

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



NINJA  
**Foodi**  
SMART  
**GRILL**

15 mouthwatering  
recipes plus charts for  
unlimited possibilities



# Your guide to grilling like a Foodi

Welcome to the Ninja® Foodi® Smart Grill recipe book. From here, you're just a few pages away from recipes, tips and tricks, and helpful hints that will help you achieve the perfect doneness every time you grill. 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)

## Recipe List

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## Recipe Key

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



Foodi® Smart Thermometer



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°F 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 the Smart Cook System, you can achieve the perfect doneness from rare to well at the touch of a button.



### Grilled favorites

Quick and easy meals  
*Classic Cheeseburgers, page 26*



### No-flip grilling

No more falling apart  
*Grilled Salmon Fillets, page 30*



### Perfect doneness

No guesswork  
*Grilled New York Strip Steaks  
with Asparagus, page 14*



### Grilled thrills

Grill the unexpected  
*Grilled Apple Tarts, page 37*



### Frozen to char-grilled

No thawing required  
*Honey Mustard & Barbecue-  
Glazed Chicken Breasts, page 18*

# 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.



## 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.

### LO / 400°F



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



10  
MINS

Sausage & Pepper Grinders

### MED / 450°F



Best for frozen meats and marinated ingredients.



25  
MINS

Frozen Chicken Breasts

### HI / 500°F



Best for steaks, chicken, and burgers.



11  
MINS

Grilled New York Strip Steaks & Asparagus

### MAX / up to 510°F



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



8  
MINS

Pineapple & Peaches

# Perfectly done with the Foodi® Smart Thermometer



## Dual Sensor Technology

The leave-in Foodi Smart Thermometer continuously monitors the internal temperature of food in two places for more accurate cooking results. The Smart Cook System lets you know when it's time to take your food off the grill and let it rest.

## How to place the thermometer

Once you've selected your cooking function, cooking temperature, protein type, and desired level of doneness, **insert the Foodi® Smart Thermometer into the thickest part of your protein** while the grill is preheating.

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

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

# Ninja® Beef Doneness Guide

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



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

## Carry-over cooking

Did you know that meat keeps cooking when you remove it from the grill?

To prevent overcooking, the unit will beep right before your food reaches the desired doneness, taking carry-over cooking into account. Transfer meat to a plate with the thermometer still inserted and allow protein to carry-over cook and rest for 3-5 minutes. **Skipping carry-over cooking and cutting into food right away may result in a rarer level of doneness.**

**NOTE:** Reference [usda.gov](https://www.usda.gov) for food-safe temperature recommendations.

## 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.



Proteins come in different shapes and sizes, which require different cooking times. If you are cooking proteins that are different sizes, insert one thermometer into the smaller cut, and the other into the larger cut, and the grill will tell you when each one is done.

For cuts 2 inches or thicker (e.g., filet mignon) we recommend selecting the lower temperature setting within the desired doneness category (e.g., Rare 1 instead of Rare 2).



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 for about 30 minutes before cooking for a more juicy center.

# 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 MED and when using thicker marinades/sauces using LO.

# 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



## 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

# Dipping Sauces

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



## 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:** BASED ON DESIRED DONENESS | **MAKES:** 2-4 SERVINGS



### INGREDIENTS

2 uncooked New York strip steaks  
(12-14 ounces each)  
2 tablespoons canola oil, divided

Kosher salt, as desired  
Ground black pepper, as desired  
1 bunch asparagus, trimmed

### DIRECTIONS



Plug thermometer into unit. Insert grill grate in unit and close hood. Select GRILL. The unit will default to HI, which is the correct temperature setting for this recipe. Press the thermometer button to fully illuminate PRESET. The unit will default to BEEF, which is the correct setting for this recipe. Use the arrows to the left of the display to set desired doneness. 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.



Insert thermometer horizontally into the center of one of the steaks (see thermometer placement instructions on page 7).



When unit beeps to signify it has preheated, place steaks on grill grate, gently pressing them down to maximize grill marks. Close hood over the thermometer cord. When unit beeps and the display reads FLIP, use silicone-tipped tongs to flip the steaks. Close hood to continue cooking.



