

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

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

**QUICK
START
GUIDE**

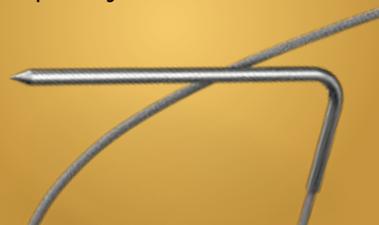
**+ COOKING CHARTS
+ 15 PLUS IRRESISTIBLE RECIPES**



Make more of your air-fried favorites without the guesswork. Now with the Foodi® Smart Thermometer and the Smart Cook system, you can get the perfect doneness, from rare to well, at the touch of a button. Pair it with the Smart Finish setting to cook two foods, two ways and finish at the same time. Or easily carry over settings with Match Cook to double your cooking capacity.

Foodi® Smart Thermometer

Continuously monitors temp so you don't have to



Perfect doneness

From rare to well at the touch of a button



Perfectly done with the Foodi® Smart Thermometer



The leave-in Foodi Smart Thermometer continuously monitors the internal temperature of food in two places for more accurate cooking results.

How to place the thermometer

Before getting started, use below guide to ensure the Foodi® Smart Thermometer is inserted correctly. Be sure to insert thermometer into the thickest part of your protein.

FOOD TYPE	PLACEMENT	CORRECT	INCORRECT
Steaks Pork chops Chicken breasts Burgers Tenderloins Fish fillets	<ul style="list-style-type: none"> Insert thermometer horizontally into the center of the thickest part of the meat. Make sure the tip of the thermometer is inserted straight into the center of the meat, not angled toward the bottom or top of it. Make sure the thermometer is close to (but not touching) the bone and away from any fat or gristle. <p>NOTE: <i>The thickest part of the fillet may not be the center. It is important that the end of the thermometer hits the thickest part so desired results are achieved.</i></p>		
Whole chicken	<ul style="list-style-type: none"> Insert thermometer horizontally into the thickest part of the breast, parallel to, but not touching, the bone. Make sure the top reaches the center of the thickest part of the breast and doesn't go all the way through the breast into the cavity. 		

DO NOT use the thermometer with frozen protein or for cuts of meat thinner than 1 inch.

Ninja® Beef Doneness Guide

Everyone's idea of doneness differs. This guide shows you what you can expect from each of our preset beef doneness settings.



NOTE: Beef Doneness Guide is based on New York Strip Steak. Using different cuts of steak and different sizes can alter the outcome.

FOOD TYPE:	SET DONENESS TO:
Fish	Medium (130°F)
	Medium Well (140°F)
	Well Done (150°F)
Chicken/Turkey	Well Done (165°F)
Pork	Medium (130°F)
	Medium Well (150°F)
	Well Done (160°F)
Beef	Rare (115°F)
	Medium Rare (125°F)
	Medium (130°F)
	Medium Well (145°F)
	Well Done (150°F)

Single-basket cooking with the Foodi® Smart Thermometer

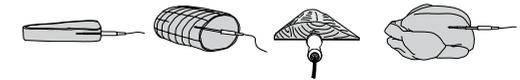
The Integrated Foodi® Thermometer continues to monitor doneness throughout the cooking process, unlike a traditional instant-read thermometer.

STEP 1 Setup

- Remove the thermometer storage compartment located on the left-hand side of the unit.
- Remove Zone 1 basket (before plugging in the thermometer).

STEP 2 Insert Thermometer

- Insert thermometer in protein using the guide on page 5 to ensure the thermometer is placed correctly.
- Place protein in basket and insert into unit.



STEP 3 Function Selection

- Plug thermometer into jack (located on the left-hand side of the control panel).
- Select Zone 1 and then desired cooking function (e.g. Air Fry)

NOTE: Cooking temperature will automatically default based on function selection. Temperature can be adjusted based on preference or recipe instructions.

STEP 4 Thermometer Selection

- **SMALL PRESET**
 - **LARGE PRESET**
 - **MANUAL**
- Use the PROBE button to select either Small or Large preset, depending on size of protein. Use the arrows on the left of the display to select your desired protein and arrows on the right to set the internal doneness.
- If using the Manual button, use recommended internal cook temperatures on page 6.



STEP 5 Start Cooking

- There is no preheat needed.
- Once you have made your selections, press the start/pause button to begin cooking.
- The screen will display the current thermometer temperature as well as the target temperature.

STEP 6 Cooking Complete

- When cooking is complete, unit will beep. Transfer protein to a plate and allow to rest for 5 minutes before serving. This is an important step, as proteins continue to cook and retain juices after being removed from the source of heat.

Smart Finish with the Foodi® Smart Thermometer

Using the thermometer to make complete meals? Want to cook mains and sides using 2 different functions, temperatures, or cook times? Program each zone and pair the Foodi® Smart Thermometer with Smart Finish Technology to eliminate the guesswork and have both zones finish at the same time.

