

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



NINJA® Foodi®

XL GRILL

15 mouthwatering
recipes plus charts for
unlimited possibilities



Your guide to grilling like a Foodi

Welcome to the Ninja® Foodi® XL Grill recipe book. From here, you're just a few pages away from recipes, tips and tricks, and helpful hints that will give you the confidence to elevate your grill game. Now open the hood and let's get grilling in your kitchen.

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)

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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



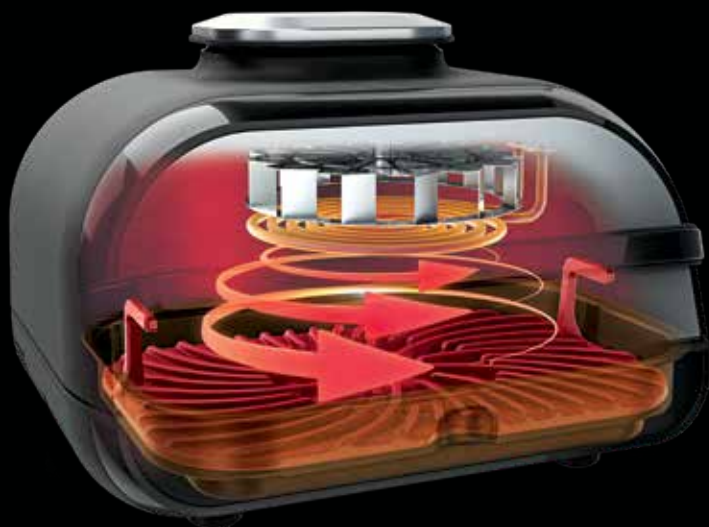
Vegetarian

Cyclonic Grilling

TECHNOLOGY

Perfectly cook food on the inside and char-grill every side with super hot Cyclonic Grilling Technology. The 500° grilling chamber gives you the fast, juicy, char-grilled results you want by combining a unique, high-density grill grate with cyclonic air that circulates rapidly around food.

Now with an XL capacity, you can feed the entire family delicious char-grilled meals all year round, indoors.



Grilled favorites

Quick and easy meals

Classic Cheeseburgers, page 24



No-flip grilling

No more falling apart

Grilled Salmon Fillet, page 28



Grilled thrills

Grill the unexpected

Grilled Apple Tarts, page 34



Frozen to char-grilled

No thawing required

*Honey Mustard & Barbecue-Glazed Chicken
Breasts, page 16*

More flavor. Less smoke.

After hundreds of hours of recipe testing, our chefs have paired your favorite foods with recommended temperature settings to maximize grill flavors while minimizing smoke.



LO / 400°F

Best for bacon and sausages and when using thicker barbecue sauces.



Sausage & Pepper Grinders



MED / 450°F

Best for frozen meats and marinated ingredients.



Frozen Chicken Breasts



HI / 500°F

Best for steaks, chicken, and burgers.



Grilled New York Strip Steaks
& Asparagus



MAX / up to 510°F

Best for veggies, fruit, fresh and frozen seafood, and pizza.



Pineapple & Peaches

Cooking best practices

No two pieces of protein are alike, and, for that reason, they'll never cook the same. That's why we recommend paying close attention to the sizes of meat listed in our cooking charts. Here are some more tips to ensure a great grilling experience.

Reasons meat cooks differently



Cut size

Proteins come in different shapes and sizes, which require different cooking times, so you may need to increase or decrease the recommended chart cook times to achieve desired doneness.



Meat temperature

For your convenience, cooking charts were created for use with cold meat, straight from the fridge.

For even juicier results

If time permits, let meat come to room temperature before cooking for a more juicy center. (We recommend reducing chart cook time by 2 minutes in this case.)

Carry-over cooking

This occurs when meat continues to cook after it's removed from the grill. For the best results, we recommend removing meat 5–15°F before actual desired doneness. See the chart below.

FOOD	COOK TO INTERNAL TEMP OF:	CARRY-OVER COOK TO INTERNAL TEMP OF:
Fish	140°F	145°F
Poultry	165°F	165°F or higher
Pork	140°F	145°F
Steak		
Rare	110°F	125°F
Medium Rare	120°F	135°F
Medium	130°F	145°F
Medium Well	140°F	150°F
Well Done	150°F	160°F
Ground Beef	155°F	160°F or higher
Ground Pork	155°F	160°F
Ground Poultry	160°F	165°F

For juicy and tender results, allow protein to rest for 5 minutes after cooking. For roasts, half chickens, and large steaks, it's best to let them rest for 10 minutes.

The importance of a meat thermometer

For best results, use a digital food thermometer to accurately measure internal temperature of protein.



Insert thermometer into center-most, thickest part of protein. If protein is bone-in, insert it very close to (but not touching) the bone.

Because the Foodi® XL Grill cooks at high temperatures, proteins can overcook quickly. It's best to monitor the internal temperature of meat, especially during the later stages of cooking.

Flavor-Building 101

Pumped-Up Marinades, Zesty Spice Rubs, and Elevated Dipping Sauces

For the following recipes, add all ingredients to a bowl and mix well.

These marinades and spice rubs call for coarse kosher salt—ensure you use that, and not fine-grain iodized salt.

Use spice rubs liberally. Season meat or vegetables generously and let sit at room temperature for 30 minutes before grilling—this will promote faster and even cooking.

Frozen to char-grilled

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

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

Spice Rubs

YIELD: APPROX. 1 CUP | **SEASON:** GENEROUSLY
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

Dipping Sauces

YIELD: APPROX. 1 CUP | **STORE:** REFRIGERATE FOR UP TO 4 DAYS



Chimichurri Sauce

**Best for poultry, beef, pork,
fish, vegetables**

- 1/2 bunch fresh cilantro
(about 1/3 cup), chopped
- 1/2 bunch fresh parsley
(about 1/3 cup), chopped
- 5 cloves garlic, peeled, minced
- 1 small shallot, peeled, chopped
- Zest and juice of 1 lemon
(about 1/3 cup juice)
- 1/4 cup extra virgin olive oil
- 1 teaspoon ground
black pepper
- Kosher salt, as desired



Lemony-Garlic Chili Mayo

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

- 1 cup mayonnaise
- Juice of 1/2 lemon
(about 2 tablespoons juice)
- 1 tablespoon paprika
- 1 teaspoon garlic powder
- Kosher salt, as desired



Jamaican Jerk Ketchup

Best for poultry, beef, shrimp

- 1 cup ketchup
- 3 tablespoons
dry jerk seasoning
- 1 ripe banana,
peeled, mashed

Kickstarter Recipe

Grilled New York Strip Steaks with Asparagus

BEGINNER RECIPE ●○○

PREP: 10 MINUTES | **PREHEAT:** APPROX. 10 MINUTES | **GRILL:** 16 MINUTES | **MAKES:** 3-5 SERVINGS



INGREDIENTS

4 uncooked New York strip steaks
(10 ounces each)
3 tablespoons canola oil, divided

Kosher salt, as desired
Ground black pepper, as desired
2 bunches asparagus, trimmed

DIRECTIONS



Insert grill grate in pot and close hood. Select GRILL. The unit will default to HI, which is the correct temperature setting for this recipe. Set time to 16 minutes, then press START/STOP to begin preheating.



