressure by moving the pressure release valve to the VENT position. Carefully remove lid when unit has finished releasing pressure.
- 6 In a separate bowl, whisk together milk and cornstarch until combined. Select SEAR/SAUTÉ and set to 4 (medium-high). Select START/STOP to begin. Slowly incorporate milk mixture into stew. Allow sauce to thicken, then select START/STOP to turn off SEAR/SAUTÉ.
- 7 Lay the pie dough over the stew evenly, tucking the edges underneath. Close the crisping lid. Select AIR CRISP, set temperature to 400°F and set time to 7 minutes. Select START/STOP to begin.
- 8 When cooking is complete, allow to rest for 5 minutes before serving.



GARLIC PARMESAN HAND-CUT FRENCH FRIES

INTERMEDIATE RECIPE ●●○

PREP: 15 MINUTES | **SOAK:** 30 MINUTES | **AIR CRISP:** 24-26 MINUTES | **MAKES:** 4 SERVINGS

INGREDIENTS

1 pound russet potatoes
(about 3 medium potatoes), cut in thin matchsticks
2 tablespoons canola oil, divided
2 cloves garlic, peeled, minced
1 teaspoon garlic powder
1 teaspoon kosher salt
2 tablespoons fresh parsley, chopped
1/4 cup grated Parmesan cheese



DIRECTIONS

- 1 Soak raw fries in cold water for 30 minutes to remove excess starch. After 30 minutes, strain fries and pat completely dry. The drier the fries are, they better they will crisp.
- 2 Place fries and 1 tablespoon canola oil in a large mixing bowl; toss to combine.
- 3 Place Cook & Crisp™ Plate in pot. Close crisping lid. Preheat unit by selecting AIR CRISP, setting the temperature to 360°F, and setting the time to 5 minutes. Select START/STOP to begin.
- 4 After 5 minutes, open lid and add fries to the pot. Select AIR CRISP, set temperature to 360°F, and set time to 26 minutes. Select START/STOP to begin.
- 5 After 12 minutes, open lid, and toss fries with silicone-tipped tongs. Close lid to resume cooking.
- 6 While fries are cooking, in a large mixing bowl, combine remaining canola oil, minced garlic, garlic powder, salt, parsley, and Parmesan.
- 7 Check fries after 24 minutes. For crispier fries, continue cooking up to an additional 2 minutes.
- 8 When cooking is complete, toss cooked fries in bowl with garlic-Parmesan mix and serve immediately.

TIP For best results (and best-looking fries), use a French fry cutter to cut the potatoes.

CREAMY SPINACH GRATIN

INTERMEDIATE RECIPE ●●○

PREP: 10 MINUTES | **TOTAL COOK TIME:** 11 MINUTES | **MAKES:** 6 SERVINGS
APPROX. PRESSURE BUILD: 8 MINUTES | **PRESSURE COOK:** 1 MINUTE
PRESSURE RELEASE: QUICK | **SEAR/SAUTÉ:** 3 MINUTES | **AIR CRISP:** 7 MINUTES

INGREDIENTS

2 bags (16 ounces each) frozen spinach
1/2 cup water
2 tablespoons unsalted butter
1 large shallot, peeled, diced
2 cloves garlic, peeled, minced
1/2 package (4 ounces) cream cheese, softened
1/2 cup whole milk
1/4 teaspoon kosher salt
1/4 teaspoon ground nutmeg
1 cup Swiss or Gruyère cheese, grated

DIRECTIONS

- 1 Place frozen spinach and water in pot.
- 2 Assemble the pressure lid, making sure the pressure release valve is in the SEAL position. Select PRESSURE and set to Lo. Set time to 1 minute. Select START/STOP to begin.
- 3 When pressure cooking is complete, quick release the pressure by moving the pressure release valve to the VENT position. Carefully remove lid when unit has finished releasing pressure.
- 4 Transfer spinach to a colander and press to release as much liquid as possible; set aside. Wipe out pot.
- 5 Select SEAR/SAUTÉ and set to 3 (medium). Select START/STOP to begin. Allow to preheat for 3 minutes. After 3 minutes, add butter and melt. Once butter is melted, add shallot and garlic. Cook until softened, about 3 minutes.
- 6 Select START/STOP to turn off SEAR/SAUTÉ. Whisk in cream cheese and milk until cream cheese is melted and smooth. Stir in drained spinach, salt, and nutmeg, spreading in an even layer.
- 7 Sprinkle grated cheese on top of spinach mixture.
- 8 Close crisping lid. Select AIR CRISP, set temperature to 400°F and set time to 7 minutes. Select START/STOP to begin.
- 9 Cooking is complete when cheese is golden brown. Allow to cool slightly before serving.

