

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

NINJA
Foodi
2-BASKET AIR FRYER

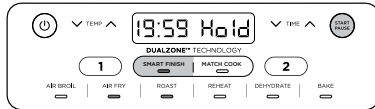
**QUICK
START
GUIDE**

**+ COOKING CHARTS
+ 30 IRRESISTIBLE RECIPES**

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

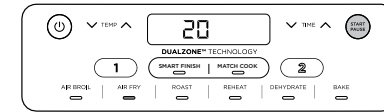
- Press START/PAUSE to begin cooking.



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.



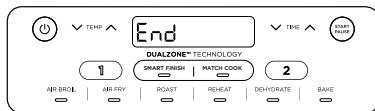
NOTE: In SMART FINISH mode, we recommend pressing the START/PAUSE button to pause both zones. Pausing only one zone will impact a synchronized finish time.

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:

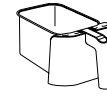
Single Zone & DualZone™ Technology Cooking Charts 8

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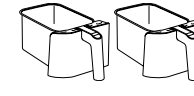
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Air Fry Cooking Chart

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.



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



DUALZONE
when cooking in both zones —
same or different foods.

INGREDIENT	AMOUNT PER ZONE	PREPARATION	TOSS IN OIL	TEMP		
VEGETABLES						
Asparagus	1 bunch	Whole, stems trimmed	2 tsp	390°F	8-12 mins	20-25 mins
Beets	6-7 small	Whole	None	390°F	30-35 mins	35-40 mins
Bell peppers (for roasting)	3 small peppers	Whole	None	390°F	10-15 mins	15-20 mins
Broccoli	1 head	Cut in 1-inch florets	1 Tbsp	390°F	8-10 mins	15-17 mins
Brussels sprouts	1 lb	Cut in half, stem removed	1 Tbsp	400°F	15-20 mins	20-25 mins
Butternut squash	1 1/2 lbs	Cut in 1-2-inch pieces	1 Tbsp	390°F	20-25 mins	35-40 mins
Carrots	1 lb	Peeled, cut in 1/2-inch pieces	1 Tbsp	390°F	13-16 mins	25-30 mins
Cauliflower	1 head	Cut in 1-inch florets	2 Tbsp	390°F	17-20 mins	20-25 mins
Corn on the cob	2 ears, cut in half	Husks removed	1 Tbsp	390°F	12-15 mins	18-20 mins
Green beans	1 bag (12 oz)	Trimmed	1 Tbsp	390°F	8-10 mins	10-15 mins
Kale (for chips)	5 cups, packed	Torn in pieces, stems removed	None	300°F	7-9 mins	15-20 mins
Mushrooms	8 oz	Rinsed, cut in quarters	1 Tbsp	390°F	7-9 mins	13-15 mins
Potatoes, russet	1 1/2 lbs	Cut in 1-inch wedges	1 Tbsp	400°F	20-22 mins	35-38 mins
	1 lb	Hand-cut fries*, thin	1/2-3 Tbsp, canola	400°F	20-24 mins	30-35 mins
	1 lb	Hand-cut fries*, thick	1/2-3 Tbsp, canola	400°F	19-24 mins	35-40 mins
Potatoes, sweet	3 whole (6-8 oz)	Pierced with fork 3 times	None	400°F	30-35 mins	37-40 mins
	1 1/2 lbs	Cut in 1-inch chunks	1 Tbsp	400°F	15-20 mins	30-35 mins
Potatoes, sweet	3 whole (6-8 oz)	Pierced with fork 3 times	None	400°F	36-42 mins	40-45 mins
	1 lb	Cut in quarters lengthwise, then cut in 1-inch pieces	1 Tbsp	390°F	15-18 mins	25-28 mins
POULTRY						
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	2 thighs (6-10 oz each)	Bone in	Brushed with oil	390°F	22-28 mins	26-29 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	43-47 mins
FISH & SEAFOOD						
Crab cakes	2 cakes (6-8 oz each)	None	Brushed with oil	390°F	5-10 mins	10-13 mins
Lobster tails	4 tails (3-4 oz each)	Whole	None	390°F	5-8 mins	15-18 mins
Salmon fillets	3 fillets (4 oz each)	None	Brushed with oil	400°F	7-12 mins	13-17 mins
Shrimp	1 lb	Whole, peeled, tails on	1 Tbsp	390°F	7-10 mins	10-13 mins

For best results, shake or toss often.

To pause both zones while using **SMART FINISH** 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 **START/PAUSE** 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

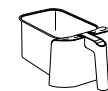


*After cutting potatoes, allow raw fries to soak in cold water for at least 30 minutes to remove unnecessary starch. Pat fries dry. The drier the fries, the better the results.

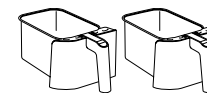
Air Fry Cooking Chart, continued

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.

INGREDIENT	AMOUNT PER ZONE	PREPARATION	TOSS IN OIL	TEMP		
BEEF						
Burgers	2 quarter-pound patties, 80% lean	1/2 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	14-18 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
	2 boneless chops (8 oz each)	Boneless	Brushed with oil	390°F	14-17 mins	17-20 mins
Pork tenderloins	1 lb	None	Brushed with oil	375°F	15-20 mins	25-30 mins
Sausages	5 sausages	None	None	390°F	7-10 mins	17-22 mins
FROZEN FOODS						
Chicken cutlets	3 cutlets	None	None	400°F	18-21 mins	20-25 mins
Chicken nuggets	1 box (12 oz)	None	None	390°F	10-13 mins	18-21 mins
Fish fillets	1 box (6 fillets)	None	None	390°F	14-16 mins	17-22 mins
Fish sticks	18 fish sticks (11 oz)	None	None	390°F	10-13 mins	16-19 mins
French fries	1 lb	None	None	400°F	18-22 mins	28-32 mins
French fries	2 lbs	None	None	400°F	32-36 mins	50-55 mins
Mozzarella sticks	1 box (11 oz)	None	None	375°F	8-10 mins	10-12 mins
Pot stickers	2 bags (10.5 oz)	None	1 Tbsp	390°F	12-14 mins	16-18 mins
Pizza rolls	1 bag (20 oz, 40 count)	None	None	390°F	12-15 mins	15-18 mins
Popcorn shrimp	1 box (14-16 oz)	None	None	390°F	9-11 mins	14-18 mins
Sweet potato fries	1 lb	None	None	390°F	20-22 mins	30-32 mins
Tater tots	1 lb	None	None	375°F	18-22 mins	25-27 mins
Onion Rings	10 oz	None	None	375°F	13-16 mins	18-22 mins



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



DUALZONE
when cooking in both zones —
same or different foods.