While unit is preheating, brush each steak on all sides with 1/2 tablespoon canola oil, then season with salt and pepper, as desired. Toss asparagus with remaining canola oil, then season with salt and pepper, as desired.



When unit beeps to signify it has preheated, place steaks on grill grate, gently pressing them down to maximize grill marks. Close hood and cook for 6 minutes.



After 6 minutes, flip steaks. Close hood and continue cooking for 6 more minutes, or until internal temperature reaches 125°F.



Remove steaks from grill and let rest 5 minutes; they will continue to cook to a food-safe temperature while resting. Use a cooking thermometer to ensure a food-safe temperature has been achieved.



Meanwhile, place asparagus on grill grate. Close hood and cook for 4 minutes.



When cooking and resting are complete, slice steak and serve with asparagus.

Kickstarter Recipe

Pork Loin Filets with Grilled Vegetables

BEGINNER RECIPE ●○○

PREP: 5 MINUTES | **MARINATE:** 1-3 HOURS | **PREHEAT:** APPROX. 10 MINUTES | **GRILL:** 35 MINUTES | **MAKES:** 4-5 SERVINGS



INGREDIENTS

- 2 tablespoons Dijon mustard

4 tablespoons canola oil, divided

2 tablespoons balsamic vinegar

1 tablespoon fresh rosemary, finely chopped

Kosher salt, as desired

Ground black pepper, as desired
- 2 uncooked pork filets (1-2 pounds each)

2 medium bell peppers, cut in 2-inch pieces

1 medium onion, peeled, cut in 2-inch pieces

1 medium zucchini, sliced in 1/2-inch-thick rounds

1 medium yellow summer squash, sliced in 1/2-inch-thick rounds

DIRECTIONS



In a large container or resealable plastic bag, combine mustard, 2 tablespoons canola oil, balsamic vinegar, rosemary, salt, and pepper. Add pork filets, coat with the marinade, and marinate in the refrigerator for 1 to 3 hours.



Insert grill grate in pot and close hood. Select GRILL, set temperature to MED, then set time to 35 minutes. Press START/STOP to begin preheating.



While unit is preheating, combine vegetables, remaining 2 tablespoons canola oil, salt, and pepper in a mixing bowl. Mix until evenly coated.



When unit beeps to signal it has preheated, place pork filets and vegetables on grill grate. Close hood.



After 20 minutes, use silicone-tipped tongs to flip the filets and vegetables. Close hood and continue cooking for 15 minutes more, or until internal temperature reaches 145°F.



Remove pork from unit and allow to rest for 10 minutes.

TIP Substitute your favorite marinade for the rosemary mustard mixture in step 1.



HONEY MUSTARD & BARBECUE-GLAZED CHICKEN BREASTS

INTERMEDIATE RECIPE ●●○

PREP: 5 MINUTES | **PREHEAT:** APPROX. 10 MINUTES | **COOK:** 27-30 MINUTES | **MAKES:** 6 SERVINGS

INGREDIENTS

6 frozen boneless, skinless chicken breasts
(8 ounces each)

3 tablespoons canola oil, divided

Kosher salt, as desired

Ground black pepper, as desired

1 cup honey mustard sauce

1 cup barbecue sauce

DIRECTIONS

- 1 Insert grill grate in pot and close hood. Select GRILL, set temperature to MED, and set time to 30 minutes. Select START/STOP to begin preheating.
- 2 While unit is preheating, evenly brush each chicken breast with a 1/2 tablespoon canola oil. Then season with salt and pepper, as desired.
- 3 When the unit beeps to signify it has preheated, place chicken breasts on grill grate. Close hood and cook for 10 minutes.
- 4 While chicken is cooking, combine the two sauces and mix until thoroughly incorporated. After 10 minutes, flip chicken. Close hood to continue cooking for 5 minutes.
- 5 After 5 minutes, liberally baste chicken with the sauce mixture, flip over, and liberally baste the other side. Close hood to continue cooking for 5 minutes.
- 6 After 5 minutes, repeat step 5. Close hood and cook for 7 more minutes.
- 7 If necessary, baste chicken again and cook for 3 more minutes or until centermost point of chicken reaches an internal temperature of 165°F.
- 8 When cooking is complete, remove chicken from unit and let rest for 5 minutes before serving.





SPICY BUTTERMILK RANCH FRIED CHICKEN

ADVANCED RECIPE ●●●

PREP: 20 MINUTES | **MARINATE:** 8 HOURS | **PREHEAT:** APPROX. 3 MINUTES
AIR CRISP: APPROX. 30 MINUTES | **MAKES:** 4-5 SERVINGS

INGREDIENTS

1/2 cup ranch seasoning, divided
1/2 cup buffalo-style seasoning, divided
1 quart (4 cups) buttermilk
2 uncooked bone-in, skin-on chicken thighs
2 uncooked bone-in, skin-on chicken breasts,
each split in half

2 cups all-purpose flour
1/2 cup canola oil

OPTIONAL

Extra buffalo seasoning for garnish
Ranch dressing for dipping

DIRECTIONS

- 1 Stir together ranch and buffalo-style seasoning. Place half the mixture in a large resealable plastic bag or container. Add buttermilk and combine with spice mixture. Set aside remaining spice mixture.
- 2 Place chicken in the buttermilk mixture and marinate in refrigerator for 8 hours or overnight.
- 3 Strain chicken from marinade. Combine remaining spice mixture with flour in a large mixing bowl. Working in batches, toss chicken in flour mixture until evenly coated. Gently tap chicken to remove excess flour.
- 4 Rub each piece of chicken with oil, using a total of 1/4 cup for all pieces.
- 5 Insert crisper basket in pot and close hood. Select AIR CRISP, set temperature to 360°F, then set time to 30 minutes. Press START/STOP to begin preheating.
- 6 When unit beeps to signify it has preheated, place chicken in the basket. Close hood.
- 7 After 15 minutes has passed, use silicone-tipped tongs to flip the chicken, then close hood to continue cooking.
- 8 Continue cooking up to an additional 5 minutes or until chicken's internal temperature reaches 165°F.