When unit beeps to signal the steaks are almost done cooking, transfer steaks to a plate or cutting board and allow to rest for 5 minutes.



While steaks are resting, place asparagus on grill grate. Select GRILL and set to HI. Use the arrows to the right of the display to set the time to 6 minutes. Press START/STOP to begin. Skip preheat by pressing the PREHEAT button.



When cooking and resting are complete, remove thermometer from steaks. Slice steaks and serve with asparagus.



# Kickstarter Recipe

## Pork Tenderloin with Grilled Vegetables

BEGINNER RECIPE ●○○

**PREP:** 5 MINUTES | **MARINATE:** 1-3 HOURS | **PREHEAT:** APPROX. 10 MINUTES  
**GRILL:** BASED ON DESIRED DONENESS | **MAKES:** 2-4 SERVINGS



### INGREDIENTS

1 jar (6 ounces) pesto  
3 tablespoons balsamic vinegar  
1 teaspoon minced garlic  
Kosher salt, as desired  
Ground black pepper, as desired  
1 uncooked pork tenderloin (1 pound)

1 medium bell pepper (any color),  
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  
2 tablespoons canola oil

### DIRECTIONS



In a small bowl, whisk together the pesto, balsamic vinegar, garlic, salt, and pepper, then place with pork in a large resealable plastic bag. Massage the outside of the bag to work the marinade over the pork. Place the bag in the refrigerator for 1 to 3 hours.



Plug thermometer into unit. Insert grill grate in unit and close hood. Select GRILL, set temp to MED, then press the thermometer button to fully illuminate PRESET. Use arrows to right of display to select PORK. Use arrows to left of display to set desired doneness. Press START/STOP to begin preheating.



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



Insert thermometer horizontally into the center of the thickest part of the tenderloin (see thermometer placement instructions on page 7).



When unit beeps to signal it has preheated, place tenderloin and vegetables on grill grate. Close hood over the thermometer cord.



When unit beeps and the display reads FLIP, use silicone-tipped tongs to flip the tenderloin and vegetables. Close hood to continue cooking.



When unit beeps to signal the tenderloin has almost reached the desired doneness, transfer tenderloin to a plate or cutting board with thermometer still inserted. Allow to rest for 10 minutes or until thermometer indicates final temperature has been reached.



When resting is complete, serve tenderloin with vegetables.

# HONEY MUSTARD & BARBECUE-GLAZED CHICKEN BREASTS

INTERMEDIATE RECIPE ●●○

**PREP:** 5 MINUTES | **PREHEAT:** APPROX. 10 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  
 $\frac{3}{4}$  cup honey mustard sauce  
 $\frac{3}{4}$  cup barbecue sauce

## DIRECTIONS

- 1 Insert grill grate in unit and close hood. Select GRILL, set temperature to MED, and set time to 25 minutes. Select START/STOP to begin preheating.
- 2 While unit is preheating, evenly brush each chicken breast with a  $\frac{1}{2}$  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, prepare the glaze. In a medium bowl, whisk together the honey mustard and barbecue sauce until fully combined. 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 2 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. 25 MINUTES | **MAKES:** 2-4 SERVINGS

## INGREDIENTS

1/3 cup ranch seasoning, divided  
1/3 cup Buffalo-style seasoning, divided  
3 cups buttermilk  
2 uncooked bone-in, skin-on chicken thighs  
1 uncooked bone-in chicken breast, split in half