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

To pause both zones while using **SMART FINISH**, 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 **START/PAUSE** 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.

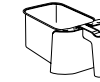


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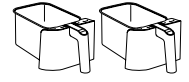
**Toss with
silicone-tipped
tongs**



Dehydrate Chart



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



DUALZONE
when cooking in both zones —
same or different foods.

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

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	2 crab cakes	Brush with melted butter	Air Fry	390°F 15 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	2-3 boneless pork chops (4 oz each)	1 Tbsp canola oil 1 Tbsp maple syrup	Roast	390°F 17-20 minutes
Cajun Russet Potatoes	4 medium potatoes, diced	2 Tbsp canola oil 2 Tbsp Cajun seasoning	Air Fry	400°F 30 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	1 lb green beans, ends trimmed	2 Tbsp canola oil 1/2 cup sliced almonds	Air Fry	390°F 15 minutes
Miso Glazed Salmon	3 salmon fillets (6 oz each)	2 Tbsp miso paste, 1 teaspoon canola oil Rub onto salmon	Air Fry	390°F 15 minutes
Honey Hazelnut Brussels Sprouts	1 lb Brussels sprouts, cut in half	2 Tbsp canola oil, 1/4 cup honey, 1/2 cup chopped hazelnuts	Air Fry	390°F 23 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	1 lb French fries	Season as desired	Air Fry	400°F 30 minutes

NOTE: For your own best results, start checking food for doneness 2 minutes before cook time is complete. 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.

TORTELLINI ALFREDO BAKE & ROASTED GARLIC BROCCOLI

PREP: 10 MINUTES | **TOTAL COOK TIME:** 15 MINUTES | **MAKES:** 4–6 SERVINGS

INGREDIENTS

1 head broccoli, cut in 1/2-inch florets
1 tablespoon olive oil
4 cloves garlic, peeled, minced
1 1/2 teaspoons kosher salt, divided
1 jar (15 ounces) alfredo sauce
3/4 cup water
3/4 teaspoon ground black pepper
1 pound frozen plain tortellini
1/3 cup panko bread crumbs
6 ounces shredded mozzarella cheese, divided
2 sprigs fresh basil, torn

DIRECTIONS

- 1 In a medium bowl, toss broccoli with olive oil, minced garlic, and 1 teaspoon salt.
- 2 In a separate bowl, whisk together alfredo sauce, water, 1/2 teaspoon salt, pepper, and half the mozzarella cheese.
- 3 Place tortellini and sauce in the Zone 1 basket (without a crisper plate installed). Sprinkle the panko bread crumbs and remaining mozzarella evenly over the top, then insert basket in unit. Install a crisper plate in the Zone 2 basket, then place broccoli in the basket and insert basket in unit.
- 4 Select Zone 1, select BAKE, set temperature to 350°F, and set time to 15 minutes. Select Zone 2, select ROAST, set temperature to 400°F, and set time to 15 minutes. Press the START/PAUSE button to begin cooking.
- 5 When the Zone 1 time reaches zero, check tortellini for doneness (they should be al dente). Gently transfer to a serving dish, keeping most of the bread crumbs and cheese on top. Garnish with torn basil leaves.
- 6 When the Zone 2 time reaches zero, transfer broccoli to a serving bowl and serve with tortellini.

SPICY ITALIAN SAUSAGE, BELL PEPPER & ONION SUBS

PREP: 10 MINUTES | **TOTAL COOK TIME:** 18 MINUTES | **MAKES:** 5 SERVINGS

INGREDIENTS

1/2 yellow onion, peeled, thinly sliced
1 red bell pepper, thinly sliced
1 green bell pepper, thinly sliced
1/2 teaspoon kosher salt
1/4 teaspoon ground black pepper
1 tablespoon canola oil
5 uncooked spicy Italian sausage links
5 sub rolls

DIRECTIONS

- 1 Toss together onions, bell peppers, salt, black pepper, and canola oil in a bowl.
- 2 Install a crisper plate in both baskets. Place sausages in the Zone 1 basket, then insert basket in unit. Place onion and bell peppers in the Zone 2 basket, then insert basket in unit.
- 3 Select Zone 1, select AIR FRY, set temperature to 390°F, and set time to 18 minutes. Select MATCH COOK to match Zone 2 settings to Zone 1. Press the START/PAUSE button to begin cooking.
- 4 When cooking is complete, remove baskets from unit. Divide the onion and bell peppers between the buns, then place sausages in buns and serve.

AIR FRYER DOUGHNUTS

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

INGREDIENTS

1 cup granulated sugar
2 tbsp 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. Select START/PAUSE to begin.
- 5 Once timer has finished, remove donuts from drawers.
- 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.

JERK-RUBBED PORK LOIN WITH PARSNIPS & SAGE

PREP: 10 MINUTES | **MARINATE:** 10 MINUTES-3 DAYS
TOTAL COOK TIME: 25 MINUTES | **MAKES:** 4 SERVINGS

INGREDIENTS

1 1/2 pounds pork loin
3 teaspoons canola oil, divided
2 tablespoons jerk seasoning
1 pound parsnips, peeled, cut in 1-inch pieces
1 tablespoon honey
1/2 teaspoon kosher salt
1/2 teaspoon fresh chopped sage

DIRECTIONS

- 1 Place pork loin in a pan or high-walled dish. Blot pork dry with a paper towel. Use your hands to rub 2 teaspoons canola oil evenly over pork. Then use your hands to rub the jerk seasoning evenly over it. Wrap pork loin in plastic wrap or seal in a plastic bag and allow to marinate for a minimum of 10 minutes or up to 3 days in the refrigerator.
- 2 In a medium bowl, toss parsnips with remaining canola oil and 1/2 teaspoon salt.
- 3 Install a crisper plate in both baskets. Place marinated pork loin in the Zone 1 basket, then insert basket in unit. Place parsnips in the Zone 2 basket, then insert basket in unit.
- 4 Select Zone 1, select AIR FRY, set temperature to 390°F, and set time to 25 minutes. Select Zone 2, select AIR FRY, set temperature to 390°F, and set time to 16 minutes. Select SMART FINISH. Press the START/PAUSE button to begin cooking.
- 5 When zones have finished cooking, check pork loin for doneness. Cooking is complete when the internal temperature of the loin reaches 145°F on an instant-read thermometer. Transfer pork loin to a plate or cutting board and let rest for at least 5 minutes.
- 6 Transfer parsnips to a bowl and combine with sage.
- 7 When resting is complete, cut pork loin into slices of your desired thickness and serve with parsnips.