STEP 1 Set up Zone 1 with Thermometer

- Remove the thermometer storage compartment located on the left-hand side of the unit.
- Remove zone 1 basket (before plugging in the thermometer).
- Insert thermometer in protein using the guide on page 5 to ensure the thermometer is placed correctly.
- Place protein in basket and insert into unit.



STEP 2 Program Zone 1

- Plug thermometer into the jack (located on the left-hand side of the control panel).
- Select Zone 1 and the desired cook function (e.g., Air Fry).
- Use the PROBE button to select either the Small or Large preset, depending on the size of the protein. Reference the preset cooking chart on the following page for guidance.
- Use the arrows on the left of the display to select your desired protein and arrows on the right to set the internal doneness.

1

NOTE: You can't use the manual probe setting when selecting Smart Finish.

STEP 3 Program Zone 2

- Select Zone 2.
- Select function (e.g., Air Fry).
- Set cook temperature and time.

2

STEP 4 Start Cooking

- Select SMART FINISH.
- Press the START/PAUSE button to begin cooking.

NOTE: During the initial setup, the zone with the shorter cook time will display HOLD. When cooking begins, the display will always show the probe and target temperature in Zone 1 and progress bars in Zone 2 during cook cycle.

SMART FINISH

STEP 5 Cooking Complete

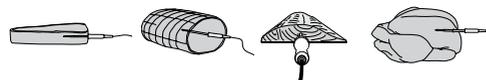
- When cooking is complete, unit will beep. Transfer protein to a plate and allow to rest for 5 minutes before serving. This is an important step, as proteins continue to cook and retain juices after being removed from the source of heat.

Match Cook with the Foodi® Smart Thermometer

Cooking the same food in each zone? Set Zone 1 with thermometer and use Match Cook to automatically match settings to Zone 2.

STEP 1 Set up Zone 1 with Thermometer

- Remove the thermometer storage compartment located on the left-hand side of the unit.
- Remove Zone 1 basket (before plugging in the thermometer).
- Insert the thermometer in the protein according to the guide on page 5.
- Place protein in basket and insert into unit.
- Plug thermometer into jack (located on the left-hand side of the control panel).



STEP 2 Program Zone 1

- Select Zone 1 and the desired cook function (e.g., Air Fry).
- Use the PROBE button to select Small Preset or Large Preset, depending on the size of the protein. Reference the preset cooking chart below for guidance.
- If using the Manual button, use the recommended internal cook temperatures included on page 6.
- Use the arrows on the left of the display to select your desired protein and arrows on the right to set the internal doneness.
- Select MATCH COOK, then press the START/PAUSE button to begin cooking.

MATCH COOK

STEP 3 Cooking Complete

- When cooking is complete, unit will beep. Transfer protein to a plate and allow to rest for 5 minutes before serving. This is an important step, as proteins continue to cook and retain juices after being removed from the source of heat.

Preset Cooking Chart

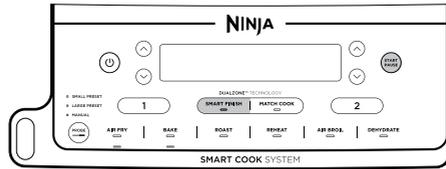
PROTEIN	PRESET	WEIGHT (per basket)	EXAMPLES
Pork	Small	4 each (4-6 ounces each)	Italian Sausages,
		2 each (10-12 ounces each)	Bone-In Pork Chops
	Large	1 each (2 pounds)	Pork Tenderloin
		1 each (4-5 pounds)	Pork Loin/Roast
Chicken	Small	3-4 each, depending on size (8-12 ounces each)	Boneless Chicken Breast
	Large	3-4 each, depending on size (6-10 ounces)	Bone-In Chicken Thighs
Beef	Small	1 each (5 pounds)	Whole Chicken
	Small	2-4 each, depending on size (6-12 ounces each)	Steak
Fish	Large	1 each (3-4 pounds)	Top Round
	Small	3-4 each, depending on size (4 ounces each)	Salmon Fillets
	Large	1 each (12-16 ounces each)	Side of Salmon

Using DualZone™ Technology

(without the Foodi® Smart Thermometer)

Smart Finish

Cooking 2 foods using 2 different functions, temps, or cook times?
Program each zone and use SMART FINISH 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 by pressing 2.
- Select a cooking function (e.g., ROAST), and repeat Step 2.



STEP 4: Begin Cooking

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



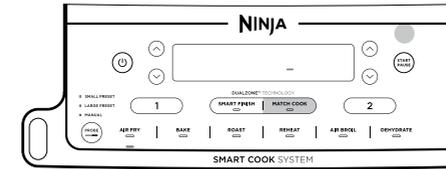
NOTE: To ensure a synchronized cook time completion, Press the START/PAUSE button. Refer to page 6 for further instructions.

Using DualZone™ Technology

(without the Foodi® Smart Thermometer)

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).



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

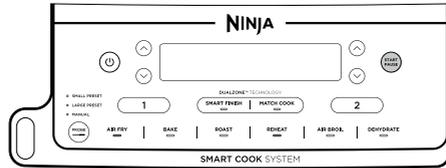
- Press MATCH COOK.
- Press the START/PAUSE button to begin cooking.



