

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

NINJA Foodi

XL **GRILL &**
PRO **GRIDDLE**

QUICK START GUIDE

with 15 irresistible recipes
+ cooking charts



Your guide to grilling & griddling like a Foodi

Welcome to the Ninja® Foodi® XL Pro Grill & Griddle recipe book. From here, you're just a few pages away from recipes, tips, and tricks that will help you achieve Ninja's best-in-class grilling and BBQ griddling results. Now let's get cooking.

Looking for more recipe inspiration, tips, and tricks?

Join us and thousands of Foodi® friends on the Official Ninja Foodi Family™ Community. [Facebook.com/groups/NinjaFoodiFamily](https://www.facebook.com/groups/NinjaFoodiFamily)

    @NinjaKitchen  [youtube.com/EPNinjaKitchen](https://www.youtube.com/EPNinjaKitchen)

Want even more recipes?



Order the Ninja® Foodi XL Pro Grill & Griddle Cookbook for Beginners for even more recipes to grill, sear, BBQ Griddle and more!

Table of Contents

Pro Powered Grill Grate: Unlocking next level grilling	2	Chicken	
Getting to know your grill's control panel	4	Cranberry-Stuffed Chicken Thighs	22
Tips and tricks for virtually smoke-free grilling	5	Chili Lime Grilled Chicken Cutlets	23
Cooking functions overview	6	Pork	
Quick Start Guide	7	Herb-Rubbed Pork Tenderloins with Zucchini Spears	24
Hood-Up vs. Hood-Down Cooking	8	Herb Rosemary Pork Chops with Charred Carrots	26
Flavor building 101: Marinades, Spice Rubs, and More	10	Seafood	
Kickstarter Recipes		Grilled Pesto Cod with Green Beans	28
NY Strip Steak	12	Sides & Apps	
BBQ Griddled Smash Burgers	14	Cheddar Apple Fritters with Sriracha Honey	29
Blackened Shrimp Skewers	16	Grilled Cesar Salad with Grilled Croutons	30
Mains		Savory Spinach Artichoke Pastries	32
Breakfast		Desserts	
Ninja Breakfast Bar	18	Roasted Peach Cobbler	33
Beef		Cooking Charts	34
Soy Garlic Marinated Flank Steak	20	Grill Chart	34
Philly-Style Cheesesteaks	21	BBQ Griddle Chart	46
		Air Crisp Chart	50

Recipe Key

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



Frozen to char-grilled



Kid-friendly food



10 minutes or less



Gluten-free



Dairy-free



Keto



Vegetarian



Powered Grill Grate



Flat Top BBQ Griddle



Crisper Basket



Even Heat
EDGE-TO-EDGE

Pro Powered Grill Grate

Get ready to experience our most powerful grill grate to date. Lock in flavors with 500°F direct high heat, evenly distributed from edge to edge. Plus, you can grill or BBQ griddle with the hood up or down, so you can cook foods that other grills can't.



**Steakhouse
grilling & searing**
Quick and easy meals



BBQ griddling
Cook foods grills can't



Frozen to char-grilled
No thawing required



Get to know the control panel

- A POWER:** To turn the unit on and off, press the **POWER** button.
- B DIAL:** To select a cooking function or setting, turn the dial.
- C TEMP:** To select temperature, press the **TEMP** button and turn the dial to adjust.
- D TIME:** To select a cook time, press the **TIME** button and turn the dial to adjust.
- E START/STOP:** Press the dial to start or stop the selected cooking function.
- F FUNCTION:** Press to clear all settings when programming unit (if cooking is not already in progress).
- G PREHEAT:** After you set function, time, and temperature then press the dial, the unit will automatically begin preheating. If preheat button is selected after pressing dial, the unit will skip preheating (not recommended).

Preheat for better results

For best grilling results, let the Foodi fully preheat before adding food. Adding food before preheating is complete may lead to overcooking, smoke, and longer preheat time.

How to have a virtually smoke-free experience

Always use the recommended grill settings

Our chef-designed temperature settings maximize grill flavors and textures while minimizing smoke. Cooking food at a higher temperature than recommended will result in more smoke and food having a burnt, acrid flavor.

LO	MED	HI	MAX
Bacon Sausages When using thicker barbecue sauces	Frozen meats Marinated meats or meats with sauce Burgers	Steaks Chicken Hot dogs	Veggies Fruit Pizzas Fresh/frozen seafood

Always use the recommended fat/oil



Recommended:

Canola, Refined coconut, Avocado, Vegetable, Grapeseed



Not recommended:

Olive oil, Butter, Margarine

Cleaning Instructions

Remove grill grate

To remove the grill grate after it cools, press the orange release button on the left side of the unit.

Soaking the grill grate

prior to cleaning will make cleaning easier. Soak the grate in hot, soapy water to help loosen baked-on foods.

Remove splatter shield

after it cools and clean after each use. Soak overnight to help remove baked-on grease from the frame and front tabs.

Deep clean the splatter shield

by putting it in a pot of water. Once water comes to a boil, leave inserted for 10 minutes.

Grilling, griddling & beyond

Get to know the functions of your Ninja® Foodi® XL Pro Grill & Griddle to get the best out of every meal.

Grill



Harness the direct high heat from the grate and cyclonic air for fast, char-grilled results, virtually smoke free.

BBQ Griddle



Flat-top BBQ Griddle creates even, edge-to-edge heat to cook foods grills can't like tacos, cheesesteaks, nachos, and more.

Air Crisp



Achieve crispiness and crunch with little to no oil.

Bake



Bake cakes, treats, desserts, and more.

Roast



Extra versatility to roast or broil meats and make dehydrated snacks.



SCAN TO GET TO KNOW YOUR FOODI®
EXPLORE RECIPES AND MORE.

KEY: HEATING ELEMENTS



TOP-DOWN HEAT



BOTTOM-UP HEAT



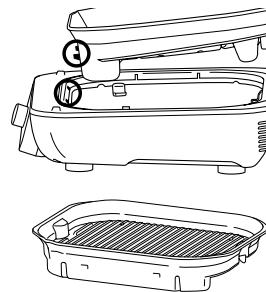
TOP-DOWN & BOTTOM-UP HEAT

* Not included

Let's get cooking

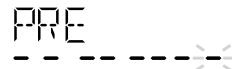
STEP 1 Set Up

- To install the powered grill grate, position it into the front of the base so it hooks in, then press down on the back of the grate until it **clicks** in place.



STEP 4 Preheat

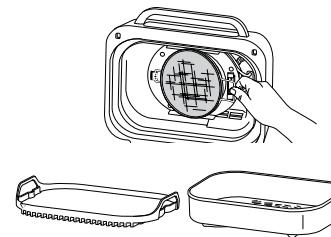
- Close the hood and press dial to begin preheating. The progress bar will begin illuminating.
- Reference the Owner's Guide for approximate preheat times for each function.



NOTE: When using the BAKE function, make sure to use the proper accessory. For wet or battered ingredients, use a baking dish. For loose items such as cinnamon rolls, hand pies, or biscuits, use the crisper basket.

STEP 2 Add Accessories

- To install the splatter shield, hook the left side of the shield into place and then snap the right side into place, until it clicks in place and feels secure.
- Place any accessory required in unit. Reference Foodi functions on the adjacent page to determine if an accessory is needed.



STEP 5 Add Food

- Once unit has preheated, ADD FOOD will appear on the screen. Open the hood to add ingredients to unit.
- To prevent foods like sausages and asparagus from rolling off the grill grate, place them parallel to the grill grate lines (position them vertically on the grill grate).
- To get the best grill marks on your food, place food on grill grate and press down firmly to increase contact between food and grill.

- When batch cooking meats, close the hood between batches and run the programmed function for 2-3 minutes before adding more food.

STEP 3 Select Cook Function

- Turn dial to select desired cooking function (e.g., Grill).
- The default temperature setting will display. To adjust temperature if desired, press TEMP button and turn dial.
- Press the TIME button and turn the dial to select desired time.

NOTE: When set to Roast, Grill, BBQ Griddle, or Air Crisp, the unit will beep and display FLIP. Flipping is optional but recommended.

STEP 6 Complete Cooking

- When cook time is complete, the unit will beep and "END" will appear on the display. Remove food and accessories from unit.
- Remove the grill grate by pressing the orange release button on the left side of the unit. The grate will pop up from the back. Then you can lift it up.