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

## OPTIONAL

Extra Buffalo seasoning for garnish  
Ranch dressing for dipping

## DIRECTIONS

- 1 In a small bowl, mix together the ranch and Buffalo-style seasonings. Place half the mixture in a large resealable plastic bag along with the buttermilk. Set the remaining spice mixture aside.
- 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 Plug thermometer into unit. Insert crisper basket in unit and close hood. Select AIR CRISP, set temperature to 360°F, then press the thermometer button to fully illuminate PRESET. Use the arrows to the right of the display to select CHICKEN. The unit will default to WELL to cook chicken to a food-safe temperature. Press START/STOP to begin preheating.
- 6 Insert thermometer horizontally into the center of the largest piece of chicken close to (but not touching) the bone (see thermometer placement instructions on page 7).
- 7 When unit beeps to signify it has preheated, place chicken in the basket. Close hood over the thermometer cord.
- 8 When unit beeps and the display reads FLIP, use silicone-tipped tongs to flip the chicken, then close hood to continue cooking.
- 9 When unit beeps to signal the chicken has almost reached its doneness, transfer to a plate or cutting board with thermometer still inserted. Allow to rest for 10 minutes or until thermometer indicates final temperature has been reached.

**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. 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
- 1 tablespoon dried oregano
- 2 teaspoons Italian seasoning
- 1 tablespoon lemon juice
- 1 uncooked half chicken,  
(approx. 24 ounces)

## DIRECTIONS

- 1 In a bowl, mix all ingredients except chicken. Coat chicken on all sides with mustard rub and wipe away excess.
- 2 Plug thermometer into unit. Insert pot into unit and close hood. Select ROAST, set temperature to 350°F, then press the thermometer button to fully illuminate PRESET. Use the arrows to the right of the display to select CHICKEN. The unit will default to WELL to cook chicken to a food-safe temperature. Press START/STOP to begin preheating.
- 3 While unit is preheating, insert thermometer into center of chicken breast (see thermometer placement instructions on page 7).
- 4 When unit beeps to signify it has preheated, place chicken, cut side down, in the pot. Close hood over thermometer cord.
- 5 When unit beeps to signal the chicken has almost reached the desired doneness, transfer to a plate or cutting board with thermometer still inserted. Allow to rest for 10 minutes or until thermometer indicates final temperature has been reached.



# CHICKEN-FRIED PORK WITH CRISPY NEW POTATOES



INTERMEDIATE RECIPE ●●○

**PREP:** 10 MINUTES | **PREHEAT:** APPROX. 3 MINUTES | **AIR CRISP:** 22 MINUTES | **MAKES:** 4 SERVINGS

## INGREDIENTS

1 pound baby new potatoes, cut in quarters  
1 small yellow onion, peeled, cut in 1-inch pieces  
1 tablespoon fresh rosemary, chopped  
2 cloves 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)  
Nonstick cooking spray

## 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 air crisp basket in unit and close hood. Select AIR CRISP, set temperature to 390°F and set time to 22 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. Spray pork cutlets with cooking spray. Close hood and cook for 6 minutes.
- 6 After 6 minutes, use silicone-tipped tongs to flip cutlets. Close hood and continue cooking for the remaining 6 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:** 6-8 MINUTES | **MAKES:** 2 SERVINGS

## INGREDIENTS

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

## TOPPINGS (OPTIONAL)

1 avocado, thinly sliced  
1 cup fresh pico de gallo

## DIRECTIONS

- 1 In a small bowl, prepare the marinade by whisking together the garlic, cilantro, soy sauce, 1 teaspoon cumin, orange juice, 1 tablespoon lime juice, salt, and pepper. Place the marinade in a large resealable plastic bag along with the steak, then place the bag in the refrigerator at least 5 hours and up to 12 hours.
- 2 Strain steak from marinade and set aside. Insert grill grate in unit and close hood. Select GRILL. The unit will default to HI, which is the correct temperature setting for this recipe. Set time to 6 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 lime juice, and remaining cumin; set aside.
- 6 After 3 minutes, use silicone-tipped tongs to flip the steaks and peppers. Close hood to continue cooking.
- 7 After 3 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:** BASED ON DESIRED DONENESS | **MAKES:** 4 SERVINGS

