

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

**NINJA**  
**Foodi**  
**XL** 2-BASKET AIR FRYER

**QUICK  
START  
GUIDE**

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**+ COOKING CHARTS  
+ 15 IRRESISTIBLE RECIPES**

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# Using DualZone™ Technology

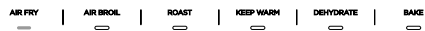
## SMART FINISH™

Cooking 2 foods using 2 different functions, temps, or cook times?  
Program each zone and use SMART SET to have both zones finish at the same time.



### STEP 1: Program Zone 1

- Place food in baskets.
- The unit defaults to Zone 1.
- Select a cooking function (e.g., AIR FRY).



### STEP 2: Set Time & Temperature

- Use the TEMP arrows to set the temperature.
- Use the TIME arrows to set the time.



### STEP 3: Program Zone 2

- Select Zone 2.
- Select a cooking function (e.g., ROAST), and repeat Step 2.
- Air Broil is not available if programmed in Zone 1.



### STEP 4: Begin Cooking

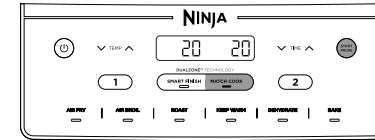
- Select SMART FINISH.
- Press START/PAUSE to begin cooking.
- The zone with the shorter cook time will display HOLD.



**NOTE:** To ensure a synchronized cook time completion, press the START/PAUSE button. Refer to page 6 for further instructions.

## MATCH COOK™

Cooking the same food in each zone?  
Set Zone 1 and use MATCH COOK to automatically match settings to Zone 2.



### STEP 1: Program Zone 1

- Place food in baskets.
- The unit defaults to Zone 1.
- Select a cooking function (e.g., AIR FRY).
- Air Broil is not available when using MATCH COOK.



### STEP 2: Set Time & Temperature

- Use the TEMP arrows to set the temperature.
- Use the TIME arrows to set the time.



### STEP 3: Begin Cooking

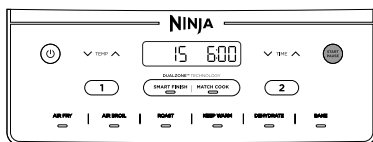
- Select MATCH COOK.
- Press START/PAUSE to begin cooking.



**NOTE:** To pause a zone or cancel time in a zone, refer to page 6 for further instructions.

## Using DualZone™ Technology — Cont.

Want to cook two foods, but don't want to do it back to back?  
Fill both zones and manually program each zone so they start at the same time.



### STEP 1: Program Zone 1

- Place food in baskets.
- The unit defaults to Zone 1.
- Select a cooking function (e.g., AIR FRY).



### STEP 2: Set Time & Temperature

- Use the TEMP arrows to set the temperature.
- Use the TIME arrows to set the time.



### STEP 3: Program Zone 2

- Repeat Steps 1 and 2 for Zone 2.
- Air Broil is not available if programmed in Zone 1.



### STEP 4: Begin Cooking

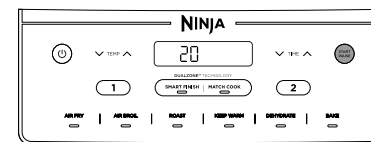
- Press START/PAUSE to begin cooking.



**NOTE:** To pause a zone or cancel time in a zone, refer to page 6 for further instructions.

## Using A Single Zone

Only cooking one thing?  
Fill a single zone and use it like a traditional air fryer.



### STEP 1: Program Zone 1

- Place food in baskets.
- The unit defaults to Zone 1.
- Select a cooking function (e.g., AIR FRY).



**NOTE:** If you would like to cook in Zone 2 only, first select Zone 2, then select a function.

### STEP 2: Set Time & Temperature

- Use the TEMP arrows to set the temperature.
- Use the TIME arrows to set the time.



### STEP 3: Begin Cooking

- Press START/PAUSE to begin cooking.



## Pausing and Ending the Cook Times

### Pausing Time in a Single Zone (While Both Zones are Running)

#### STEP 1: Pausing a Single Zone

- Select the zone you want to pause (e.g., Zone 1).
- Press the START/PAUSE button.



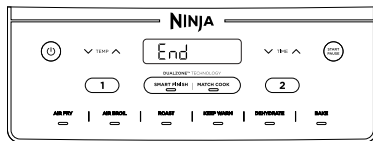
**NOTE:** In SMART FINISH mode, we recommend pressing the START/PAUSE button to pause both zones. Pausing only one zone will impact a synchronized finish time.

#### STEP 2: Resume Cooking

- To resume cooking, press the START/PAUSE button again.



### Ending the Cook Time in One Zone (While Using Both Zones)



#### STEP 1: Select Zone

- Select the zone you want to stop cooking in (e.g., Zone 1).



#### STEP 2: Adjust Time

- Press the down TIME arrow.
- Bring down the time to 0.



#### STEP 3: Resume Cooking

- After 3 seconds, END will appear on the display.
- Cooking will continue in the other zone.

# READY TO START COOKING?

Learn how to make complete meals that are done at the same time.

## FLIP TO FIND:

Single Zone & DualZone™  
Technology Cooking Charts 8

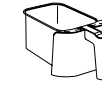
SMART FINISH™  
Recipe Charts 14

15 Irresistible Recipes 16

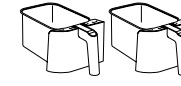
# Air Fry Cooking Chart

**NOTE:** Don't see the food you're looking for in the charts below? Find a similar food, and decrease cook time by 25%. For frozen foods, decrease the cook time on the packaging by 25%. For best results, check on food often, increasing cook time if necessary.

