

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



NINJA
Foodi^{PRO}
GRILL
with Integrated Smart Probe
20+ mouthwatering
recipes plus charts for
unlimited possibilities



Your guide to grilling like a Foodi

Welcome to the Ninja® Foodi™ Pro 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.

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Recipe Key

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



Smart Temp Probe



Frozen to char-grilled



Kid-friendly food



10 minutes or less



Gluten-free



Dairy-free



Keto



Vegetarian

Cyclonic Grilling

TECHNOLOGY

Confidently cook food on the inside and char-grill every side with the Integrated Smart Temp Probe. 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.



Perfectly
cooked
without the
guesswork



Grilled favorites

Quick and easy meals
Classic Cheeseburgers, page 16



No-flip grilling

No more falling apart
Grilled Citrusy Halibut, page 36



Grilled thrills

Grill the unexpected
Personal Grilled Pizza, page 44



Frozen to char-grilled

No thawing required
Barbecue Chicken Breasts, page 20

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.



LOW

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



MEDIUM

Best for frozen meats and batches of marinated ingredients.



HIGH

Best for steaks, chicken, and burgers.



MAX

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



Sausage & Pepper Grinders
Page 34



Frozen Chicken Breasts
Page 54



Grilled New York Strip Steak & Asparagus
Page 14



Pineapple & Peaches
Page 56

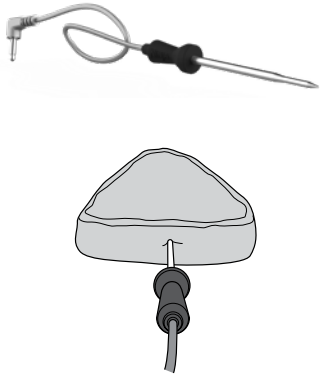
Always use recommended oils

For less smoke, use oils with a high smoke point—like canola, avocado, vegetable, or grapeseed oil—instead of olive oil. If you choose to cook ingredients at a higher temperature than recommended it may result in more smoke and food having a burnt, acrid flavor.

The Integrated Smart Temp Probe

Perfect results every time, without the guesswork.

Ninja Foodi Pro Grill automatically knows the internal temperature of your food and will alert you when it's ready. Never worry about under or overcooking food again.



Using the Smart Temp Probe

While your Foodi Pro Grill is preheating, **insert the Integrated Smart Probe into the center-most, thickest part of the protein.** If the protein is bone-in, insert it very close to (but not touching) the bone.

Use the Probe Cooking Temperature Chart on the next page to cook to the desired doneness.

When protein is done to your liking, the Foodi Pro Grill will beep and the probe icon will flash to inform you that it's time to take out your food and let it rest.

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°F before actual desired doneness. See the chart below.

Probe Cooking Temperature Chart

FOOD:	ADJUST PROBE SET TO:	ALLOW FOOD TO (REST)* CARRY-OVER COOK TO:
Fish	140°F	145°F
Poultry	170°F	170°F or higher
Pork	140°F	145°F
Beef/Lamb		
Rare	120°F	125°F
Medium Rare	130°F	135°F
Medium	140°F	145°F
Medium Well	145°F	150°F
Well Done	155°F	160°F
Ground Pork	155°F	160°F
Ground Poultry	160°F	165°F

For even juicier and more 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. While resting, press the PROBE SET button for 2 seconds and the probe reading will display.

Reasons meat cooks differently

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 cooking experience.



Cut size

Proteins come in different shapes and sizes, which require different cooking times. If you are cooking proteins that are different sizes, probe the smaller protein first as this one will cook faster than the larger protein.



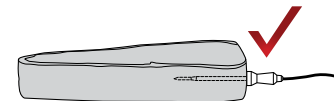
Meat temperature

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

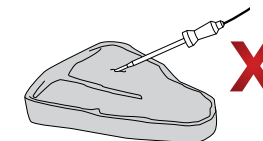
For even juicier results

If time permits, let meat come to room temperature before cooking for a more juicy center, this may take about 30 minutes. (We recommend reducing chart cook time by 2 minutes in this case.)

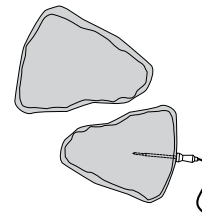
Quick tips for best grilling results



Insert the probe horizontally as far into the center of the thickest part of your food.



Don't insert the probe at an angle or let the probe touch the bone when cooking bone-in meats.



Probe smaller proteins first when cooking proteins of different sizes.



Consider letting your food carry-over cook for best results. Keep the probe inserted after cooking and transfer the protein to a plate to rest for at least 5 minutes to carry-over cook.



Use oven mitts to remove the probe from your protein after 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 evenness and faster 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

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 Steak & Asparagus

BEGINNER RECIPE ●○○

PREP: 10 MINUTES | **PREHEAT:** APPROX. 8 MINUTES | **COOK:** APPROX. 12 MINUTES | **MAKES:** 2-4 SERVINGS



INGREDIENTS

2 uncooked New York strip steaks (14-16 ounces each)
2 tablespoons canola oil, divided
Kosher salt, as desired

Ground black pepper, as desired
1 bunch asparagus, trimmed

DIRECTIONS



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.



Plug temperature probe into unit. Insert grill grate in unit and close hood. Select GRILL and set temperature to HIGH. (When using the probe, there is no time selection necessary or available). Select TEMP iQ and set the desired internal cook temperature (refer to the chart on page 8). Select START/STOP to begin preheating. While unit is preheating, insert probe into the center of the thickest steak (See probe placement instructions on page 7).



Once the unit beeps to signify it has preheated, place steaks on grill grate, gently pressing them down to maximize grill marks. Close hood over the probe cord.



When the screen reads 90°F, open hood and flip steaks. Close hood and continue cooking until the unit beeps and the probe icon flashes to signify cooking is complete.



Remove steaks from unit and allow them to rest (they will continue cooking to the desired doneness even after removed from the grill). Leave probe in steak and connected to the unit to monitor internal temp of steak while it rests.



While steak is resting, place asparagus on grill grate and close hood. Select GRILL, set temperature to HIGH, and set time to 4 minutes. Select START/STOP to begin cooking.



To check the steak's temp at any time, press TEMP iQ for 2 seconds until the screen displays the internal temp. The screen will then go back to showing the countdown timer. When cooking and resting are complete, remove probe. Slice steak and serve with asparagus.



Kickstarter Recipe

Classic Cheeseburgers

BEGINNER RECIPE ●○○

PREP: 10 MINUTES | **PREHEAT:** APPROX. 8 MINUTES | **COOK:** APPROX. 8 MINUTES | **MAKES:** 4 SERVINGS



INGREDIENTS

1 1/2 pounds uncooked ground beef (80% lean)
 4 slices American cheese
 4 burger buns
 Kosher salt, as desired
 Ground black pepper, as desired

Toppings

Lettuce Red onion Tomatoes Pickles Condiments

DIRECTIONS



Divide the ground beef into 4 portions and hand-form each portion into a loosely formed 4-inch patty. Season the burger patties with salt and pepper, as desired.



With your thumb, make a 1/2-inch indent in the center of the patty; this will help keep the burger's shape uniform during cooking.



Plug temperature probe into unit. Insert grill grate in unit and close hood. Select GRILL and set temperature to HIGH. Select TEMP iQ and set the desired internal cook temperature (refer to the chart on page 8; there is no time adjustment available or necessary when using the TEMP iQ function). Select START/STOP to begin preheating. While unit is preheating, insert probe into the center of one burger (See probe placement instructions on page 7).



Once the unit beeps to signify it has preheated, place burgers on grill grate. Close hood over the probe cord.



Cook burgers, without flipping, until the internal temp reads 3°F lower than the desired temp. Open hood, add cheese to burgers, then close hood and continue cooking until unit beeps and the probe icon flashes to signify cooking is complete.