HOMEMADE VANILLA YOGURT

INTERMEDIATE RECIPE ●●○

PREP: 5 MINUTES | **INCUBATE:** 8 HOURS | **CHILL:** 8-12 HOURS | **MAKES:** 4-6 SERVINGS

INGREDIENTS

- 1/2 gallon whole milk
- 3 tablespoons plain yogurt with active live cultures
- 1/2 tablespoon vanilla extract
- 1/2 cup honey (optional)

DIRECTIONS

- 1 Pour the milk into the pot. Assemble the pressure lid, making sure the pressure release valve is in the VENT position. Press Yogurt, then use the temperature arrows to select FER (Ferment). Next, use the time arrows to set time to 8 hours. Select START/STOP to begin.
- 2 After the milk has boiled, the display will read COOL. Note that this process can take several hours.
- 3 When the milk has cooled, the unit will beep and display ADD and STIR. Remove pressure lid. Add plain yogurt and whisk until fully incorporated. Install the pressure lid, making sure the pressure release valve is in the VENT position. Press START/STOP to begin incubation process.
- 4 After incubation is complete (8 hours later), transfer the yogurt to a glass container or bowl, then cover and refrigerate for a minimum of 8 hours.
- 5 Once yogurt has cooled, add the vanilla and honey (if using) and stir until well combined. Cover the container and refrigerate, or spoon the yogurt into airtight glass jars. Yogurt may be refrigerated up to 2 weeks.

TIP For a thicker, Greek-style yogurt, strain the yogurt through a cheesecloth into a large bowl while refrigerating it overnight.



FROZEN CHERRY PIE

INTERMEDIATE RECIPE ●●○

PREP: 10 MINUTES | **TOTAL COOK TIME:** 25 MINUTES | **MAKES:** 4-6 SERVINGS
APPROX. PRESSURE BUILD: 5 MINUTES | **PRESSURE COOK:** 10 MINUTES
PRESSURE RELEASE: QUICK | **BAKE/ROAST:** 15 MINUTES

INGREDIENTS

- 1 bag (32 ounces) frozen cherries
- 2 cups water, divided
- 1/4 cup brown sugar
- 1 tablespoon lemon juice
- 1/4 cup cornstarch
- 1 refrigerated store-bought pie crust
- 1 egg, lightly beaten
- 2 tablespoons raw sugar

DIRECTIONS

- 1 In a large mixing bowl, stir together the cherries, 1/2 cup water, brown sugar, lemon juice, and cornstarch. Pour into the Ninja® multi-purpose pan* (or an 8-inch baking pan); set aside.
- 2 Roll a sheet of aluminum foil to create a ring about 6 inches in diameter; place ring in center of pot.
- 3 Pour remaining 1 1/2 cups water into pot. Cover pan with aluminum foil and place it inside pot, on top of foil circle.
- 4 Assemble pressure lid, making sure the pressure release valve is in the SEAL position. Select PRESSURE and set to Hi. Set time to 10 minutes. Select START/STOP to begin.
- 5 When pressure cooking is complete, quick release the pressure by moving the pressure release valve to the VENT position. Carefully remove lid when unit has finished releasing pressure.
- 6 Remove foil cover from pan and top cherries with the pie crust. Fold corners of the crust to ensure it sits directly on top of the pan. Cut a slit in the center of the crust to vent, then brush with egg and sprinkle evenly with raw sugar.
- 7 Close crisping lid. Select BAKE/ROAST, set temperature to 375°F, and set time to 15 minutes. Select START/STOP to begin.
- 8 When cooking is complete, allow pie to cool completely before serving.