NOTE: All accessories, except the unit base, are dishwasher safe. Be sure to clean all accessories, including the splatter shield and main unit, after each use.

Now you can cook with the

hood up or the hood down

Hood up

Harnesses the direct, edge-to-edge high heat searing from the grill grate or BBQ griddle for even cooking, boosting flavors, and char-grilled results.



Grill

Best for cooking delicate foods or lean proteins to develop char-grilled textures without overcooking.



Grilled steak tips



Grilled veggies

BBQ Griddle

Best for food that requires flipping and constant attention while cooking.



Stir fry



Breakfast bar

Hood down

Combine the power of the high-heat grill grate or BBQ griddle with cyclonic air for all-around searing, crisping, melting toppings, and faster cooking.



Scan here to learn more about open- and closed-hood cooking.

Grill

Best for cooking thick cuts of meat or frozen protein.



NY strip steaks & asparagus



Frozen shrimp

BBQ Griddle

Best for no-flip BBQ griddling, melting cheese, crisping up toppings, and quickly cooking thicker foods.



Philly Cheesesteaks



Nachos

Flavor-Building 101

Build your own marinades and zesty spice rubs.
Add all ingredients to a bowl and mix well.

These marinades and spice rubs call for coarse kosher salt, not fine-grain iodized salt.

When using marinated foods on the Grill function, we recommend using Medium and when using thicker marinades/sauces using Low.

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

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

Marinades

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



Teriyaki Marinade

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

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



Garlic & Herb Marinade

Best for poultry, pork, lamb, seafood, vegetables

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



Simple Steak Marinade

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

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

Spice Rubs

YIELD: APPROX. 1 CUP | **SEASON:** GENEROUSLY | **MARINATING TIME:** 30 MINUTES AT ROOM TEMPERATURE
STORE: UP TO 6 MONTHS IN AN AIRTIGHT CONTAINER AWAY FROM LIGHT AND HEAT



Easy BBQ Spice Rub

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

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



Everyday Spice Rub

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

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



Dry Herb Rub

Best for poultry, pork, lamb, seafood, vegetables

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

Kickstarter Recipe

NY Strip Steaks with Grilled Asparagus

BEGINNER RECIPE ●○○

PREP: 5 MINUTES | **PREHEAT:** APPROX. 10 MINUTES | **GRILL:** 20 MINUTES | **MAKES:** 4 SERVINGS



INGREDIENTS

4 uncooked NY strip steaks
(10-12 ounces each)
3 tablespoons canola oil, divided

Kosher salt, as desired
Ground black pepper, as desired
2 bunches (2 pounds) thin asparagus,
trimmed

DIRECTIONS



To install the grill grate, slide it into the front of the base so it hooks in, then press down on the back until it clicks into place. Close the hood.



Select GRILL, set temperature to HI, and set time to 20 minutes. Press the dial to begin preheating (preheating will take approximately 10 minutes).



While unit is preheating, brush each steak on all sides with $\frac{1}{2}$ tablespoon canola oil, then season with salt and pepper. Toss asparagus with remaining canola oil then season with salt and pepper.



When unit beeps to signify it has preheated, open hood and place steaks on grill grate, firmly pressing them down to maximize grill marks. **Close hood.**



When cook time reaches 14 minutes, use silicone-tipped tongs to flip the steaks. **Close hood to continue cooking.**



When cook time reaches 8 minutes, open hood and transfer steaks to a plate or cutting board and allow to rest for 5 minutes.



While steaks are resting, place asparagus on grill grate and **close the hood.** Set time to 8 minutes. Press the dial to begin cooking. Skip preheat by pressing PREHEAT button.



When the asparagus is done, remove from the grill and serve with steak.



Kickstarter Recipe

BBQ Griddled Smash Burgers

BEGINNER RECIPE ●○○

PREP: 10 MINUTES | PREHEAT: APPROX. 10 MINUTES | BBQ GRIDDLE: 14 MINUTES | MAKES: 4 SERVINGS



INGREDIENTS

1 pound 90/10 ground beef blend
Kosher salt, as desired
Ground black pepper, as desired
Garlic powder, as desired, optional

Onion powder, as desired, optional
4 slices cheese, American or cheddar
4 hamburger buns

TOPPINGS (optional)
Tomato, sliced
Red onion, peeled, thinly sliced
Iceberg lettuce
Ketchup
Yellow mustard

DIRECTIONS



To install the grill grate, slide it into the front of the base so it hooks in, then press down on the back until it clicks into place. Place griddle on top of grill grate so it sits flat.



Select BBQ GRIDDLE, set temperature to 400°F, and set time to 14 minutes. Close hood and press the dial to begin preheating (preheating will take approximately 10 minutes).



Separate ground beef into 4 equal portions. Shape the beef into flat, thin patties, approximately 5 inches wide and 1/4-inch thick.



Season the patties on both sides with salt, pepper, garlic powder, and onion powder.

TIP To achieve the perfect smash burger, place one portion of ground beef between two pieces of parchment paper. Then using a plate, gently press until 1/4-inch thick.



When unit beeps to signify it has preheated, open hood and use a non-metal spatula to add the burgers to the griddle. Firmly press each burger down for 5 seconds. **Leave hood open while cooking.**



When unit beeps and the display reads FLIP, flip the burgers and cook for 4 minutes.



If a more well-done burger is desired, add an additional 2 to 3 minutes. Add the cheese and press down to adhere. **Close the hood** and cook until cheese is melted, about 2 minutes.



When cooking is done, remove the burgers. Add the burger buns to the griddle and toast for 2 minutes. Once toasted, remove the buns and build burgers with desired toppings.

Due to continuing design and quality improvements, the unit inside may differ slightly from what is depicted in these images.

Kickstarter Recipe

Blackened Shrimp Skewers

BEGINNER RECIPE ●○○

PREP: 5 MINUTES | **PREHEAT:** APPROX. 10 MINUTES | **GRILL:** 20 MINUTES | **MAKES:** 10-12 SKEWERS



INGREDIENTS

1 pound jumbo shrimp (26-30 count), fresh or defrosted, peeled, deveined, tails on
2 tablespoons canola oil
2 tablespoons prepared Cajun seasoning
1/2 green bell pepper, cut in 1/4-inch pieces

1/2 red bell pepper, cut in 1/4-inch pieces
1/2 cup pineapple, cut in 1/2-inch cubes
10-12 (8-inch) Ninja® Foodi® Grill Skewers or skewers of your choice
Cooked white or brown rice (optional)

DIRECTIONS



To install the grill grate, slide it into the front of the base so it hooks in, then press down on the back until it clicks into place. Close the hood.



Select GRILL, set temperature to MAX, and set time to 20 minutes. Press the dial to begin preheating (preheating will take approximately 10 minutes).



Pat the shrimp dry. In a large bowl, toss the shrimp, oil, and Cajun seasoning until the shrimp is evenly coated.



Assemble the skewers in the following order until they're almost full: shrimp, peppers, pineapple.



When unit beeps to signify it has preheated, open hood and place 5 to 6 skewers on grill grate, gently pressing them down to maximize grill marks. **Leave hood open while cooking.**



Grill for about 5 minutes per side or until shrimp is cooked through and pink. Remove from grill and repeat with any remaining skewers. Serve over cooked rice, if desired.

TIP If using smaller shrimp, cut the vegetables and fruit to size. This will ensure all ingredients cook evenly.

Due to continuing design and quality improvements, the unit inside may differ slightly from what is depicted in these images.