Open hood and remove burgers. Then remove probe from burger using oven mitts, or once probe has cooled down.



If desired, after the burgers finish cooking, toast the buns directly on the grill grate by selecting GRILL, setting temp to HIGH, and setting time to 1 minute. Enjoy burgers with condiments and toppings of your choice.

Kickstarter Recipe

Teriyaki Marinated Salmon

BEGINNER RECIPE ●○○

PREP: 5 MINUTES | **MARINATE:** 1-12 HOURS | **PREHEAT:** APPROX. 8 MINUTES | **COOK:** APPROX. 8 MINUTES | **MAKES:** 4 SERVINGS



INGREDIENTS

4 uncooked skinless salmon fillets
(6 ounces each)

1 cup teriyaki marinade

DIRECTIONS



Place fish fillets and teriyaki sauce in a large resealable plastic bag or container. Move fillets around to coat evenly with sauce. Refrigerate for at least 1 hour and up to 12 hours.



Plug temperature probe into unit. Insert grill grate in unit and close hood. Select GRILL and set temperature to MAX. Select TEMP iQ and set the internal cook temperature to 140°F (there is no time adjustment available or necessary when using the TEMP iQ function). Select START/STOP to begin preheating. While unit is preheating, insert probe into the center of the thickest fillet (see probe placement instructions on page 7).



Once the unit beeps to signify it has preheated, place fillets on grill grate, gently pressing them down to maximize grill marks. Close hood over the probe cord.



Cook fillets, without flipping, until the unit beeps and the probe icon flashes to signify cooking is complete.



Open hood and remove salmon. Then with oven mitts on, remove probe and serve fillets immediately.

TIP Substitute your favorite marinade for the teriyaki sauce in step 1.

Kickstarter Recipe

Barbecue Chicken Breasts

BEGINNER RECIPE ●○○

PREP: 5 MINUTES | **PREHEAT:** APPROX. 8 MINUTES | **COOK:** 23-25 MINUTES | **MAKES:** 4 SERVINGS



INGREDIENTS

4 frozen boneless, skinless chicken breasts (8 ounces each)
2 tablespoons canola oil, divided

Kosher salt, as desired
Ground black pepper, as desired
1 cup of your favorite barbecue sauce

DIRECTIONS



Insert grill grate in unit and close hood. Select GRILL, set temperature to MEDIUM, and set time to 25 minutes. Select START/STOP to begin preheating.



While unit is preheating, evenly brush each chicken breast with 1/2 tablespoon canola oil. Then season with salt and pepper, as desired.



When the unit beeps to signify it has preheated, place chicken breasts on grill grate. Close hood and cook for 10 minutes.



After 10 minutes, flip chicken. Close hood to continue cooking for 5 minutes.



After 5 minutes, liberally baste chicken with barbecue sauce, then flip over and liberally baste the other side. Close hood to continue cooking for 5 minutes.



After 5 minutes, repeat step 5. Close hood and cook for 2 more minutes.



If necessary, baste chicken again and cook for up to 3 more minutes until centermost point of the chicken reaches an internal temperature of 170°F.



Allow chicken to rest for 5 minutes before serving.

TIP If using a thicker barbecue sauce, grill on LOW instead of MEDIUM.



NASHVILLE HOT FRIED CHICKEN



INTERMEDIATE RECIPE ●●○

PREP: 20 MINUTES | **MARINATE:** 8 HOURS | **PREHEAT:** APPROX. 3 MINUTES
COOK: APPROX. 25 MINUTES | **MAKES:** 3-4 SERVINGS

INGREDIENTS

2 tablespoons garlic powder
2 tablespoons onion powder
2 tablespoons chili powder
1 tablespoon mustard powder
2 tablespoons kosher salt
1 tablespoon ground black pepper
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
4 cups all-purpose flour
³/₄ cup canola oil, divided
2 tablespoons dark brown sugar
3 tablespoons paprika
2 teaspoons cayenne pepper

DIRECTIONS

- 1 Stir together garlic, onion, chili, and mustard powders with salt and pepper. Place half the mixture in a large resealable plastic bag or container. Add buttermilk to bag or container and combine with spice mixture. Set aside remaining spice mixture.
- 2 Add chicken to buttermilk mixture and marinate in refrigerator for 8 hours or overnight.
- 3 Strain chicken from marinade. Combine remaining spice rub with flour in a large mixing bowl. Working in batches, toss chicken pieces in spiced flour mixture until evenly coated. Gently tap chicken off to remove excess flour.
- 4 Rub each piece of chicken with oil, using a total of ¹/₄ cup oil for all pieces.
- 5 Plug temperature probe into unit. Insert air crisp basket in unit and close hood. Select AIR CRISP and set temperature to 360°F (there is no time adjustment available or necessary when using the TEMP iQ function).
- 6 Select TEMP iQ and set temperature to 170°F. Select START/STOP to begin preheating.
- 7 While unit is preheating, insert probe into the center of the largest piece of chicken close to (but not touching) the bone. (See probe placement instructions on page 7).
- 8 Once the unit beeps to signify it has preheated, place chicken in the basket. Close hood over the probe cord.
- 9 While chicken is cooking, whisk together remaining ¹/₄ cup canola oil, brown sugar, paprika, and cayenne pepper in a bowl.
- 10 When the internal temp reads 120°F, open hood and flip chicken. Then close hood and continue cooking until the unit beeps and the probe icon flashes to signify cooking is complete.
- 11 When cooking is complete, remove chicken from unit and use oven mitts to remove probe from chicken. Gently toss chicken with spiced oil mixture and serve.

CHEESY CHICKEN QUESADILLA STACKS



INTERMEDIATE RECIPE ●●○

PREP: 15 MINUTES | **PREHEAT:** APPROX. 8 MINUTES | **COOK:** 27 MINUTES | **MAKES:** 6-8 SERVINGS

INGREDIENTS

4 (8-inch) flour tortillas
Vegetable oil cooking spray
1/3 cup salsa
1/3 cup sour cream
3-5 dashes hot sauce

12 ounces grilled chicken breast,
chopped, divided
5 scallions, chopped, divided
1 can (4 ounces) diced jalapeño peppers, divided
2 cups (8 ounces) plus 1/4 cup shredded cheddar
or Colby Jack cheese, divided

DIRECTIONS

- 1 Insert grill grate in unit and close hood. Select GRILL, set temperature to MAX, and set time to 4 minutes. Select START/STOP to begin preheating.
- 2 While unit is preheating, spray both sides of the tortillas with cooking spray. Then use a knife tip to poke 5 to 7 small holes in each tortilla (to prevent them from ballooning during cooking).
- 3 In a small bowl, stir together salsa, sour cream, hot sauce; set aside.
- 4 When the unit beeps to signify it has preheated, place 1 tortilla on the grill grate. Close hood and grill for 1 minute. After 1 minute, open hood and remove tortilla; set aside. Repeat with remaining 3 tortillas.
- 5 Evenly spread a grilled tortilla with a third of the chopped chicken, a third of the scallions, a third of the jalapeño peppers, 2/3 cup cheese, and a third of the salsa mixture. Place another tortilla on top.
- 6 Top that tortilla with a third of the chopped chicken, a third of the scallions, a third of the jalapeño peppers, 2/3 cup cheese, and a third of the salsa mixture. Place another tortilla on top.
- 7 Repeat step 6. After placing the last tortilla on top, press down gently.
- 8 Remove grill grate from unit. Select ROAST, set temperature to 350°F, and set time to 23 minutes. Select START/STOP to begin preheating.
- 9 When the unit beeps to signify it has preheated, place tortilla stack in pot. Then cover it with an aluminum foil tent, pressing down gently to secure foil around stack. Close hood and cook for 20 minutes.
- 10 After 20 minutes, remove foil. Sprinkle remaining 1/4 cup cheese over the top, close hood, and cook for the remaining 3 minutes.
- 11 When cooking is complete, remove with a non metal spatula and transfer to plate, slice slack and serve.