**TIP:** If cooking smaller amounts of food, use the recommended temperature, but reduce the time. For best results, check food periodically and shake or toss it often until it reaches the desired doneness.



**SINGLE ZONE**  
when cooking in one zone  
and not using the other zone.



**DUALZONE™**  
when cooking in both zones  
using Smart Finish or Match Cook™

INGREDIENT	AMOUNT PER ZONE	PREPARATION	TOSS IN OIL	TEMP		
<b>VEGETABLES</b>						
Asparagus	2 bunches	Stems trimmed, cut in 2-inch pieces	2 tsp	390°F	10-13 mins	16-20 mins
Beets	6-7 small	Whole	None	390°F	30-35 mins	35-40 mins
Bell peppers (for roasting)	4 small peppers	Whole	None	390°F	10-15 mins	15-20 mins
Broccoli	2 heads	Cut in 1-inch florets	1 Tbsp	390°F	10-13 mins	24-28 mins
Brussels sprouts	2 lbs	Cut in half, stem removed	1 Tbsp	400°F	17-20 mins	24-30 mins
Butternut squash	2 lbs	Cut in 1-2-inch pieces	1 Tbsp	390°F	22-25 mins	35-40 mins
Carrots	2 lbs	Peeled, cut in 1/2-inch pieces	1 Tbsp	390°F	15-18 mins	27-32 mins
Cauliflower	1 heads	Cut in 1-inch florets	1 Tbsp	390°F	18-20 mins	22-25 mins
	2 heads	Cut in 1-inch florets	2 Tbsp	390°F	20-23 mins	25-30 mins
Corn on the cob	2 ears, cut in half	Husks removed	1 Tbsp	390°F	12-15 mins	18-20 mins
Green beans	2 bags (12 oz each)	Trimmed	1 Tbsp	390°F	14-16 mins	18-22 mins
Kale (for chips)	5 cups, packed	Torn in pieces, stems removed	None	300°F	7-9 mins	15-20 mins
Mushrooms	1 lb	Rinsed, cut in quarters	1 Tbsp	390°F	9-13 mins	13-15 mins
Potatoes, russet <small>*Allow raw fries to soak in cold water for at least 30 minutes to remove unnecessary starch. Pat dry for best results.</small>	1 lbs	Hand-cut fries*, thick	1/2-2 Tbsp, canola	400°F	19-24 mins	28-35 mins
	2 lbs	Cut in 1-inch wedges	1 Tbsp	400°F	23-27 mins	40-45 mins
	2 lbs	Hand-cut fries*, thin	1/2-3 Tbsp, canola	400°F	24-29 mins	37-42 mins
	2 lbs	Hand-cut fries*, thick	1/2-3 Tbsp, canola	400°F	26-31 mins	42-47 mins
	3 whole (6-8 oz)	Pierced with fork 3 times	None	400°F	30-35 mins	37-40 mins
Potatoes, sweet	2 lbs	Cut in 1-inch chunks	1 Tbsp	400°F	22-26 mins	38-42 mins
	3 whole (6-8 oz)	Pierced with fork 3 times	None	400°F	36-42 mins	40-45 mins
Zucchini	2 lbs	Cut in quarters lengthwise, then cut in 1-inch pieces	1 Tbsp	390°F	20-24 mins	28-32 mins
<b>POULTRY</b>						
Whole Chicken	5 lbs	Bone in	Brushed with oil	350°F	45-50 mins	55-60 mins
Chicken breasts	2 breasts (3/4-1 1/2 lbs each)	Bone in	Brushed with oil	390°F	25-30 mins	30-35 mins
	4 breasts (1/2-3/4 lb each)	Boneless	Brushed with oil	390°F	22-24 mins	25-28 mins
Chicken thighs	4 thighs (6-10 oz each)	Bone in	Brushed with oil	390°F	26-30 mins	36-40 mins
	4 thighs (4-8 oz each)	Boneless	Brushed with oil	390°F	18-22 mins	25-28 mins
Chicken wings	2 lbs	Drumettes & flats	1 Tbsp	390°F	18-22 mins	40-45 mins
	3 lbs	Drumettes & flats	1 Tbsp	390°F	41-45 mins	55-65 mins
	4 lbs	Drumettes & flats	1 Tbsp	390°F	45-50 mins	65-70 mins

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

To pause both zones while using two zones, press **START/PAUSE** button.

To pause an individual zone while both zones are cooking, press the zone you would like to pause, then press **START/PAUSE** button.

To resume cooking, press **START/PAUSE** button.

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

## Shake your food

We recommend shaking your food at least twice during the cooking cycle for best results.



**OR**

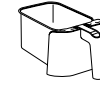
**Toss with silicone-tipped tongs**



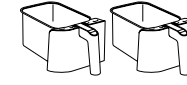
# Air Fry Cooking Chart, continued

**NOTE:** Reference these charts to prepare large family meals or crowd-pleasing appetizers for entertaining. Once you get the hang of capacities and cook times, mix and match foods to dazzle your family and friends.

**TIP:** If cooking smaller amounts of food, use the recommended temperature, but reduce the time. For best results, check food periodically and shake or toss it often until it reaches the desired doneness.