TIP If you want to cut back on the spice, reduce Buffalo seasoning to 1/4 cup.

MUSTARD-RUBBED CHICKEN



BEGINNER RECIPE ●○○

PREP: 10 MINUTES | **PREHEAT:** APPROX. 3 MINUTES | **ROAST:** APPROX. 45 MINUTES | **MAKES:** 6 SERVINGS

INGREDIENTS

1/2 cup Dijon mustard
1/4 cup canola oil
2 tablespoon kosher salt
1 teaspoon ground black pepper
1 tablespoon dry oregano
3 teaspoons dry Italian seasoning
2 tablespoons lemon juice
1 uncooked whole chicken, cut in half
(or 1 whole spatchcocked chicken)

DIRECTIONS

- 1** In a bowl, mix all ingredients except chicken. Coat chicken on all sides with mustard rub and wipe away excess.
- 2** Insert pot into unit and close hood. Select ROAST, set temperature to 350°F, then set time to 45 minutes. Press START/STOP to begin preheating.
- 3** When unit beeps to signify it has preheated, place chicken, cut side down, in the pot.
- 4** After 40 minutes, check chicken for doneness. Continue cooking up to an additional 5 minutes or until chicken's internal temperature reaches 165°F.



CHICKEN-FRIED PORK WITH CRISPY NEW POTATOES



INTERMEDIATE RECIPE ●●○

PREP: 10 MINUTES | **PREHEAT:** APPROX. 3 MINUTES | **AIR CRISP:** 24 MINUTES | **MAKES:** 4 SERVINGS

INGREDIENTS

1 1/2 pounds baby new potatoes, cut in quarters
1 medium yellow onion, peeled, cut in 1-inch pieces
1 tablespoon fresh rosemary, chopped
1 teaspoon fresh garlic, peeled, chopped
Kosher salt, as desired
Ground black pepper, as desired
2 tablespoons mustard
3 tablespoons honey
1 package (2.5 ounces) seasoned bread crumb coating mix
4 uncooked pork cutlets (4–6 ounces each, 1/2 inch thick)

DIRECTIONS

- 1 In a mixing bowl, combine potatoes, onion, rosemary, garlic, salt, and pepper. Mix until evenly coated; set aside.
- 2 In a separate bowl, combine mustard and honey. Place bread crumb coating in a shallow dish. Coat each cutlet with honey-mustard mixture, then dredge in the bread crumb coating, pressing crumbs onto surface of the cutlets. Then shake cutlets gently to remove any excess crumbs. Set cutlets aside.
- 3 Place crisper basket in pot and close hood. Select AIR CRISP, set temperature to 390°F and set time to 24 minutes. Press START/STOP to begin preheating.
- 4 When unit beeps to signal it has preheated, place potato mixture in the basket. Close hood and cook for 10 minutes.
- 5 After 10 minutes, shake potatoes. Reinsert basket in unit and place breaded cutlets on top of the potato mixture. Close hood and cook for 7 minutes.
- 6 After 7 minutes, use silicone-tipped tongs to flip cutlets. Close hood and continue cooking for the remaining 7 minutes.
- 7 Cooking is complete when the cutlets have reached an internal temperature of 145°F or greater. Remove cutlets and potatoes from unit and serve.

CARNE ASADA SANDWICHES



INTERMEDIATE RECIPE ●●○

PREP: 15 MINUTES | **MARINATE:** 5-12 HOURS | **PREHEAT:** APPROX. 10 MINUTES | **GRILL:** 11 MINUTES | **MAKES:** 4 SERVINGS

INGREDIENTS

1 tablespoon garlic, minced
1 tablespoon fresh cilantro, chopped
2 tablespoons soy sauce
3 teaspoons cumin, divided
1 1/2 cups orange juice
3 tablespoons lime juice, divided
Kosher salt, as desired
Ground black pepper, as desired
2 uncooked skirt steaks (about 1 pound each, 1/2 inch–1 inch thick)
3 poblano peppers, cut in quarters, seeds removed
1 tablespoon canola oil
1/4 cup sour cream
1/4 cup mayonnaise
4 sub rolls

TOPPINGS (OPTIONAL)

1 avocado, thinly sliced
1 cup fresh pico de gallo (optional)

DIRECTIONS

- 1 Combine garlic, cilantro, soy sauce, 2 teaspoons cumin, orange juice, 2 tablespoons lime juice, salt, and pepper in a container or large resealable plastic bag. Add steaks and marinate a minimum of 5 hours or overnight.
- 2 Strain steaks from marinade and set aside. Insert grill grate in pot and close hood. Select GRILL. The unit will default to HI, which is the correct temperature setting for this recipe. Set time to 11 minutes. Press START/STOP to begin preheating.
- 3 While unit is preheating, toss poblano peppers in canola oil. Season with salt and pepper, as desired.
- 4 When unit beeps to signify it has preheated, place steaks and peppers on grill grate and close hood.
- 5 Meanwhile, in a small bowl, combine sour cream, mayonnaise, remaining 1 tablespoon lime juice, and remaining 1 teaspoon cumin, and set aside.
- 6 After 6 minutes, use silicone-tipped tongs to flip the steaks and peppers. Close hood to continue cooking.
- 7 After 5 minutes, open hood and remove steaks and peppers from unit. Transfer steaks to a plate or cutting board and allow to rest for 5 to 10 minutes.
- 8 If desired, toast rolls by placing them on the grill grate, selecting GRILL, setting temperature to HI, and setting time to 2 minutes. Close hood and press START/STOP to begin.
- 9 When resting is complete, slice steak thinly, then assemble sandwiches with sliced steak, grilled peppers, cumin-lime spread, avocado, and pico de gallo.

TIP Add sliced jalapeño peppers to the marinade for some extra heat.