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

Using Two Zones

Want to shorten cook time, but don't need both zones to finish at the same time? When Smart Finish or Match Cook are not selected, technology is integrated into the design to automatically optimize the distribution of power when manually selecting two zones with different cook times. This means the food in the zone with the longer cook time may finish cooking before the set time ends. Check food frequently to avoid overcooking.



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.



STEP 4: Begin Cooking

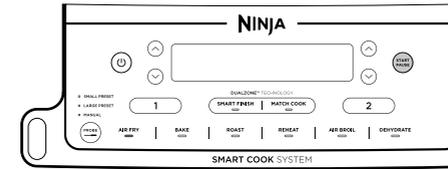
- Press the START/PAUSE button to begin cooking.
- Check food frequently to avoid overcooking.



NOTE: For best results, start checking food for doneness 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.

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 basket.
- 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 the START/PAUSE button to begin cooking.

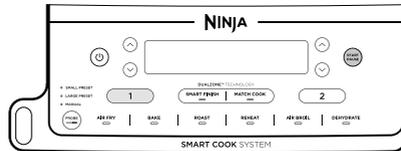


Pausing and Ending Cook Times

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 to pause cooking.



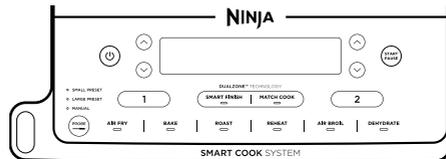
NOTE: In SMART FINISH mode, we recommend pressing the START/PAUSE button to pause both zones. Pausing only one zone will impact a synchronized finish time.

STEP 2: Resume Cooking

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



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).

1

STEP 2: Adjust Time

- Press the down TIME arrow to bring time down 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:

15 Irresistible Recipes 16

Single Zone & DualZone™
Technology Cooking Charts 36

SMART FINISH Recipe Charts 42

KEY

Foodi® Smart Thermometer 

MEATLOAF WITH MAPLE GLAZED CARROTS



PREP: 20 MINUTES | **TOTAL COOK TIME:** APPROX. 40 MINUTES
MAKES: 4 SERVINGS

INGREDIENTS

1 pound 80/20 ground beef
1 large egg
1/2 cup bread crumbs
1/2 cup shredded Parmesan cheese
1/2 cup ketchup, divided
Kosher salt, as desired
Ground black pepper, as desired
1 pound baby carrots
1 tablespoon canola oil
1/2 tablespoon apple cider vinegar
1/4 cup pure maple syrup

DIRECTIONS

- 1 In a large bowl, add the ground beef, egg, bread crumbs, Parmesan cheese, 1/4 cup ketchup, salt, and pepper and mix until evenly combined. Form the mixture into an 8 X 5-inch loaf.
- 2 In medium bowl, add the carrots, canola oil, apple cider vinegar, maple syrup, salt, and pepper and toss until evenly coated.
- 3 Install crisper plate in Zone 1 basket. Place the thermometer into the center of the thickest part of the meatloaf. Place the loaf in the Zone 1 basket. Feed the thermometer cord through the cutout on the top left basket, then place the thermometer in the jack on the bottom left of the display. Insert the basket in the unit.
- 4 Place the carrot mixture in the Zone 2 basket, then insert basket in unit.
- 5 Select Zone 1, select ROAST, set temperature to 330°F. Use PROBE button to select Large Preset. The preset will default to BEEF, which is the correct setting for this recipe. Use the arrows on the right to select WELL.
- 6 Select Zone 2, select AIR FRY, set temperature to 390°F, and set time to 35 minutes. Select SMART FINISH. Press the START/PAUSE button to begin cooking. Monitor the Zone 2 basket and shake the carrots about every 15 minutes throughout cooking.
- 7 When internal temperature of meatloaf reaches 130°F, press the START/PAUSE button to pause cooking. Open Zone 1 and add remaining ketchup to the top of the meatloaf. Reinsert the basket, press START/PAUSE to resume cooking.
- 8 When cooking is complete, carefully remove the thermometer with oven mitts. Serve meatloaf with glazed carrots.

WHOLE LEMON GARLIC CHICKEN WITH PARMESAN-HERB POTATOES



PREP: 10 MINUTES | **TOTAL COOK TIME:** APPROX. 75 MINUTES
MAKES: 4 SERVINGS

INGREDIENTS

1 whole chicken (4 pounds)
1 lemon, cut in half
1 sprig fresh rosemary
7 cloves garlic, peeled, smashed, divided
1 tablespoon canola oil
1 tablespoon poultry spice
Kosher salt, as desired
Ground black pepper, as desired
1 1/2 pounds baby golden potatoes
1 medium white onion, peeled, diced
3 tablespoons butter, melted
1 1/2 tablespoons fresh herbs, chopped (rosemary, thyme, marjoram)
1/4 cup grated Parmesan cheese, set aside