## INGREDIENTS

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

Kosher salt, as desired

Ground black pepper, as desired

4 slices American cheese

4 burger buns

Condiments, as desired

## DIRECTIONS

- 1** Plug thermometer into unit. Insert grill grate in unit and close hood. Select GRILL. The unit will default to HI, which is the correct temperature setting for this recipe. Press the thermometer button to fully illuminate PRESET. The unit will default to BEEF, which is the correct function for this recipe. Use the arrows to the left of the display to set desired doneness. Press START/STOP to begin preheating.
- 2** While unit is preheating, divide ground beef into 4 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** Insert thermometer horizontally into the center of one of the patties (see thermometer placement instructions on page 7).
- 4** When unit beeps to signify it has preheated, place patties on grill grate. Close hood over the thermometer cord.
- 5** Cook burgers, without flipping, until the unit beeps to signal they have reached your desired doneness. Use oven mitts to remove thermometer from burger, then top each burger with a slice of cheese. Remove burgers from unit.
- 6** If desired, toast the buns directly on the grill grate by selecting GRILL, setting temperature to HI, and setting time to 1 minute. Enjoy burgers with condiments and toppings of your choice.

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



# SHRIMP TACOS

BEGINNER RECIPE ●○○

**PREP:** 10 MINUTES | **PREHEAT:** APPROX. 10 MINUTES | **GRILL:** 2-4 MINUTES | **MAKES:** 4 SERVINGS

## INGREDIENTS

$\frac{3}{4}$  pound fresh uncooked large shrimp, cleaned and deveined  
1 tablespoon canola oil  
1 tablespoon Cajun seasoning  
Kosher salt, as desired  
Ground black pepper, as desired  
4 corn or flour tortillas

## TOPPINGS (OPTIONAL)

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

**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.



## DIRECTIONS

- 1 Insert grill grate in unit and close hood. Select GRILL, set temperature to MAX, and set time to 2 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 HI, 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.

# COD WITH PINEAPPLE SALSA

INTERMEDIATE RECIPE ●●○

**PREP:** 10 MINUTES | **PREHEAT:** APPROX. 10 MINUTES | **GRILL:** 10 MINUTES | **MAKES:** 2 SERVINGS

## INGREDIENTS

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

**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.

## DIRECTIONS

- 1 Insert grill grate in unit and close hood. Select GRILL, set temperature to MAX, and set time to 13 minutes. Select START/STOP to begin preheating.
- 2 While unit is preheating, liberally coat fillets with 1 tablespoon canola oil, salt, and pepper.
- 3 In a small bowl, combine remaining 1 tablespoon oil,  $1\frac{1}{2}$  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 5 minutes.
- 6 Meanwhile, prepare the salsa by combining the remaining  $\frac{1}{4}$  cup lime juice, remaining 1 tablespoon cilantro, red bell pepper, onion, jalapeño pepper, salt, and pepper in a mixing bowl; set aside.
- 7 After 5 minutes, brush fillets with basting liquid again, flip with rubber-tipped tongs, and brush again. Close hood to continue 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  $\frac{1}{2}$ -inch chunks and add to the salsa. Spoon salsa on top of fillets and serve.



# WHOLE FILLET OF SALMON WITH GARLIC TOPPING



BEGINNER RECIPE ●○○

**PREP:** 10 MINUTES | **PREHEAT:** APPROX. 10 MINUTES | **GRILL:** BASED ON DESIRED DONENESS | **MAKES:** 4 SERVINGS

## INGREDIENTS

4 fresh salmon fillets, skin on (5-6 ounces each)  
1/2 tablespoon canola oil  
Kosher salt, as desired  
Ground black pepper, as desired  
8 lemon slices, thinly cut  
1 1/2 tablespoons fresh lemon juice  
1/4 cup mayonnaise  
1 tablespoon Dijon mustard  
2 cloves garlic, peeled, minced  
1/2 tablespoon fresh dill, finely chopped

## DIRECTIONS

- 1 Plug thermometer into unit. Insert grill grate into the unit and close hood. Select GRILL, set temperature to MAX, and press the thermometer button to fully illuminate PRESET. Use the arrows to the right of the display to select FISH. Use the arrows to the left of the display to set desired doneness. Press START/STOP to begin preheating. Insert thermometer horizontally into the center of the thickest part of the salmon and place on the right side of the unit while it preheats (see thermometer placement instructions on page 7).
- 2 While unit is preheating, coat salmon skin with oil. Flip and season the flesh with salt and pepper.
- 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 2 slices of lemon on the grill grate, then place 1 piece of salmon skin side down on the lemons. Repeat with remaining lemons and salmon. 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 fillets. Close hood to continue cooking.
- 6 When unit beeps to signal the fish has almost reached the desired doneness, transfer to a plate or cutting board with thermometer still inserted. Allow to rest for 2 to 3 minutes or until thermometer indicates final temperature has been reached.