NINJA BREAKFAST BAR

BEGINNER RECIPE ●○○

PREP: 5 MINUTES | **PREHEAT:** APPROX. 10 MINUTES | **BBQ GRIDDLE:** 25 MINUTES | **MAKES:** 2 SERVINGS



INGREDIENTS

- 4-6 thin-cut uncooked bacon strips
- 4 large eggs
- Kosher salt, as desired
- Ground black pepper, as desired
- 1 jar (5 ounces) shake-and-pour pancake mix, prepared
- Maple syrup, for serving

DIRECTIONS

- 1** To install the grill grate, slide it into the front of the base so it hooks in, then press down on the back until it clicks into place. Place griddle on top of grill grate so it sits flat.
- 2** Select BBQ GRIDDLE, set temperature to 375°F, and set time to 25 minutes. Close hood and press the dial to begin preheating (preheating will take approximately 10 minutes).
- 3** When unit beeps to signify it has preheated, **open hood** and place bacon strips horizontally on the griddle. Cook for 5 minutes, use silicone-tipped tongs to flip the bacon and place vertically one side of the griddle. Continue cooking for another 5 to 7 minutes or until desired crispiness is achieved.
- 4** While the bacon cooks, crack 2 eggs onto the griddle, where the bacon was originally. Season eggs with salt and pepper. **Leave hood open.** Cook for 4 minutes, then flip using a silicone-coated spatula. Cook for an additional 1 minute, or until desired doneness is achieved, then remove from griddle. Transfer the bacon to a plate lined with paper towels. Repeat with the remaining eggs.
- 5** Pour the pancake batter onto the griddle to create 4 large (4-inch wide) pancakes. Cook for 3 minutes on each side, flipping with a silicone-coated spatula.
- 6** Remove pancakes from griddle and serve with maple syrup, bacon, and eggs.

TIP If using a thinner pancake mix, reduce cook time for pancakes by 1 to 2 minutes and check frequently.

TIP To empty the grease, carefully lift the griddle with a towel or oven mitt. Pour the grease towards the pour spout into a container. Then place griddle back on top of grill grate so it sits flat.

SOY GARLIC MARINATED FLANK STEAK

INTERMEDIATE RECIPE ●●○

PREP: 10 MINUTES | **MARINATE:** 8-12 HOURS | **PREHEAT:** APPROX. 10 MINUTES | **BBQ GRIDDLE:** 30 MINUTES
MAKES: 4 SERVINGS

INGREDIENTS

2 tablespoons fresh or dried rosemary
¾ cup soy sauce
¼ cup honey
1 tablespoon minced ginger
1 tablespoon minced garlic
¼ cup canola oil
2 pounds trimmed flank steak

DIRECTIONS

- 1 In a medium bowl, prepare the marinade by whisking together all ingredients except the steak. Then place the marinade and steak in a large resealable plastic bag. Massage the outside of the bag to work the marinade over all parts of the steak, then place the bag in the refrigerator for 8 or more hours to marinate.
- 2 After the steak has marinated, install the grill grate by sliding it into the front of the base so it hooks in, then press down on the back until it clicks into place. Place griddle on top of grill grate so it sits flat. Close the hood. Select **BBQ GRIDDLE**, set temperature to 400°F, and set time to 30 minutes. Press the dial to begin preheating (preheating will take approximately 10 minutes).
- 3 When unit beeps to signify it has preheated, remove steak from marinade and place on griddle. **Leave hood open while cooking.** Cook steak for about 30 minutes, flipping every 7 minutes to ensure char development. When 10 minutes of cook time remains, begin checking steak using an instant-read thermometer to determine desired doneness.
- 4 When cooking is complete, remove steak from griddle and let rest for 10 minutes before cutting and serving.



PHILLY-STYLE CHEESESTEAKS

BEGINNER RECIPE ●○○

PREP: 5 MINUTES | **PREHEAT:** APPROX. 10 MINUTES | **BBQ GRIDDLE:** 15 MINUTES | **MAKES:** 3-4 SERVINGS

INGREDIENTS

2 tablespoons canola oil, divided
1 pound thin shaved steak
1 bell pepper, sliced, seeds removed
1 medium onion, peeled, sliced
Kosher salt, as desired
Ground black pepper, as desired
6 slices cheese (American, cheddar, or provolone)
4 long sub or club rolls

DIRECTIONS

- 1 To install the grill grate, slide it into the front of the base so it hooks in, then press down on the back until it clicks into place. Place griddle on top of grill grate so it sits flat. Close the hood. Select **BBQ GRIDDLE**, set temperature to 400°F, and set time to 15 minutes. Press the dial to begin preheating (preheating will take approximately 10 minutes).
- 2 When unit beeps to signify it has preheated, open hood and place 1 tablespoon canola oil on the griddle. **Leave hood open.** Add the shaved steak in an even layer and cook steak for 2 minutes, using silicone-tipped tongs to flip at least once and break up into smaller pieces during cooking. **Close the hood** and cook for 5 minutes. Remove from griddle and set aside.
- 3 Add remaining oil to the griddle, then add the peppers and onions and use silicone-tipped tongs to toss them in the oil. **Leave hood open.** Sauté, tossing occasionally, until lightly browned, about 5 minutes.
- 4 After 5 minutes, add the steak, salt, and pepper to the vegetables and toss to combine and cook for 1 minute.
- 5 Separate the steak and veggies into four equal lines, top each line with two pieces of cheese. **Close the hood** and cook until cheese is melted, 1 to 2 minutes.
- 6 Once cheese is melted, transfer the steak and vegetables to the rolls and serve.



CRANBERRY-STUFFED CHICKEN THIGHS

BEGINNER RECIPE ●○○

PREP: 10 MINUTES | **PREHEAT:** APPROX. 3 MINUTES | **ROAST:** 15-20 MINUTES | **MAKES:** 16 SERVINGS

INGREDIENTS

- 1 1/2 cups hot water
- 1 box (6 ounces) dried stuffing mix with herbs
- 1 cup sweetened dried cranberries
- 2 tablespoons canola oil
- 10 boneless, skinless chicken thighs, fat trimmed
- Kosher salt, as desired
- Ground black pepper, as desired

DIRECTIONS

- 1 Combine the hot water and stuffing mix in a large bowl. Once combined, fold in the dried cranberries.
- 2 Brush oil on both sides of the chicken and season with salt and pepper. Place chicken flat side down and top with 2 tablespoons stuffing, then fold over to seal.
- 3 To install the grill grate, slide it into the front of the base so it hooks in, then press down on the back until it clicks into place and close the hood. Select ROAST, set temperature to 360°F, and set time to 20 minutes. Press the dial to begin preheating (preheating will take approximately 3 minutes).
- 4 When unit beeps to signal it has preheated, place chicken thighs on grill grate and close hood. If not all chicken thighs fit, cook in two batches. Grill for 15 to 20 minutes or until the internal temperature of the chicken reaches 165°F on an instant-read thermometer.
- 5 When cooking is complete, transfer the chicken to a plate or cutting board and allow to rest for 10 minutes before cutting and serving. Repeat with remaining chicken.

TIP If you do not like cranberries, simply omit them for an equally delicious recipe.



CHILI LIME GRILLED CHICKEN CUTLETS

BEGINNER RECIPE ●○○

PREP: 5 MINUTES | **PREHEAT:** APPROX. 10 MINUTES | **MARINATE:** 1-8 HOURS | **GRILL:** 15 MINUTES | **MAKES:** 4-6 SERVINGS

INGREDIENTS

- 1/2 cup sweet Thai chili sauce
- Zest and juice of 2 limes
- 1 tablespoon minced garlic
- 1/2 cup canola oil
- Kosher salt, as desired
- Ground black pepper, as desired
- 10 boneless thin-cut chicken cutlets (4 ounces each)

DIRECTIONS

- 1 Place the sweet Thai chili sauce, lime juice and zest, garlic, canola oil, salt, and pepper in a large bowl and whisk until combined. Place the chicken in the sauce and marinade for at least 1 hour or up to 8 hours.
- 2 To install the grill grate, slide it into the front of the base so it hooks in, then press down on the back until it clicks into place and close the hood. Select GRILL, set temperature to MED, and set time to 15 minutes. Press the dial to begin preheating (preheating will take approximately 10 minutes).
- 3 When unit beeps to signify it has preheated, open hood and place 4-5 cutlets on grill grate, gently pressing them down to maximize grill marks. **Leave hood open while cooking.**
- 4 When unit beeps and the display reads FLIP, use silicone-tipped tongs to flip the chicken. Leave hood open and continue cooking.
- 5 When cooking is complete, remove chicken and transfer to a plate or cutting board and allow to rest for 5 minutes before serving. Repeat steps 2-4 with any remaining chicken cutlets.