CHILI CHEESE DOG FLATBREADS WITH FRENCH FRIES

PREP: 10 MINUTES | **TOTAL COOK TIME:** 28 MINUTES | **MAKES:** 4 SERVINGS

INGREDIENTS

2 pieces naan flatbread or prepared pizza crust, trimmed to fit on broil rack
 $\frac{2}{3}$ cup canned prepared chili, divided
4 slices American cheese, divided
4 hotdogs (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. Place two slices of cheese over the chili, then top with half of the hotdog slices.
- 2 Repeat step 1 with remaining flatbread, chili, cheese, and hotdogs.
- 3 Install the broil rack in the Zone 1 basket (without the crisper plate installed). Place one flatbread on the rack 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 28 minutes. Select SMART FINISH. Press START/PAUSE to begin cooking.
- 5 When 13 minutes remain on the Zone 2 timer, remove basket and shake fries. Reinsert basket to continue cooking.
- 6 When 6 minutes remain on the Zone 1 timer, press START/PAUSE, remove basket, then remove flatbread from rack using a silicone spatula. Place uncooked flatbread on rack, 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.

CHICKEN FRIED PORK WITH SWEET POTATO FRIES

PREP: 20 MINUTES | **TOTAL COOK TIME:** 31 MINUTES | **MAKES:** 2-4 SERVINGS

INGREDIENTS

1 cup all-purpose flour
1 teaspoon smoked paprika
1 teaspoon garlic powder
1 teaspoon kosher salt
1 teaspoon ground black pepper
2 large eggs
2-4 uncooked boneless pork chops, cut in half lengthwise, pounded $\frac{1}{2}$ inch thick
1 pound frozen sweet potato fries

DIRECTIONS

- 1 Place flour, paprika, garlic powder, salt, and pepper in a bowl and mix well.
- 2 Place eggs in a shallow bowl and whisk thoroughly for 60 seconds. Place seasoned flour in a second shallow bowl.
- 3 Working one at a time, dredge the pork chops in egg, then in seasoned flour, then again in egg, then again in flour. Set aside.
- 4 Install a crisper plate in both baskets. Place pork chops in the Zone 1 basket, then insert basket in unit. Place sweet potato fries in the Zone 2 basket, then insert basket in unit.
- 5 Select AIR FRY, set temperature to 400°F, and set time to 15 minutes. Select Zone 2, select AIR FRY, set temperature to 390°F, and set time to 31 minutes. Select SMART FINISH. Press the START/PAUSE button to begin cooking.
- 6 When the Zone 2 time reaches 10 minutes, press START/PAUSE and remove basket from unit and shake basket for 10 seconds. Reinsert basket and press START/PAUSE to continue cooking.
- 7 When the Zone 1 time reaches 7 minutes, press START/PAUSE and remove basket from unit and flip pork chops using silicone-tipped tongs. Reinsert basket and press START/PAUSE to continue cooking.
- 9 When cooking is complete, transfer pork chops to a plate. Serve with sweet potato fries.

SWEET POTATO SAUSAGE HASH

PREP: 20 MINUTES | **TOTAL COOK TIME:** 30 MINUTES | **MAKES:** 4 SERVINGS

INGREDIENTS

1 1/2 pounds sweet potatoes, peeled, diced into 1/2-inch pieces
1 tablespoon minced garlic
1 teaspoon kosher salt plus more, as desired
Ground black pepper, as desired
2 tablespoons canola oil
1 tablespoon dried sage
1 pound uncooked mild ground breakfast sausage
1/2 large onion, peeled, diced
1/2 teaspoon ground cinnamon
1 teaspoon chili powder
4 large eggs, poached or fried (optional)

DIRECTIONS

- 1** In a bowl, toss sweet potatoes with garlic, salt, pepper, and canola oil.
- 2** Install a crisper plate in the Zone 1 basket, then place potatoes in the basket 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 AIR FRY, set temperature to 400°F, and set time to 30 minutes. Select Zone 2, select ROAST, set temperature to 400°F, and set time to 20 minutes. Select SMART FINISH. Press the START/PAUSE button to begin cooking.
- 4** When the Zone 1 and Zone 2 times reach 10 minutes, press START/PAUSE and remove baskets from unit and shake for 10 seconds.
- 5** In Zone 1, stir in half the sage. In Zone 2, add onion and stir to combine. Once complete, press START/PAUSE and reinsert baskets to continue cooking.
- 6** When cooking is complete, remove both baskets from the unit and add potatoes to the sausage mixture. Add cinnamon, sage, chili powder, and salt as desired and mix thoroughly.
- 7** When cooking is complete, stir hash, then serve immediately with a poached or fried egg on top, if desired.

CHICKEN TENDERS & CURLY FRIES

PREP: 5 MINUTES | **TOTAL COOK TIME:** 30 MINUTES | **MAKES:** 4 SERVINGS

INGREDIENTS

1 pound frozen chicken tenders
1 pound frozen curly French fries
Dipping sauces of your choice

DIRECTIONS

- 1** Install a crisper plate in both baskets. Place chicken tenders in the Zone 1 basket, then insert basket in unit. Place curly French fries in the Zone 2 basket, then insert basket in unit.
- 2** Select Zone 1, select AIR FRY, set temperature to 390°F, and set time to 22 minutes. 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.
- 3** When the Zone 1 and 2 times reach 8 minutes, press START/PAUSE to pause the unit. Remove the baskets from unit and shake for 10 seconds. Reinsert baskets in unit and press START/PAUSE to resume cooking.
- 4** When cooking is complete, serve immediately with your favorite dipping sauces.