CLASSIC CHEESEBURGERS



BEGINNER RECIPE ●○○

PREP: 10 MINUTES | **PREHEAT:** APPROX. 10 MINUTES | **GRILL:** 9 MINUTES | **MAKES:** 6 SERVINGS

INGREDIENTS

2 1/4 pounds uncooked ground beef (80% lean)

Kosher salt, as desired

Ground black pepper, as desired

6 slices American cheese

6 burger buns

Condiments, as desired

DIRECTIONS

- 1** Insert grill grate in pot and close hood. Select GRILL. The unit will default to HI, which is the correct temperature setting for this recipe. Use the arrows to the right of the display to set time to 9 minutes. Press START/STOP to begin preheating.
- 2** While unit is preheating, divide ground beef into 6 portions and form each into a loosely formed 4-inch patty. Use your thumb to make a 1/2-inch indent in the center of each patty (this will help the burgers keep their shape uniform during cooking). Season patties with salt and pepper, as desired.
- 3** When the unit beeps to signify it has preheated, place patties on the grill grate, gently pressing them down to maximize grill marks. Close hood and cook for 7 minutes.
- 4** After 7 minutes, place a slice of cheese on each patty. Close hood and continue cooking for 1 minute.
- 5** After 1 minute, remove cheeseburgers from grill grate. Place the buns on the grill grate. Close hood and cook for the remaining 1 minute. When cooking is complete, serve cheeseburgers on the toasted buns.

TIP For extra flavor, grill vegetables like onions, peppers, or mushrooms and use as burger toppings.





MARINATED STEAK AND VEGETABLE KEBABS

BEGINNER RECIPE ●○○

PREP: 5 MINUTES | **MARINATE:** 30 MINUTES | **PREHEAT:** APPROX. 10 MINUTES
GRILL: 10 MINUTES | **MAKES:** 10-12 SKEWERS

INGREDIENTS

2 tablespoon canola oil
2 tablespoons honey
2 tablespoons soy sauce
1 tablespoon Worcestershire sauce
1 tablespoon Dijon mustard
1 tablespoon white wine vinegar
1 teaspoon garlic powder
1 teaspoon smoked paprika

1 teaspoon kosher salt
½ teaspoon ground black pepper
2 NY strip steaks, cut in 1-inch pieces
1 yellow bell pepper, cut in 1-inch pieces
1 red onion, peeled, cut in 1-inch pieces
1 package (6 ounces) baby bella mushrooms, cleaned
10-12 (8-inch) skewers

DIRECTIONS

- 1 In a medium bowl, whisk together the oil, honey, soy sauce, Worcestershire, Dijon mustard, white wine vinegar, garlic, salt, and pepper. Add the steak, peppers, onions, and mushrooms in the marinade and toss until evenly coated.
- 2 Assemble the skewers in the following order until they're almost full: steak, peppers, mushrooms, and onions.
- 3 Insert the grill grate in the pot and close hood. Select GRILL, set temperature to MED, and set time to 10 minutes. Press the START/STOP button to begin preheating.
- 4 When unit beeps to signal it has preheated, open hood and place the skewers on the grill grate. Close the hood.
- 5 After 7 minutes, open the hood, use silicone-tipped tongs to flip the skewers. Close the hood to continue cooking.
- 6 When cooking is complete, remove skewers from unit and place on serving plate.

SHRIMP TACOS

BEGINNER RECIPE ●○○

PREP: 10 MINUTES | **PREHEAT:** APPROX. 10 MINUTES | **GRILL:** 3-5 MINUTES | **MAKES:** 6 SERVINGS

INGREDIENTS

1 pound fresh uncooked large shrimp, cleaned and deveined
2 tablespoons canola oil
2 tablespoons Cajun seasoning
Kosher salt, as desired
Ground black pepper, as desired
6-8 corn or flour tortillas

TOPPINGS (OPTIONAL)

Sliced avocado
Pico de gallo
Shredded cabbage
Lime wedges
Diced onion
Chopped cilantro



DIRECTIONS

- 1 Insert grill grate in pot and close hood. Select GRILL, set temperature to MAX, and set time to 3 minutes. Press START/STOP to begin preheating.
- 2 While unit is preheating, toss shrimp in a medium bowl with oil, Cajun seasoning, salt, and pepper until evenly coated.
- 3 When unit beeps to signal it has preheated, use silicone-tipped tongs to evenly distribute shrimp on the grill grate in a single layer. Close hood.
- 4 When cooking is complete, remove shrimp from unit.
- 5 If desired, grill tortillas by placing them slightly overlapping each other on the grill grate, selecting GRILL, setting temperature to HIGH, and setting time to 2 minutes. Close hood and press START/STOP to begin.
- 6 When cooking is complete, remove tortillas from unit, assemble tacos with desired toppings, and serve.

TIP Not a fan of shrimp? Swap out for another protein, such as chicken.

TIP If using frozen shrimp, grill for 4 minutes instead of 3.

COD WITH PINEAPPLE SALSA

INTERMEDIATE RECIPE ●●○

PREP: 10 MINUTES | **PREHEAT:** APPROX. 10 MINUTES | **GRILL:** 16 MINUTES | **MAKES:** 4 SERVINGS



INGREDIENTS

4 frozen cod fillets (6-7 ounces each)
4 tablespoons canola oil, divided
Kosher salt, as desired
Ground black pepper, as desired
1/4 cup plus 3 tablespoons fresh lime juice, divided
2 tablespoons fresh cilantro, chopped, divided
1/4 cup honey
2 tablespoons creole seasoning
1 teaspoon cumin
3 fresh pineapple rings (1-inch thick), cut in half
1 red bell pepper (about 1 cup), diced
1 small red onion (about 1/2 cup), peeled, diced
1 small jalapeño pepper, finely diced

DIRECTIONS

- 1 Insert grill grate in unit and close hood. Select GRILL, set temperature to MAX, and set time to 16 minutes. Select START/STOP to begin preheating.
- 2 While unit is preheating, liberally coat fillets with 2 tablespoons canola oil, salt, and pepper.
- 3 In a small bowl, combine remaining 2 tablespoons oil, 3 tablespoons lime juice, 1 tablespoon cilantro, honey, creole seasoning, cumin, salt, and pepper. Stir until ingredients are fully incorporated and set aside for basting.
- 4 When unit beeps to signify it has preheated, place fillets and pineapple rings on grill grate. Use a pastry brush to moisten the top of each fillet with basting liquid, then close hood.
- 5 When unit beeps and the display reads FLIP, brush fillets with basting mixture, then use silicone-tipped tongs to flip them. Brush again with basting mixture. Flip pineapple slices, then close hood to continue cooking for 6 minutes.
- 6 Meanwhile, prepare the salsa by combining the remaining 1/4 cup lime juice, remaining 1 tablespoon cilantro, red bell pepper, onion, jalapeño pepper, salt, and pepper in a mixing bowl; set aside.
- 7 After 6 minutes, brush fillets with basting liquid again, flip with rubber-tipped tongs, and brush again. Close hood to continuing cooking for 2 minutes or until center of fillets reaches at least 145°F.
- 8 When cooking is complete, remove fillets and pineapple from unit. Cut pineapple into 1/2-inch chunks and add to the salsa. Spoon salsa on top of fillets and serve.