MUSTARD-RUBBED HALF CHICKEN



BEGINNER RECIPE ●○○

PREP: 10 MINUTES | **PREHEAT:** APPROX. 3 MINUTES | **COOK:** APPROX. 35 MINUTES | **MAKES:** 4 SERVINGS

INGREDIENTS

- 1/4 cup Dijon mustard
- 1/4 cup canola oil
- 1 tablespoon kosher salt
- 1 teaspoon ground black pepper
- 2 tablespoon honey
- 1 tablespoon dry oregano
- 2 teaspoons dry Italian seasoning
- 1 tablespoon lemon juice
- 1 half chicken, approximately 24 ounces

DIRECTIONS

- 1 In a small bowl, mix all ingredients except chicken. Coat chicken on all sides with mustard rub.
- 2 Plug temperature probe into unit. Insert Ninja® Roasting Rack in pot and close hood (make sure the grill grate or air crisp basket is removed from the unit). Select ROAST and set temperature to 350°F (there is no time adjustment available or necessary when using the TEMP iQ function).
- 3 Select TEMP iQ and set temperature to 170°F. Select START/STOP to begin preheating.
- 4 While unit is preheating, insert probe into center of chicken breast (see probe placement instructions on page 7).
- 5 Once unit has beeped to signify it has preheated, place chicken, skin-side down, on the roasting rack. Close hood over probe cord.
- 6 When the display reads 140°F, open hood and flip chicken. Close hood and continue cooking until the unit beeps and the probe icon flashes to signify cooking is complete.
- 7 Open hood and remove chicken from grill; chicken will continue to cook even after removed from the grill. Leave probe in chicken and connected to unit to monitor temperature of chicken while it rests.
- 8 Allow chicken to rest up to 10 minutes before serving. To check the internal temp at any time, press TEMP iQ for 2 seconds until the screen displays the internal temp.

GRILLED CAULIFLOWER STEAKS WITH GREEK SALSA



ADVANCED RECIPE ●●●

PREP: 20 MINUTES | **PREHEAT:** APPROX. 8 MINUTES | **COOK:** 17 MINUTES | **MAKES:** 2 SERVINGS

INGREDIENTS

1 head cauliflower, leaves and stem removed
1/3 cup Kalamata olives, chopped, pits removed
1/2 cup roasted red peppers, chopped
1 tablespoon fresh oregano, minced
1 tablespoon fresh parsley, minced
3 cloves garlic, peeled, minced
Juice of 1 lemon
1/2 pound (8 ounces) feta cheese, crumbled
Kosher salt, as desired
1 teaspoon ground black pepper
1/3 cup walnuts, roughly chopped
1 small red onion, peeled, chopped
1/4 cup canola oil, divided

DIRECTIONS

- 1 Cut cauliflower from top to bottom into two 2-inch “steaks”; reserve remaining cauliflower.
- 2 To make the Greek salsa, in a large bowl, stir together olives, roasted red peppers, oregano, parsley, garlic, lemon juice, feta, salt, pepper, walnuts, red onion, and 2 tablespoons of canola oil.
- 3 Insert grill grate in unit and close hood. Select GRILL, set temperature to MAX, and set time to 17 minutes. Select START/STOP to begin preheating.
- 4 While unit is preheating, brush remaining 2 tablespoons of oil on both sides of “steaks,” then season each with salt, as desired.
- 5 When the unit beeps to signify it has preheated, place steaks on the grill grate. Close hood and cook for 10 minutes.
- 6 After 10 minutes, flip “steaks.” Close hood and continue cooking for 5 minutes.
- 7 After 5 minutes, spread “steaks” generously with Greek salsa. Close hood and cook for the remaining 2 minutes. Reserve remaining Greek salsa.
- 8 When cooking is complete, serve immediately.

TIP Cut remaining cauliflower into large chunks, toss with canola oil, and grill for 12 minutes before tossing with remaining Greek salsa.

RICE & VEGETABLE STUFFED PEPPERS



INTERMEDIATE RECIPE ●●○

PREP: 15 MINUTES | **PREHEAT:** APROX. 3 MINUTES | **COOK:** 32 MINUTES | **MAKES:** 6 PEPPERS

INGREDIENTS

6 red or green bell peppers,
top 1/2-inch sections cut off and reserved,
seeds and ribs removed from the insides
4 cloves garlic, minced
1 small white onion, peeled, diced
2 bags (8.5 ounces) instant rice,
cooked in microwave
1 can (10 ounces) red enchilada sauce
1 package (1 ounce) fajita spice mix
1 can (4 ounces) diced green chilis, drained
1/2 cup vegetable stock
1 bag (8 ounces) shredded
Colby Jack cheese, divided

DIRECTIONS

- 1 Chop the 1/2-inch portions of reserved bell peppers and place in a large mixing bowl. Add all other ingredients to mixing bowl, except whole bell peppers and half the cheese.
- 2 Use cooking pot without grill grate or crisper basket installed. Close the hood. Select ROAST, set temperature to 350°F, and set time to 32 minutes. Select START/STOP to begin preheating.
- 3 While unit is preheating, spoon the mixture into the peppers, filling them up as fully as possible. If necessary, lightly press mixture down into the peppers to fit more in.
- 4 When the unit beeps to signify it has preheated, place peppers, standing upright, in the pot. Close hood and cook for 30 minutes.
- 5 After 30 minutes, evenly sprinkle remaining cheese over the top of the peppers. Close hood and cook for the remaining 2 minutes.
- 6 When cooking is complete, serve immediately.



STEAK & VEGETABLE KEBABS



INTERMEDIATE RECIPE ●●○

PREP: 15 MINUTES | **PREHEAT:** APPROX. 8 MINUTES | **COOK:** 8-12 MINUTES | **MAKES:** 4 SERVINGS

INGREDIENTS

2 New York strip steaks (10-12 ounces each), cut in 2-inch cubes

8 white button mushrooms, cut in half, stems removed

1 bell pepper (green, yellow, or red), cut in 2-inch pieces

1 small white onion, peeled, cut in quarters, petals cut in 2-inch pieces

Kosher salt, as desired

Ground black pepper, as desired

Steak seasoning, as desired

5 Ninja® Foodi™ Grill kebab skewers* (or wood skewers, no longer than 8 inches)

DIRECTIONS

- 1** Insert grill grate in unit and close hood. Select GRILL, set temperature to HIGH, and set time to 12 minutes. Select START/STOP to begin preheating.
- 2** While unit is preheating, assemble the skewers in the following order until they're almost full: steak, mushroom, bell pepper, onion. Ensure ingredients are pushed almost completely down to the end of the skewers.
- 3** Season skewers liberally with salt, pepper, and steak seasoning.
- 4** When the unit beeps to signify it has preheated, place skewers on the grill grate. Close hood and cook for 8 minutes without flipping.
- 5** After 8 minutes, check steak for desired doneness, cooking up to 4 more minutes if desired.
- 6** When cooking is complete, serve immediately.

*The Ninja Foodi Grill kebab skewers are sold separately on ninjaaccessories.com.