**SINGLE ZONE**  
when cooking in one zone  
and not using the other zone.



**DUALZONE™**  
when cooking in both zones  
using Smart Finish or Match Cook™

INGREDIENT	AMOUNT PER ZONE	PREPARATION	TOSS IN OIL	TEMP		
<b>FISH &amp; SEAFOOD</b>						
Crab cakes	4 cakes (6-8 oz each)	None	Brushed with oil	390°F	8-12 mins	10-13 mins
Lobster tails	4 tails (3-4 oz each)	Whole	None	390°F	5-8 mins	15-18 mins
Salmon fillets	2 fillets (4 oz each)	None	Brushed with oil	400°F	7-10 mins	12-14 mins
	3 fillets (4 oz each)	None	Brushed with oil	400°F	7-12 mins	13-17 mins
	4 fillets (4 oz each)	None	Brushed with oil	400°F	7-12 mins	16-20 mins
Shrimp	2 lbs	Whole, peeled, tails on	1 Tbsp	390°F	11-15 mins	15-19 mins
<b>BEEF</b>						
Burgers	2 quarter-pound patties, 80% lean	½ inch thick	Brushed with oil	390°F	8-10 mins	10-13 mins
Steaks	2 steaks (8 oz each)	Whole	Brushed with oil	390°F	10-20 mins	14-22 mins
<b>PORK</b>						
Bacon	3 strips, cut in half	None	None	350°F	8-10 mins	9-12 mins
Pork chops	2 thick-cut, bone-in chops (10-12 oz each)	Bone in	Brushed with oil	390°F	15-17 mins	23-27 mins
	4 boneless chops (6 oz each)	Boneless	Brushed with oil	390°F	18-22 mins	24-26 mins
Pork tenderloins	2 lbs	None	Brushed with oil	375°F	20-24 mins	32-38 mins
Sausages	5 sausages	None	None	390°F	7-10 mins	18-22 mins
<b>FROZEN FOODS</b>						
Chicken cutlets	3 cutlets	None	None	400°F	18-21 mins	20-25 mins
Chicken nuggets	2 boxes (12 oz each)	None	None	390°F	16-18 mins	21-25 mins
Fish fillets	1 box (6 fillets)	None	None	390°F	14-16 mins	17-22 mins
Fish sticks	24 fish sticks	None	None	390°F	14-18 mins	22-26 mins
French fries	1 lbs	None	None	400°F	18-22 mins	28-32 mins
	2 lbs	None	None	400°F	28-33 mins	48-53 mins
	3 lbs	None	None	400°F	48-53 mins	55-60 mins
Mozzarella sticks	2 boxes (11 oz each)	None	None	375°F	10-13 mins	15-18 mins
Pot stickers	2 bags (10.5 oz)	None	1 Tbsp	390°F	12-14 mins	16-18 mins
Pizza rolls	1 ½ bags (60 count)	None	None	390°F	17-21 mins	20-24 mins
Popcorn shrimp	2 boxes (14-16 oz)	None	None	390°F	14-16 mins	20-24 mins
Sweet potato fries	2 lbs	None	None	375°F	24-28 mins	34-38 mins
Tater tots	2 lbs	None	None	375°F	22-26 mins	30-34 mins
Onion Rings	1 lb	None	None	375°F	16-18 mins	22-26 mins

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

To pause both zones while using two zones, press **START/PAUSE** button.

To pause an individual zone while both zones are cooking, press the zone you would like to pause, then press **START/PAUSE** button.

To resume cooking, press **START/PAUSE** button.

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

## Shake your food

We recommend shaking your food at least twice during the cooking cycle for best results.

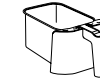


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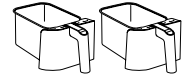
**Toss with silicone-tipped tongs**



# Dehydrate Chart



**SINGLE ZONE**  
when cooking in one zone  
and not using the other zone.



**DUALZONE™**  
when cooking in both zones  
using Smart Finish or Match Cook!™

INGREDIENTS	PREPARATION	TEMP	
<b>FRUITS &amp; VEGETABLES</b>			<b>TIMES ARE THE SAME FOR BOTH ZONES</b>
Apples	Cored, cut in 1/8-inch slices, rinsed in lemon water, patted dry	135°F	7-8 hours
Asparagus	Cut in 1-inch pieces, blanched	135°F	6-8 hours
Bananas	Peeled, cut in 3/8-inch slices	135°F	8-10 hours
Beets	Peeled, cut in 1/8-inch slices	135°F	6-8 hours
Eggplant	Peeled, cut in 1/4-inch slices, blanched	135°F	6-8 hours
Fresh herbs	Rinsed, patted dry, stems removed	135°F	4 hours
Ginger root	Cut in 3/8-inch slices	135°F	6 hours
Mangoes	Peeled, cut in 3/8-inch slices, pit removed	135°F	6-8 hours
Mushrooms	Cleaned with soft brush (do not wash)	135°F	6-8 hours
Pineapple	Peeled, cored, cut in 3/8-1/2-inch slices	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, marinated overnight	150°F	5-7 hours
Chicken jerky	Cut in 1/4-inch slices, marinated overnight	150°F	5-7 hours
Turkey jerky	Cut in 1/4-inch slices, marinated overnight	150°F	5-7 hours
Salmon jerky	Cut in 1/4-inch slices, marinated overnight	150°F	3-5 hours

# Using DualZone™ Technology: SMART FINISH™

**SMART FINISH** eliminates the need for back-to-back cooking. Now you can cook two different foods with two different cook times, and watch as they finish at the same time. Simply program each zone, and let the **SMART FINISH** feature do the rest.