TIP Easily substitute the cod with sword fish or mahi mahi, if desired.

TIP Use extra basting mixture to add additional flavor to baste the pineapple and pour some into the salsa.

WHOLE FILLET OF SALMON WITH GARLIC TOPPING



BEGINNER RECIPE ●○○

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

INGREDIENTS

1 uncooked whole salmon fillet
(24–32 ounces), skin on
1 tablespoon canola oil
Kosher salt, as desired
Ground black pepper, as desired
1/2 lemon, thinly sliced
4 tablespoons fresh lemon juice
1/3 cup mayonnaise
2 tablespoons Dijon mustard
4 teaspoons garlic, minced
2 tablespoons fresh dill, finely chopped

DIRECTIONS

- 1 Insert grill grate in pot and close hood. Select GRILL, set temperature to MAX, and set time to 20 minutes. Press START/STOP to begin.
- 2 While unit is preheating, coat salmon skin with oil. Flip and season the flesh with salt and pepper, then place lemon slices in a row down the center.
- 3 In a medium bowl, combine lemon juice, mayonnaise, mustard, garlic, dill, salt, and pepper.
- 4 When unit beeps to signify it has preheated, place salmon on grill grate skin side down, and close hood.
- 5 When unit beeps and the display reads FLIP halfway through cooking, do not flip the salmon. Instead, spoon the mayonnaise mixture in a thin layer over the top (flesh side) of the fillet. Close hood to continue cooking.
- 6 After 8 minutes, check for doneness. An external thermometer should read 135°F. Once cooking is complete, transfer to a plate or cutting board and allow to rest 2 to 3 minutes before serving.

TIP Don't like dill? Swap out for minced fresh thyme or rosemary.

MAPLE-GLAZED BUTTERNUT SQUASH

BEGINNER RECIPE ●○○

PREP: 15 MINUTES | **PREHEAT:** APPROX. 3 MINUTES | **ROAST:** 40–45 MINUTES | **MAKES:** 6–8 SERVINGS

INGREDIENTS

2 medium butternut squash,
cut in half vertically, seeds removed
1 tablespoon plus 1 teaspoon vegetable oil
1/2 teaspoon ground black pepper
1 teaspoon kosher salt, divided
4 tablespoons brown sugar
4 tablespoons maple syrup
2 tablespoons unsalted butter, softened
2 teaspoons fresh thyme, for serving

DIRECTIONS

- 1 Rub the squash halves with vegetable oil, then season with pepper and 1/2 teaspoon salt.
- 2 Insert pot in unit and close hood. Select ROAST, set temperature to 375°F, and set time to 45 minutes. Press START/STOP to begin preheating.
- 3 When unit beeps to signify it has preheated, place the squash halves skin side down in the pot, with the flesh sides facing up. Close hood and cook for 20 minutes.
- 4 Meanwhile, mix the brown sugar, maple syrup, butter, and remaining 1/2 teaspoon salt in a small bowl.
- 5 After 20 minutes, use silicone-tipped tongs to flip the squash halves so the flesh sides face down. Close hood and cook for 15 minutes.
- 6 After 15 minutes, flip the squash again so the flesh sides are up. Spoon the sugar mixture over the top of the squash. Close hood and cook for 5 minutes.
- 7 After 5 minutes, check on the squash. If more browning is desired, close hood and cook up to 5 more minutes, checking frequently.
- 8 When cooking is complete, transfer squash to a serving plate. Garnish with fresh thyme and serve immediately.

TIP If you'd like to cut back on the sugar in this recipe, reduce to 2 tablespoons.

TIP If your squash are too large, trim the sides off a bit in order to fit all 4 pieces in the pot.



VEGETABLE FLATBREAD



BEGINNER RECIPE ●○○

PREP: 15 MINUTES | **PREHEAT:** APPROX. 10 MINUTES | **GRILL:** 7-10 MINUTES | **MAKES:** 4-6 SERVINGS

INGREDIENTS

1 bag (1 pound) store-bought pizza dough
1 teaspoon olive oil
1 tablespoon extra virgin olive oil
1 teaspoon garlic, minced
1/4 cup yellow squash, thinly sliced
1/4 cup zucchini, thinly sliced
1/2 cup parmesan cheese, grated
1/2 teaspoon crushed red pepper
1/4 cup fresh basil, chopped

DIRECTIONS

- 1** Remove pizza dough from the bag and place on a clean counter or cutting board. Use your hands to coat the dough with 1 teaspoon olive oil, then let dough rest for 15 minutes at room temperature.
- 2** Insert grill grate in unit and close hood. Select GRILL, set temperature to HI, and set time to 10 minutes. Press START/STOP to begin preheating.
- 3** While unit is preheating, stretch out the dough into a rectangle roughly 9" x 6" in size.
- 4** When unit beeps to signify it has preheated, place dough on the grill grate. Close hood and cook for 3 minutes.
- 5** After 3 minutes, use silicone-tipped tongs to flip the dough. Close hood and cook for 1 more minute.
- 6** Next, add toppings. First, spread the extra virgin olive oil and minced garlic over the flatbread. Then lay the squash and zucchini slices in rows, covering the entire flatbread. Finish by sprinkling the flatbread with grated parmesan and crushed red pepper.
- 7** Close hood and cook for 3 more minutes.
- 8** After 3 minutes, check toppings for desired doneness, cooking up to 3 more minutes if desired.
- 9** When cooking is complete, garnish flatbread with basil and serve.

MEXICAN STREET CORN

BEGINNER RECIPE ●○○

PREP: 10 MINUTES | **PREHEAT:** APPROX. 10 MINUTES | **GRILL:** 12 MINUTES | **MAKES:** 6 EARS OF CORN

INGREDIENTS

6 ears corn, husks removed
3 tablespoons canola oil, divided
Kosher salt, as desired
Ground black pepper, as desired
1 1/4 cups cotija cheese, crumbled
1/2 cup mayonnaise
1/2 cup sour cream
3 limes, juiced
2 teaspoons garlic powder
2 teaspoons onion powder
1/4 cup cilantro, chopped, for serving

DIRECTIONS

- 1** Insert grill grate in pot and close hood. Select GRILL, set temperature to MAX, and set time to 12 minutes. Press START/STOP to begin preheating.
- 2** While unit is preheating, rub each ear of corn with 1/2 tablespoon canola oil, then season with salt and pepper as desired.
- 3** When unit beeps to signify it has preheated, place corn on grill grate. Close hood and grill for 6 minutes.
- 4** After 6 minutes, flip corn, then close hood and continue cooking for 6 more minutes.
- 5** Meanwhile, mix all remaining ingredients in a bowl.
- 6** When cooking is complete, remove corn and cover each ear liberally with mayonnaise mixture. Garnish with cilantro, if desired, and serve.