DIRECTIONS

- 1 Remove packet of giblets, if included, from cavity of chicken. Place lemon halves, sprig of rosemary, and 3 cloves garlic in the cavity. Tie legs together with cooking twine. Coat the chicken skin with canola oil, then season with poultry spice, salt, and pepper.
- 2 In a large bowl, add the potatoes, onions, remaining garlic cloves, melted butter, and fresh herbs, and toss to fully combine.
- 3 Install crisper plates in both baskets. Place the thermometer in the center of the thickest part of the chicken. Place the chicken in the Zone 1 basket. Feed the thermometer cord through the cutout on the top left basket, then place the thermometer in the jack on the bottom left of the display. Insert the basket in the unit.
- 4 Place the potato mixture in the Zone 2 basket, then insert basket in unit.
- 5 Select Zone 1, select ROAST, set temperature to 350°F. Use PROBE button to select Large Preset, then use the arrows on the left to select CHICKEN.
- 6 Select Zone 2, select AIR FRY, set temperature to 400°F, and set time to 35 minutes. Select SMART FINISH. Press the START/PAUSE button to begin cooking. Monitor the Zone 2 basket and shake the potatoes about every 15 minutes during the cooking process.
- 7 When cooking is complete, add Parmesan cheese to Zone 2 and shake until potatoes are evenly coated. Carefully remove the thermometer with oven mitts. Allow chicken to rest for 5 minutes before carving. Serve chicken with potatoes.

LEMON CAJUN-SPICED SALMON WITH ASPARAGUS & MUSHROOM



PREP: 10 MINUTES | **TOTAL COOK TIME:** APPROX. 20 MINUTES
MAKES: 4 SERVINGS

INGREDIENTS

1 bunch (16 ounces) asparagus, trimmed
1 medium red onion, peeled, diced
8 ounces button mushrooms, thinly sliced
3 tablespoons canola oil, divided
Kosher salt, as desired
Ground black pepper, as desired
4 fresh salmon fillets, 6 ounces each
1 tablespoon Cajun seasoning
1 small lemon, sliced thin

DIRECTIONS

- 1 In a large bowl, add asparagus, red onion, mushrooms, 1½ tablespoons canola oil, salt, and pepper and toss until evenly coated.
- 2 Rub top of each salmon fillet with remaining oil, then cover fillets generously with Cajun seasoning and top with 2 slices of lemon. Place thermometer in the center of the thicket part of the largest salmon fillet.
- 3 Install a crisper plate in both baskets. Place the fillets in Zone 1 basket. Feed the thermometer cord through the cutout on the top left of the basket, then place the thermometer in the jack on the bottom left of the display. Place the asparagus mixture in the Zone 2 basket, then insert the basket in unit.
- 4 Select Zone 1, select AIRFRY, and set temperature to 400°F. Use PROBE button to select Small Preset then use the arrows on the left to select FISH, and the arrows on the right to select desired doneness.
- 5 Select Zone 2, select AIR FRY, set temperature to 390°F, and set time to 20 minutes. Select SMART FINISH. Press the START/PAUSE button to begin cooking.
- 6 When Zone 2 time reaches 10 minutes, select START/PAUSE to pause cooking. Remove basket from unit and shake. Reinsert basket and select START/PAUSE to resume cooking.
- 7 When cooking is complete, use oven mitts to remove the thermometer. Transfer fillets and asparagus mixture to a serving plate and serve.

BONELESS BARBECUE PORK CHOPS WITH SQUASH & GREEN BEAN MELODY



PREP: 10 MINUTES | **TOTAL COOK TIME:** APPROX. 45 MINUTES
MAKES: 4 SERVINGS

INGREDIENTS

1 package (12 ounces) green beans, trimmed, cut in half
1 package (20 ounces) pre-cut butternut squash
1½ tablespoons olive oil
Kosher salt, as desired
Ground black pepper, as desired
4 boneless pork chops (about 5 ounces each)
2 tablespoon canola oil
½ cup pre-made barbecue sauce

DIRECTIONS

- 1 In a medium bowl, add the green beans, butternut squash, olive oil, salt, and pepper and toss until combined.
- 2 Install a crisper plate in both baskets. Place the green bean medley in the Zone 2 basket and place basket in the unit.
- 3 Coat each pork chop with ½ tablespoon canola oil and season with salt and pepper.
- 3 Place the thermometer into the center of the thickest part of the largest pork chop. Place the pork with the thermometer and the remaining 3 chops in the Zone 1 basket. Feed the thermometer cord through the cutout on the top left of the basket, then place the thermometer in the jack on the bottom left of the display. Evenly coat each chop with barbecue sauce. Insert basket in unit.
- 5 Select Zone 1, select AIRFRY, set temperature to 390°F. Use PROBE button to select Small Preset, then use the arrows on the LEFT to select PORK and the arrows on the RIGHT to select desired doneness.
- 6 Select Zone 2, select AIR FRY, set temperature to 400°F, and set time to 45 minutes. Select SMART FINISH. Press the START/PAUSE button to begin cooking. Monitor the Zone 2 basket and shake every 15 minutes during cooking.
- 7 When cooking is complete, use tongs to carefully remove the chops from the Zone 1 basket and place on a cutting board to rest for 5 minutes.
- 8 Use oven mitts to remove the thermometer before slicing the chops. Serve with green bean medley.