**NOTE:** For all recipes in this chart, season with salt and pepper as desired.

CHOOSE ANY TWO		ADD ONE RECIPE PER ZONE		SET BOTH ZONES AND USE SMART FINISH™	
RECIPE	AMOUNT	MIX OR COMBINE THESE INGREDIENTS	FUNCTION	TEMP/TIME	
Crab Cakes	4 crab cakes	Brush with melted butter	Air Fry	390°F   20 minutes	
Balsamic Roasted Tomatoes	2 pints cherry tomatoes	1/2 cup balsamic vinegar 1 Tbsp canola oil	Roast	390°F   15 minutes	
Maple Sage Pork Chops	3-4 boneless pork chops (4 oz each)	1 Tbsp canola oil 1 Tbsp maple syrup	Roast	390°F   22-25 minutes	
Cajun Russet Potatoes	6 medium potatoes, diced	2 Tbsp canola oil 2 Tbsp Cajun seasoning	Air Fry	400°F   50 minutes	
Classic Meatloaf	1 lb meatloaf mix (beef, pork, veal)	1/4 cup ketchup, 1/4 cup yellow mustard, 1 egg, 1/2 cup panko breadcrumbs, 1/4 cup Parmesan cheese	Air Fry	330°F   35 minutes	
Green Beans with Almonds	24 oz green beans, ends trimmed	2 Tbsp canola oil 1/2 cup sliced almonds	Air Fry	390°F   20 minutes	
Miso Glazed Salmon	4 salmon fillets (6 oz each)	2 Tbsp miso paste, 1 teaspoon canola oil Rub onto salmon	Air Fry	390°F   18 minutes	
Honey Hazelnut Brussels Sprouts	2 lbs Brussels sprouts, cut in half	2 Tbsp canola oil, 1/4 cup honey, 1/2 cup chopped hazelnuts	Air Fry	390°F   30-35 minutes	
Buffalo Chicken Thighs	4 boneless skin-on chicken thighs (4-5 oz each)	1 cup buffalo sauce, toss with chicken	Air Fry	400°F   27 minutes	
Plant Based "Meat" Burger	1 lb plant-based ground "meat" (4 4-oz patties)	1 Tbsp minced garlic, 1 Tbsp minced onion	Air Fry	375°F   20 minutes	
Mediterranean Cauliflower	1 head cauliflower, cut in 1/2-inch florets	1/2 cup tahini, 2 Tbsp canola oil	Air Fry	390°F   35 minutes	
French Fries	2 lbs French fries	Season as desired	Air Fry	400°F   50-55 minutes	

**NOTE:** For your own best results, start checking food for doneness 2 minutes before cook time ends. Stop cooking at any time if the desired level of crispiness has been achieved, but make sure any raw proteins have reached a food-safe temperature.



# BONELESS BARBECUE PORK CHOPS WITH SQUASH & GREEN BEAN MELODY

**PREP:** 10 MINUTES | **COOK:** 40 MINUTES | **MAKES:** 4-8 SERVINGS

## INGREDIENTS

12 ounces green beans, trimmed, cut in half  
1 package (20 ounces) of pre-cut butternut squash  
1 1/2 tablespoons olive oil  
2 teaspoons kosher salt, divided  
1 teaspoon ground black pepper  
4 frozen boneless pork chops (roughly 5 ounces each, no more than 2 inches thick)  
1/2 cup pre-made barbecue sauce

## DIRECTIONS

- 1** In a medium bowl, toss green beans, butternut squash, olive oil, 1 teaspoon of salt, and pepper.
- 2** Install a crisper plate in both baskets. Place pork chops in the Zone 1 basket. Season each pork chop with the remaining teaspoon of salt and evenly add barbecue sauce on top. Insert basket in unit. Place vegetables in the Zone 2 basket, then insert basket in unit.
- 3** Select Zone 1, select AIRFRY, set temperature to 400°F, and set time to 30 minutes. Select Zone 2, select AIRFRY, set temperature to 400°F, and set time to 40 minutes. Press START/PAUSE button to begin cooking.
- 4** When Zone 1 time reaches 0, check pork chops for doneness; they should reach an internal temperature of 145°F. Gently transfer to a serving dish and allow them to rest while the vegetables finish cooking.
- 5** When Zone 2 time reaches 0, transfer the vegetables to a bowl and serve with pork chops.

# BUFFALO CHICKEN ENCHILADAS

**PREP:** 15 MINUTES | **COOK:** 20 MINUTES | **MAKES:** 8 SERVINGS

## INGREDIENTS

1 package (8 ounces) cream cheese, softened  
8 ounces shredded Mexican blend cheese  
2 tablespoons prepared Buffalo sauce  
9 ounces pre-cooked carved chicken breast, diced  
2 cans (10 ounces each) enchilada sauce  
16 5-inch corn tortillas  
1/4 cup sliced scallions

## DIRECTIONS

- 1** In a medium bowl, mix together cream cheese, 4 ounces of the shredded cheese, and Buffalo sauce. After mixing, fold in diced chicken.
- 2** Pour 1/2 can of enchilada sauce into each basket.
- 3** Lay out 8 tortillas, then divide 4 ounces of the cream cheese between the 8 tortillas (roughly 3 tablespoons for each). Roll one at a time, then place snugly in the Zone 1 basket. Repeat this step with the remaining tortillas and cream cheese, placing the rolled tortillas in the Zone 2 Basket. Top both baskets of rolled tortillas with the remaining can of enchilada sauce.
- 4** Insert both baskets in unit. Select Zone 1, select AIRFRY, set temperature to 375°F, and set time to 20 minutes. Select MATCH COOK to match Zone 2 settings with Zone 1. Press START/PAUSE button to begin cooking.
- 5** When the time reaches 5 minutes, press START/PAUSE button to pause cooking. Remove baskets from unit and sprinkle the enchiladas with the remaining shredded cheese. Reinsert baskets and press START/PAUSE button to resume cooking.
- 6** When cooking is complete, remove enchiladas from baskets, sprinkle with chopped scallions, and serve.