COFFEE-CRUSTED BONE-IN RIBEYE

BEGINNER RECIPE ●○○

PREP: 10 MINUTES | **PREHEAT:** APPROX. 8 MINUTES | **COOK:** APPROX. 22 MINUTES | **MAKES:** 4 SERVINGS



INGREDIENTS

2 tablespoons ground chipotle pepper
2 tablespoons dark coffee grinds
1 tablespoon kosher salt
2 teaspoons ground black pepper
1 teaspoon garlic powder
1 teaspoon onion powder
1/2 teaspoon mustard powder
1/2 teaspoon ground ginger
1 tablespoon canola oil
1 bone-in beef ribeye (2 pounds), maximum 2 inches thick

DIRECTIONS

- 1 In a small bowl, mix all ingredients except canola oil and beef. Brush beef with canola oil and then coat beef liberally on all sides with coffee rub.
- 2 Plug temperature probe into unit. Insert grill grate in unit and close hood. Select GRILL and set temperature to HIGH (there is no time adjustment available or necessary when using the TEMP iQ function).
- 3 Select TEMP iQ and set the desired internal cook temperature (refer to the chart on page 8). Select START/STOP to begin preheating.
- 4 While unit is preheating, insert probe into center of beef close to (but not touching) the bone (see probe placement instructions on page 7).
- 5 Once the unit beeps to signify it has preheated, place beef on the grill grate, gently pressing down to maximize grill marks. Close hood over the probe cord.
- 6 When the display reads 110°F, open hood and flip beef. Close hood and continue cooking until the unit beeps and the probe icon flashes to signify cooking is complete.
- 7 Remove beef from unit and allow it to rest up to 10 minutes before serving (it will continue cooking to the desired doneness even after removed from the grill). Leave probe in beef and connected to the unit to monitor internal temp of beef while it rests. To check the internal temp at any time, press TEMP iQ for 2 seconds until the screen displays the internal temp.

TIP Substitute your favorite spice rub on page 12 for the coffee rub in step 1.

REVERSE SEAR HORSE RADISH ROAST BEEF

ADVANCED RECIPE ●●●

PREP: 10 MINUTES | **PREHEAT:** APPROX. 3 MINUTES | **COOK:** APPROX. 50 MINUTES | **MAKES:** 4 SERVINGS



INGREDIENTS

1/4 cup creamy horseradish
1 tablespoon Dijon mustard
1 tablespoon garlic, minced
2 tablespoons fresh herbs, such as rosemary and parsley

1 tablespoon kosher salt
1 teaspoon ground black pepper
1 eye of round beef roast (up to 2 pounds), maximum 3 inches thick

DIRECTIONS

- 1 In a small bowl, combine all ingredients except beef. Using a knife, score beef by making shallow diagonal cuts across all surfaces of beef. This will help the sauce adhere to beef.
- 2 Coat beef on all sides with horseradish sauce, rubbing sauce into score marks made by knife.
- 3 Plug temperature probe into unit. Insert Ninja® Roasting Rack in pot and close hood (make sure the grill grate or air crisp basket is removed from the unit). Select ROAST and set temperature to 250°F (there is no time adjustment available or necessary when using the TEMP iQ function).
- 4 Select TEMP iQ and set temperature to 105°F. Select START/STOP to begin preheating.
- 5 While unit is preheating, insert probe into center of beef (See probe placement instructions on page 7).
- 6 Once the unit beeps to signify it has preheated, place beef on the roasting rack. Close hood over the probe cord.
- 7 When the unit beeps and the probe icon flashes to signify cooking is complete, select START/STOP. Then select ROAST and set temperature to 500°F. Select TEMP iQ and set temperature to 125°F. Close hood and select ROAST again to skip preheat. When “Add Food” appears on the display, open and close hood and continue cooking until the unit beeps and the probe icon flashes to signify cooking is complete.
- 8 Remove beef from unit and allow it to rest up to 10 minutes before serving (it will continue cooking to the desired doneness even after removed from the grill). To check the internal temp at any time, press TEMP iQ for 2 seconds until the screen displays the internal temp.

TIP Roasts carry-over cook more than other proteins, so we recommend setting the TEMP iQ 10°F below the desired internal doneness.

SAUSAGE & PEPPER GRINDERS

INTERMEDIATE RECIPE ●●○

PREP: 10 MINUTES | **PREHEAT:** APPROX. 8 MINUTES | **COOK:** APPROX. 22 MINUTES | **MAKES:** 6 GRINDERS

INGREDIENTS

2 bell peppers, cut in quarters, seeds and ribs removed

1 white onion, peeled, sliced in 1-inch rings

2 tablespoons canola oil, divided

Kosher salt, to taste

Ground black pepper, to taste

6 raw sausages (4 ounces each), like hot Italian or Bratwurst

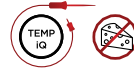
6 hot dog buns

Condiments, as desired

DIRECTIONS

- 1 Insert grill grate in unit and close hood. Select GRILL, set temperature to LOW, and set time to 12 minutes. Select START/STOP to begin preheating.
- 2 While unit is preheating, toss bell peppers and onions with oil, salt, and black pepper.
- 3 When the unit beeps to signify it has preheated, place peppers and onions on the grill grate. Close hood and cook for 12 minutes without flipping. While peppers and onions are cooking, plug temperature probe into the unit.
- 4 After 12 minutes, transfer peppers and onions to a medium mixing bowl. Insert probe into center of one sausage (see probe placement instructions on page 7).
- 5 Place sausages on the grill grate, then select TEMP iQ and set temperature to 160°F. Close hood over the probe cord.
- 6 Meanwhile, gently break up the grilled onions into individual rings and mix them with the peppers.
- 7 When the unit beeps and the probe icon flashes to signify cooking is complete, open hood and remove sausages from grill. While wearing oven mitts, remove probe from sausage.
- 8 Spread any desired condiments on the buns, then place sausages in buns. Top each liberally with peppers and onions and serve.

TIP To make this recipe Keto friendly, serve without buns.





GRILLED CITRUSY HALIBUT



BEGINNER RECIPE ●○○

PREP: 10 MINUTES | **PREHEAT:** APPROX. 8 MINUTES | **COOK:** 10-12 MINUTES | **MAKES:** 2 SERVINGS

INGREDIENTS

Zest and juice of 1 orange
Zest and juice of 1 lime
1 teaspoon ginger, minced
1 teaspoon garlic, minced
1 teaspoon kosher salt
1 teaspoon ground black pepper
2 tablespoons canola oil
1 tablespoon parsley, minced
2 tablespoons honey
2 frozen halibut fillets (6 ounces each)

DIRECTIONS

- 1** Insert grill grate in unit and close hood. Select GRILL, set temperature to MAX, and set time to 12 minutes. Select START/STOP to begin preheating.
- 2** While unit is preheating, combine all ingredients, except halibut fillets, in a bowl and mix well to incorporate. Then place fillets in the bowl and generously spoon marinade over them, coating evenly.
- 3** When the unit beeps to signify it has preheated, place fillets on the grill grate. Pour a spoonful of marinade over the top of each fillet, then close the hood and cook for 10 to 12 minutes, until internal temperature reaches 140°F. For an additional infusion of flavor, baste the fillets with marinade every 3 to 4 minutes.
- 4** When cooking is complete, serve immediately.

TIP To make a serving sauce for the fish, bring remaining marinade to a boil for 2 minutes in a small pan, then whisk in 2 tablespoons cold butter until melted.