TURKEY BREAST WITH BACON BRUSSELS SPROUTS



PREP: 20 MINUTES | **TOTAL COOK TIME:** APPROX. 1 HOUR 35 MINUTES
MAKES: 4 SERVINGS

INGREDIENTS

1 medium yellow onion, peeled, diced
1 pound Brussels sprouts, cut in half, ends trimmed
1 strip uncooked bacon, cut in 1/4-inch pieces
2 tablespoons canola oil, divided
Kosher salt, as desired
Ground black pepper, as desired
2 pounds uncooked boneless turkey breast, skin on, trussed
1 tablespoon rotisserie seasoning

DIRECTIONS

- 1 In a large bowl, add the onion, Brussels sprouts, chopped bacon, 1 tablespoon canola oil, salt, and pepper and toss until evenly combined.
- 2 Install a crisper plate in both baskets. Place the Brussels sprouts mixture into the Zone 2 basket and place the basket in the unit.
- 3 Rub the remaining 1 tablespoon canola oil on the turkey breast and season with rotisserie seasoning blend.
- 4 Place the thermometer in the center of the thickest part of the turkey breast. Place the turkey in the Zone 1 basket. Feed the thermometer cord through the cutout on the top left of the basket, then place the thermometer in the jack on the bottom left of the display. Insert basket in unit.
- 5 Select Zone 1, select ROAST, set temperature to 350°F. Use PROBE button to select Large Preset, then use the arrows on the left to select CHICKEN.
- 6 Select Zone 2, select AIR FRY, set temperature to 400°F, and set time to 35 minutes. Select SMART FINISH. Press the START/PAUSE button to begin cooking. Monitor the Zone 2 basket and shake Brussels sprouts every 10 minutes throughout cooking.
- 7 When cooking is complete, use tongs to carefully remove the turkey breast from the basket and place on a cutting board to rest for 5 minutes.
- 8 Use oven mitts to remove the thermometer before slicing. Serve with Brussels sprouts.

TORTELLINI ALFREDO BAKE & ROASTED GARLIC BROCCOLI

PREP: 10 MINUTES | **TOTAL COOK TIME:** 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. Press the START/PAUSE button to begin cooking.
- 5 When Zone 2 time reaches 10 minutes, press the START/PAUSE button to pause cooking. Remove basket from unit and gently toss broccoli. Reinsert basket and press START/PAUSE 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.

AIR FRYER DOUGHNUTS

PREP: 5 MINUTES | **TOTAL COOK TIME:** 10 MINUTES | **MAKES:** 4-8 SERVINGS

INGREDIENTS

1 cup granulated sugar
2 tablespoon ground cinnamon
1 can refrigerated flaky buttermilk biscuits
1/4 cup (1/2 stick) unsalted butter, melted

DIRECTIONS

- 1 In a small shallow bowl, mix together sugar and cinnamon and set aside.
- 2 Remove the biscuits from the can, separate them, and place them on a cutting board. Use a 1-inch round biscuit cutter (or similarly-sized bottle cap) to cut holes out of the center of each biscuit.
- 3 Install a crisper plate in both baskets. Place 4 donuts in a single layer in each basket.
- 4 Select Zone 1, select AIR FRY, set temperature to 360°F, and set time to 10 minutes. Select MATCH COOK to match Zone 2 settings to Zone 1. Press the START/PAUSE button to begin cooking.
- 5 When cooking is complete, remove donuts from baskets.
- 6 Dip both sides of the warm donuts into the melted butter, place in the cinnamon sugar, and flip to coat both sides. Serve warm.
- 7 Repeat step 4-6 to cook the donut holes. Set time for 5 minutes.
- 8 Alternatively, donuts can be topped with a powdered sugar glaze or a chocolate glaze with toppings of choice such as sprinkles.

SWEET POTATO SAUSAGE HASH

PREP: 10 MINUTES | **TOTAL COOK TIME:** 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 the START/PAUSE button to begin cooking.
- 4 When Zone 2 time reaches 10 minutes, press START/PAUSE to pause cooking, remove basket from unit, and shake for 10 seconds. If needed, use a wooden spoon to break up the sausage. Reinsert basket and press START/PAUSE to resume cooking.
- 5 When Zone 1 time reaches 10 minutes, press START/PAUSE and remove basket from unit. Shake for 10 seconds, then reinsert basket in unit and press START/PAUSE 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.