TIP If you don't care for cotija cheese, feta is a great alternative.

TIP For an easier-to-eat salad, cut the grilled corn off the cob, then combine with half the mayo mixture.





GRILLED APPLE TARTS



INTERMEDIATE RECIPE ●●○

PREP: 20 MINUTES | **PREHEAT:** APPROX. 10 MINUTES | **GRILL:** 9 MINUTES | **MAKES:** 8 SERVINGS

INGREDIENTS

2 teaspoons ground cinnamon
4 tablespoons granulated sugar
8 teaspoons brown sugar, divided
4 medium apples, thinly sliced
1 1/2 teaspoons lemon juice
1/4 teaspoon kosher salt
1 package (8 rounds) premade biscuit dough
Cooking spray

DIRECTIONS

- 1 Combine cinnamon, granulated sugar, and brown sugar in a small mixing bowl and set aside.
- 2 In a medium mixing bowl, combine apples, lemon juice, salt, and 1 1/2 tablespoons cinnamon-sugar mixture. Mix until apples are evenly coated.
- 3 Separate biscuit dough and place on a piece of parchment paper or greased countertop. Use a rolling pin or your hands to form the pieces of dough into 5 x 4-inch ovals approximately 1/8 inch thick.
- 4 Insert grill grate in pot and close hood. Select GRILL, set temperature to LO, and set time to 9 minutes. Press START/STOP to begin preheating.
- 5 While unit is preheating, place 1/2 cup apple mixture on each oval of dough, leaving a 1/2-inch space on either side, and a 1-inch space on the top and bottom.
- 6 Fold the sides up around the apple mixture, leaving an inch of apples exposed in the center. Seal the top and bottom of the dough by pinching exposed portion firmly and twisting clockwise to form a canoe-like shape.
- 7 Coat each tart liberally with cooking spray and sprinkle with the remaining cinnamon-sugar mixture.
- 8 When unit beeps to signify it has preheated, place tarts on grill grate. Close hood and cook for 6 minutes.
- 9 When cooking is complete, remove tarts. Serve immediately with vanilla ice cream or whipped cream.

TIP Other fruits, such as pears, can be substituted for the apples.

Grill Chart

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

INGREDIENT	AMOUNT	TEMP	COOK TIME	INSTRUCTIONS
POULTRY	Chart times are intended to cook poultry all the way through to an internal temperature of 165°F			
Chicken breasts	4 bone-in breasts (12–24 oz each)	HI	18–22 mins	Flip halfway through cooking
	6 boneless breasts (7–9 oz each)	HI	16–20 mins	Flip halfway through cooking
Chicken, leg quarters	3 bone-in leg quarters (12–14 oz each)	HI	26–31 mins	Flip halfway through cooking
Chicken sausages, prepared	2 packages (8 sausages)	HI	6–8 mins	Flipping not necessary
Chicken tenderloins	9 boneless tenderloins (2–3 oz each)	HI	8–11 mins	Flip halfway through cooking
Chicken thighs	6 bone-in thighs (7–9 oz each)	HI	23–28 mins	Flip halfway through cooking
	6 boneless thighs (4–7 oz each)	HI	10–12 mins	Flip halfway through cooking
Chicken wings	2 1/2 lbs, bone-in (drumettes & flats)	HI	15–18 mins	Flip halfway through cooking
Turkey burgers	6 patties (1/4 lb each), 1-inch thick	HI	11–13 mins	Flipping not necessary
BEEF	Chart times are intended to cook beef to medium doneness with an internal temperature of 145°F			
Burgers	6 patties (up to 7 oz each), 1-1 1/2 inches thick	HI	5–9 mins	Flipping not necessary
Filet mignon	6 steaks (6–8 oz each), 1 1/4-1 1/2 inches thick	HI	12–15 mins	Flip halfway through cooking
Flat iron or flank steak	1 steaks (18–24 oz each), 1-1 1/4 inches thick	HI	11–15 mins	Flip halfway through cooking
Hot dogs	9 hot dogs	LO	3–5 mins	Flip halfway through cooking
NY strip	4 steaks (12–14 oz each), 1 1/4-1 1/2 inches thick	HI	9–12 mins	Flip halfway through cooking
Ribeye	3 steaks (14–16 oz each), 1 1/4 inches thick	HI	12–14 mins	Flip halfway through cooking
Skirt	4 steaks (10–12 oz each), 3/4-1 inch thick	HI	7–11 mins	Flip halfway through cooking
Steak tips	2 lbs	MED	13–16 mins	Marinate as desired
T-bone	2 steaks (14–18 oz each), 1 1/2 inches thick	HI	9–12 mins	Flipping not necessary
PORK, LAMB & VEAL	Chart times are intended to cook pork, lamb & veal all the way through to an internal temperature of 145°F			
Baby back ribs	1 rack, divided in half (10–13 bones)	HI	20–22 mins	Flip halfway through cooking
Bacon	8 strips, thick cut	LO	9–11 mins	Flipping not necessary
Lamb rack	Full rack (8 bones)	HI	18–22 mins	Flip halfway through cooking
Pork chops	2 thick-cut, bone-in chops (12–14 oz each)	HI	15–19 mins	Flip halfway through cooking
	6 boneless chops (8 oz each)	HI	14–17 mins	Flip halfway through cooking
Pork tenderloins	2 whole tenderloins (1-1 1/2 lbs each)	HI	15–20 mins	Flip halfway through cooking
Sausages	9 whole sausages (3–4 oz each)	LO	9–12 mins	Flip halfway through cooking
Veal chops	6 bone-in chops (4–6 oz each)	HI	8–12 mins	Flip halfway through cooking