AIR-FRIED CAKE BATTER COOKIES

INTERMEDIATE RECIPE ●●○

PREP: 10 MINUTES | **FREEZE:** 1-2 HOURS | **COOK:** 15 MINUTES | **MAKES:** 4 SERVINGS

INGREDIENTS

- Cooking spray
- 1 box (16 ounces) white cake mix
- 3 egg whites
- 1 whole egg
- 1/3 cup canola oil
- 1 cup water
- 12 chocolate sandwich cookies

DIRECTIONS

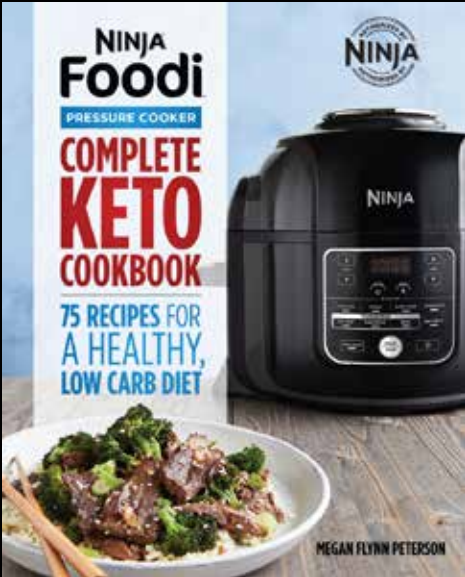
- 1 Liberally coat a sheet pan with cooking spray; set aside.
- 2 In a bowl, whisk together the cake mix, egg whites, whole egg, oil, and water until well incorporated and all cake mix has dissolved.
- 3 Working one at a time, dunk cookies in cake batter until coated. Quickly transfer to prepared sheet pan. Repeat with remaining cookies.
- 4 Freeze coated cookies up to 2 hours, until cake batter is tacky and beginning to solidify.
- 5 Place Cook & Crisp™ Plate in pot. Preheat unit by selecting AIR CRISP, setting temperature to 390°F, and setting time to 5 minutes.
- 6 Once unit has preheated, spray basket with cooking spray. Quickly place 4 cookies in basket.
- 7 Select AIR CRISP, set temperature to 390°F, and set time to 20 minutes. Select START/STOP to begin.
- 8 After 5 minutes, remove cookies from basket. Repeat with remaining cookies.
- 9 When cooking is complete, serve immediately. Cookies are best served warm.

TIP To make these even more fun, add up to 1 cup of rainbow sprinkles in step 1.

Want even more recipes?



Created by Ninja's Culinary Marketing & Innovation Director



75 healthy, low carb recipes

Visit **ninjacookbooks.com**
for a library of officially licensed Foodi-themed cookbooks created and designed by Ninja.

Pressure Cook Chart

TIP Use hot water for pressure cooking to build pressure quicker.

INGREDIENT	AMOUNT	PREPARATION	WATER	ACCESSORY	PRESSURE	TIME	RELEASE
POULTRY							
Chicken breasts	2 lbs	Bone in	1 cup	N/A	High	15 mins	Quick
	6 small or 4 large (about 2 lbs)	Boneless	1 cup	N/A	High	8–10 mins	Quick
Chicken breasts (frozen)	4 large (2 lbs)	Boneless	1 cup	N/A	High	25 mins	Quick
Chicken thighs	8 thighs (4 lbs)	Bone in/skin on	1 cup	N/A	High	20 mins	Quick
	8 thighs (2 lbs)	Boneless	1 cup	N/A	High	20 mins	Quick
Chicken, whole	Up to 5 lbs	Bone in/legs tied	1 cup	Cook & Crisp™ Plate	High	25–30 mins	Quick
Turkey breast	1 breast (6–8 lbs)	Bone in	1 cup	N/A	High	40–50 mins	Quick
GROUND MEAT							
Ground beef, pork, or turkey	1–2 lbs	Ground (not in patties)	½ cup	N/A	High	5 mins	Quick
Ground beef, pork, or turkey (frozen)	1–2 lbs	Frozen, ground (not in patties)	½ cup	N/A	High	20–25 mins	Quick
RIBS							
Pork baby back	2 ½–3 ½ lbs	Cut in thirds	1 cup	N/A	High	20 mins	Quick
ROASTS							
Beef brisket	3–4 lbs	Whole	1 cup	N/A	High	1 ½ hrs	Quick
Boneless beef chuck-eye roast	3–4 lbs	Whole	1 cup	N/A	High	1 ½ hrs	Quick
Boneless pork butt	4 lbs	Season as desired	1 cup	N/A	High	1 ½ hrs	Quick
Pork tenderloin	2 tenderloins (1–1 ½ lbs each)	Season as desired	1 cup	N/A	High	3–4 mins	Quick
STEW MEAT							
Boneless beef short ribs	6 ribs (3 lbs)	Whole	1 cup	N/A	High	25 mins	Quick
Boneless leg of lamb	3 lbs	Cut in 1-inch pieces	1 cup	N/A	High	30 mins	Quick
Boneless pork butt	3 lbs	Cut in 1-inch pieces	1 cup	N/A	High	30 mins	Quick
Chuck roast, for stew	2 lbs	Cut in 1-inch pieces	1 cup	N/A	High	25 mins	Quick
HARD-BOILED EGGS							
Eggs†	1–12 eggs	None	½ cup	N/A	High	4 mins	Quick