**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:** 4-6 SERVINGS

## INGREDIENTS

1 medium butternut squash, cut in half vertically, seeds removed  
1 tablespoon vegetable oil  
1/2 teaspoon ground black pepper  
1 teaspoon kosher salt, divided  
2 tablespoons brown sugar  
2 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, omit the brown sugar.

**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 SERVINGS

## INGREDIENTS

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

## DIRECTIONS

- 1 Remove pizza dough from the bag and place on a clean counter or cutting board. Divide dough in half. Use your hands to coat the dough with 1/2 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 circle, about 1/4 inch thick.
- 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 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 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. Repeat steps 3-8 with remaining dough.
- 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:** 4 EARS OF CORN

## INGREDIENTS

- 4 ears corn, husks removed
- 2 tablespoons canola oil, divided
- Kosher salt, as desired
- Ground black pepper, as desired
- 1 cup cotija cheese, crumbled
- 1/4 cup mayonnaise
- 1/4 cup sour cream
- Juice of 2 limes
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/4 cup cilantro, chopped, for serving

## DIRECTIONS

- 1 Insert grill grate in unit 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:** 6 MINUTES | **MAKES:** 4 SERVINGS

## INGREDIENTS

- 1 teaspoon ground cinnamon
- 2 tablespoons granulated sugar
- 4 teaspoons brown sugar
- 2 small apples, cored, thinly sliced
- 1 teaspoon lemon juice
- 1/4 teaspoon kosher salt
- 1/2 package (4 rounds) premade biscuit dough
- Nonstick cooking spray

## DIRECTIONS

- 1 Combine cinnamon, granulated sugar, and brown sugar in a small mixing bowl and set aside.
- 2 In a medium 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 and close hood. Select GRILL, set temperature to LO, and set time to 6 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.

**TIP** Use the Foodi® Smart Thermometer with the proteins in the charts below to cook to doneness without worrying about cooktimes.