HERB-RUBBED PORK TENDERLOIN WITH ZUCCHINI SPEARS

BEGINNER RECIPE ●○○

PREP: 5 MINUTES | PREHEAT: APPROX. 10 MINUTES | GRILL: 35 MINUTES | MAKES: 4 SERVINGS

INGREDIENTS

2 pork tenderloins
¼ cup canola oil, divided
4 tablespoons dried herbs de Provence

Kosher salt, as desired
Ground black pepper, as desired
3 zucchini, cut lengthwise into 4 spears
(12 spears total)

DIRECTIONS

- 1 Brush each pork tenderloin with 1 tablespoon canola oil, then season with herbs de Provence, salt, and pepper. Toss the zucchini with the remaining canola oil then season with salt and pepper.
- 2 To install the grill grate, slide it into the front of the base so it hooks in, then press down on the back until it clicks into place and close the hood. select GRILL, set temperature to HI, set time to 30 minutes. Press the dial to begin preheating (preheating will take approximately 10 minutes).
- 3 When unit beeps to signify it has preheated, open hood and place both tenderloins on grill grate, gently pressing them down to maximize grill marks. **Close hood.**
- 4 When unit beeps and the display reads FLIP, use silicone-tipped tongs to flip the tenderloins. Close hood and continue cooking.
- 5 When unit beeps to signal the tenderloins are almost done cooking, transfer to a plate or cutting board and allow to rest for 5 minutes before cutting.
- 6 While the tenderloins are resting, place zucchini spears on grill grate, flesh side down, and **close the hood.** Select GRILL, set temperature to MAX, and set time to 5 minutes. Press the dial to begin cooking. Since the grill will already be hot, skip preheating by pressing the PREHEAT button and **leave hood open.**
- 7 Flip spears throughout cooking to ensure there are grill marks on all sides. When cooking is complete, remove the zucchini from the grill and serve with slices of the pork tenderloin.





HONEY ROSEMARY PORK CHOPS WITH CHARRED CARROTS



INTERMEDIATE RECIPE ●●○

PREP: 5 MINUTES | **PREHEAT:** APPROX. 10 MINUTES | **MARINATE:** 1-8 HOURS | **GRILL:** 28 MINUTES

MAKES: 4 SERVINGS

INGREDIENTS

2 tablespoons honey
 ¾ cup balsamic vinegar
 ½ cup canola oil, divided
 1 tablespoon minced garlic
 3 tablespoons fresh or dried rosemary
 Kosher salt, as desired

Ground black pepper, as desired
 5-6 boneless pork chops (4-6 ounces each)
 1 pound bag baby carrots
 1 teaspoon garlic powder
 ½ teaspoon ground cinnamon
 1 teaspoon smoked paprika

DIRECTIONS

- 1 In a large bowl, prepare the marinade by whisking together the honey, balsamic vinegar, ¼ cup canola oil, minced garlic, rosemary, salt, and pepper. Remove 3 tablespoons of the marinade and set aside in a small bowl. Place the pork chops in the large bowl of marinade for at least 1 hour or up to 8 hours.
- 2 After the chops have marinated, remove from the bowl and shake off the excess marinade. To install the grill grate, slide it into the front of the base so it hooks in, then press down on the back until it clicks into place and close the hood. Select GRILL, set temperature to HI, set time to 20 minutes. Press the dial to begin preheating (preheating will take approximately 10 minutes).
- 3 Place the carrots, remaining canola oil, garlic powder, cinnamon, paprika, salt, and pepper in a large bowl and toss until evenly combined.
- 4 When unit beeps to signify it has preheated, open hood and place chops on grill grate, gently pressing them down to maximize grill marks. **Leave hood open while cooking.**
- 5 When unit beeps and the display reads FLIP, use silicone-tipped tongs to flip the chops. Brush the reserved marinade on the pork chops. **Leave hood open and continue cooking.**
- 6 When unit beeps to signal the chops are almost done cooking, transfer chops to a plate or cutting board and allow to rest for 5 minutes.
- 7 While the pork chops are resting, place carrots on grill grate and close the hood. Select GRILL, set temperature to HI, and set time to 8 minutes. **Close hood** and press the dial to begin cooking. Since the grill will already be hot, skip preheating by pressing the PREHEAT button.
- 8 When cooking is complete, remove carrots from the grill and serve with pork chops.

GRILLED PESTO COD WITH GREEN BEANS

BEGINNER RECIPE ●○○

PREP: 5 MINUTES | **PREHEAT:** APPROX. 10 MINUTES | **GRILL:** 20 MINUTES | **MAKES:** 6 SERVINGS

INGREDIENTS

- 5–6 fresh cod fillets (5–6 ounces each)
- 6 tablespoons prepared pesto sauce
- Nonstick canola oil cooking spray
- 1 pound fresh green beans, cleaned, trimmed
- 2 tablespoons canola oil
- Kosher salt, as desired
- Ground black pepper, as desired



DIRECTIONS

- 1 To install the grill grate, slide it into the front of the base so it hooks in, then press down on the back until it clicks into place and close the hood. Select GRILL, set temperature to MAX, and set time to 20 minutes. Press the dial to begin preheating (preheating will take approximately 10 minutes).
- 2 While unit is preheating, prepare the cod by spreading 1 tablespoon of pesto on each fillet.
- 3 When unit beeps to signify it has preheated, open hood and generously spray grill with nonstick cooking spray. Place the cod onto the grill grate and **close the hood**.
- 4 While the cod is cooking, toss the green beans with oil and salt and pepper.
- 5 When unit beeps and the display reads FLIP, do not flip the cod. Open and close the hood to continue cooking. When cooking is complete, remove cod from grill and let rest.
- 6 While cod is resting, place green beans on grill grate. Set time to 10 minutes. **Close hood** and press the dial to begin cooking. Skip preheat by pressing the PREHEAT button.
- 7 When cooking is complete, remove the green beans from the grill grate and serve with cod.

TIP For a more customizable recipe, swap in your favorite fish for cod. Reference pages 36 and 37 for suggested seafood and cooking times.

TIP If using frozen green beans, defrost, drain, and pat dry before cooking. Cook for an additional 6 to 10 minutes.



CHEDDAR & APPLE FRITTERS WITH SRIRACHA HONEY

ADVANCED RECIPE ●●●

PREP: 15 MINUTES | **PREHEAT:** APPROX. 3 MINUTES | **AIR CRISP:** 8 MINUTES | **MAKES:** APPROX. 20 FRITTERS

INGREDIENTS

- 2 large eggs
- 1 tablespoon whole milk
- 1 red apple, cut in 1/2-inch pieces
- 1 1/2 cups cooked white rice (approximately 1/2 cup raw white rice)
- 1 cup shredded cheddar cheese
- Kosher salt, as desired
- Ground black pepper, as desired
- 1/4 cup bread crumbs
- 2 tablespoons honey
- 1 teaspoon sriracha sauce



DIRECTIONS

- 1 To install the grill grate, slide it into the front of the base so it hooks in, then press down on the back until it clicks into place. Place the crisper basket on the grill grate and close the hood. Select AIR CRISP, set temperature to 390°F, and set time to 8 minutes. Press the dial to begin preheating (preheating will take approximately 3 minutes).
- 2 While unit is preheating, whisk the eggs and milk in a large bowl until well combined. Add all remaining ingredients, except the honey and sriracha sauce, to the bowl and mix until well combined.
- 3 Using a large spoon, portion and roll the fritters into 1-ounce balls. You should get approximately 20 fritters.
- 4 When unit beeps to signify it has preheated, open hood and place fritters in the basket. **Close hood to begin cooking.**
- 5 While fritters are cooking, add the honey and sriracha sauce to a small bowl and stir until well combined.
- 6 When cooking is complete, remove the fritters and serve with sriracha honey dipping sauce.

TIP For best results, use leftover cooked rice. We do not recommend using steamable or precooked rice.

TIP To make the fritters less chunky, use a box grater to shred the apple.