Pressure Cook Chart, continued

INGREDIENT	AMOUNT	DIRECTIONS	WATER	ACCESSORY	PRESSURE	COOK TIME	RELEASE
VEGETABLES							
Beets	8 small or 4 large	Rinse well, trim tops and ends; cool and peel after cooking	1 cup	N/A	High	15–20 mins	Quick
Broccoli	1 head or 4 cups	Cut in 1-2-inch florets, remove stem	1 cup	Broil rack	Low	1 min	Quick
Brussels sprouts	1 lb	Cut in half	1 cup	Broil rack	Low	1 min	Quick
Butternut squash (cubed for side dish or salad)	20 oz	Peel, cut in 1-inch pieces, remove seeds	1 cup	N/A	Low	2 mins	Quick
Butternut squash (for mashed, puree, or soup)	20 oz	Peel, cut in 1-inch pieces, remove seeds	1 cup	Broil rack	High	5 mins	Quick
Cabbage (braised)	1/2 head	Cut in half, slice in 1/2-inch strips, remove core	1 cup	N/A	Low	3 mins	Quick
Cabbage (crisp)	1/2 head	Cut in half, slice in 1/2-inch strips, remove core	1 cup	Broil rack	Low	2 mins	Quick
Carrots	1 lb	Peel, cut in 1/2-inch pieces	1 cup	N/A	High	2–3 mins	Quick
Cauliflower	1 head	Cut in 1-2-inch florets, remove stem	1 cup	N/A	Low	1 min	Quick
Collard greens	2 bunches or 1 bag (16 oz)	Remove stems, chop leaves	1 cup	N/A	Low	6 mins	Quick
Green beans	1 bag (12 oz)	Whole	1 cup	Broil rack	Low	0 min*	Quick
Kale leaves/greens	2 bunches or 1 bag (16 oz)	Remove stems, chop leaves	1 cup	N/A	Low	3 mins	Quick
Potatoes, red (cubed for side dish or salad)	2 lbs	Scrub, cut in 1-inch cubes	1 cup	N/A	High	1–2 mins	Quick
Potatoes, red (for mashed)	2 lbs	Scrub, whole (cut large potatoes in half)	1 cup	N/A	High	15–20 mins	Quick
Potatoes, russet or Yukon (cubed for side dish or salad)	2 lbs	Peel, cut in 1-inch cubes	1 cup	N/A	High	1–2 mins	Quick
Potatoes, russet or Yukon (for mashed)	2 lbs	Peel, cut in 1-inch thick slices	1 cup	N/A	High	6 mins	Quick
Potatoes, sweet (cubed for side dish or salad)	1 lb	Peel, cut in 1-inch cubes	1 cup	N/A	High	1–2 mins	Quick
Potatoes, sweet (for mashed)	1 lb	Peel, cut in 1-inch thick slices	1 cup	N/A	High	6 mins	Quick

*The time the unit takes to pressurize is long enough to cook this food.

Pressure Cook Chart, continued

TIP For best results, rinse rice and grains thoroughly before pressure cooking.