MEXICAN STREET CORN

BEGINNER RECIPE ●○○

PREP: 10 MINUTES | **PREHEAT:** APPROX. 8 MINUTES | **COOK:** 12 MINUTES | **MAKES:** 4 SERVINGS

INGREDIENTS

4 ears corn, shucked
2 tablespoons canola oil, divided
Kosher salt, as desired
Ground black pepper, as desired

SAUCE

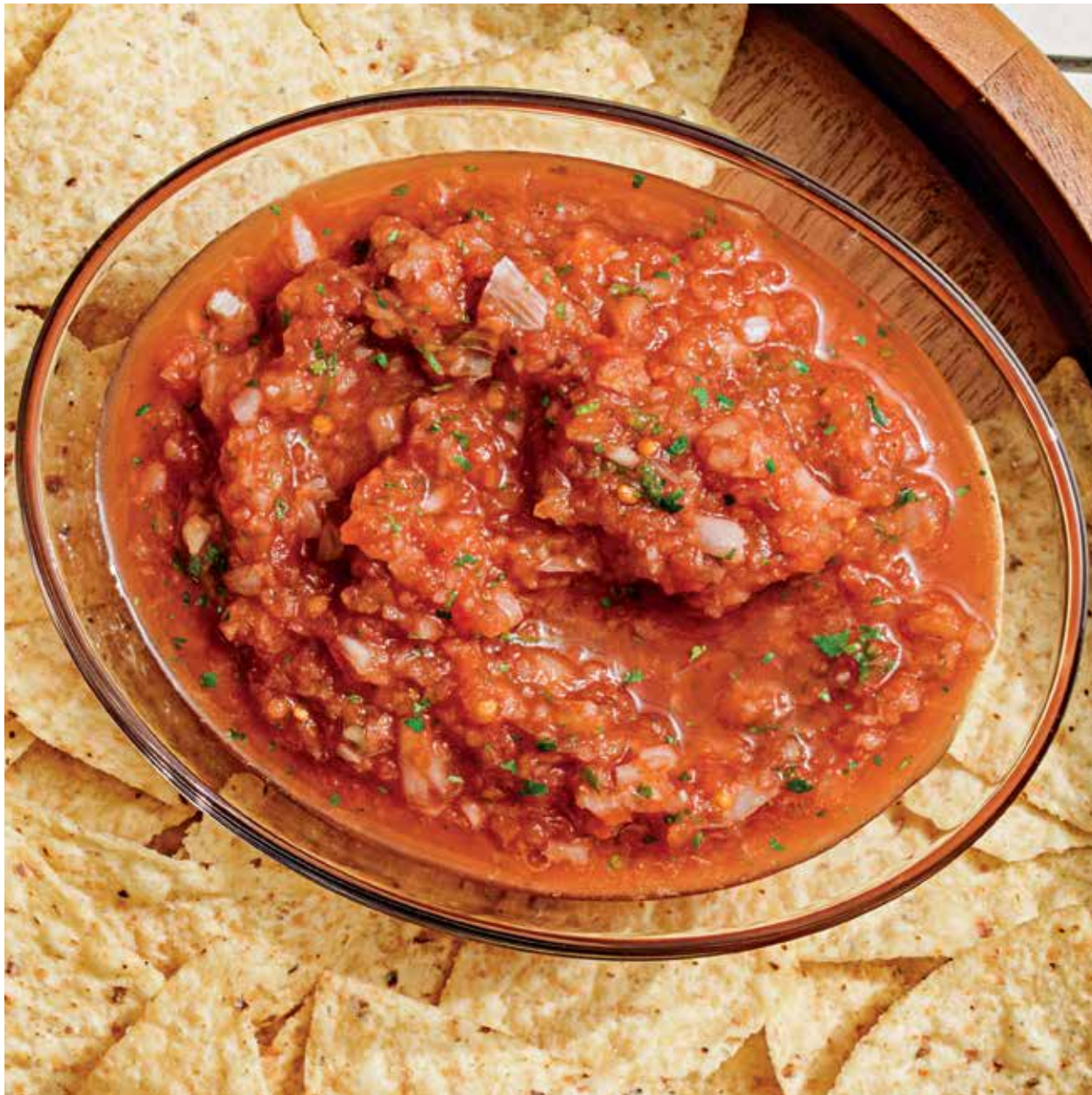
1 cup cotija cheese, grated, plus more for garnish
1/4 cup mayonnaise
1/4 cup sour cream
Juice of 2 limes
1 teaspoon garlic powder
1 teaspoon onion powder
1/4 cup fresh cilantro, chopped

DIRECTIONS

- 1** Insert grill grate in unit and close hood. Select GRILL, set temperature to MAX, and set time to 12 minutes. Select START/STOP to begin preheating.
- 2** While unit is preheating, brush each ear of corn with 1/2 tablespoon canola oil. Season corn with salt and pepper, as desired.
- 3** When the unit beeps to signify it has preheated, place corn on grill grate and close hood and cook for 6 minutes.
- 4** After 6 minutes, flip corn. Close hood and continue cooking for the remaining 6 minutes.
- 5** Meanwhile, stir together all sauce ingredients in a mixing bowl.
- 6** When cooking is complete, coat corn evenly with sauce. Garnish with additional cotija cheese and serve immediately.

TIP For an easy-to-eat salad, cut the grilled corn off the cob and mix with half the mayonnaise mixture.





GRILLED TOMATO SALSA



ADVANCED RECIPE ●●●

PREP: 15 MINUTES | **PREHEAT:** APPROX. 8 MINUTES | **COOL:** 10 MINUTES | **COOK:** 10 MINUTES | **MAKES:** 4 CUPS

INGREDIENTS

5 Roma tomatoes, cut in half lengthwise
1 red onion, peeled, cut in quarters
1 jalapeño pepper, cut in half, seeds removed
1 tablespoon kosher salt
2 teaspoons ground black pepper
2 tablespoons canola oil
1 bunch fresh cilantro, stems trimmed
3 cloves garlic, peeled
2 tablespoons ground cumin
Juice and zest of 3 limes

DIRECTIONS

- 1** In a large bowl, combine tomatoes, onion, jalapeño pepper, salt, and black pepper with canola oil. Mix well to ensure vegetables are coated with oil and seasonings.
- 2** Insert grill grate in unit and close hood. Select GRILL, set temperature to MAX, and set time to 10 minutes. Select START/STOP to begin preheating.
- 3** When the unit beeps to signify it has preheated, place vegetable mixture on the grill grate. Close hood and cook for 5 minutes.
- 4** After 5 minutes, flip vegetables. Close hood and cook for the remaining 5 minutes.
- 5** When cooking is complete, remove mixture from unit and allow to cool.
- 6** Transfer cooled mixture to a food processor. Add cilantro, garlic, cumin, and lime juice and zest. Pulse until desired consistency is reached. Serve immediately, or chill in refrigerator first.

TIP This salsa makes a tasty topper for grilled meats, chicken, and fish. It goes great with chips, too.



HONEY ROSEMARY CHICKEN WINGS



BEGINNER RECIPE ●○○

PREP: 10 MINUTES | **PREHEAT:** APPROX. 3 MINUTES | **COOK:** 27 MINUTES | **MAKES:** 4 SERVINGS

INGREDIENTS

- 1 tablespoon kosher salt
- 1/2 teaspoon baking powder
- 1 teaspoon paprika
- 2 pounds chicken wings, rinsed, patted dry
- 1 tablespoon garlic, minced
- 1 tablespoon lemon juice
- 1 teaspoon crushed red pepper
- 1 tablespoon fresh rosemary, chopped
- 1/4 cup honey

DIRECTIONS

- 1 Insert crisper basket in unit and close hood. Select AIR CRISP, set temperature to 390°F, and set time to 27 minutes. Select START/STOP to begin preheating.
- 2 While unit is preheating, stir together salt, baking powder, and paprika in a large mixing bowl.
- 3 When the unit beeps to signify it has preheated, place wings in crisper basket, spreading out evenly. Close hood and cook for 12 minutes.
- 4 While wings are cooking, combine garlic, lemon juice, crushed red pepper, rosemary, and honey in a mixing bowl.
- 5 After 12 minutes, flip the wings with rubber-tipped tongs. Close hood and cook for 12 more minutes.
- 6 After 12 minutes, transfer wings to the bowl with sauce and toss to coat. Then return them to the basket. Reserve any leftover sauce.
- 7 Continue cooking for the remaining 3 minutes.
- 8 When cooking is complete, remove wings from unit and toss in the remaining sauce. Serve immediately.

TIP To achieve maximum crispiness, wash and pat wings dry ahead of time.