# BUFFALO TOFU WITH RANCH DIPPING SAUCE

**PREP:** 10 MINUTES | **COOK:** 25 MINUTES | **MAKES:** 4 SERVINGS

## INGREDIENTS

2 containers (14 or 16 ounces each) extra firm tofu, cut in 1-inch cubes, divided  
2/3 cup cornstarch, divided  
Nonstick cooking spray  
1/2 cup prepared Buffalo sauce  
1/4 cup prepared ranch dipping sauce

## DIRECTIONS

- 1 In a medium bowl, add half the tofu and toss with 1/3 cup cornstarch until the tofu is evenly coated. For best results, place coated tofu in a mesh strainer and sift away any excess cornstarch. Generously spray the tofu with nonstick cooking spray.
- 2 Install a crisper plate in both baskets. Place the prepared tofu in the Zone 1 basket, then insert basket in unit.
- 3 Repeat Step 1 with the remaining tofu and cornstarch. Place the tofu in the Zone 2 basket, then insert basket in unit.
- 4 Select Zone 1, select AIRFRY, set temperature to 390°F, and set time to 25 minutes. Select MATCH COOK to match Zone 2 settings with Zone 1. Press START/PAUSE button to begin cooking.
- 5 When the time reaches 15 minutes, press START/PAUSE button to pause cooking. Remove baskets from unit and shake tofu. Reinsert baskets and press START/PAUSE button to resume cooking.
- 6 When the time reaches 5 minutes, press START/PAUSE button to pause cooking. Remove baskets from unit and shake tofu. Reinsert baskets and press START/PAUSE button to resume cooking.
- 7 When cooking is complete, transfer the tofu to a large bowl and toss with Buffalo sauce until evenly coated.
- 8 Serve tofu with ranch dipping sauce.

**TIP:** For crispier, crunchier results, wrap tofu in paper towels before Step 1. Press the wrapped tofu under a 5-pound weight for 30 minutes, rewrapping the tofu with fresh paper towels every 10 minutes.

# CHEESY TATER TOTS WITH GRAVY

**PREP:** 5 MINUTES | **COOK:** 40 MINUTES | **MAKES:** 8 SERVINGS

## INGREDIENTS

1 bag (2 pounds) frozen tater tots  
1 medium white onion, peeled, small diced  
1 clove garlic, peeled, minced  
1 tablespoon canola oil  
1/2 teaspoon kosher salt  
1/4 teaspoon ground black pepper  
1 jar (18 ounces) gravy  
1/4 cup water  
1/2 teaspoon smoked paprika  
7 ounces shredded whole milk mozzarella cheese  
1/4 cup sliced scallions or chives

## DIRECTIONS

- 1 Install crisper plate in the Zone 1 basket. Add tater tots, then insert basket in unit.
- 2 Add diced onion, garlic, canola oil, salt, and pepper to Zone 2 basket (without crisper plate). Toss to evenly coat the onion, then insert basket in unit.
- 3 Select Zone 1, select AIRFRY, set temperature to 390°F, and set time to 40 minutes. Select Zone 2, select AIRFRY, set temperature to 350°F, and set time to 25 minutes. Press START/PAUSE button to begin cooking.
- 4 When Zone 1 time reaches 25 minutes, press START/PAUSE button to pause cooking. Remove basket from unit and give the basket a light toss. Reinsert basket and press START/PAUSE button to resume cooking.
- 5 When Zone 2 time reaches 10 minutes, press START/PAUSE button to pause cooking. Remove basket from unit and add gravy and water. Stir mixture with a wooden spoon or rubber spatula. Reinsert basket and press START/PAUSE button to resume cooking.
- 6 When Zone 1 time reaches 6 minutes, press START/PAUSE button to pause cooking. Remove basket from unit, sprinkle tater tots with paprika, and give the basket a light toss. Top tater tots with mozzarella. Reinsert basket and press START/PAUSE button to resume cooking.
- 7 When cooking is complete, transfer tater tots to a serving plate and top with gravy and scallions.

# CHICKEN TENDERS & CURLY FRIES

**PREP:** 1 MINUTE | **COOK:** 38 MINUTES | **MAKES:** 4 SERVINGS

## INGREDIENTS

1 1/2 pounds frozen breaded chicken tenders  
1 1/2 pounds frozen curly French fries

## OPTIONAL CONDIMENTS

Ketchup, as desired  
Yellow mustard, as desired

## DIRECTIONS

- 1 Install a crisper plate in both baskets. Place chicken tenders in the Zone 1 basket, then insert basket in unit. Place curly fries in the Zone 2 basket, then insert basket in unit.
- 2 Select Zone 1, select AIRFRY, set temperature to 390°F, and set time to 28 minutes. Select Zone 2, select AIRFRY, set temperature to 400°F, and set time to 38 minutes. Select SMART FINISH. Press START/PAUSE button to begin cooking.
- 3 When Zone 2 time reaches 24 minutes, press START/PAUSE button to pause cooking. Remove basket from unit and shake curly fries. Reinsert basket and press START/PAUSE button to resume cooking.
- 4 When Zone 1 and 2 times reach 14 minutes, press START/PAUSE button to pause cooking. Remove baskets from unit and shake. Reinsert baskets and press START/PAUSE button to resume cooking.
- 5 When cooking is complete, transfer chicken tenders and curly French fries to a serving plate. Serve with optional condiments as desired.