CUSTOMIZABLE CRONUTS

PREP: 30 MINUTES | **TOTAL COOK TIME:** 11 MINUTES | **MAKES:** 4 SERVINGS

INGREDIENTS

1/4 cup all-purpose flour,
for work surface

CRONUTS

1 package (17 ounces) frozen
puff pastry sheets, defrosted
1/4 cup unsalted butter, melted
1 package (5.1 ounces) instant
vanilla pudding
3 cups cold milk

RASPBERRY LEMON GLAZE

1 tablespoon fresh lemon juice
(about 1/2 lemon)
1 tablespoon whole milk
1/4 cup seedless raspberry jelly
1 cup confectioners' sugar,
plus more as needed
1/2 cup freeze-dried raspberries,
for topping

CHOCOLATE GLAZE WITH SPRINKLES

3 tablespoons dark cocoa powder
3 1/2 tablespoons whole milk
1 tablespoon vanilla extract
1 cup confectioners' sugar,
plus more as needed
1/2 cup rainbow sprinkles, for
topping

MAPLE GLAZE WITH CANDIED WALNUTS

1/4 cup maple sugar
1 tablespoon vanilla extract
1 cup confectioners' sugar,
plus more as needed
1/2 cup candied walnuts, crushed,
for topping

DIRECTIONS

- 1 On a clean, floured work surface, use a rolling pin to gently roll defrosted puff pastry sheets out into two 8 X 12-inch rectangles.
- 2 To prepare the cronuts, use a biscuit cutter or 3-inch-wide cup to cut 18 circles in the puff pastry. You should have 9 cronuts per sheet. Layer 3 circles on top of each other and pinch the edges together to seal. Use a rolling pin to lightly flatten each stack of cronuts into 5-inch circles, then cut a 1-inch circle from the middle of each cronut.
- 3 Install a crisper plate in both baskets. Place 2 cronuts in each basket. Insert baskets in unit.
- 4 Select Zone 1, select BAKE, set temperature to 350°F, and set time to 11 minutes. Select MATCH COOK to match Zone 2 settings with Zone 1. Press START/PAUSE to begin cooking.
- 5 While cronuts are baking, prepare the filling. In a large bowl, add instant pudding and milk and whisk until thick. Transfer to a piping bag with a frosting tip and place in the refrigerator until the cronuts are done.
- 6 Prepare your desired glaze by whisking together all glaze ingredients, except the topping. The glaze should be thick enough to coat a whisk. If necessary, add confectioners' sugar 1 tablespoon at a time until thick.
- 7 When cooking is complete, transfer cronuts to a plate and allow to cool completely.
- 8 Remove the pudding filling from the refrigerator. Carefully insert the tip of the piping bag into the middle layer of each cronut and squeeze gently to fill. Dip the tops into the prepared glaze, coating generously, then sprinkle with desired toppings.

CHICKEN TENDERS & CURLY FRIES

PREP: 1 MINUTE | **TOTAL COOK TIME:** 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 the START/PAUSE button to begin cooking.
- 3 When the Zone 2 time reaches 24 minutes, press START/PAUSE, remove basket from unit and shake curly fries. Reinsert basket and press START/PAUSE to resume cooking.
- 4 When the Zone 1 and Zone 2 times reach 14 minutes, press START/PAUSE, remove baskets from unit and shake. Reinsert baskets and press START/PAUSE 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.

BUFFALO TOFU WITH RANCH DIPPING SAUCE

PREP: 10 MINUTES | **TOTAL COOK TIME:** 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 the START/PAUSE button to begin cooking.
- 5 When the time reaches 15 minutes, press START/PAUSE and remove baskets from unit and shake tofu. Reinsert baskets and press START/PAUSE to resume cooking.
- 6 When the time reaches 5 minutes, press START/PAUSE and remove baskets from unit and shake tofu. Reinsert baskets and press START/PAUSE 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.

CUSTOMIZABLE WAFFLE FRIES

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

INGREDIENTS

2 bags (20 ounces each) frozen waffle fries
1 can (15 ounces) chili of choice
1 1/2 bags (12 ounces total) shredded cheddar cheese, divided
1/2 white onion, diced
1 Roma tomato, diced
1 cup sour cream, divided
1 cup cooked bacon pieces
1/4 cup green onion, thinly sliced

DIRECTIONS

- 1 Install a crisper plate in both baskets. Empty 1 bag of waffle fries into each basket, then insert baskets in unit.
- 2 Select Zone 1, select AIR FRY, set temperature to 400°F, and set time to 45 minutes. Select MATCH COOK to match Zone 2 settings with Zone 1. Press START/PAUSE to begin cooking.
- 3 When time reaches 30 minutes, select START/PAUSE to pause cooking, remove baskets from the unit and shake. Reinsert baskets and select START/PAUSE to resume cooking.
- 4 When time reaches 15 minutes, select START/PAUSE to pause cooking, remove Zone 1 basket from the unit, shake, and add chili. Reinsert basket and select START/PAUSE to resume cooking.
- 5 When time reaches 5 minutes, select START/PAUSE to pause cooking, remove Zone 2 basket from the unit and shake, then remove Zone 1. Equally distribute the cheese between both baskets. Reinsert baskets and select START/PAUSE to resume cooking.
- 6 When cooking is complete, transfer the fries from each zone to separate plates. Top fries from Zone 1 with diced onions and tomatoes. Then top fries from Zone 2 with bacon and green onions. Top both with sour cream and serve warm.