PERSONAL GRILLED PIZZA

INTERMEDIATE RECIPE ●●○

PREP: 10 MINUTES | **PREHEAT:** APPROX. 8 MINUTES | **COOK:** 6 MINUTES | **MAKES:** 2 SERVINGS

INGREDIENTS

2 tablespoons all-purpose flour, plus more as needed
1 store-bought pizza dough (6 ounces)
1 tablespoon canola oil, divided
1/2 cup pizza or alfredo sauce
1 cup shredded mozzarella cheese
1/2 cup ricotta cheese
12-15 pepperoni slices, optional
Dried oregano for serving, optional

TIP Feel free to swap out the pepperoni for any of your favorite pizza toppings.



DIRECTIONS

- 1 Insert grill grate in unit and close hood. Select GRILL, set temperature to MAX, and set time to 7 minutes. Select START/STOP to begin preheating.
- 2 While unit is preheating, spread flour out evenly over a clean work surface.
- 3 Use a rolling pin to roll out the dough on the floured surface to an even thinness, adding additional flour as needed to ensure dough does not stick to rolling pin. Dough should not be rolled out larger than 9 inches across, so it will fit on the grill grate.
- 4 Brush the surface of the rolled-out dough evenly with 1/2 tablespoon canola oil. Flip dough over and brush with remaining 1/2 tablespoon oil. Poke dough with a fork 5 or 6 times across its surface to prevent air pockets from forming during cooking.
- 5 When the unit beeps to signify it has preheated, place dough on the grill grate. Close hood and cook for 4 minutes.
- 6 After 4 minutes, flip dough, then spread sauce evenly over the dough. Sprinkle with cheese and pepperoni slices, if desired.
- 7 Close hood and continue cooking for the remaining 2 minutes, until cheese is melted and pepperoni slices begin to crisp.
- 8 When cooking is complete, allow to cool slightly and top with dried oregano, if desired, before slicing.





FRENCH FRIES WITH PARMESAN & GARLICKY MAYO



BEGINNER RECIPE ●○○

PREP: 15 MINUTES | **PREHEAT:** APROX. 3 MINUTES | **COOK:** 20-22 MINUTES | **MAKES:** 5-6 SERVINGS

INGREDIENTS

- 1 pound frozen French fries
- 1/2 cup mayonnaise
- 2 cloves garlic, minced
- 1 teaspoon garlic powder
- 1/2 teaspoon kosher salt
- 1/4 teaspoon ground black pepper
- Squeeze of lemon juice
- 1 tablespoon canola oil
- 1/2 cup grated Parmesan cheese
- 1 tablespoon parsley, chopped

DIRECTIONS

- 1 Insert crisper basket unit and close hood. Select AIR CRISP, set temperature to 375°F, and set time to 22 minutes. Select START/STOP to begin preheating.
- 2 When the unit beeps to signify it has preheated, add frozen fries to basket. Close hood and cook for 10 minutes.
- 3 After 10 minutes, shake basket of fries. Place basket back in unit and close hood to resume cooking.
- 4 Meanwhile, combine mayonnaise, garlic, garlic powder, salt, pepper, and lemon juice in a bowl.
- 5 After 10 minutes, check fries for doneness. Continue cooking up to 2 more minutes if necessary.
- 6 When cooking is complete, first toss fries with canola oil and then with grated Parmesan and parsley. Serve immediately with garlicky mayo sauce.

TIP Use any kind of frozen fries you'd like, just keep a close eye on them during cooking so they don't over- or under-crisp.

HONEY & HERB CHARRED CARROTS



BEGINNER RECIPE ●○○

PREP: 15 MINUTES | **PREHEAT:** APPROX. 8 MINUTES | **COOK:** 10 MINUTES | **MAKES:** 4-6 SERVINGS

INGREDIENTS

- 1 tablespoon honey
- 1 teaspoon kosher salt
- 2 tablespoons melted butter
- 6 medium carrots, peeled, cut in lengthwise
- 1 tablespoon fresh parsley, chopped
- 1 tablespoon fresh rosemary, chopped

DIRECTIONS

- 1 Insert grill grate in unit and close hood. Select GRILL, set temperature to MAX, and set time to 10 minutes. Select START/STOP to begin preheating.
- 2 In a small bowl, stir together honey, salt, and melted butter.
- 3 Coat carrots with the honey butter, then rub evenly with the fresh herbs.
- 4 When the unit beeps to signify it has preheated, place carrots on the center of the grill grate. Close hood and cook for 5 minutes.
- 5 After 5 minutes, turn the carrots. Close hood and cook for the remaining 5 minutes.
- 6 When cooking is complete, serve immediately.

TIP This recipe works well with most root vegetables, cut in a similar size as the carrots.

GRILLED WATERMELON



BEGINNER RECIPE ●○○

PREP: 5 MINUTES | **PREHEAT:** APPROX. 8 MINUTES | **COOK:** 2 MINUTES | **MAKES:** 6 SLICES

INGREDIENTS

- 6 watermelon slices, each measuring 3 inches across and 1-inch thick
- 2 tablespoons honey

DIRECTIONS

- 1 Insert grill grate in unit and close hood. Select GRILL, set temperature to MAX, and set time to 2 minutes. Select START/STOP to begin preheating.
- 2 While unit is preheating, brush watermelon slices liberally on both sides with honey.
- 3 When the unit beeps to signify it has preheated, place watermelon on grill grate. Press down gently to increase contact with grate. Close hood and grill for 2 minutes without flipping.
- 4 When cooking is complete, serve immediately.

TIP To give these watermelon slices a kick, add 2 teaspoons chili powder and the zest of 1 lime to the honey before seasoning the fruit.

GRILLED APPLE & RASPBERRY PIE

INTERMEDIATE RECIPE ●●○

PREP: 20 MINUTES | **PREHEAT:** APPROX. 8 MINUTES | **COOK:** 28 MINUTES | **COOL:** 20 MINUTES | **MAKES:** 8 SERVINGS

INGREDIENTS

Juice of 1 lemon
8 cups cold water
8 Granny Smith apples, peeled, cored
cut in quarters, divided
1½ cups raspberries, rinsed
¼ cup plus 1 tablespoon dark brown sugar, divided

¼ cup plus 1 tablespoon granulated sugar, divided
½ teaspoon ground cinnamon
½ teaspoon ground ginger
3 tablespoons all-purpose flour
½ cup applesauce
1 frozen pie crust, defrosted
Ice cream, optional, for serving

DIRECTIONS

- 1 Combine lemon juice, water, and apple slices in a bowl. Let slices soak for 10 minutes, then remove them from the water and pat very dry.
- 2 Insert grill grate in unit and close hood. Select GRILL, set temperature to MAX, and set time to 8 minutes. Select START/STOP to begin preheating.
- 3 While unit is preheating, dice 8 of the apple slices; set them aside. In a mixing bowl, toss remaining slices with 1 tablespoon dark brown sugar and 1 tablespoon granulated sugar, covering all slices evenly.
- 4 When the unit beeps to signify it has preheated, place slices tossed with sugar on the grill grate and cook for 8 minutes. Do not flip slices during grilling.
- 5 Meanwhile, combine raspberries, remaining dark brown sugar, remaining granulated sugar, cinnamon, ginger, flour, applesauce, and diced apples in a mixing bowl.
- 6 When cooking is complete, gently fold grilled apples into the ingredients in the mixing bowl.
- 7 Pour mixture into the Ninja® multi-purpose pan* (or an 8-inch baking pan), spreading evenly. Lay pie crust over the top and pinch around the edges to ensure it adheres to pan. Using a knife, cut several Xs in the dough so steam can escape during baking.
- 8 Remove grill grate from unit. Select BAKE, set temperature to 350F, and set time to 20 minutes. Select START/STOP to begin preheating.
- 9 When the unit beeps to signify it has preheated, place pan directly in pot. Close hood and cook for 20 minutes.
- 10 When cooking is complete, allow pie to cool for 20 minutes before serving warm with ice cream, if desired.