MAPLE-GLAZED TURKEY BREASTS & GREEN BEAN CASSEROLE

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

INGREDIENTS

TURKEY

2 tablespoons pure maple syrup, warmed
1 tablespoon canola oil
2 teaspoons chili powder
½ tablespoon smoked paprika
1 teaspoon kosher salt
½ teaspoon ground black pepper
1 uncooked split turkey breast (2 pounds), fat trimmed, bone removed

GREEN BEAN CASSEROLE

1 bag (16 oz) French-style frozen green beans
1 can (10.5 ounces) cream of mushroom soup
½ cup milk
½ teaspoon ground black pepper
1 teaspoon kosher salt
1 cup store-bought crispy fried onions, divided

DIRECTIONS

- 1 In a bowl, stir together the maple syrup and all turkey breast seasonings. Toss turkey breasts in the mixture.
- 2 In a separate bowl, whisk together the mushroom soup, milk, salt, and pepper for the green bean casserole. Add green beans and ½ cup fried onions and toss together.
- 3 Install a crisper plate in the Zone 1 basket, then place turkey breasts in the basket and insert basket in unit. Place green bean mixture in the Zone 2 basket (without a crisper plate installed), then insert basket in unit.
- 4 Select Zone 1, select AIR FRY, set temperature to 360°F, and set time to 40 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.
- 5 When the Zone 1 and Zone 2 times reach 5 minutes, remove Zone 1 basket from unit and flip turkey breasts using silicone-tipped tongs. Reinsert basket to continue cooking. Remove Zone 2 basket from unit and stir green bean mixture then cover the top with remaining onions. Reinsert basket to continue cooking.
- 6 When the Zone 1 time reaches zero, check turkey breasts for doneness. Cooking is complete when their internal temperature reaches at least 165°F on an instant-read thermometer. Serve green bean casserole with the turkey breasts.

GARLIC SHRIMP & BLISTERED ROSEMARY TOMATOES

PREP: 10 MINUTES | **TOTAL COOK TIME:** 11 MINUTES | **MAKES:** 2-4 SERVINGS

INGREDIENTS

1 pound uncooked large shrimp, peeled, deveined
10 cloves garlic, peeled, finely chopped
2 teaspoons dried thyme
½ tablespoon chili powder
2 tablespoons canola oil
Kosher salt, as desired
Ground black pepper, as desired
2 pints cherry tomatoes
1 tablespoon dried rosemary

DIRECTIONS

- 1 In a bowl, toss shrimp with garlic, thyme, chili powder, 1 tablespoon canola oil, salt, and pepper.
- 2 In a separate bowl, toss tomatoes with remaining oil, rosemary, salt, and pepper.
- 3 Install a crisper plate in both baskets. Place shrimp in the Zone 1 basket, then insert basket in unit. Place tomatoes in the Zone 2 basket, then insert basket in unit.
- 4 Select Zone 1, select AIR FRY, set temperature to 390°F, and set time to 11 minutes. Select Select MATCH COOK to match Zone 2 settings to Zone 1. Press the START/PAUSE button to begin cooking.
- 5 When the Zone 1 and Zone 2 times reach 5 minutes, press START/PAUSE to pause the unit. Remove the baskets from unit and shake for 10 seconds. Reinsert baskets in unit and press START/PAUSE to resume cooking.
- 6 When cooking is complete, serve immediately over salad greens or toasted bread.

ROASTED SALMON & PARMESAN ASPARAGUS

PREP: 10 MINUTES | **TOTAL COOK TIME:** 17 MINUTES | **MAKES:** 2-4 SERVINGS

INGREDIENTS

2 tablespoons Montreal Steak Seasoning
3 tablespoons brown sugar
3 uncooked salmon fillets (6 ounces each)
2 tablespoons canola oil, divided
1 pound asparagus, ends trimmed
Kosher salt, as desired
Ground black pepper, as desired
¼ 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 sugar mixture. Set aside.
- 3 In a 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 ROAST, set temperature to 390°F, and set time to 17 minutes. Select MATCH COOK to match Zone 2 settings to Zone 1. Press the START/PAUSE button to begin cooking.
- 6 When the Zone 2 time reaches 7 minutes, remove basket from unit and flip asparagus using silicone-tipped tongs. Reinsert basket to continue cooking.
- 7 When the Zone 2 time reaches 2 minutes, remove basket from unit and 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 a serving plate. Sprinkle the remaining Parmesan cheese over the asparagus and serve.

CHEESY SPINACH STUFFED MUSHROOMS & VEGETABLE MEDLEY

PREP: 20 MINUTES | **TOTAL COOK TIME:** 27 MINUTES | **MAKES:** 4 SERVINGS

INGREDIENTS

MUSHROOMS

1 (12 oz) bag frozen chopped spinach, defrosted
¼ cup cream cheese
¼ cup shredded parmesan cheese
½ cup shredded mozzarella cheese, divided
1 tablespoon minced garlic
½ teaspoon kosher salt
½ teaspoon ground black pepper
2 large portobello mushrooms, cleaned, stems removed

VEGETABLE MEDLEY

1 zucchini, diced in ½ inch pieces
1 red bell pepper, diced in ½ inch pieces
1 onion, sliced in wedges and petals separated
2 tablespoons canola oil
1 tablespoon dried thyme
Kosher salt and ground black pepper, as desired

DIRECTIONS

- 1 Wrap spinach in a cotton towel or paper towels and squeeze out excess liquid.
- 2 In a bowl, mix together cream cheese, parmesan cheese, ¼ cup mozzarella cheese, garlic salt, and pepper. Add spinach and mix well.
- 3 Fill the mushrooms with the spinach and cheese mixture.
- 4 In a separate bowl, combine all vegetable medley ingredients and toss well.
- 5 Install a crisper plate in both baskets. Place prepared mushrooms in the Zone 1 basket, then insert basket in unit. Place vegetables in the Zone 2 basket, then insert basket in unit.
- 6 Select Zone 1, select ROAST, set temperature to 360°F, and set time to 15 minutes. Select Zone 2, select AIR FRY, set temperature to 360°F, and set time to 27 minutes. Select SMART FINISH. Press the START/PAUSE button to begin cooking.
- 7 When the Zone 1 and Zone 2 times reach 10 minutes, press START/PAUSE to pause the unit. Remove the Zone 2 basket from unit and shake for 10 seconds. Reinsert basket in unit and press START/PAUSE to resume cooking.
- 8 When cooking is complete, serve immediately.