GRILLED CAESAR SALAD WITH GRILLED CROUTONS

INTERMEDIATE RECIPE ●●○

PREP: 5 MINUTES | **PREHEAT:** APPROX. 10 MINUTES | **GRILL:** 10 MINUTES | **MAKES:** 4 SERVINGS

INGREDIENTS

- 4 tablespoons canola oil, divided
- 2 heads romaine lettuce, washed, trimmed, cut in half lengthwise
- Kosher salt, as desired
- Ground black pepper, as desired
- 1/4 French baguette or sourdough bread, cut in 1/2-inch slices
- 1 lemon, cut in wedges
- 1/4 cup prepared Caesar dressing
- 1/4 cup shaved or shredded Parmesan cheese

DIRECTIONS

- 1 To install the grill grate, slide it into the front of the base so it hooks in, then press down on the back until it clicks into place and close the hood. Select GRILL, set temperature to MAX, and set time to 10 minutes. Press the dial to begin preheating (preheating will take approximately 10 minutes).
- 2 While unit is preheating, drizzle 1/2 tablespoon canola oil on each romaine half, then season with salt and pepper. Drizzle bread slices with remaining canola oil, then season with salt and pepper.
- 3 When unit beeps to signify it has preheated, open hood and place romaine cut side down on the grill grate and gently press down to maximize grill marks. **Leave hood open** and grill for 3 to 4 minutes.
- 4 Place bread slices and lemon wedges on the grill grate and grill for 2 minutes per side. Repeat with any remaining bread slices. Remove from grill and allow to cool for 1 minute before cutting into cubes.
- 5 Place romaine halves on a platter and drizzle with lemon juice and Caesar dressing. Top with Parmesan cheese and grilled croutons. Serve with any remaining lemon wedges.



SAVORY SPINACH ARTICHOKE PASTRIES



ADVANCED RECIPE ●●●

PREP: 5 MINUTES | PREHEAT: APPROX. 3 MINUTES | BAKE: 15 MINUTES | MAKES: 12 SERVINGS

INGREDIENTS

- 1/2 block (4 ounces) cream cheese, softened
- 3 tablespoons sour cream
- 3 tablespoons mayonnaise
- 1/4 cup shredded Parmesan cheese
- 1/2 cup shredded mozzarella cheese
- 1/4 can (14 ounces) artichoke hearts, drained, chopped
- 1/2 box (10 ounces) frozen chopped spinach, thawed, drained
- Kosher salt, as desired
- Ground black pepper, as desired
- 2 boxes (4 sheets) frozen puff pastry, thawed
- 1 large egg, beaten
- 2 tablespoon dried Italian seasoning

DIRECTIONS

- 1 To install the grill grate, slide it into the front of the base so it hooks in, then press down on the back until it clicks into place and close hood. Select **BAKE**, set temperature to 350°F, and set time to 15 minutes. Press the dial to begin preheating (preheating will take approximately 3 minutes).
- 2 While unit is preheating, place cream cheese, sour cream, mayonnaise, Parmesan cheese, mozzarella cheese, artichoke hearts, spinach, salt, and pepper in a medium bowl, and mix until thoroughly combined.
- 3 Unfold 2 sheets of puff pastry into a large square. Use a rolling pin to roll into a 10"x12" rectangle. Cut the pastry into thirds vertically and then in half once horizontally. You should have 6 pieces. Repeat with second sheet of puff pastry.
- 4 Spoon 2 tablespoons of the spinach artichoke mixture onto the center of 3 pastry squares. Brush the beaten egg around the edges. Then top with the remaining empty pastry squares. Press down along the edges to release any air. Use a fork to press down along the edges to seal and create a pattern. Gently press down center of pastry to flatten and evenly distribute filling.
- 5 Brush the top of the pastries with remaining beaten egg and sprinkle with Italian seasoning and salt.
- 6 Repeat steps 4 and 5 with the remaining 2 sheets of puff pastry and filling.
- 7 When unit beeps to signify it has preheated, open hood and place 5 pastries on the grill grate. **Close hood to begin cooking.** Repeat with remaining pastries.
- 8 When cooking is complete, remove pastries and serve warm.

BAKED PEACH COBBLER



INTERMEDIATE RECIPE ●●○

PREP: 5 MINUTES | PREHEAT: APPROX. 3 MINUTES | BAKE TIME: 30 MINUTES | MAKES: 4-6 SERVINGS

INGREDIENTS

- 5 tablespoons salted butter, divided
- 8 peaches, diced, pits removed
- 4 tablespoons granulated sugar, divided
- 1 cup all-purpose flour
- 2 teaspoons ground cinnamon, divided
- 1 teaspoon baking powder
- 1/4 teaspoon kosher salt
- 1/3 cup heavy cream
- 2 tablespoons cornstarch
- 1 teaspoon lemon juice
- Vanilla ice cream, for serving (optional)

DIRECTIONS

- 1 To install the grill grate, slide it into the front of the base so it hooks in, then press down on the back until it clicks into place and close the hood. Select **BAKE**, set temperature to 350°F, and set time to 30 minutes. Press the dial to begin preheating (preheating will take approximately 3 minutes).
- 2 While unit is preheating, place 3 tablespoons butter in the bottom of an 11"x7" glass baking dish, add the peaches, and sprinkle with 1 tablespoon sugar.
- 3 When unit beeps to signify it has preheated, place the baking dish on the grill grate and **close hood**. Roast for 15 minutes, tossing halfway through cooking.
- 4 While peaches are roasting, prepare the topping. Place flour, 1 teaspoon cinnamon, 2 tablespoons sugar, baking powder, and salt in a large bowl and mix until fully combined. Use a pastry blender or your fingers to incorporate the remaining butter into the flour mixture until crumbly. Pour in cream and stir with a fork until a soft dough forms.
- 5 Place the remaining sugar and cinnamon in a small bowl and mix until fully combined.
- 6 When the timer has 15 minutes remaining, open hood and toss peaches with cornstarch and lemon juice. Top the peaches with tablespoon-sized dollops of dough. Sprinkle with the cinnamon sugar mixture. **Close hood to continue cooking** for the remaining 15 minutes.
- 7 When cooking is complete, remove the peach cobbler and serve warm with vanilla ice cream, if desired.

TIP Substitute 2 pounds of frozen sliced peaches, thawed and drained, for the fresh peaches.

Grill Chart (Closed-Hood Cooking)

TIP For less smoke, we recommend cleaning splatter shield after every use.

Season as desired	AMOUNT	PREPARATION	TEMP	COOK TIME	INSTRUCTIONS
CHICKEN					
Chicken breast, boneless	4–6 breasts (7-9 oz each)	Season as desired	HI	16–20 mins	Flip 2 or 3 times during cooking
Chicken breast, bone in	3–4 breasts (12-24 oz each)	Season as desired	HI	19–24 mins	Flip 2 or 3 times during cooking
Chicken, leg quarters	3 bone-in leg quarters	Season as desired	HI	26–31 mins	Flip 2 or 3 times during cooking
Chicken sausages, prepared	2 packs (8 sausages)	Season as desired	HI	6–8 mins	Flip 2 or 3 times during cooking
Chicken tenderloins	9 tenderloins	Season as desired	HI	8–11 mins	Flip 2 or 3 times during cooking
Chicken thighs, boneless	2 lbs	Season as desired	HI	10–12 mins	Flip 2 or 3 times during cooking
Chicken thighs, bone in	6 (4-7 oz each)	Season as desired	HI	23–28 mins	Flip 2 or 3 times during cooking
Chicken wings	2 lbs	Season as desired	HI	15–19 mins	Flip 2 or 3 times during cooking
Turkey burgers	4–6 patties	Season as desired	HI	11–14 mins	Flip halfway through cooking
BEEF					
Beef burgers	6 patties, 1-inch thick	Season as desired	HI	9–13 mins	Flip halfway through cooking
Filet mignon	6 steaks (6–8 oz each), 1 1/4-1 1/2-inch thick	Season as desired	HI	14–17 mins	Flip halfway through cooking
New York strip	4 steaks (10–12 oz each), 1 1/4-1 1/2-inch thick	Season as desired	HI	12–18 mins	Flip halfway through cooking
Ribeye	3 steaks (14–16 oz each), 1 1/4-inch thick	Season as desired	HI	20–25 mins	Flip halfway through cooking
Skirt steak	3–4 steaks (10–12 oz each), 3/4-1-inch thick	Season as desired	HI	12–18 mins	Flip halfway through cooking
PORK					
Baby back ribs	1 rack, divided in half	Season as desired	HI	1 hour+	Turn frequently during cooking
Pork chops, boneless	6 boneless chops (8 oz each)	Season as desired	HI	14–18 mins	Flip halfway through cooking
Pork chops, bone in	3–4 thick-cut, bone-in chops (10–12 oz each)	Season as desired	HI	23–27 mins	Flip halfway through cooking
Pork tenderloins	2 whole tenderloins (1-1 1/2 lbs each)	Season as desired	HI	25–35 mins	Turn frequently during cooking
Sausages	8–10 sausages	N/A	LO	11–16 mins	Turn frequently during cooking
LAMB					
Lamb rack	1 full rack (8 bones)	N/A	HI	25–30 mins	Turn frequently during cooking

Grill Chart (Closed-Hood Cooking), continued

TIP For less smoke, we recommend cleaning splatter shield after every use.