INGREDIENTS	AMOUNT	WATER	PRESSURE	COOK TIME	RELEASE
GRAINS					
Arborio rice*	1 cup	3 cups	High	7 mins	Natural (10 mins) then Quick
Basmati rice	1 cup	1 cup	High	2 mins	Natural (10 mins) then Quick
Brown rice, short/medium or long grain	1 cup	1 1/4 cups	High	15 mins	Natural (10 mins) then Quick
Coarse grits/polenta*	1 cup	3 1/2 cups	High	4 mins	Natural (10 mins) then Quick
Farro	1 cup	2 cups	High	10 mins	Natural (10 mins) then Quick
Jasmine rice	1 cup	1 cup	High	2–3 mins	Natural (10 mins) then Quick
Kamut	1 cup	2 cups	High	30 mins	Natural (10 mins) then Quick
Millet	1 cup	2 cups	High	6 mins	Natural (10 mins) then Quick
Pearl barley	1 cup	2 cups	High	22 mins	Natural (10 mins) then Quick
Quinoa	1 cup	1 1/2 cups	High	2 mins	Natural (10 mins) then Quick
Quinoa, red	1 cup	1 1/2 cups	High	2 mins	Natural (10 mins) then Quick
Spelt	1 cup	2 1/2 cups	High	25 mins	Natural (10 mins) then Quick
Steel-cut oats*	1 cup	3 cups	High	11 mins	Natural (10 mins) then Quick
Sushi rice	1 cup	1 1/2 cups	High	3 mins	Natural (10 mins) then Quick
Texmati® rice, brown**	1 cup	1 1/4 cups	High	5 mins	Natural (10 mins) then Quick
Texmati® rice, light brown**	1 cup	1 1/4 cups	High	2 mins	Natural (10 mins) then Quick
Texmati® rice, white**	1 cup	1 cup	High	2 mins	Natural (10 mins) then Quick
Wheat berries	1 cup	3 cups	High	15 mins	Natural (10 mins) then Quick
White rice, long grain	1 cup	1 cup	High	2 mins	Natural (10 mins) then Quick
White rice, medium grain	1 cup	1 cup	High	3 mins	Natural (10 mins) then Quick
Wild rice	1 cup	1 cup	High	22 mins	Natural (10 mins) then Quick

*After releasing pressure, stir for 30 seconds to 1 minute, then let sit for 5 minutes.

**TEXMATI is a registered trademark of Riviana Foods, Inc. Use of the TEXMATI trademark does not imply any affiliation with or endorsement by Riviana Foods, Inc.

Pressure Cook Chart, continued

INGREDIENTS	AMOUNT	WATER	PRESSURE	COOK TIME	RELEASE
LEGUMES					
All beans, except lentils, should be soaked 8–24 hours before cooking.					
Black beans	1 lb, soaked 8–24 hrs	6 cups	Low	5 mins	Natural (10 mins) then Quick
Black-eyed peas	1 lb, soaked 8–24 hrs	6 cups	Low	5 mins	Natural (10 mins) then Quick
Cannellini beans	1 lb, soaked 8–24 hrs	6 cups	Low	3 mins	Natural (10 mins) then Quick
Cranberry beans	1 lb, soaked 8–24 hrs	6 cups	Low	3 mins	Natural (10 mins) then Quick
Garbanzo beans (chickpeas)	1 lb, soaked 8–24 hrs	6 cups	Low	3 mins	Natural (10 mins) then Quick
Great northern beans	1 lb, soaked 8–24 hrs	6 cups	Low	1 min	Natural (10 mins) then Quick
Lentils (green or brown)	1 cup dry	2 cups	Low	5 mins	Natural (10 mins) then Quick
Lima beans	1 lb, soaked 8–24 hrs	6 cups	Low	1 min	Natural (10 mins) then Quick
Navy beans	1 lb, soaked 8–24 hrs	6 cups	Low	3 mins	Natural (10 mins) then Quick
Pinto beans	1 lb, soaked 8–24 hrs	6 cups	Low	3 mins	Natural (10 mins) then Quick
BEANS & LEGUMES					
This section does not require beans to be soaked.					
Black beans	1 lb	6 cups	High	20 mins	Natural (10 mins) then Quick
Black-eyed peas	1 lb	6 cups	High	20 mins	Natural (10 mins) then Quick
Cannellini beans	1 lb	6 cups	High	20 mins	Natural (10 mins) then Quick
Cranberry beans	1 lb	6 cups	High	20 mins	Natural (10 mins) then Quick
Garbanzo beans (chickpeas)	1 lb	6 cups	High	20 mins	Natural (10 mins) then Quick
Great northern beans	1 lb	6 cups	High	20 mins	Natural (10 mins) then Quick
Lima beans	1 lb	6 cups	High	20 mins	Natural (10 mins) then Quick
Navy beans	1 lb	6 cups	High	35 mins	Natural (10 mins) then Quick
Pinto beans	1 lb	6 cups	High	22 mins	Natural (10 mins) then Quick
Red kidney beans	1 lb	6 cups	High	35 mins	Natural (10 mins) then Quick