Grill Chart, continued

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

INGREDIENT	AMOUNT	TEMP	COOK TIME	INSTRUCTIONS
SEAFOOD Chart times are intended to cook seafood all the way through to an internal temperature of 145°F				
Cod or haddock	6 fillets (5–6 oz each)	MAX	8–12 mins	Flipping not necessary
Flounder	3 fillets (5–6 oz each)	MAX	4–6 mins	Flipping not necessary
Halibut	6 fillets (4–6 oz each)	MAX	6–10 mins	Flipping not necessary
Oysters	12	MAX	5–7 mins	Shuck and place on grill, shell-side down
Scallops	18 (1 1/2 lbs)	MAX	5–8 mins	Pat dry, season
Shrimp	2 lbs jumbo (aprox. 30 count)	MAX	1–3 mins	Pat dry, season
Swordfish	2 steaks (11–12 oz each)	MAX	6–8 mins	Flipping not necessary
Tuna	4 steaks (4–6 oz each)	MAX	6–8 mins	Flipping not necessary
FROZEN POULTRY Chart times are intended to cook poultry all the way through to an internal temperature of 165°F				
Chicken breasts	6 boneless breasts (7–9 oz each)	MED	20–25 mins	Flip 2 to 3 times while cooking
Chicken thighs	6 bone-in thighs (7–9 oz each)	MED	25–28 mins	Flip 2 to 3 times while cooking
Turkey burgers	6 patties (4–6 oz each)	MED	11–13 mins	Flip halfway through cooking, if desired
FROZEN BEEF Chart times are intended to cook beef all the way through to an internal temperature of 145°F				
Filet mignon	6 steaks (6–8 oz each), 1 1/4–1 1/2 inches thick	MED	15–20 mins	Flip 2 to 3 times while cooking
NY strip	4 steaks (12–14 oz each), 1 1/4–1 1/2 inches thick	MED	18–26 mins	Flip 2 to 3 times while cooking
Ribeye	3 steaks (14–16 oz each), 1 1/4 inches thick	MED	18–24 mins	Flip 2 to 3 times while cooking
FROZEN PORK Chart times are intended to cook pork all the way through to an internal temperature of 145°F				
Pork chops	6 boneless chops (8 oz each)	MED	22–26 mins	Flip 2 to 3 times while cooking
Pork tenderloin	2 whole tenderloins (1 lb each)	MED	22–26 mins	Flip 2 to 3 times while cooking
Sausage, uncooked	9 whole sausages	LO	10–14 mins	Flip 2 to 3 times while cooking
FROZEN SEAFOOD Chart times are intended to cook seafood all the way through to an internal temperature of 145°F				
Halibut	6 fillets (6 oz each)	MAX	14–16 mins	Flip halfway through cooking, if desired
Salmon	6 fillets (4 oz each)	MAX	12–15 mins	Flip halfway through cooking, if desired
Shrimp	20 oz jumbo (aprox. 30 count)	MAX	3–4 mins	Flipping not necessary
FROZEN VEGGIE BURGERS				
Veggie burgers	6 patties (4 oz each)	HI	8–10 mins	Flip halfway through cooking, if desired

Grill Chart, continued

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

INGREDIENT	AMOUNT	PREPARATION	TEMP	COOK TIME	INSTRUCTIONS
VEGETABLES					
Asparagus	2 bunches	Whole, trim stems	MAX	5–7 mins	Flipping not necessary
Baby bok choy	1 ½ lbs	Cut in half lengthwise, season	MAX	9–13 mins	Flip halfway through cooking
Bell peppers	4	Cut in quarters, season	MAX	6–9 mins	Flip halfway through cooking
Broccoli	2 heads (1 ¾ lbs)	Cut in 2-inch florets	MAX	10–12 mins	Flipping not necessary
Brussels sprouts	2 ½ lbs	Whole, trim stems	MAX	12–16 mins	Flip halfway through cooking
Carrots	10 (2 lbs)	Peel, cut in 2-inch pieces, season	MAX	12–14 mins	Flipping not necessary
Cauliflower	1 head (12–18 oz)	Cut in 2-inch florets	MAX	10–12 mins	Flipping not necessary
Corn on the cob	6	Whole ears, remove husks	MAX	10–13 mins	Flip halfway through cooking
Crimini mushrooms	1 ½ lbs	Cut in half, season	MAX	5–7 mins	Flipping not necessary
Eggplant	2 medium (16–24 oz)	Cut in 2-inch pieces, season	MAX	10–12 mins	Flip halfway through cooking
Green Beans	24 oz	Trim stems, season	MAX	8–10 mins	Flipping not necessary
Onions, white or red (cut in half)	6	Peel, cut in half, season	MAX	10–12 mins	Flip halfway through cooking
Onions, white or red (sliced)	3	Peel, cut in 1-inch slices, season	MAX	4–6 mins	Flip halfway through cooking
Portobella mushrooms	6	Remove stems, scrape out gills with spoon, season	MAX	7–9 mins	Flip halfway through cooking
Squash or Zucchini	2–3 (24 oz)	Cut in quarters lengthwise, season	MAX	12–16 mins	Flip halfway through cooking
Tomatoes	6–10	Cut in half, season	MAX	8–10 mins	Flipping not necessary
FRUIT					
Avocado	Up to 3 avocados	Cut in half, remove pit	MAX	4–5 mins	Flipping not necessary
Bananas	4	Peel, cut in half lengthwise	MAX	3 mins	Remove using silicone tipped tongs or spatula
Lemons & Limes	5	Cut in half lengthwise, press down on grill grate	MAX	4 mins	Flipping not necessary
Mango	4–6	Press down gently on grill grate	MAX	4–6 mins	Flipping not necessary
Melon	6 spears (4–6 inches each)	Press down gently on grill grate	MAX	4–6 mins	Flipping not necessary
Pineapple	6–8 slices or spears	Cut in 2-inch pieces	MAX	7–10 mins	Flip gently several times during cooking
Stone fruit (such as peaches & plums)	4–6	Cut in half, remove pit, press down on grill grate	MAX	10–12 mins	Flipping not necessary
BREAD & CHEESE					
Bread (such baguettes & ciabattas)	12–16 inch loaf	Hand-cut, 1 ½-inch slices, brushed with canola oil	MAX	2–3 mins	Flipping not necessary
Halloumi cheese	24–36 oz	Cut in 1-inch slices	MAX	2–4 mins	Flipping not necessary