# CRESCENT ROLL CALZONES

**PREP:** 15 MINUTES | **COOK:** 15 MINUTES | **MAKES:** 4 SERVINGS

## INGREDIENTS

1/4 cup all-purpose flour, for dusting  
2 cans (8 ounces each) crescent roll, original  
1 jar (14 ounces) of pizza sauce  
7 ounces shredded part skim mozzarella cheese

## OPTIONAL TOPPINGS

Sliced pepperoni  
2 ounces pre-cooked bacon  
1/4 cup diced bell peppers  
1/4 cup pre-sliced button mushrooms

## DIRECTIONS

- 1 Lightly dust your work surface with flour. Spread the crescent rolls out and gently cut along the perforated lines, creating a total of 8 rectangles of dough, each of which is made up of 2 connected triangles. Be careful not to disconnect them.
- 2 Add 2 tablespoons of pizza sauce to the middle of 4 dough rectangles, leaving a 1/2-inch perimeter. Sprinkle with 2 tablespoons of cheese and add optional toppings as desired.
- 3 Over each of the four dough rectangles with sauce and toppings, place one of the untouched rectangles of dough. Using your fingers or a fork, form a calzone by sealing the two layers of dough together with the filling in the middle.
- 4 Install a crisper plate in both baskets. Gently transfer the calzones to both baskets, fitting two per basket. Insert baskets in unit.
- 5 Select Zone 1, select BAKE, set temperature to 325°F, and set time to 15 minutes. Select MATCH COOK to match Zone 2 settings with Zone 1. Press START/PAUSE button to begin cooking.
- 6 When cooking is complete, allow calzones to cool in baskets for 3 minutes. Transfer calzones to a plate and serve with remaining warmed pizza sauce for dipping.

**TIP:** For an extra kick, season the top of each calzone with Italian seasoning.

# FROZEN SALMON & PARMESAN ASPARAGUS

**PREP:** 10 MINUTES | **COOK:** 22 MINUTES | **MAKES:** 4 SERVINGS

## INGREDIENTS

2 tablespoons Montreal steak Seasoning  
3 tablespoons brown sugar  
4 uncooked frozen salmon filets (6 ounces each)  
2 tablespoons canola oil, divided  
2 pounds asparagus, ends trimmed  
Kosher salt, as desired  
Ground black pepper, as desired  
1/4 cup shredded Parmesan cheese, divided

## DIRECTIONS

- 1 In a small bowl, mix together steak seasoning and brown sugar.
- 2 Rub tops of each salmon fillet with 1 teaspoon oil, then cover fillets generously with seasoning and sugar mixture. Set aside.
- 3 In a large bowl, toss asparagus with remaining 1 tablespoon oil, salt, and pepper.
- 4 Install a crisper plate in both baskets. Place the fillets in the Zone 1 basket, skin side down, then insert basket in unit. Place the asparagus in the Zone 2 basket, then insert basket in unit.
- 5 Select Zone 1, select AIR BROIL, and set time to 22 minutes. Select Zone 2, select AIRFRY, set temperature to 390°F, and set time to 17 minutes. Select SMART FINISH. Press START/PAUSE button to begin cooking.
- 6 When the Zone 2 time reaches 7 minutes, remove basket from unit and toss asparagus. Reinsert basket to continue cooking.
- 7 When Zone 2 time reaches 2 minutes, remove basket from unit, sprinkle half the Parmesan cheese over the asparagus, and give the basket a light toss. Reinsert basket to continue cooking.
- 8 When cooking is complete, transfer fillets and asparagus to serving plate. Sprinkle the remaining Parmesan cheese over the asparagus and serve.

# HONEY GARLIC MEATBALLS

**PREP:** 10 MINUTES | **COOK:** 36 MINUTES | **MAKES:** 8 SERVINGS

## INGREDIENTS

3 pounds of 1/2 -ounce frozen prepared Italian meatballs, divided  
8 cloves garlic, peeled, minced  
1/2 cup honey  
1/3 cup ketchup  
2 tablespoons soy sauce  
2 tablespoons fresh parsley, chopped

## DIRECTIONS

- 1 Install a crisper plate in both baskets. Place half the meatballs in the Zone 1 basket, then insert basket in unit. Place the other half in the Zone 2 basket, then insert basket in unit.
- 2 Select Zone 1, select AIRFRY, set temperature to 400°F, and set time to 36 minutes. Select MATCH COOK to match Zone 2 settings with Zone 1. Press START/PAUSE button to begin cooking.
- 3 In a medium bowl, combine remaining ingredients and mix well.
- 4 When the time reaches 20 minutes, press START/PAUSE button to pause cooking. Remove baskets from unit and shake the meatballs. Reinsert baskets and press START/PAUSE button to resume cooking.
- 5 When the time reaches 6 minutes, press START/PAUSE button to pause cooking. Remove Zone 1 basket from unit, and pour meatballs into a large bowl. Pour half the honey garlic sauce into the large bowl with the meatballs and toss to evenly coat. Place meatballs back into Zone 1 basket and reinsert basket. Repeat this step with the Zone 2 basket, then press START/PAUSE button to resume cooking.
- 6 When cooking is complete, transfer meatballs to a bowl. Top with chopped parsley and serve.