CHILI CHEESE DOG FLATBREADS WITH FRENCH FRIES

PREP: 10 MINUTES | **TOTAL COOK TIME:** 18 MINUTES | **MAKES:** 4 SERVINGS

INGREDIENTS

$\frac{2}{3}$ cup canned prepared chili, divided
2 pieces naan flatbread or prepared pizza crust
4 ounces shredded cheddar cheese, divided
4 hot dogs (2 ounces each), cut in 1-inch pieces, divided
1 pound frozen French fries
Ketchup, as desired
Mustard, as desired

DIRECTIONS

- 1 Spread half the chili evenly over one of the flatbreads. Then spread half of the cheddar cheese over the chili and top with half of the hot dog slices.
- 2 Repeat step 1 with remaining flatbread, chili, cheese, and hot dogs.
- 3 Place one flatbread into basket slightly folded and insert basket in unit. Install a crisper plate in the Zone 2 basket and place fries in the basket. Insert basket in unit.
- 4 Select Zone 1, select AIR BROIL and set time to 12 minutes. Next, select Zone 2, select AIR FRY, set temperature to 400°F and set time for 18 minutes. Select SMART FINISH. Press START/PAUSE to begin cooking.
- 5 When the Zone 2 time reaches 13 minutes, press START/PAUSE, remove basket from unit and shake fries. Reinsert baskets and press START/PAUSE to resume cooking.
- 6 When the Zone 1 time reaches 6 minutes, press START/PAUSE, remove flatbread from basket using a silicone spatula. Place the remaining flatbread in basket slightly folded, reinsert basket, and press START/PAUSE to resume cooking.
- 7 When cooking is complete, top flatbreads with ketchup and mustard as desired and serve with French fries.

HONEY GARLIC TOFU WITH SESAME GREEN BEANS

PREP: 10 MINUTES | **TOTAL COOK TIME:** 30 MINUTES | **MAKES:** 4 SERVINGS

INGREDIENTS

1 package (16 ounces) extra-firm tofu, packed in water, drained, patted dry, cut in 1-inch cubes
3 tablespoons cornstarch
 $\frac{1}{2}$ teaspoon paprika
 $\frac{1}{2}$ teaspoon garlic powder
 $\frac{1}{2}$ teaspoon onion powder
Nonstick cooking spray
1 pound green beans, trimmed, cleaned
1 small white onion, peeled, diced
2 tablespoons canola oil
Kosher salt, as desired
Ground black pepper, as desired
 $\frac{1}{4}$ cup soy sauce
 $\frac{1}{3}$ cup honey
2 teaspoons ginger, freshly ground
1 teaspoon chopped garlic
 $\frac{1}{4}$ teaspoon sesame oil, for garnish
1 tablespoon sesame seeds, for garnish

DIRECTIONS

- 1 In a large bowl, add tofu, cornstarch, paprika, garlic powder, and onion powder and toss until evenly coated. Then generously spray all sides of the tofu with nonstick cooking spray.
- 2 In a separate large bowl, add green beans, onions, canola oil, salt, and pepper and toss until evenly combined.
- 3 Install a crisper plate in both baskets. Place the tofu in a single layer in the Zone 1 basket and the green bean mixture in the Zone 2 basket. Insert both baskets in the unit.
- 4 Select Zone 1, select AIR FRY, set temperature to 390°F, and set time to 25 minutes.
- 5 Select Zone 2, select AIR FRY, set temperature to 400°F, and set time to 30 minutes. Select SMART FINISH. Press the START/PAUSE button to begin cooking.
- 6 In a large bowl, add the soy sauce, honey, ginger, and garlic and whisk until evenly combined.
- 7 When time reaches 15 minutes, select START/PAUSE to pause cooking. Remove each basket from the unit and shake. Reinsert baskets and select START/PAUSE to resume cooking.
- 8 When cooking is complete, toss tofu in prepared sauce. Sprinkle green beans with sesame oil and sesame seeds, then serve with honey garlic tofu.

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

PREP: 15 MINUTES | **TOTAL COOK TIME:** 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 the START/PAUSE button to begin cooking.
- 5 When the time reaches 5 minutes, press the START/PAUSE button to pause cooking. Remove baskets and flip roll-ups so the bottom sides are facing up. Reinsert basket and press START/PAUSE to resume cooking.
- 6 When cooking is complete, remove roll-ups from baskets and serve with more mustard or other desired condiments.

HONEY GARLIC MEATBALLS

PREP: 10 MINUTES | **TOTAL COOK TIME:** 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 the 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 to pause cooking. Remove baskets from unit and shake the meatballs. Reinsert baskets and press START/PAUSE to resume cooking.
- 5 When the time reaches 6 minutes, press the 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. Press the START/PAUSE button to resume cooking.
- 6 When cooking is complete, transfer meatballs to a bowl. Top with chopped parsley and serve.