INGREDIENT	AMOUNT	PREPARATION	TEMP	COOK TIME	INSTRUCTIONS
SEAFOOD					
Cod/Haddock	6 fillets (5–6 oz each)	Coat lightly with canola oil, season as desired	MAX	8–12 mins	Flip halfway through cooking
Flounder	3 fillets	Coat lightly with canola oil, season as desired	MAX	4–8 mins	Flip halfway through cooking
Halibut	6 fillets (5–6 oz each)	Coat lightly with canola oil, season as desired	MAX	6–10 mins	Flip halfway through cooking
Salmon	6 fillets (6 oz each)	Coat lightly with canola oil, season as desired	MAX	7–11 mins	Flip halfway through cooking
Swordfish	2 steaks (11–12 oz each)	Coat lightly with canola oil, season as desired	MAX	6–8 mins	Flip halfway through cooking
Tuna	4 steaks (4–6 oz each)	Coat lightly with canola oil, season as desired	MAX	6–8 mins	Flip halfway through cooking
VEGETABLES					
Asparagus	1–2 bunches	Coat lightly with canola oil, season as desired	MAX	6–9 mins	Toss frequently during cooking
Baby bok choy	1.5 lb	Coat lightly with canola oil, season as desired	MAX	9–13 mins	Toss frequently during cooking
Bell peppers	4	Coat lightly with canola oil, season as desired	MAX	9–13 mins	Toss frequently during cooking
Broccoli	1–2 heads	Cut in 1-inch pieces, coat lightly with canola oil, season as desired	MAX	10–13 mins	Toss frequently during cooking
Brussels sprouts	2 lbs	Trim, cut in half, coat lightly with canola oil, season as desired	MAX	12–16 mins	Toss frequently during cooking
Carrots	2 lbs	Peel, cut in 1-inch pieces, coat lightly with canola oil, season as desired	MAX	20–25 mins	Toss frequently during cooking
Cauliflower	1–2 heads	Cut in 1-inch pieces, coat lightly with canola oil, season as desired	MAX	25–30 mins	Flip 2 or 3 times during cooking
Corn on the cob	4 cobs	Coat lightly with canola oil, season as desired	MAX	10–13 mins	Toss frequently during cooking
Crimini mushrooms	1 lb	Coat lightly with canola oil, season as desired	MAX	5–7 mins	Toss frequently during cooking
Eggplant	2 medium	Cut in 1/4-inch slices, coat lightly with canola oil, season as desired	MAX	8–11 mins	Flip halfway through cooking
Green beans	1–1 1/2 lbs	Trim, coat lightly with canola oil, season as desired	MAX	15–20 mins	Flip halfway through cooking
Onions, white or red (cut in half)	3	Peel, cut in half, coat lightly with canola oil, season as desired	MAX	10–12 mins	Flip halfway through cooking
Onions, white or red (sliced)	6	Peel, slice, coat lightly with canola oil, season as desired	MAX	4–6 mins	Flip halfway through cooking
Portobello mushrooms	6	Clean, coat lightly with canola oil, season as desired	MAX	7–9 mins	Flipping not necessary
Squash or zucchini	1 lb	Cut in quarters lengthwise, coat lightly with canola oil, season as desired	MAX	6–10 mins	Flip halfway through cooking
Tomatoes	6	Cut in half, coat lightly with canola oil, season as desired	MAX	8–10 mins	Flip halfway through cooking

Grill Chart (Closed-Hood Cooking), continued

TIP For less smoke, we recommend cleaning splatter shield after every use.

INGREDIENT	AMOUNT	PREPARATION	TEMP	COOK TIME	INSTRUCTIONS
FROZEN POULTRY					
Chicken Breast, boneless	4-6 (7-9 oz each)	Season as desired	MED	23-27 mins	Flip 2 or 3 times through cooking
Chicken Thighs, Bone-In	4-6 (4-7 oz each)	Season as desired	MED	25-30 mins	Flip 2 or 3 times through cooking
Turkey Burgers	4-6 patties	Season as desired	MED	10-12 mins	Flip halfway through cooking
FROZEN BEEF					
Beef burgers	6 patties, 1 inch thick	Season as desired	MED	10-15 mins	Flip halfway through cooking
Filet Mignon	6 steaks (6-8 oz each) 1 1/4-1 1/2 inch thick	Season as desired	MED	22-27 mins	Flip 2 or 3 times through cooking
NY Strip	4 steaks (10-12 oz each) 1 1/4-1 1/2 inch thick	Season as desired	MED	22-27 mins	Flip 2 or 3 times through cooking
Ribeye	3 steaks (14-16 oz) 1 1/4 thick	Season as desired	MED	23-28 mins	Flip 2 or 3 times through cooking
FROZEN PORK					
Pork Chops, boneless	6 boneless chops (8 oz each)	Season as desired	MED	25-30 mins	Flip 2 or 3 times through cooking
Pork Tenderloins	2 whole tenderloins (1-1 1/2 lbs each)	Season as desired	MED	30-35 mins	Flip 2 or 3 times through cooking
Sausages, uncooked	8-10 each	N/A	LO	17-20 mins	Flip 2 or 3 times through cooking
FROZEN SEAFOOD					
Halibut	6 fillets (5-6 oz)	Coat lightly with canola oil Season as desired	MAX	13-17 mins	Flip halfway through cooking
Salmon	6 (6 oz each)	Coat lightly with canola oil Season as desired	MAX	17-22 mins	Flip halfway through cooking
Shrimp (Large or Jumbo)	1-1 1/2 lbs	Coat lightly with canola oil Season as desired	MAX	5-6 mins	Flip halfway through cooking
FROZEN VEGGIE BURGER					
Veggie burgers	6 patties	N/A	HI	10-11 mins	Flip halfway through cooking

Grill Chart (Closed-Hood Cooking), continued

TIP For less smoke, we recommend cleaning splatter shield after every use.

INGREDIENT	AMOUNT	PREPARATION	TEMP	COOK TIME	INSTRUCTIONS
FRUIT					
Avocado	Up to 4	Cut in half, remove pit(s)	MAX	5-7 mins	Flipping not necessary
Bananas	3-4	Peel, cut in half lengthwise	MAX	8 mins	Flip halfway through cooking
Lemons & limes	5	Cut in half lengthwise	MAX	3 mins	Flip halfway through cooking
Mango	4	Cut in half, remove skins and pits	MAX	6-8 mins	Flip halfway through cooking
Melon	6-8 spears	N/A	MAX	4-6 mins	Flip halfway through cooking
Pineapple	6-8 slices or spears	Cut in 2-inch pieces	MAX	5-8 mins	Flip halfway through cooking
Stone fruit	3-4	Cut in half, remove pits, press cut-side down on grill grate	MAX	5-7 mins	Flipping not necessary
BREAD & CHEESE					
Bread (baguette or ciabatta)	12-16-inch loaf	Cut in 1 1/2-inch slices, brush with canola oil	MAX	4-8 mins	Flip halfway through cooking
Halloumi cheese	24-36 oz	Cut in 1/2-inch slices	MAX	3-6 mins	Flip halfway through cooking

Grill Chart (Open-Hood Cooking)