INGREDIENT	AMOUNT	TEMP	COOK TIME	INSTRUCTIONS
<b>POULTRY</b> — 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)	HI	16–20 mins	Flip halfway through cooking
	4 boneless breasts (7–9 oz each)	HI	12–16 mins	Flip halfway through cooking
Chicken, leg quarters	2 bone-in leg quarters (12–14 oz each)	HI	20–24 mins	Flip halfway through cooking
Chicken sausages, prepared	1 package, 12 oz (4 sausages)	HI	5–6 mins	Flipping not necessary
Chicken tenderloins	6 boneless tenderloins (2–3 oz each)	HI	7–10 mins	Flip halfway through cooking
Chicken thighs	4 bone-in thighs (7–9 oz each)	HI	23–26 mins	Flip halfway through cooking
	4 boneless thighs (4–7 oz each)	HI	10–13 mins	Flip halfway through cooking
Chicken wings	2 lbs, bone-in (drumettes & flats)	HI	10–14 mins	Flip halfway through cooking
Turkey burgers	4 patties (1/4 lb each), 1-inch thick	HI	11–13 mins	Flipping not necessary
<b>BEEF</b> — 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	HI	4–9 mins	Flipping not necessary
Filet mignon	4 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	2 steaks (8–10 oz each), 1-1 1/4 inches thick	HI	7–10 mins	Flip halfway through cooking
Hot dogs	4 hot dogs	LO	3–5 mins	Flip halfway through cooking
NY strip	2 steaks (14–16 oz each), 1 1/4-1 1/2 inches thick	HI	9–11 mins	Flip halfway through cooking
Ribeye	2 steaks (14–16 oz each), 1 1/4 inches thick	HI	8–10 mins	Flip halfway through cooking
Skirt	2 steaks (8 oz each), 3/4-1 inch thick	HI	7–9 mins	Flip halfway through cooking
Steak tips	Up to 24 oz	MED	11–13 mins	Marinate as desired (see page 7 for inspiration)
T-bone	2 steaks (14–16 oz each), 1 1/2 inches thick	HI	9–12 mins	Flip halfway through cooking
<b>PORK, LAMB &amp; VEAL</b> — 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)	HI	20–22 mins	Flip halfway through cooking
Bacon	5 strips, thick cut	LO	9–11 mins	Flipping not necessary
Lamb rack	1/2 rack (4 bones)	HI	12–14 mins	Flip halfway through cooking
Pork chops	2 thick-cut, bone-in chops (10–12 oz each)	HI	15–18 mins	Flip halfway through cooking
	4 boneless chops (8 oz each)	HI	14–16 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	6 whole sausages (3–4 oz each)	LO	8–12 mins	Flip halfway through cooking
Veal chops	4 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
<b>SEAFOOD</b> — 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
<b>FROZEN POULTRY</b> — 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)	MED	20–25 mins	Flip 2 to 3 times while cooking
Chicken thighs	4 bone-in thighs (7–9 oz each)	MED	25–28 mins	Flip 2 to 3 times while cooking
Turkey burgers	4 patties (4–6 oz each)	MED	11–13 mins	Flip halfway through cooking, if desired
<b>FROZEN BEEF</b> — 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	MED	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	MED	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	MED	18–24 mins	Flip 2 to 3 times while cooking
Ribeye	2 steaks (14–16 oz each), 1 1/4 inches thick	MED	18–22 mins	Flip 2 to 3 times while cooking
<b>FROZEN PORK</b> — 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)	MED	20–23 mins	Flip 2 to 3 times while cooking
Pork tenderloin	1 whole tenderloin (1 lb)	MED	20 mins	Flip 2 to 3 times while cooking
Sausage, uncooked	6 whole sausages (approx. 1 lb)	LO	10–14 mins	Flip halfway through cooking
<b>FROZEN SEAFOOD</b> — 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
<b>FROZEN VEGGIE BURGERS</b>				
Veggie burgers	4 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
<b>VEGETABLES</b>					
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
<b>FRUIT</b>					
Avocado	Up to 3 avocados	Cut in half, remove pit	HI	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
<b>BREAD &amp; CHEESE</b>					
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	HI	4 mins	Flipping not necessary

# Air Crisp Chart

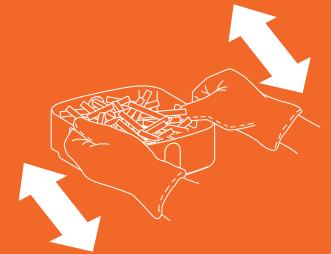
INGREDIENT	AMOUNT	PREPARATION	TOSS IN OIL	TEMP	COOK TIME
<b>VEGETABLES</b>					
Asparagus	2 bunches	Whole, trim stems	2 tsp	390°F	12-14 mins
Beets	6 small or 4 large (about 2 lbs)	Whole	None	390°F	45-60 mins
Bell peppers (for roasting)	4	Whole	None	400°F	20-25 mins
Broccoli	2 heads	Cut in 1-inch florets	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	13-16 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
<b>POULTRY</b>					
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	20-24 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**

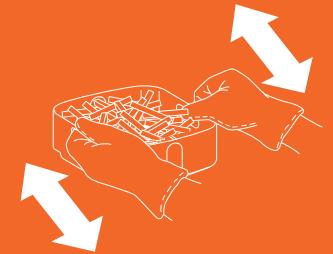
# Air Crisp Chart, continued

INGREDIENT	AMOUNT	PREPARATION	TOSS IN OIL	TEMP	COOK TIME
<b>PORK</b>					
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
<b>FROZEN FOODS</b>					
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	27-31 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
<b>FRUITS &amp; VEGETABLES</b>			
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
<b>MEAT, POULTRY, FISH</b>			
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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