TIP For an extra-golden crust, brush before and during cooking with ¼ cup heavy cream mixed with an egg yolk.

*The Ninja multi-purpose pan is sold separately on ninjaaccessories.com.



Grill Chart

See Probe Cooking Temperature Chart on page 8 for TEMP iQ

TIP For less smoke, we recommend brushing your food with canola oil before grilling.

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	2 bone-in breasts (12-24 oz each)	HIGH	16-20 mins	Flip halfway through cooking
	4 boneless breasts (7-9 oz each)	HIGH	14-18 mins	Flip halfway through cooking
Chicken, leg quarters	2 bone-in leg quarters (12-14 oz each)	HIGH	20-24 mins	Flip halfway through cooking
Chicken sausages, prepared	1 package, 12 oz (4 sausages)	HIGH	5-6 mins	Flipping not necessary
Chicken tenderloins	6 boneless tenderloins (2-3 oz each)	HIGH	7-10 mins	Flip halfway through cooking
Chicken thighs	4 bone-in thighs (7-9 oz each)	HIGH	23-26 mins	Flip halfway through cooking
	4 boneless thighs (4-7 oz each)	HIGH	10-13 mins	Flip halfway through cooking
Chicken wings	2 lbs, bone-in (drumettes & flats)	HIGH	10-14 mins	Flip halfway through cooking
Turkey burgers	4 patties (1/4 lb each), 1-inch thick	HIGH	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	4 patties (up to 7 oz each), 1-1 1/2 inches thick	HIGH	4-9 mins	Flipping not necessary
Filet mignon	4 steaks (6-8 oz each), 1 1/4-1 1/2 inches thick	HIGH	12-15 mins	Flip halfway through cooking
Flat iron or flank steak	2 steaks (8-10 oz each), 1-1 1/4 inches thick	HIGH	7-10 mins	Flip halfway through cooking
Hot dogs	4 hot dogs	HIGH	3-5 mins	Flip halfway through cooking
NY strip	2 steaks (14-16 oz each), 1 1/4-1 1/2 inches thick	HIGH	9-11 mins	Flip halfway through cooking
Ribeye	2 steaks (14-16 oz each), 1 1/4 inches thick	HIGH	8-10 mins	Flip halfway through cooking
Skirt	2 steaks (8 oz each), 3/4-1 inch thick	HIGH	7-9 mins	Flip halfway through cooking
Steak tips	Up to 24 oz	MEDIUM	11-13 mins	Marinate as desired (see page 7 for inspiration)
T-bone	2 steaks (14-16 oz each), 1 1/2 inches thick	HIGH	9-12 mins	Flip halfway through cooking
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	4 each, 3-bone pieces (8-10 oz)	HIGH	20-22 mins	Flip halfway through cooking
Bacon	5 strips, thick cut	LOW	9-11 mins	Flipping not necessary
Lamb rack	1/2 rack (4 bones)	HIGH	12-14 mins	Flip halfway through cooking
Pork chops	2 thick-cut, bone-in chops (10-12 oz each)	HIGH	15-18 mins	Flip halfway through cooking
	4 boneless chops (8 oz each)	HIGH	14-16 mins	Flip halfway through cooking
Pork tenderloins	2 whole tenderloins (1-1 1/2 lbs each)	HIGH	15-20 mins	Flip halfway through cooking
Sausages	6 whole sausages (3-4 oz each)	LOW	8-12 mins	Flip halfway through cooking
Veal chops	4 bone-in chops (4-6 oz each)	HIGH	8-12 mins	Flip halfway through cooking

Grill Chart, continued

TIP For less smoke, we recommend brushing your food with canola oil before grilling.

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	4 fillets (4–6 oz each)	MAX	8–10 mins	Flipping not necessary
Flounder	2 fillets (2–4 oz each)	MAX	2–3 mins	Flipping not necessary
Halibut	4 fillets (4–6 oz each)	MAX	6–9 mins	Flipping not necessary
Oysters	12	MAX	5–7 mins	Shuck and place on grill, shell-side down
Salmon	4 fillets (5–6 oz each)	MAX	7–9 mins	Flipping not necessary
Scallops	12 (1 lb)	MAX	5–8 mins	Flip halfway through cooking
Shrimp	1 lb jumbo (16–18 count)	MAX	3–5 mins	Pat dry, season
Swordfish or tuna	4 fillets (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	4 boneless breasts (7–9 oz each)	MEDIUM	20–25 mins	Flip 2 to 3 times while cooking
Chicken thighs	4 bone-in thighs (7–9 oz each)	MEDIUM	25–28 mins	Flip 2 to 3 times while cooking
Turkey burgers	4 patties (4–6 oz each)	MEDIUM	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				
Burgers	4 patties (1/4 lb each), 1 inch thick	MEDIUM	10–15 mins	Flip halfway through cooking, if desired
Filet mignon	2 steaks (6–8 oz each), 1 1/4–1 1/2 inches thick	MEDIUM	15–17 mins	Flip 2 to 3 times while cooking
NY strip	2 steaks (14–16 oz each), 1 1/4–1 1/2 inches thick	MEDIUM	18–24 mins	Flip 2 to 3 times while cooking
Ribeye	2 steaks (14–16 oz each), 1 1/4 inches thick	MEDIUM	18–22 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	4 boneless chops (8 oz each)	MEDIUM	20–23 mins	Flip 2 to 3 times while cooking
Pork tenderloin	1 whole tenderloin (1 lb)	MEDIUM	20 mins	Flip 2 to 3 times while cooking
Sausage, uncooked	6 whole sausages (approx. 1 lb)	LOW	10–14 mins	Flip halfway through cooking
FROZEN SEAFOOD — Chart times are intended to cook seafood all the way through to an internal temperature of 145°F				
Halibut	4 fillets (6 oz each)	MAX	14–16 mins	Flip halfway through cooking, if desired
Salmon	4 fillets (4 oz each)	MAX	10–13 mins	Flip halfway through cooking, if desired
Shrimp	1 lb jumbo (16–18 each)	MAX	4–6 mins	Flipping not necessary
FROZEN VEGGIE BURGERS				
Veggie burgers	4 patties (4 oz each)	HIGH	8–10 mins	Flip halfway through cooking, if desired

Grill Chart, continued

TIP For less smoke, we recommend tossing your vegetables with canola oil before grilling.