SWEET & SOUR TOFU WITH ASIAN-STYLE VEGETABLES

PREP: 15 MINUTES | **TOTAL COOK TIME:** 25 MINUTES
MAKES: 4 SERVINGS

INGREDIENTS

1 container (14 ounces) firm tofu, cut in 1/2-inch cubes
3 tablespoons canola oil, divided
1 teaspoon Kosher salt, plus more as desired
1 bag (16 ounces) frozen Asian mixed vegetables
1/2 cup store-bought sweet & sour sauce
1 teaspoon garlic powder
Ground black pepper, as desired

DIRECTIONS

- 1 In a bowl, toss tofu with 1 tablespoon canola oil and 1 teaspoon kosher salt. In a separate bowl toss frozen vegetables with the remaining 2 tablespoons of canola oil.
- 2 Install a crisper plate in both baskets. Place tofu in the Zone 1 basket, then insert basket in unit. Place frozen vegetables in the Zone 2 basket, then insert basket in unit.
- 3 Select Zone 1, select AIR FRY, set temperature to 400°F, and set time to 20 minutes. Select Zone 2, select ROAST, set temperature to 400°F, and set time to 25 minutes. Select SMART FINISH. Press the START/PAUSE button to begin cooking.
- 4 When the Zone 1 time has 10 minutes remaining, remove both baskets from unit and shake each basket for 10 seconds. Reinsert baskets to continue cooking.
- 5 When the Zone 2 time reaches 5 minutes, remove basket from unit and shake basket for 10 seconds. Reinsert basket to continue cooking.
- 6 When cooking is complete, transfer tofu to a bowl and toss with sweet & sour sauce until coated. Transfer vegetables to another bowl and toss with garlic powder, salt, and pepper. Serve immediately.

COCONUT-LIME COD WITH GREEN PEPPER CAULIFLOWER RICE

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

INGREDIENTS

1 can (13.5 ounces) unsweetened coconut milk
1 1/2 teaspoons lime juice
4 cod fillets (4 ounces each)
3 teaspoons kosher salt, divided
1/2 white onion, peeled, diced
1/2 teaspoon garlic powder
4 teaspoons canola oil, divided
10 ounces cauliflower rice
1/2 green bell pepper, chopped
1/2 cup fresh cilantro, stems removed, for garnish

DIRECTIONS

- 1 Install a crisper plate in the Zone 1 basket. In a medium bowl, combine coconut milk and lime juice. Season each fillet with 1/2 teaspoon salt, then place them in coconut milk mixture and marinate for 20 minutes. After fillets have marinated, place them in the Zone 1 basket.
- 2 In a small bowl, gently toss diced onion and garlic powder with 1 teaspoon canola oil and place in the Zone 2 basket (with no crisper plate installed).
- 3 Select Zone 1, select AIR FRY set temperature to 375°F, and set time to 20 minutes. Select Zone 2, select ROAST, set temperature to 325°F, and set time to 16 minutes. Select SMART FINISH. Press the START/PAUSE button to begin cooking.
- 4 In a separate medium bowl, gently toss cauliflower rice, bell pepper, remaining salt, and remaining canola oil.
- 5 When the Zone 2 time reaches 10 minutes, remove basket from unit and add cauliflower rice mixture to the onion and stir to combine. Reinsert basket to continue cooking.
- 6 When cooking is complete, serve cauliflower rice in a bowl, gently placing cod fillets on top. Garnish with fresh cilantro, if desired.

BACON-WRAPPED PORK CHOPS WITH QUINOA

PREP: 10 MINUTES | **TOTAL COOK TIME:** 35 MINUTES | **MAKES:** 4 SERVINGS

INGREDIENTS

4 boneless pork chops (4-6 ounces each)
4 teaspoons kosher salt
4 teaspoons ground black pepper
8 slices uncooked bacon
1 cup quinoa
1 1/2 cups chicken stock
1 clove garlic, peeled, minced
1 bunch scallions, sliced

DIRECTIONS

- 1 Season all sides of the pork chops with salt and pepper, then wrap each one with two strips of bacon.
- 2 Install a crisper plate in the Zone 1 basket, then place chops in the basket and insert basket in unit.
- 3 With no crisper plate installed, place quinoa, stock, garlic, and scallions in the Zone 2 basket and stir to combine.
- 4 Select Zone 1, select AIR FRY, set temperature to 390°F, and set time to 25 minutes. Select Zone 2, select BAKE, set temperature to 400°F and set time for 35 minutes. Select SMART FINISH. Press the START/PAUSE button to begin cooking.
- 5 When the Zone 1 time reaches 10 minutes, remove basket from unit and flip chops using silicone-tipped tongs. Reinsert basket to continue cooking.
- 6 When cooking is complete, serve pork chops with quinoa.

BACON RANCH CHICKEN & ROASTED RED POTATOES

PREP: 10 MINUTES | **TOTAL COOK TIME:** 30 MINUTES | **MAKES:** 2-4 SERVINGS

INGREDIENTS

4 uncooked boneless, skinless chicken thighs
1 packet (1 ounce) ranch seasoning
3 tablespoons canola oil, divided
1 pound baby red potatoes, cut in half
2 teaspoons garlic powder
1 teaspoon onion powder
1 teaspoon kosher salt
1/2 teaspoon ground black pepper
2 strips of bacon, each cut in half
4 slices cheddar cheese
2 tablespoons ranch dressing

DIRECTIONS

- 1 In a medium bowl, toss the chicken with the ranch seasoning and 1 tablespoon oil.
- 2 In another bowl, toss the potatoes with the remaining 2 tablespoons oil, garlic powder, onion powder, salt, and pepper.
- 3 Install a crisper plate in both the Zone 1 and 2 baskets. Place the chicken on the Zone 1 crisper plate. Place the multi-layer rack over the chicken, then place 4 half strips of bacon on the rack. Place the potatoes in the Zone 2 basket. Install both baskets in the unit.
- 4 Select ZONE 1, select ROAST, set temperature to 375°F, and set time to 18 minutes. Select ZONE 2, AIR FRY, set temperature to 400°F, set time to 30 minutes. Select SMART FINISH. Press START/PAUSE to begin cooking.
- 5 When the Zone 2 time reaches 20 minutes, press START/PAUSE and remove basket from unit. Shake basket for 10 seconds, then reinsert in unit and press START/PAUSE to continue cooking. Repeat when the Zone 2 time reaches 10 minutes.
- 6 When Zone 1 time reaches 2 minutes, press START/PAUSE and remove basket from unit. Remove bacon from the rack and drain on a paper towel. Remove the rack, place a strip of bacon on each piece of chicken, and place a slice of cheese on top. Reinsert basket in unit and press START/PAUSE to continue cooking.
- 7 When cooking is complete, remove baskets from unit. Serve chicken with roasted potatoes.