# JERK-RUBBED PORK LOIN WITH CARROTS & SAGE

**PREP:** 10 MINUTES | **MARINATE:** 10 MINUTES-3 DAYS | **COOK:** 40 MINUTES  
**MAKES:** 8 SERVINGS

## INGREDIENTS

2 pounds pork tenderloins  
(1 1/2 pounds each)  
2 tablespoons canola oil, divided  
4 tablespoons jerk seasoning  
2 pounds of carrots, peeled,  
cut in 1-inch pieces  
1 teaspoon of kosher salt  
2 tablespoons honey  
1/2 teaspoon chopped sage

## DIRECTIONS

- 1 Place pork loins in a pan or high-walled dish. Blot dry with a paper towel. Use your hands to rub 4 teaspoons of canola oil evenly over the pork, then use your hands to rub the jerk seasoning evenly over it. Wrap pork loins in plastic wrap or seal in a plastic bag and place in the refrigerator to marinate for 10 minutes-3 days.
- 2 In a medium bowl, toss carrots with remaining canola oil and salt.
- 3 Install a crisper plate in both baskets. Place marinated pork loins in the Zone 1 basket, then insert basket in unit. Place carrots in the Zone 2 basket, then insert basket in unit.
- 4 Select Zone 1, select AIRFRY, set temperature to 390°F, and set time to 30 minutes. Select Zone 2, select AIRFRY, set temperature to 400°F, and set time to 40 minutes. Press START/PAUSE button to begin cooking.
- 5 When Zone 1 time reaches 0, check pork loins for doneness; they should reach an internal temperature of 145°F. Transfer to a serving dish or cutting board and allow to rest while vegetables finish cooking.
- 6 When Zone 2 time reaches 0, transfer vegetables to a serving bowl and drizzle with honey and chopped sage. Cut pork loin into slices of desired thickness and serve with carrots.

# PEANUT BUTTER CUP PUFF PASTRY

**PREP:** 15 MINUTES | **TOTAL COOK TIME:** 11 MINUTES | **MAKES:** 9 SERVINGS

## INGREDIENTS

1 sheet puff pastry, cut in  
9 squares  
18 peanut butter cups

## DIRECTIONS

- 1 On a clean work surface, gently press down on a puff pastry square to slightly expand the surface area. Then place 2 peanut butter cups in the center.
- 2 Pull each corner of the puff pastry dough over the peanut butter cups then pinch the top to seal. Repeat this with the remaining corners and seal as necessary.
- 3 Repeat steps 1 and 2 with remaining puff pastry squares and peanut butter cups.
- 4 Place 5 puff pastries in the Zone 1 basket, then insert basket in unit. Place remaining 4 puff pastries in the Zone 2 basket, then insert basket in unit.
- 5 Select Zone 1, select AIRFRY, set temperature to 390°F, and set time to 11 minutes. Select MATCH COOK to match Zone 2 settings to Zone 1. Press START/PAUSE button to begin cooking.
- 6 When cooking is complete, remove baskets from unit and allow to cool on counter for 3 minutes before serving.

# SPICY ITALIAN SAUSAGE, BELL PEPPER, MUSHROOM & ONION SUBS

**PREP:** 10 MINUTES | **COOK:** 30 MINUTES | **MAKES:** 8 SERVINGS

## INGREDIENTS

1 medium onion, peeled, thinly sliced  
1 red bell pepper, thinly sliced, seeds removed  
2 green bell peppers, thinly sliced, seeds removed  
8 ounces baby Bella mushrooms, sliced  
2 tablespoons canola oil  
1 teaspoon kosher salt  
1/2 teaspoon ground black pepper  
8 each spicy Italian sausage links  
8 each sub rolls  
Yellow mustard, optional

## DIRECTIONS

- 1 In a medium bowl, toss together onion slices, bell pepper slices, mushrooms, canola oil, salt, and pepper. Place vegetables in Zone 1 basket (without crisper plate), then insert basket in unit.
- 2 Insert a crisper plate in Zone 2 basket and add sausages, then insert basket in unit.
- 3 Select Zone 1, select AIRFRY, set temperature to 390°F, and set time to 30 minutes. Select Zone 2, select AIRFRY, set temperature to 390°F, and set time to 20 minutes. Press START/PAUSE button to begin cooking.
- 4 When Zone 1 time reaches 20 minutes, press START/PAUSE button to pause cooking. Remove basket from unit and toss vegetables. Reinsert basket and press START/PAUSE button to resume cooking.
- 5 When Zone 1 time reaches 10 minutes, press START/PAUSE button to pause cooking. Remove basket from unit and toss vegetables again. Reinsert basket and press START/PAUSE button to resume cooking.
- 6 When Zone 2 time reaches 0, remove sausages from basket and allow them to rest on a serving dish.
- 7 When vegetables are complete, remove basket from unit. Divide the onion, peppers, and mushrooms between the buns, then top with sausages and mustard, if desired. Serve warm.