Steam Chart

INGREDIENT	AMOUNT	PREPARATION	LIQUID	COOK TIME
VEGETABLES				
Asparagus	1 bunch	Whole spears, trim ends	2 cups	5–7 mins
Broccoli	1 crown or 1 bag (12 oz) florets	Cut in 1–2-inch florets	2 cups	5–7 mins
Brussels sprouts	1 lb	Whole, trim ends	2 cups	8–10 mins
Butternut squash	24 oz	Peel, cut in 1-inch cubes	2 cups	10–12 mins
Cabbage	1/2 head	Cut in half, sliced in 1/2-inch strips, core removed	2 cups	8–10 mins
Carrots	1 lb	Peel, cut in 1-inch pieces	2 cups	7–9 mins
Cauliflower	1 head	Cut in 1–2-inch florets	2 cups	5–7 mins
Corn on the cob	4 ears	Whole, remove husks	2 cups	4–7 mins
Green beans	1 bag (12 oz)	Whole	2 cups	6–8 mins
Kale	1 bag (16 oz)	Trim	2 cups	5–7 mins
Potatoes	1 lb	Peel, cut in 1-inch pieces	2 cups	12–18 mins
Potatoes, sweet	1 lb	Cut in 1/2-inch cubes	2 cups	8–12 mins
Spinach	1 bag (16 oz)	Whole leaves	2 cups	3–5 mins
Sugar snap peas	1 lb	Whole pods, trim ends	2 cups	3–5 mins
Summer squash	1 lb	Cut in 1-inch slices	2 cups	3–5 mins
Zucchini	1 lb	Cut in 1-inch slices	2 cups	3–5 mins
EGGS				
Poached eggs	4	In ramekins or silicone cups	1 cup	3–6 mins

Air Crisp Chart

for the Cook & Crisp™ Plate



TIP Before using Air Crisp, allow the unit to preheat for 5 minutes as you would your conventional oven.

INGREDIENT	AMOUNT	PREPARATION	OIL	TEMP	COOK TIME
VEGETABLES					
Asparagus	1 bunch	Cut in half, trim stems	2 tsp	390°F	8–10 mins
Beets	6 small or 4 large (about 2 lbs)	Whole	None	390°F	45–60 mins
Bell peppers (for roasting)	4 peppers	Whole	None	400°F	25–30 mins
Broccoli	1 head	Cut in 1–2-inch florets	1 Tbsp	390°F	10–13 mins
Brussels sprouts	1 lb	Cut in half, trim ends	1 Tbsp	390°F	15–18 mins
Butternut squash	1–1 1/2 lbs	Cut in 1–2-inch pieces	1 Tbsp	390°F	20–25 mins
Carrots	1 lb	Peel, cut in 1/2-inch pieces	1 Tbsp	390°F	14–16 mins
Cauliflower	1 head	Cut in 1–2-inch florets	2 Tbsp	390°F	15–20 mins
Corn on the cob	4 ears, cut in half	Whole ears, remove husks	1 Tbsp	390°F	12–15 mins
Green beans	1 bag (12 oz)	Trim ends	1 Tbsp	390°F	7–10 mins
Kale (for chips)	4 cups, packed	Tear in pieces, remove stems	None	300°F	7–10 mins
Mushrooms	8 oz	Rinse, cut in quarters	1 Tbsp	390°F	7–8 mins
Potatoes, russet	1 1/2 lbs	Cut in 1-inch wedges	1 Tbsp	390°F	20–25 mins
	1 lb	Hand-cut fries, thin	1/2–3 Tbsp canola	390°F	20–25 mins
	1 lb	Hand-cut fries, soak 30 mins in cold water then pat dry	1/2–3 Tbsp canola	390°F	24–27 mins
	4 whole (6–8 oz)	Pierce with fork 3 times	None	390°F	35–40 mins
Potatoes, sweet	2 lbs	Cut in 1-inch chunks	1 Tbsp	390°F	15–20 mins
	4 whole (6–8 oz)	Pierce with fork 3 times	None	390°F	35–40 mins
Zucchini	1 lb	Cut in quarters lengthwise, then cut in 1-inch pieces	1 Tbsp	390°F	15–20 mins
POULTRY					
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	22–25 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	1 Tbsp	390°F	24–28 mins
Chicken, whole	1 chicken (3–5 lbs)	Season as desired	Brushed with oil	360°F	45–60 mins
Chicken drumsticks	2 lbs	None	1 Tbsp	390°F	20–22 mins