ALMOND-CRUSTED SALMON & DIJON ROASTED VEGETABLES

PREP: 10 MINUTES | **TOTAL COOK TIME:** 30 MINUTES | **MAKES:** 3 SERVINGS

INGREDIENTS

1 pound baby potatoes, cut in half
6 ounces green beans, cut in thirds, ends trimmed
½ large red onion, diced
2 tablespoons canola oil, divided
2 tablespoons Dijon mustard
½ teaspoon garlic powder
Kosher salt, as desired
Ground black pepper, as desired
3 uncooked salmon fillets (5–6 ounces each), skin on
¼ cup slivered almonds
¼ cup panko breadcrumbs
1 ½ tablespoons chopped fresh parsley

DIRECTIONS

- 1 In a medium bowl, toss the potatoes, green beans, and onion with 1 tablespoon oil, Dijon mustard, garlic powder, salt, and pepper.
- 2 Use a food processor to pulse the almonds into small pieces. Add the bread crumbs and salt, as desired, and pulse twice. Transfer mixture to a bowl and mix in the parsley and remaining oil. Make a slit on the top of each fillet and place 2 tablespoons of the bread crumb mixture into each slit, press mixture down lightly.
- 3 Install a crisper plate in both the Zone 1 and 2 baskets. Install the broil rack in the Zone 1 basket and place the salmon fillets horizontally on the rack. Place the vegetables in the Zone 2 basket. Install both baskets in the unit.
- 4 Select ZONE 1, select AIR BROIL, and set time to 15 minutes. Select ZONE 2, select ROAST, set temperature to 400°F, and set time to 30 minutes. Select SMART FINISH. Press START/PAUSE to begin cooking.
- 5 When the Zone 2 time reaches 20 minutes, press START/PAUSE and remove basket from unit. Shake basket for 10 seconds, then reinsert in unit and press START/PAUSE to continue cooking. Repeat when the Zone 2 time reaches 10 minutes.
- 6 When cooking is complete, remove food from baskets and serve.

BBQ BEEF SLIDERS & SAGE ROASTED CARROTS

PREP: 10 MINUTES | **TOTAL COOK TIME:** 20 MINUTES | **MAKES:** 2–4 SERVINGS

INGREDIENTS

½ pound uncooked ground beef
4 tablespoons BBQ sauce
1 teaspoon BBQ seasoning
1 teaspoon minced garlic
½ teaspoon onion powder
Kosher salt, as desired
Ground black pepper, as desired
6 carrots, peeled, sliced ¼-inch thick on a bias
1 tablespoon canola oil
2 tablespoons chopped fresh sage
2 slices cheddar cheese, each cut in 4 pieces
4 slider-size hamburger rolls

DIRECTIONS

- 1 In a medium bowl, toss the chicken with the In a medium bowl, mix ground beef, BBQ sauce, BBQ seasoning, garlic, onion powder, salt, and pepper until thoroughly combined. Use a ¼ cup measuring cup to scoop beef mixture into 4 balls. Shape balls into patties.
- 2 In another bowl, toss carrots with oil, sage, salt, and pepper.
- 3 Install a crisper plate in both the Zone 1 and 2 baskets. Install the broil rack in Zone 1 and place patties on the rack. Place the carrots in the Zone 2 basket. Install both baskets in the unit.
- 4 Select ZONE 1, select AIR BROIL, set temperature to 450°F, and set time to 10 minutes. Select ZONE 2, select ROAST, set temperature to 375°F, and set time to 20 minutes. Select SMART FINISH. Press START/PAUSE to begin cooking.
- 5 When the Zone 2 time reaches 10 minutes, press START/PAUSE and remove basket from unit. Shake basket for 10 seconds, then reinsert in the unit and press START/PAUSE to continue cooking.
- 6 When the time on Zone 1 reaches 2 minutes, press START/PAUSE and remove basket from unit. Place 2 pieces of cheese on each patty. Reinsert basket in unit and press START/PAUSE to continue cooking.
- 7 When cooking is complete, remove food from baskets, place sliders on buns, and serve with carrots.

BEEF FAJITAS

PREP: 10 MINUTES | **TOTAL COOK TIME:** 20 MINUTES | **MAKES:** 2-4 SERVINGS

INGREDIENTS

1 pound uncooked stir-fry beef strips or beef cut in 1/2-inch strips
4 tablespoons canola oil, divided
1 packet (1 ounce) fajita seasoning, divided
2 bell peppers, cut into 1/4-inch strips
1 large yellow onion, peeled, sliced
Flour tortillas, for serving

TOPPINGS (OPTIONAL)

Shredded cheese
Sour cream
Guacamole
Pico de gallo

DIRECTIONS

- 1 In a medium bowl, toss the beef strips with 2 tablespoons oil and half the fajita seasoning.
- 2 In another bowl, toss the peppers and onions with the remaining 2 tablespoons oil and remaining fajita seasoning.
- 3 Install a crisper plate in both the Zone 1 and 2 baskets. Place half the beef on the Zone 1 crisper plate. Place the multi-layer rack over the beef, then place the rest of the beef on the rack. Place the peppers and onions in the Zone 2 basket. Install both baskets in the unit.
- 4 Select ZONE 1, select ROAST, set temperature to 375°F, and set time to 20 minutes. Select ZONE 2, select AIR FRY, set temperature to 390°F, set time to 15 minutes. Select SMART FINISH. Press START/PAUSE to begin cooking.
- 5 When the Zone 2 time reaches 7 minutes, press START/PAUSE and remove basket from unit. Shake basket for 10 seconds, then reinsert basket in unit and press START/PAUSE to continue cooking.
- 6 When cooking is complete, Transfer beef and peppers and onions to a serving plate. Serve with flour tortillas and the toppings of your choice (shredded cheese, sour cream, guacamole, pico de gallo, etc.).

BUFFALO CHICKEN TOTCHOS

PREP: 10 MINUTES | **TOTAL COOK TIME:** 30 MINUTES | **MAKES:** 2-4 SERVINGS

INGREDIENTS

1 pound uncooked chicken breasts, cut in 1-inch pieces
3/4 cup buffalo sauce
Kosher salt, as desired
Ground black pepper, as desired
1 pound frozen tater tots
1/4 cup shredded mozzarella cheese
2 tablespoons blue cheese crumbles
2 tablespoons sliced scallions
1/4 cup blue cheese or ranch dressing (optional)

DIRECTIONS

- 1 In a medium bowl, toss the chicken with the buffalo sauce, salt, and pepper.
- 2 Install a crisper plate in both the Zone 1 and 2 baskets. Spread half the chicken on the Zone 1 crisper plate. Place the multi-layer rack over the chicken, then spread the rest of the chicken on the rack. Place the tater tots in the Zone 2 basket. Install both baskets in the unit.
- 3 Select ZONE 1, select ROAST, set temperature to 400°F and set time to 30 minutes. Select ZONE 2, select AIR FRY, set temperature to 400°F, set time to 20 minutes. Select SMART FINISH. Press START/PAUSE to begin cooking.
- 4 When the Zone 2 time reaches 10 minutes, press START/PAUSE and remove basket from unit. Shake basket for 10 seconds, then reinsert in unit and press START/PAUSE to continue cooking.
- 5 When cooking is complete, remove baskets from unit. Place tots on a serving plate and top with mozzarella cheese, then the chicken, blue cheese crumbles, and scallions. If desired, serve with blue cheese or ranch dressing either drizzled on top or on the side.