**TIP:** To soften the sub rolls, place them on top of the unit to warm while the other ingredients are cooking.

# SWEET POTATO SAUSAGE HASH

**PREP:** 10 MINUTES | **COOK:** 50 MINUTES | **MAKES:** 8 SERVINGS

## INGREDIENTS

2 pounds sweet potatoes, peeled, diced in 1/2-inch pieces  
1/4 cup minced garlic  
1 small onion, peeled, diced  
2 teaspoons kosher salt  
1 teaspoon ground black pepper  
3 tablespoons of canola oil  
1/2 cup water  
2 pounds mild ground breakfast sausage  
1/2 teaspoon ground cinnamon  
1 tablespoon dried sage  
1 1/4 teaspoon chili powder  
8 large eggs, poached or fried (optional)  
2 tablespoons fresh parsley, chopped for garnish (optional)  
Favorite hot sauce, for serving (optional)

## DIRECTIONS

- 1 In a medium bowl, toss sweet potatoes with garlic, onion, pepper, salt, pepper, and canola oil.
- 2 Install a crisper plate in the Zone 1 basket, add 1/2 cup water and sweet potatoes, and insert basket in unit. Spread out the ground sausage in the Zone 2 basket (without a crisper plate installed), then insert basket in unit.
- 3 Select Zone 1, select AIRFRY, set temperature to 400°F, and set time to 50 minutes. Select Zone 2, select ROAST, set temperature to 350°F, and set time to 30 minutes. Select SMART FINISH. Press START/PAUSE button to begin cooking.
- 4 When Zone 1 and Zone 2 time reaches 10 minutes, press START/PAUSE button to pause cooking. Remove baskets from unit. Shake Zone 1 basket for 10 seconds. Reinsert basket in unit. Use a wooden spoon to break up the sausage in the Zone 2 basket. Reinsert basket and press START/PAUSE button to resume cooking.
- 5 When Zone 1 time reaches 10 minutes, press START/PAUSE button to pause cooking. Remove basket from unit and shake for 10 seconds. Reinsert basket and press START/PAUSE button to resume cooking.
- 6 When cooking is complete, remove both baskets from unit and combine the potatoes and sausage. Add the cinnamon, sage, and chili powder and mix thoroughly to form the hash.
- 7 Serve hash with poached or fried eggs on top and garnish with parsley and hot sauce if desired.

# TORTELLINI ALFREDO BAKE & ROASTED GARLIC BROCCOLI

**PREP:** 10 MINUTES | **COOK:** 45 MINUTES | **MAKES:** 6-8 SERVINGS

## INGREDIENTS

1 1/2 heads (approx. 6 cups) broccoli, cut in 1/2-inch florets  
1 1/2 tablespoons olive oil  
6 garlic cloves, peeled, minced  
2 teaspoons kosher salt, divided  
1 1/2 jars (15 ounces each) alfredo sauce  
1/4 cup water  
1 teaspoon ground black pepper  
7 ounces shredded whole milk mozzarella cheese, divided  
1 1/2 pounds frozen plain tortellini  
3/4 cup panko bread crumbs  
3 sprigs fresh basil, torn

## DIRECTIONS

- 1 In a medium bowl, toss broccoli with olive oil, minced garlic, and 3/4 teaspoon of salt.
- 2 In a separate medium bowl, whisk together alfredo sauce, water, 3/4 teaspoon salt, pepper, and half the mozzarella cheese.
- 3 Place tortellini and sauce in the Zone 1 basket (without crisper plate installed). Evenly sprinkle with the remaining mozzarella and panko breadcrumbs, then insert basket in unit. Install a crisper plate in the Zone 2 basket, then place broccoli in the basket and insert basket into unit.
- 4 Select Zone 1, select BAKE, set temperature to 350°F, and set time to 45 minutes. Select Zone 2, select ROAST, set temperature to 400°F, and set time to 20 minutes. Select SMART FINISH. Press START/PAUSE button to begin cooking.
- 5 When Zone 2 time reaches 10 minutes, press START/PAUSE button to pause cooking. Remove basket from unit and gently toss broccoli. Reinsert basket and press START/PAUSE button to resume cooking.
- 6 When Zone 1 time reaches 0, check tortellini for doneness; they should be cooked al dente. Gently transfer to a serving dish, keeping most of the breadcrumbs and cheese on top. Garnish with torn basil leaves.
- 7 When Zone 2 times reaches 0, transfer broccoli to a bowl and serve with tortellini.

# CRESCENT ROLL-UPS WITH DELI TURKEY, SWISS CHEESE & MUSTARD

**PREP:** 15 MINUTES | **COOK:** 30 MINUTES | **MAKES:** 8 SERVINGS

## INGREDIENTS

1/4 cup all-purpose flour, for dusting  
2 cans (8 ounces each) crescent roll, original  
3 tablespoons Dijon mustard  
8 slices of Swiss cheese  
8 slices of deli turkey meat  
1 tablespoon sesame seeds, optional

## DIRECTIONS

- 1 Lightly dust your work surface with flour. Spread the crescent rolls out and gently cut along the perforated lines, creating a total of 8 rectangles of dough, each of which is made up of 2 connected triangles. Be careful not to disconnect them.
- 2 Evenly spread 1 teaspoon of Dijon on a rectangle of dough. Then top with one slice of cheese and one slice of turkey. Gently roll the short edge of the dough rectangle into itself and continue to roll like a burrito. Once the roll-up meets the last edge of dough, gently pinch together to create a seal. Repeat this step with the remaining dough.
- 3 Gently lay the roll-ups seam-side down in the baskets. Sprinkle tops of roll-ups with sesame seeds, if desired.
- 4 Insert both baskets in unit. Select Zone 1, select BAKE, set temperature to 325°F, and set time to 30 minutes. Select MATCH COOK to match Zone 2 settings with Zone 1. Press START/PAUSE button to begin cooking.
- 5 When the time reaches 5 minutes, press START/PAUSE button to pause cooking. Remove baskets and flip roll-ups so the bottom sides are facing up. Reinsert baskets and press START/PAUSE button to resume cooking.
- 6 When cooking is complete, remove roll-ups from baskets and serve with more mustard or other desired condiments.





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