For best results, toss or flip often.

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

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



Toss or flip with silicone-tipped tongs

Remove food immediately after cook time is complete and your desired level of doneness is achieved. We recommend using an instant-read thermometer to monitor the internal temperature of proteins.

Air Crisp Chart

for the Cook & Crisp™ Plate, continued

TIP Before using Air Crisp, allow the unit to preheat for 5 minutes as you would your conventional oven.

INGREDIENT	AMOUNT	PREPARATION	OIL	TEMP	COOK TIME
BEEF					
Burgers	2 quarter-pound patties, 80% lean	1-inch thick	None	375°F	10–12 mins
Steaks	2 steaks (8 oz each)	Whole	None	390°F	10–20 mins
PORK & LAMB					
Bacon	1 strip to 1 (16 oz) package	Lay strips evenly over edge of plate	None	330°F	13–16 mins (no preheat)
Pork chops	2 thick-cut, bone-in chops (10–12 oz each)	Bone in	Brushed with oil	375°F	15–17 mins
	4 boneless chops (6–8 oz each)	Boneless	Brushed with oil	375°F	15–18 mins
Pork tenderloins	2 tenderloins (1–1 1/2 lbs each)	Whole	Brushed with oil	375°F	25–35 mins
Sausages	4 sausages	Whole	None	390°F	8–10 mins
FISH & SEAFOOD					
Crab cakes	2 cakes (6–8 oz each)	None	Brushed with oil	350°F	8–12 mins
Lobster tails	4 tails (3–4 oz each)	Whole	None	375°F	7–10 mins
Salmon fillets	2 fillets (4 oz each)	None	Brushed with oil	390°F	10–13 mins
Shrimp	16 jumbo	Raw, whole, peel, keep tails on	1 Tbsp	390°F	7–10 mins
FROZEN FOODS					
Chicken nuggets	1 box (12 oz)	None	None	390°F	11–13 mins
Fish fillets	1/2 box (3 fillets)	None	None	390°F	13–15 mins
Fish sticks	1 box (14.8 oz)	None	None	390°F	9–11 mins
French fries	1 lb	None	None	360°F	18–22 mins
	2 lbs	None	None	360°F	28–32 mins
Mozzarella sticks	1 box (11 oz)	None	None	375°F	6–9 mins
Pot stickers	1 bag (10 count)	None	Toss with 1 tsp canola oil	390°F	11–14 mins
Pizza Rolls	1 bag (20 oz, 40 count)	None	None	390°F	12–15 mins
Popcorn shrimp	1 box (16 oz)	None	None	390°F	8–10 mins
Tater Tots	1 lb	None	None	360°F	19–21 mins

For best results, toss or flip often.

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

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



Toss or flip with silicone-tipped tongs

Remove food immediately after cook time is complete and your desired level of doneness is achieved. We recommend using an instant-read thermometer to monitor the internal temperature of proteins.

NINJA
Foodi
PRESSURE COOKER
5-QUART COMPACT STAINLESS

OS101_IG_15Recipe_MP_Mv1

© 2020 SharkNinja Operating LLC

FOODI, NINJA, and THE PRESSURE COOKER THAT CRISPS are registered trademarks of SharkNinja Operating LLC.

COOK & CRISP and TENDERCRISP are trademarks of SharkNinja Operating LLC.