Season as desired	AMOUNT	PREPARATION	TEMP	COOK TIME	INSTRUCTIONS	
CHICKEN						
	Chicken breast, boneless	4 breasts (7-9 oz each)	Season as desired	HI	25-30 mins	Flip 2 or 3 times during cooking
	Chicken breast, bone in	3-4 breasts (12-24 oz each)	Season as desired	HI	16-20 mins	Flip 2 or 3 times during cooking
	Chicken, leg quarters	3 bone-in leg quarters	Season as desired	HI	26-31 mins	Flip 2 or 3 times during cooking
	Chicken sausages, prepared	2 packs (8 sausages)	Season as desired	HI	20-25 mins	Flip 2 or 3 times during cooking
	Chicken tenderloins	9 tenderloins	Season as desired	HI	8-11 mins	Flip halfway through cooking
	Chicken thighs, boneless	2 lbs	Season as desired	HI	12-17 mins	Flip 2 or 3 times during cooking
	Chicken thighs, bone in	6 (4-7 oz each)	Season as desired	HI	20-25 mins	Flip 2 or 3 times during cooking
	Chicken wings	2 lbs	Season as desired	HI	25-30 mins	Flip 2 or 3 times during cooking
	Turkey burgers	6 patties	Season as desired	HI	11-13 mins	Flip halfway through cooking
BEEF						
	Beef burgers	6 patties, 1-inch thick	Season as desired	MED	11-15 mins	Flip halfway through cooking
	Filet mignon	6 steaks (6-8 oz each), 1 1/4-1 1/2-inch thick	Season as desired	HI	14-17 mins	Flip halfway through cooking
	Flat iron or flank steak	1 steak (18-24 oz each) 1-1 1/4-inch thick	Season as desired	HI	15-25 mins	Flip halfway through cooking
	Hot dogs	10 hot dogs	N/A	HI	10-14 mins	Turn frequently during cooking
	Skirt steak	3-4 steaks (10-12 oz each), 3/4-1-inch thick	Season as desired	HI	12-18 mins	Flip halfway through cooking
	Steak tips	2 lbs	Marinate or season as desired	MED	14-19 mins	Flip halfway through cooking
PORK						
	Bacon	6 strips, thick cut	N/A	LO	10-15 mins	Turn frequently during cooking
	Pork chops, boneless	6 boneless chops (8 oz each, 1-1 1/4-inch thick)	Season as desired	HI	14-18 mins	Flip halfway through cooking
	Sausages	10 sausages	N/A	LO	30-32 mins	Turn frequently during cooking
SEAFOOD						
	Salmon	6 fillets (6 oz each)	Coat lightly with canola oil, season as desired	HI	7-11 mins	Flip halfway through cooking
	Scallops	15-18 scallops	Coat lightly with canola oil, season as desired	MAX	6-9 mins	Flip halfway through cooking
	Shrimp (large or jumbo)	1 1/2 lbs	Coat lightly with canola oil, season as desired	MAX	5-6 MINS	Flip halfway through cooking
	Swordfish	2 steaks (11-12 oz each)	Coat lightly with canola oil, season as desired	MAX	6-8 mins	Flip halfway through cooking
	Tuna	4 steaks (4-6 oz each, 1-inch thick)	Coat lightly with canola oil, season as desired	MAX	7-10 mins	Flip halfway through cooking

Grill Chart (Open-Hood Cooking), continued

INGREDIENT	AMOUNT	PREPARATION	TEMP	COOK TIME	INSTRUCTIONS
VEGETABLES					
Asparagus	1-2 bunches	Coat lightly with canola oil, season as desired	MAX	6-9 mins	Toss frequently during cooking
Baby bok choy	1 1/2 lbs	Cut in half lengthwise, coat lightly with canola oil, season as desired	MAX	9-13 mins	Toss frequently during cooking
Bell peppers	4	Coat lightly with canola oil, season as desired	MAX	9-13 mins	Toss frequently during cooking
Broccoli	1-2 heads	Cut in 1-inch pieces, coat lightly with canola oil, season as desired	MAX	10-13 mins	Toss frequently during cooking
Brussels sprouts	2 lbs	Trim, cut in half, coat lightly with canola oil, season as desired	MAX	12-16 mins	Toss frequently during cooking
Carrots	2 lbs	Peel, cut in 1-inch pieces, coat lightly with canola oil, season as desired	MAX	20-25 mins	Toss frequently during cooking
Crimini mushrooms	1 lb	Coat lightly with canola oil, season as desired	MAX	5-7 mins	Toss frequently during cooking
Eggplant	2 medium	Cut in 1-inch slices, coat lightly with canola oil, season as desired	MAX	8-11 mins	Flip halfway through cooking
Green beans	1-1 1/2 lbs	Trim, coat lightly with canola oil, season as desired	MAX	12-17 mins	Flip halfway through cooking
Onions, white or red (cut in half)	3	Peel, cut in half, coat lightly with canola oil, season as desired	MAX	10-12 mins	Flip halfway through cooking
Onions, white or red (sliced)	6	Peel, slice, coat lightly with canola oil, season as desired	MAX	4-6 mins	Flip halfway through cooking
Portobello mushrooms	6	Clean, coat lightly with canola oil, season as desired	MAX	7-9 mins	Flip halfway through cooking
Squash or zucchini	1 lb	Cut in quarters lengthwise, coat lightly with canola oil, season as desired	MAX	6-10 mins	Flip halfway through cooking
Tomatoes	6	Cut in half, coat lightly with canola oil, season as desired	MAX	8-10 mins	Flip halfway through cooking
FRUIT					
Avocado	Up to 4	Cut in half, remove pit(s)	MAX	5-7 mins	Flipping not necessary
Bananas	4	Green or unripe, peeled, cut in quarters then in half lengthwise	MAX	8 mins	Flip halfway through cooking
Lemons & limes	5	Cut in half lengthwise	MAX	3 mins	Flip halfway through cooking
Mango	4	Cut in half, remove skins and pits	MAX	6-8 mins	Flip halfway through cooking
Melon	6-8 spears	N/A	MAX	4-6 mins	Flip halfway through cooking
Pineapple	6-8 slices or spears	Cut in 1/2-inch rings or pieces	MAX	5-8 mins	Flip halfway through cooking
Stone fruit	3-4	Cut in half, remove pits, press cut-side down on grill grate	MAX	5-7 mins	Flipping not necessary
BREAD & CHEESE					
Bread (baguette or ciabatta)	12-16-inch loaf	Cut in 1 1/2-inch slices, brush with canola oil	MAX	4-8 mins	Flip halfway through cooking
Halloumi cheese	24-36 oz	Cut in 1/2-inch slices horizontally	MAX	3-6 mins	Flip halfway through cooking

BBQ Griddle Chart

TIP Food loads are written for BBQ Griddling with open-hood cooking. If melted cheese or a crispier output is desired, close the hood and cook for 2-5 minutes or until desired output is reached.

INGREDIENT	AMOUNT	PREPARATION	TEMP	COOK TIME	INSTRUCTIONS
GRIDDLE BASICS					
Bacon	6 strips	N/A	375°F	10-15 mins	Flip at least once during cooking
Eggs	6 eggs	As desired (fried, scrambled, sunnyside up, etc.)	400°F	5-8 mins	(Depends on preparation)
French toast	4-6 slices	Dip in egg batter	375°F	5 mins per side	Flip halfway through cooking
Grilled cheese	4 sandwiches	As desired	400°F	6 mins per side	Flip halfway through cooking
Pancakes	4 pancakes (4 inches wide) or 6 pancakes (3 inches wide)	Follow pancake mix instructions	375°F	3 mins per side	Flip halfway through cooking
Frozen shredded potatoes	2 lbs	2 Tbsp oil on griddle	400°F	24-26 mins	Toss frequently
SEAFOOD					
Scallops	15-20 scallops	1 Tbsp oil on griddle	400°F	4-8 mins	Flip halfway through cooking
Shrimp	16-20 shrimp	1 Tbsp oil on griddle	400°F	4-5 mins	Flip halfway through cooking
Tilapia	4-5 fillets (3-4 oz each)	1 Tbsp oil on griddle	400°F	6-9 mins	Flip halfway through cooking
POULTRY					
Chicken cutlets	1 lb	1 Tbsp oil on griddle	400°F	15-20 mins	Flip halfway through cooking
Ground chicken/turkey	1 lb	N/A	400°F	5-10 mins	Toss frequently
Turkey bacon	5 slices	N/A	400°F	4-8 mins	Flip halfway through cooking
Turkey/chicken burgers	4 patties	N/A	400°F	10-15 mins	Flip halfway through cooking
Frozen chicken burgers	4 patties	N/A	400°F	25-30 mins	Flip halfway through cooking
BEEF/PORK					
Beef burgers	6 patties (3-4 oz each)	N/A	400°F	10-15 mins	Flip halfway through cooking
Bratwurst	2 lbs (8 bratwurst)	N/A	375°F	20-25 mins	Flip 2 or 3 times during cooking
Shaved steak	1 lb	1 Tbsp oil on griddle	400°F	8-10 mins	Toss frequently
Frozen shaved steak	4 slices	Break into pieces	400°F	1-3 mins	Toss frequently
Ground beef	1 lb	1 Tbsp oil on griddle	400°F	5-10 mins	Toss frequently
Ground pork	1 lb	1 Tbsp oil on griddle	400°F	7-10 mins	Toss frequently
Ham steak	8 oz (2 steaks)	N/A	400°F	7-9 mins	Flip halfway through cooking
Sausage, precooked	12 oz (12 links)	N/A	350°F	7-9 mins	Flip 2 or 3 times during cooking