PHILLY STEAK & CHEESE KEBABS

PREP: 10 MINUTES | **TOTAL COOK TIME:** 15 MINUTES | **MAKES:** 4 SERVINGS

INGREDIENTS

1 New York strip steak,
cut in 1-inch cubes
1 bell pepper, cut in 1-inch pieces
½ yellow onion, peeled,
cut in 1-inch pieces
1 tablespoon canola oil
1 teaspoon garlic powder
1 teaspoon kosher salt
½ teaspoon ground
black pepper
4 slices Swiss cheese,
each cut in half
4 sub rolls, sliced, for serving
(optional)

DIRECTIONS

- 1** In a medium bowl, toss steak, peppers, and onion with the canola oil, garlic powder, salt, and pepper.
- 2** Thread the steak and vegetables onto skewers, alternating each ingredient.
- 3** Install a crisper plate in both the Zone 1 and 2 baskets. Lay 2 or 3 skewers on each crisper plate.
- 4** Select ZONE 1, select ROAST, set temperature to 375°F, and set time to 15 minutes. Select MATCH ZONE to match Zone 2 settings to Zone 1. Press START/PAUSE to begin cooking.
- 5** When the time reaches 7 minutes, press START/PAUSE, remove basket from unit, and use silicone-tipped tongs to turn the skewers. Reinsert baskets in unit and press START/PAUSE to continue cooking.

CHICKEN CAESAR KEBABS

PREP: 10 MINUTES | **TOTAL COOK TIME:** 15 MINUTES | **MAKES:** 4 SERVINGS

INGREDIENTS

4 uncooked boneless, skinless
chicken thighs, cut in 1-inch cubes
½ pint cherry tomatoes
⅓ loaf Italian bread,
cut in 1-inch cubes
3 tablespoons Caesar dressing,
divided
2 tablespoons grated Parmesan
cheese, divided
1 teaspoon kosher salt
½ teaspoon ground black pepper
4 romaine lettuce leaves, washed

DIRECTIONS

- 1** In a medium bowl, toss the chicken, cherry tomatoes, and bread with 1 ½ tablespoons Caesar dressing, 1 tablespoon grated Parmesan, salt, and pepper.
- 2** Thread the chicken, cherry tomatoes, and bread onto skewers, alternating each ingredient.
- 3** Install a crisper plate in both the Zone 1 and 2 baskets. Lay 2 or 3 skewers on each crisper plate.
- 4** Select ZONE 1, select ROAST, set temperature to 400°F, and set time to 15 minutes. Select MATCH COOK to match Zone 2 settings to Zone 1. Press START/PAUSE to begin cooking.
- 5** When the time reaches 7 minutes, press START/PAUSE, remove baskets from unit, and use silicone-tipped tongs to turn the skewers. Reinsert baskets in unit and press START/PAUSE to continue cooking.
- 6** When cooking is complete, remove baskets from unit. Serve skewers on top of the romaine lettuce, drizzled with remaining Caesar dressing.

PESTO SHRIMP KEBABS

PREP: 10 MINUTES | **TOTAL COOK TIME:** 13 MINUTES | **MAKES:** 5 SERVINGS

INGREDIENTS

1/2 pound uncooked jumbo shrimp, peeled and deveined
1 tablespoon prepared pesto sauce
1/2 pint cherry tomatoes
1 small zucchini, cut in half lengthwise, then cut in 1-inch pieces
2 tablespoons canola oil
1 teaspoon kosher salt
1/2 teaspoon ground black pepper

DIRECTIONS

- 1** In a medium bowl, toss the shrimp with the pesto.
- 2** In another bowl, toss the cherry tomatoes and zucchini with the oil, salt, and pepper.
- 3** Thread the shrimp and vegetables onto skewers, alternating each ingredient.
- 4** Install a crisper plate in both the Zone 1 and 2 baskets. Lay 2 or 3 skewers on each crisper plate.
- 5** Select ZONE 1, select ROAST, set temperature to 400°F, and set time to 13 minutes. Select MATCH ZONE to match Zone 2 settings to Zone 1. Press START/PAUSE to begin cooking.
- 6** When cooking is complete, remove baskets from unit. Remove skewers from baskets and serve.

MEDITERRANEAN VEGETABLE KEBABS

PREP: 5 MINUTES | **TOTAL COOK TIME:** 15 MINUTES | **MAKES:** 4 SERVINGS

INGREDIENTS

1/2 zucchini, cut in half lengthwise, then cut in 1/2-inch pieces
1/2 yellow squash, cut in half lengthwise, then cut in 1/2-inch pieces
1/2 red onion, peeled, cut in 1-inch pieces
1/2 pint cherry tomatoes
4 ounces baby bella mushrooms, cleaned, stems removed
2 tablespoons canola oil
1 tablespoon dried oregano
2 tablespoons lemon juice
1 teaspoon kosher salt
1/2 teaspoon ground black pepper

DIRECTIONS

- 1** In a medium bowl, toss all vegetables with the canola oil, oregano, lemon juice, salt, and pepper.
- 2** Thread the vegetables onto skewers, alternating each ingredient.
- 3** Install a crisper plate in both the Zone 1 and 2 baskets. Lay 2 or 3 skewers on each crisper plate.
- 4** 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.
- 5** When the time reaches 7 minutes, press START/PAUSE, remove baskets from unit, and use silicone-tipped tongs to turn the skewers. Reinsert baskets in unit and press START/PAUSE to continue cooking.
- 6** When cooking is complete, remove baskets from unit. Remove skewers from baskets and serve.

FRUITY DESSERT KEBABS

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

INGREDIENTS

10 whole strawberries, hulled
10 large marshmallows
½ loaf pound cake,
cut in 1-inch cubes
¼ cup chocolate sauce,
for serving (optional)

DIRECTIONS

- 1 Thread the strawberries, marshmallows, and pound cake cubes onto skewers, alternating each ingredient.
- 2 Install a crisper plate in both the Zone 1 and 2 baskets. Lay 2 or 3 skewers on each crisper plate.
- 3 Select ZONE 1, AIR FRY, set temperature to 400°F, and set time to 10 minutes. Select MATCH ZONE to match Zone 2 settings to Zone 1. Press START/PAUSE to begin cooking.
- 4 When the time reaches 5 minutes, press START/PAUSE, remove basket from unit, and use silicone-tipped tongs to turn the skewers. Reinsert baskets in unit and press START/PAUSE to continue cooking.
- 5 When cooking is complete, remove baskets from unit. Transfer skewers to a serving plate. Drizzle with chocolate sauce, if desired, and serve.