Air Crisp Chart

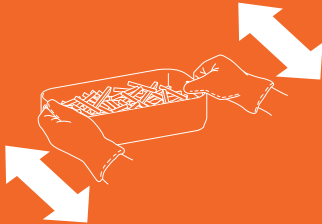
INGREDIENT	AMOUNT	PREPARATION	TOSS IN OIL	TEMP	COOK TIME
VEGETABLES					
Asparagus	2 bunches	Whole, trim stems	2 tsp	390°F	12-14 mins
Beets	8 small or 6 large	Whole	None	390°F	45-60 mins
Bell peppers (for roasting)	5	Whole	None	400°F	20-25 mins
Broccoli	2 heads	Cut in 1-inch florets	1 Tbsp	390°F	12-16 mins
Brussels sprouts	2 lbs	Cut in half, remove stems	1 Tbsp	390°F	15-18 mins
Butternut squash	3 lbs	Cut in 1-inch pieces	1 Tbsp	390°F	26-28 mins
Carrots	2 lbs	Peel, cut in 1-inch pieces	1 Tbsp	390°F	18-22 mins
Cauliflower	2 heads	Cut in 1-inch florets	2 Tbsp	390°F	20-25 mins
Corn on the cob	6 ears	Whole ears, remove husks	1 Tbsp	390°F	11-15 mins
Green beans	2 lbs	Trim	1 Tbsp	390°F	11-13 mins
Kale (for chips)	8 cups, packed	Tear in pieces, remove stems	None	300°F	10-12 mins
Mushrooms	1 1/2 lbs	Rinse, cut in quarters	1 Tbsp	390°F	11-13 mins
Potatoes, russet	3 lbs	Cut in 1-inch wedges	1-3 Tbsp, canola	390°F	25-30 mins
	2 lbs	Hand-cut fries*, thin	1-3 Tbsp, canola	390°F	22-26 mins
	2 lbs	Hand-cut fries*, thick	1-3 Tbsp, canola	390°F	24-29 mins
	5 whole (6-8 oz)	Pierce with fork 3 times	None	390°F	38-45 mins
Potatoes, sweet	1 1/2 lbs	Cut in 1-inch chunks	1 Tbsp	390°F	20-25 mins
	6 whole (6-8 oz)	Pierce with fork 3 times	None	390°F	30-35 mins
Zucchini	2 1/2 lbs	Cut in quarters lengthwise, then cut in 1-inch pieces	1 Tbsp	390°F	16-19 mins
POULTRY					
Chicken breasts	3 breasts (3/4-1 1/2 lbs each)	Bone in	Brushed with oil	375°F	25-35 mins
	4 breasts (1/2-3/4 lb each)	Boneless	Brushed with oil	375°F	20-24 mins
Chicken thighs	6 thighs (6-10 oz each)	Bone in	Brushed with oil	375°F	25-30 mins
	6 thighs (4-8 oz each)	Boneless	Brushed with oil	375°F	16-18 mins
Chicken wings	2 1/2 lbs (drumettes & flats)	Bone in	1 1/2 Tbsp	390°F	22-26 mins

*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.

For best results,
shake or toss often.

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

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



Shake your food

OR



Toss with
silicone-tipped tongs

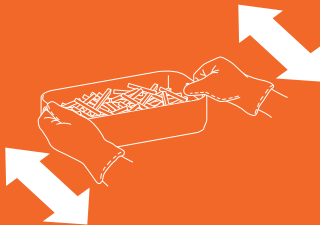
Air Crisp Chart, continued

INGREDIENT	AMOUNT	PREPARATION	TOSS IN OIL	TEMP	COOK TIME
PORK & LAMB					
Bacon	5 strips, cut in half	None	None	350°F	5–8 mins
Pork chops	3 thick-cut, bone-in chops (10–12 oz each)	Bone in	Brush with oil	375°F	17–20 mins
	6 boneless chops (8 oz each)	Boneless	Brush with oil	375°F	14–20 mins
Pork tenderloins	2 tenderloins (1–1 ½ lbs each)	Whole	Brush with oil	375°F	25–35 mins
Sausages	6 sausages	Whole	None	390°F	9–11 mins
FROZEN FOODS					
Chicken cutlets	6 cutlets	None	None	390°F	18–21 mins
Chicken nuggets	2 boxes (24 oz)	None	None	390°F	10–13 mins
Fish fillets	8 fillets, breaded	None	None	390°F	14–16 mins
Fish sticks	30 fish sticks (22 oz; approx. 2 boxes)	None	None	390°F	13–16 mins
French fries	1 lb	None	None	350°F	18–22 mins
	2 ½ lbs	None	None	360°F	25–30 mins
Mozzarella sticks	2 boxes (11 oz)	None	None	375°F	10–12 mins
Pot stickers	1 bag (20 oz, 20 count)	None	None	390°F	12–15 mins
Pizza rolls	1 large bag (40 oz, aprox. 40 count)	None	None	390°F	12–15 mins
Popcorn shrimp	1 ½ boxes (aprox. 24 oz)	None	None	390°F	10–13 mins
Sweet potato fries	1 bag (aprox. 24 oz)	None	None	375°F	20–24 mins
Tater tots	1 bag (aprox. 24 oz)	None	None	360°F	15–18 mins

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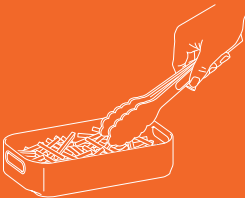
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Use these cook times
as a guide, adjusting
to your preference.



Shake your food

OR



Toss with
silicone-tipped tongs

Dehydrate Chart

INGREDIENTS	PREPARATION	TEMP	DEHYDRATE TIME
FRUITS & VEGETABLES			
Apples	Cut in 1/8-inch slices, remove core, rinse in lemon water, pat dry	135°F	6–8 hours
Asparagus	Cut in 1-inch pieces, blanch	135°F	6–8 hours
Bananas	Peel, cut in 3/8-inch slices	135°F	6–8 hours
Beets	Peel, cut in 1/8-inch slices	135°F	6–8 hours
Eggplant	Peel, cut in 1/4-inch slices, blanch	135°F	6–8 hours
Fresh herbs	Rinse, pat dry, remove stems	135°F	4 hours
Ginger root	Cut in 3/8-inch slices	135°F	6 hours
Mangoes	Peel, cut in 3/8-inch slices, remove pit	135°F	6–8 hours
Mushrooms	Clean with soft brush (do not wash)	135°F	6–8 hours
Pineapple	Peel, cut in 3/8–1/2-inch slices, remove core	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; blanch if planning to rehydrate	135°F	6–8 hours
MEAT, POULTRY, FISH			
Beef jerky	Cut in 1/4-inch slices, marinate overnight	150°F	5–7 hours
Chicken jerky	Cut in 1/4-inch slices, marinate overnight	150°F	5–7 hours
Turkey jerky	Cut in 1/4-inch slices, marinate overnight	150°F	5–7 hours
Salmon jerky	Cut in 1/4-inch slices, marinate overnight	150°F	3–5 hours



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