BBQ Griddle Chart, continued

INGREDIENT	AMOUNT	PREPARATION	TEMP	COOK TIME	INSTRUCTIONS
VEGETABLE					
Asparagus	1 lb	Trim ends; 1 Tbsp oil on griddle	400°F	10-15 mins	Flip 2 or 3 times during cooking
Bell peppers	2 peppers	Slice thinly; 1 Tbsp oil on griddle	400°F	6-9 mins	Toss frequently
Onions	2 onions	Slice thinly; 1 Tbsp oil on griddle	400°F	6-9 mins	Toss frequently
Fresh shredded potatoes	1 lb	2 Tbsp oil or butter on griddle	400°F	20-25 mins	Toss frequently
Frozen hash brown potatoes	1 lb	2 Tbsp oil on griddle	400°F	27-30 mins	Toss frequently
Fresh hash brown potatoes	1 lb	2 Tbsp oil on griddle	400°F	20-25 mins	Toss frequently
Fresh diced sweet potatoes	1 lb	Cut in 1/2-inch pieces; 2 Tbsp oil on griddle	400°F	20-25 mins	Toss frequently
Squash or zucchini	1 1/2 lbs	Slice; 1 Tbsp oil on griddle	400°F	6-10 mins	Flip 2 or 3 times during cooking
FRUIT					
Bananas	3	Cut in half lengthwise	400°F	7-10 mins	Flip halfway through cooking
Peaches	4	Cut in quarters, remove pits	350°F	12-16 mins	Flip at least once during cooking
Pineapple	6 rings	(1-1 1/2 inches thick)	400°F	12-16 mins	Flip at least once during cooking
Apples	2	Cut in 1/4-inch slices	400°F	5-8 mins	Flip at least once during cooking

Air Crisp Chart

INGREDIENT	AMOUNT	PREPARATION	TEMP	COOK TIME	INSTRUCTIONS
FROZEN FOODS					
Chicken cutlets	6 cutlets	N/A	390°F	15-18 mins	Flip halfway through cooking
Chicken nuggets	2 boxes (24 oz)	N/A	390°F	13-15 mins	Shake frequently during cooking
Fish fillets	10 fillets, breaded	N/A	390°F	14-16 mins	Flip halfway through cooking
Fish sticks	2 boxes (approx. 22 oz, 30 count)	N/A	390°F	13-16 mins	Flip halfway through cooking
French fries	1 lb	N/A	350°F	20-23 mins	Shake frequently during cooking
French fries	2 ½ lbs	N/A	360°F	30-33 mins	Shake frequently during cooking
Mozzarella sticks	1 large box (32 oz)	N/A	375°F	7-9 mins	Flip halfway through cooking
Pot stickers	1 bag (20 oz, 20 count)	N/A	390°F	13-15 mins	Flip halfway through cooking
Pizza rolls	1 large bag (40 oz, approx. 40 count)	N/A	390°F	8-10 mins	Shake frequently during cooking
Popcorn shrimp	1 ½ boxes (24 oz)	N/A	390°F	10-13 mins	Shake frequently during cooking
Sweet potato fries	1 bag (approx. 24 oz)	N/A	375°F	17-21 mins	Shake frequently during cooking
Tater tots	1 bag (approx. 24 oz)	N/A	390°F	15-18 mins	Shake frequently during cooking
VEGETABLES					
Asparagus	2 bunches	Keep whole, trim stems, toss with 2 tsp oil	390°F	12-14 mins	Shake frequently during cooking
Beets	8 small or 6 large	Keep whole	390°F	45-60 mins	Shake frequently during cooking
Bell peppers (for roasting)	5 peppers	Keep whole	400°F	20-25 mins	Shake frequently during cooking
Broccoli	2 heads	Cut in 1-inch florets, toss with 1 Tbsp oil	390°F	12-16 mins	Shake frequently during cooking
Brussels sprouts	2 lbs	Cut in half, remove stems, toss with 1 Tbsp oil	390°F	15-18 mins	Shake frequently during cooking
Butternut squash	3 lbs	Cut in 1-inch pieces, toss with 1 Tbsp oil	390°F	28-32 mins	Shake frequently during cooking
Carrots	2 lbs	Peel, cut in 1-inch pieces, toss with 1 Tbsp oil	390°F	22-27 mins	Shake frequently during cooking
Cauliflower	2 heads	Cut in 1-inch florets, toss with 1 Tbsp oil	390°F	18-22 mins	Shake frequently during cooking
Corn on the cob	6 ears	Keep whole, remove husks, brush with 1 Tbsp oil (total)	390°F	11-15 mins	Shake frequently during cooking
Green beans	2 lbs	Trim, toss with 1 Tbsp oil	390°F	15-18 mins	Shake frequently during cooking
Kale (for chips)	8 cups, packed	Tear in pieces, remove stems	390°F	12-15 mins	Shake frequently during cooking
Mushrooms	1 lb	Rinse, keep whole or cut in quarters, toss with 1 Tbsp oil	390°F	8-10 mins	Shake frequently during cooking
	3 lbs	Cut in 1-inch wedges, toss with 1-3 Tbsp oil	390°F	25-30 mins	Shake frequently during cooking
Potatoes, russet	2 lbs	Hand-cut fries*, thin, toss with 1-3 Tbsp oil	390°F	22-26 mins	Shake frequently during cooking
	2 lbs	Hand-cut fries*, thick, toss with 1-3 Tbsp oil	390°F	25-30 mins	Shake frequently during cooking
Potatoes, sweet	2 lbs	Cut in 1-inch chunks, toss with 1-3 Tbsp oil	390°F	20-25 mins	Shake frequently during cooking
	6 whole	Pierce with fork 3 times	390°F	30-35 mins	Turn frequently during cooking
Zucchini	2 lbs	Cut in half, then cut in quarters lengthwise, toss with 1 Tbsp oil	390°F	18-20 mins	Shake frequently during cooking

Air Crisp Chart, continued

INGREDIENT	AMOUNT	PREPARATION	TEMP	COOK TIME	INSTRUCTIONS
POULTRY					
Chicken breast, boneless	4 breasts (1/2-3/4 lbs each)	Brush with oil	375°F	25-30 mins	Flip halfway through cooking
Chicken breast, bone in	3 breasts (3/4-1 1/2 lbs each)	Brush with oil	375°F	25-35 mins	Flip halfway through cooking
Chicken wings	2 1/2 lbs (drumettes and flats)	Toss 1 1/2 Tbsp oil	390°F	24-29 mins	Shake frequently during cooking
Chicken thighs	6 boneless thighs (4-8 oz each)	Brush with oil	375°F	16-18 mins	Flip halfway through cooking
	6 bone-in thighs (6-10 oz each)	Brush with oil	375°F	25-30 mins	Flip halfway through cooking
PORK AND LAMB					
Bacon	5 strips	N/A	350°F	5-8 mins	Flip halfway through cooking
Pork chops	6 boneless (8 oz each)	Brush with oil	390°F	17-22 mins	Flip halfway through cooking
Pork tenderloins	2 tenderloins (1-1 1/2 lbs each)	Brush with oil	375°F	25-35 mins	Flip halfway through cooking
Sausages	6 sausages	N/A	390°F	9-11 mins	Flip halfway through cooking

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