BEEF JERKY

PREP: 10 MINUTES | **MARINATE** 8 HOURS
TOTAL COOK TIME: 8 HOURS | **MAKES:** 2-4 SERVINGS

INGREDIENTS

½ cup soy sauce
4 tablespoons Worcestershire sauce
2 tablespoon maple syrup
4 tablespoons dark brown sugar
3 teaspoons kosher salt
2 teaspoons ground black pepper
2 teaspoons garlic powder
2 teaspoons onion powder
2 teaspoons paprika
3 pounds (48 ounces) uncooked beef eye of round, cut in ¼-inch slices

DIRECTIONS

- 1 To prepare the marinade, whisk together all ingredients, except the beef. Place marinade in a large resealable plastic bag.
- 2 Place sliced beef in the bag with the marinade and rub to coat. Marinate in refrigerator for at least 8 hours or overnight. Strain meat; discard excess liquid.
- 3 Install a crisper plate in both the Zone 1 and 2 baskets. Place 1/3 of the beef on the crisping plate of Zone 1. Place the multi-layer rack over the beef, then place another 1/3 of the beef on the rack. Place the remaining beef onto the crisping plate of Zone 2.
- 4 Select ZONE 1, select DEHYDRATE, set temperature to 150°F, and set time to 5 hours. Select MATCH COOK to match Zone 2 settings to Zone 1. Press the START/PAUSE button to begin dehydrating.
- 5 Jerky will be soft and pliable after 5 hours. Continue dehydrating up to 7 hours if you prefer a crispier texture. When dehydrating is complete, remove baskets from unit and transfer jerky to a plate to cool. Once cooled, enjoy, or transfer to an airtight container.

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 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 sides 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.

CHICKEN SALTIMBOCCA & GARLICKY BROCCOLI

PREP: 10 MINUTES | **TOTAL COOK TIME:** 25 MINUTES | **MAKES:** 2-3 SERVINGS

INGREDIENTS

1 pound broccoli florets
2 tablespoons canola oil, divided
2 tablespoons minced garlic
Kosher salt, as desired
Ground black pepper, as desired
3 uncooked thin-cut chicken cutlets (5 ounces each)
3 slices provolone cheese
3-6 fresh sage leaves (depending on size)
6 slices prosciutto

DIRECTIONS

- 1 In a medium bowl, toss the broccoli with 1 tablespoon oil, garlic, salt, and pepper.
- 2 In another bowl, toss the chicken cutlets with the remaining oil, salt, and pepper.
- 3 Install a crisper plate in both the Zone 1 and 2 baskets. Install the broil rack in the Zone 1 basket and place chicken cutlets horizontally on the rack. Place the broccoli in the Zone 2 basket. Install both baskets in the unit.
- 4 Select Zone 1, select ROAST, set temperature to 375°F, and set time to 20 minutes. Select MATCH COOK to match Zone 2 settings to Zone 1. Press START/PAUSE to begin cooking.
- 5 When the Zone 2 time reaches 10 minutes, press START/PAUSE and remove basket from unit. Shake basket for 10 seconds, then reinsert in unit and press START/PAUSE to continue cooking.
- 6 When cooking is complete, remove the Zone 1 basket from unit, top each piece of chicken with 2 slices of prosciutto, 1 or 2 sage leaves, then 1 slice of provolone cheese. Reinsert basket in unit. Select ZONE 1, select AIR BROIL, set temperature to 450°F, set time to 5 minutes. Press START/PAUSE to begin cooking.
- 7 When cooking is complete, serve chicken with broccoli.

OPEN-FACED TUNA MELT & FRENCH FRIES

PREP: 5 MINUTES | **TOTAL COOK TIME:** 15 MINUTES | **MAKES:** 2 SERVINGS

INGREDIENTS

2 teaspoons Dijon mustard
2 slices white sandwich bread
4 slices cheddar cheese
2 slices fresh tomato
1/2 cup prepared tuna salad
4 slices red onion
8 ounces frozen French fries

DIRECTIONS

- 1 Spread 1 teaspoon Dijon mustard on each slice of bread. Then top each slice with 1 slice cheese, 1 slice tomato, 1/4 cup tuna salad, 2 slices red onion, and another slice of cheese.
- 2 Install a crisper plate in both the Zone 1 and 2 baskets. Install the broil rack in the Zone 1 basket and place the open-faced sandwiches on the rack. Place the French fries in the Zone 2 basket. Install both baskets in the unit.
- 3 Select ZONE 1, select AIR BROIL, set temperature to 450°F, and set time to 10 minutes. Select ZONE 2, select AIR FRY, set temperature to 390°F, and set time to 15 minutes. Select SMART FINISH. Press START/PAUSE to begin cooking.
- 4 When the Zone 2 time reaches 7 minutes, press START/PAUSE and remove basket from unit. Shake basket for 10 seconds, then reinsert in unit and press START/PAUSE to continue cooking.
- 5 When cooking is complete, remove baskets from unit. Serve open-faced sandwiches with the French fries.

DEHYDRATED STRAWBERRIES & BANANAS

PREP: 10 MINUTES | **TOTAL COOK TIME:** 6-8 HOURS | **MAKES:** 2-4 SERVINGS

INGREDIENTS

5-7 whole strawberries, cut in half or in 1/2-inch slices
1 banana, cut in 1/2-inch slices

DIRECTIONS

- 1 Install a crisper plate in both the Zone 1 and 2 baskets. Place half the strawberries on the Zone 1 crisper plate. Place the multi-layer rack over the strawberries, then place the rest of the strawberries on the rack. Place the bananas on the Zone 2 crisper plate.
- 2 Select ZONE 1, select DEHYDRATE, set temperature to 135°F, and set time to 6 hours. Select MATCH COOK to match Zone 2 settings to Zone 1. Press START/PAUSE to begin dehydrating.
- 3 Fruit will be soft and pliable after 6 hours. Continue dehydrating up to 8 hours if you prefer a crispier texture. When dehydrating is complete, remove baskets from unit and transfer fruit to a plate to cool. Once cooled, enjoy, or transfer to an airtight container.

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2-BASKET AIR FRYER

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