INGREDIENT	AMOUNT	PREPARATION	TEMP	COOK TIME	INSTRUCTIONS
VEGETABLES					
Asparagus	1 bunch	Whole, trim stems	MAX	5-7 mins	Flipping not necessary
Baby bok choy	1 lb	Cut in half lengthwise, season	MAX	9-11 mins	Flip halfway through cooking
Bell peppers	3	Cut in quarters, season	MAX	10-12 mins	Flip halfway through cooking
Broccoli	2 heads (1 lb)	Cut in 2-inch florets	MAX	10 mins	Flipping not necessary
Brussels sprouts	2 lbs	Whole, trim stems	MAX	12-15 mins	Flip halfway through cooking
Carrots	6 (1 1/2 lb)	Peel, cut in 2-3-inch pieces, season	MAX	12 mins	Flipping not necessary
Cauliflower	1 head (12-16 oz)	Cut in 2-inch florets	MAX	12-15 mins	Flipping not necessary
Corn on the cob	4-5	Whole ears, remove husks	MAX	10-13 mins	Flip halfway through cooking
Crimini mushrooms	1 lb	Cut in half, season	MAX	5-7 mins	Flipping not necessary
Eggplant	1 large (12-16 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)	5	Peel, cut in half, season	MAX	10-12 mins	Flipping not necessary
Onions, white or red (sliced)	1-2	Peel, cut in 1-inch slices, season	MAX	2-4 mins	Flip halfway through cooking
Portobella mushrooms	4	Remove stems, scrape out gills with spoon, season	MAX	8 mins	Flip halfway through cooking
Squash or Zucchini	4-5 (24 oz)	Cut in quarters lengthwise, season	MAX	12-16 mins	Flip halfway through cooking
Tomatoes	5	Cut in half, season	MAX	8-10 mins	Flipping not necessary
FRUIT					
Avocado	Up to 3 avocados	Cut in half, remove pit	HIGH	4-5 mins	Flipping not necessary
Bananas	4	Peel, cut in half lengthwise	MAX	2 mins	Remove using silicone-tipped tongs or spatula
Lemons & Limes	5	Cut in half lengthwise, press down on grill grate	MAX	3 mins	Flipping not necessary
Mango	4-6	Press down gently on grill grate	MAX	4 mins	Flipping not necessary
Melon	6 spears (4-6 inches each)	Press down gently on grill grate	MAX	4 mins	Flipping not necessary
Pineapple	6-8 slices or spears	Cut in 2-inch pieces	MAX	7-9 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	2-3 slices	Hand-cut, 2-inch slices, brushed with canola oil	MAX	3-4 mins	Flipping not necessary
Halloumi cheese	1 lb	Cut in 1-inch slices	HIGH	4 mins	Flipping not necessary

Air Crisp Chart

See Probe Cooking Temperature Chart on page 8 for TEMP iQ

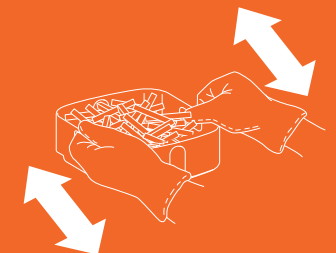
INGREDIENT	AMOUNT	PREPARATION	TOSS IN OIL	TEMP	COOK TIME
VEGETABLES					
Asparagus	2 bunches	Whole, trim stems	2 tsp	390°F	12-14 mins
Beets	6 small or 4 large (about 2 lbs)	Whole	None	390°F	45-60 mins
Bell peppers (for roasting)	4	Whole	None	400°F	20-25 mins
Broccoli	2 heads	Cut in 1-inch florets	1 Tbsp	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 1-2-inch pieces	1 Tbsp	390°F	30 mins
Carrots	2 lbs	Peel, cut in 1/2-inch pieces	1 Tbsp	390°F	16-18 mins
Cauliflower	2 heads	Cut in 1-inch florets	2 Tbsp	390°F	20-24 mins
Corn on the cob	5	Whole ears, remove husks	1 Tbsp	390°F	12-15 mins
Green beans	2 bags (24 oz)	Trim	1 Tbsp	390°F	10-12 mins
Kale (for chips)	8 cups, packed	Tear in pieces, remove stems	None	300°F	10-12 mins
Mushrooms	1 lb	Rinse, cut in quarters	1 Tbsp	390°F	10-12 mins
Potatoes, russet	3 lbs	Cut in 1-inch wedges	1 Tbsp	390°F	25-30 mins
	1 lb	Hand-cut fries*, thin	1/2-3 Tbsp, canola	390°F	20-24 mins
	1 lb	Hand-cut fries*, thick	1/2-3 Tbsp, canola	390°F	23-26 mins
	4 whole (6-8 oz)	Pierce with fork 3 times	None	390°F	38-42 mins
Potatoes, sweet	1 1/2 lbs	Cut in 1-inch chunks	1 Tbsp	390°F	15-20 mins
	6 whole (6-8 oz)	Pierce with fork 3 times	None	390°F	30-35 mins
Zucchini	2 lbs	Cut in quarters lengthwise, then cut in 1-inch pieces	1 Tbsp	390°F	15-18 mins
POULTRY					
Chicken breasts	2 breasts (3/4-1 1/2 lbs each)	Bone in	Brushed with oil	375°F	25-35 mins
	2 breasts (1/2-3/4 lb each)	Boneless	Brushed with oil	375°F	18-22 mins
Chicken thighs	4 thighs (6-10 oz each)	Bone in	Brushed with oil	390°F	22-28 mins
	4 thighs (4-8 oz each)	Boneless	Brushed with oil	390°F	18-22 mins
Chicken wings	2 lbs (drumettes & flats)	Bone in	1 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.

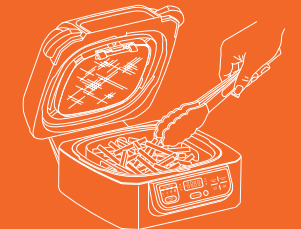
We recommend frequently checking your food and shaking or tossing it to ensure desired results.

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



Shake your food

OR



Toss with silicone-tipped tongs

Air Crisp Chart

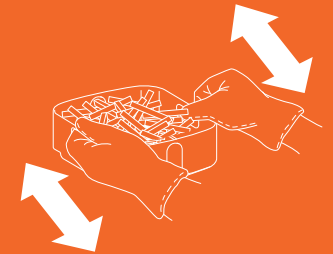
See Probe Cooking Temperature Chart on page 8 for TEMP iQ

INGREDIENT	AMOUNT	PREPARATION	TOSS IN OIL	TEMP	COOK TIME
PORK					
Bacon	4 strips, cut in half	None	None	350°F	8-10 mins
Pork chops	2 thick-cut, bone-in chops (10-12 oz each)	Bone in	Brush with oil	375°F	15-17 mins
	4 boneless chops (8 oz each)	Boneless	Brush with oil	375°F	14-17 mins
Pork tenderloins	2 tenderloins (1-1 1/2 lbs each)	Whole	Brush with oil	375°F	25-35 mins
Sausages	4 sausages	Whole	None	390°F	8-10 mins
FROZEN FOODS					
Chicken cutlets	5 cutlets	None	None	390°F	18-21 mins
Chicken nuggets	1 box (12 oz)	None	None	390°F	10-13 mins
Fish fillets	1 box (6 fillets)	None	None	390°F	14-16 mins
Fish sticks	18 fish sticks (11 oz; approx. 1 box)	None	None	390°F	10-13 mins
French fries	1 lb	None	None	350°F	20-25 mins
	2 lbs	None	None	360°F	28-32 mins
Mozzarella sticks	1 box (11 oz)	None	None	375°F	8-10 mins
Pot stickers	1 bag (24 oz, 20 count)	None	None	390°F	12-14 mins
Pizza rolls	1 bag (20 oz, 40 count)	None	None	390°F	12-15 mins
Popcorn shrimp	1 box (14-16 oz)	None	None	390°F	9-11 mins
Sweet potato fries	1 lb	None	None	375°F	20-22 mins
Tater tots	1 lb	None	None	360°F	18-22 mins

For best results, shake or toss often.

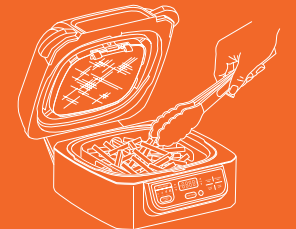
We recommend frequently checking your food and shaking or tossing it to ensure desired results.

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



Shake your food

OR



Toss with silicone-tipped tongs

Dehydrate Chart

TIP When dehydrating meats and fish, it is recommended to ROAST at 330°F for 1 minute before dehydrating in order to fully pasteurize the food.

INGREDIENTS	PREPARATION	TEMP	DEHYDRATE TIME
FRUITS & VEGETABLES			
Apples	Cut in 1/8-inch slices, remove core, rinse in lemon water, pat dry	135°F	7-8 hours
Asparagus	Cut in 1-inch pieces, blanch	135°F	6-8 hours
Bananas	Peel, cut in 3/8-inch slices	135°F	8-10 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 or grated; steam 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

Notes

Notes

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