SPICY ITALIAN SAUSAGE, BELL PEPPER, MUSHROOM & ONION SUBS

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

INGREDIENTS

1 medium onion, peeled, thinly sliced
1 small red bell pepper, thinly sliced, seeds removed
1 large green bell pepper, 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 the START/PAUSE button to begin cooking.
- 4 When the Zone 1 time reaches 10 minutes, press START/PAUSE, remove basket from unit and toss vegetables. Reinsert basket and press START/PAUSE to resume cooking.
- 5 When Zone 1 time reaches 10 minutes, press START/PAUSE to pause cooking. Remove basket from unit and toss vegetables again. Reinsert basket and press START/PAUSE 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.

EGGPLANT PARMESAN & GARLIC BREAD

PREP: 10 MINUTES | **TOTAL COOK TIME:** 20 MINUTES | **MAKES:** 2-3 SERVINGS

INGREDIENTS

1 cup all-purpose flour
3 eggs, beaten
1 cup panko bread crumbs
3 teaspoons kosher salt, divided
2 teaspoons ground black pepper, divided
1 small eggplant, peeled, cut in 4 1/2-inch slices
4 tablespoons unsalted butter, softened
2 teaspoons minced garlic
1 teaspoon garlic powder
1/3 loaf of Italian bread, sliced in half
1/2 cup marinara sauce
4 slices fresh mozzarella cheese

DIRECTIONS

- 1 Install a crisper plate in both the Zone 1 and 2 baskets. Install the broil rack in the Zone 1 basket.
- 2 Set out three plates or shallow bowls. Place the flour in one, beaten eggs in the second, and bread crumbs in the third. Stir 1 teaspoon salt and 1 teaspoon pepper into the flour. Stir 1 teaspoon salt and remaining 1 teaspoon pepper into the bread crumbs.
- 3 Dip each slice of eggplant into the flour, then the eggs, then the bread crumbs. Place the breaded slices on the Zone 1 broil rack.
- 4 In a small bowl, thoroughly combine the butter, minced garlic, garlic powder, and 1 teaspoon salt. Spread the garlic butter onto both slices of bread, then place the bread, butter side up, in the Zone 2 basket.
- 5 Select ZONE 1, select AIR FRY, set temperature to 390°F, and set time to 15 minutes. Select MATCH ZONE to match Zone 2 settings to Zone 1. Press START/PAUSE to begin cooking.
- 6 When cooking is complete, remove the Zone 1 basket from unit, top each slice of eggplant with 2 tablespoons marinara sauce and 1 slice mozzarella. Reinsert basket in unit. Select ZONE 1, select AIR BROIL, set temperature to 450°F, and set time to 5 minutes. Press START/PAUSE to begin cooking.
- 7 When cooking is complete, remove baskets from unit. Cut the garlic bread in strips and serve with eggplant.

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

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.

NOTE: When using your Foodi Smart Thermometer and Smart Finish, be sure to refer to page 8 for further instructions.

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	

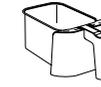
NOTE: For your own best results, start checking food for doneness 2 minutes before cook time ends. Stop cooking at any time if the desired level of crispiness has been achieved, but make sure any raw proteins have reached a food-safe temperature.

Air Fry Cooking Chart

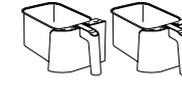
NOTE: Don't see the food you're looking for in the charts below? Find a similar food, and decrease cook time by 25%. For frozen foods, decrease the cook time on the packaging by 25%. For best results, check on food often, increasing cook time if necessary.

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.

INGREDIENT	AMOUNT PER ZONE	PREPARATION	TOSS IN OIL	TEMP		
VEGETABLES						
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	26-32 min
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	27-33 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	400°F	20-24 mins	28-32 mins
POULTRY						
Whole Chicken	5 lbs	Bone in	Brushed with oil	350°F	55-60 mins	75-90 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



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.

For best results, shake or toss often.

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

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

To resume cooking, press the button again.

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

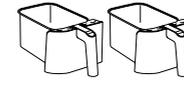
NOTE: Reference these charts to prepare large family meals or crowd-pleasing appetizers for entertaining. Once you get the hang of capacities and cook times, mix and match foods to dazzle your family and friends.

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.

INGREDIENT	AMOUNT PER ZONE	PREPARATION	TOSS IN OIL	TEMP		
FISH & SEAFOOD						
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
BEEF						
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
PORK						
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
FROZEN FOODS						
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	28-35 mins	38-42 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



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.

For best results, shake or toss often.

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

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

To resume cooking, press the button again.

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

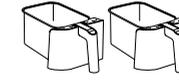
Toss with silicone-tipped tongs



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	
FRUITS & VEGETABLES			TIMES ARE THE SAME FOR BOTH ZONES
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
MEAT, POULTRY, FISH			
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

NINJA[®] Foodi[®] SMART XL 2-BASKET AIR FRYER

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