

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



NINJA® Foodi®

**DOUBLE
OVEN**

15 recipes plus charts
for unlimited possibilities



Your guide to cooking like a Foodi

Welcome to the Ninja® Foodi® Double Oven recipe book. From here, you're just a few pages away from recipes, tips and tricks, and helpful hints that that will help you build hearty, full meals that cook all at the same time.

To access the Ninja® Foodi™ Double Oven Instruction Booklet, scan the QR code.



SCAN TO GET TO KNOW YOUR OVEN
EXPLORE RECIPES AND MORE.

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)

ONLY NINJA HAS THE
FLEXDOOR™
Creates two independent cooking zones

TOP RAPID OVEN

For quick-access cooking without opening the full door



BOTTOM TRUE CONVECTION OVEN

For crispy air frying, even roasting, and faster baking





Using the Top Oven



Press button to access top oven functionality

Rapid Oven
 For quick-access cooking
 BROIL | TOAST | BAGEL | BAKE
 REHEAT | KEEP WARM

- 1 Press the **Power button** to turn the oven on or off.
- 2 Press **TOP** to enable selection of top oven functions with the dial. This button will illuminate when selected and turn orange when the top oven has started cooking.
- 3 Press the **TEMP/SHADE** button and then turn the dial to set the cook temperature for the top oven functions (shade darkness will be adjusted for Toast and Bagel). Press again to confirm the setting.
- 4 Press the **TIME/SLICES** button and turn the dial to set the cook time for top oven functions (number of slices will be adjusted for Toast and Bagel). Press again to confirm the setting.
- 5 Press the **START/STOP** dial to begin cooking in the top oven. When setting up both ovens, the top oven will not start unless you press **START/STOP** after steps 1-4.

NOTE: Add food only when preheating is complete (up to 3 minutes after pressing START/STOP). There is no preheat for Broil, Toast, Bagel, Reheat, or Keep Warm.



Using the Bottom Oven & setting up Smart Finish™



True Convection Oven
For crispy air frying, even roasting,
and faster baking

WHOLE ROAST | AIR ROAST | AIR FRY
CONV. BAKE | PIZZA | DEHYDRATE

- 1 Press **BOTTOM** to enable selection of bottom oven functions with the dial. This button will illuminate when selected and turn orange when the bottom oven has started cooking.
- 2 Press the **TEMP** button and then turn the dial to set the cook temperature for bottom oven functions. Press again to confirm the setting.
- 3 Press the **TIME** button and then turn the dial to set the cook time for bottom oven functions. Press again to confirm the setting.
- 4 To use different settings in both ovens and have them finish at the same time, press the **SMART FINISH™** button after selecting a function, temperature, and time for each oven. Press again to turn off Smart Finish.
- 5 Press the **START/STOP** dial to start cooking in the bottom oven. If Smart Finish is enabled, both ovens will start cooking.

NOTE: Both ovens will only start at the same time if Smart Finish is enabled. If Smart Finish is not enabled, START/STOP will start only the last selected oven.

PREHEAT FOR BEST RESULTS: Add food only when preheating is complete (up to 3 minutes after pressing START/STOP). If Smart Finish is enabled, preheat will only occur in the first oven that start cooking.

Top and Bottom Oven Functions

Depending on which function you choose to make your next dish, the Ninja® Foodi™ Double Pro Air Oven will activate the appropriate number of heating elements and distribute the right of amount of airflow to deliver delicious, perfectly cooked results.

NOTE: When using both ovens at the same time, add a few more minutes of cook time to each recipe.

Top Oven

BROIL



Top-down heat for a crispy finish.

Steaks
Nachos
Casserole finishing

TOAST



Quick and even browning on both sides.

Bread
English muffins
Frozen waffles

BAGEL



Fast heating with a crunchy outside.

Bagels
Artisan breads

NOTE: Place bagel slices, cut-side up, on the middle of the wire rack.

BAKE



Traditional baking with overall even cooking and light browning.

Bacon
Cookies

REHEAT



Reheat meals.

Leftovers
Reduce below 180°F to use as a warmer until food is ready to serve.

KEEP WARM



Keep foods warm and ready to eat for up to two hours

Sheet pan meals
Casseroles

Bottom Oven

WHOLE ROAST



Rotisserie-style results in less time.

Whole chicken
Prime rib roast
Pork tenderloin

See page 10 for detailed guidelines

AIR ROAST



Crispy outside, juicy inside.

Chicken thighs & vegetables
Vegetables

AIR FRY



Fast, extra-crispy results with little to no oil.

French fries (frozen or hand cut)
Chicken wings or nuggets
Breaded foods

See pages 34-37 for detailed guidelines

CONV. BAKE



Surround air flow for evenly cooked baked goods and foods.

Best for baked goods and casseroles

TIP: Foods cook faster when using Convection Bake. Adjust your recipe by reducing the temperature by 25°F.

PIZZA



Cook frozen or fresh pizzas.

Homemade pizza
Frozen pizza

DEHYDRATE



Removes moisture to make jerky and dried fruit.

Beef jerky
Dried Fruit

See pages 34-37 for detailed guidelines

Refer to charts on page 36-39 for optimal cook times and temperatures.

FLEXCOOK

— TECHNOLOGY —

Cook a full meal, 2 ways on the top and bottom

Mix-N-Match™ | Make apps, sides, then desserts all while your main cooks

Crowd pleasers



See chart on page 9

Meals for all tastes



See recipe on page 30

Special occasions



See recipe on page 20

Craveable desserts



See recipe on page 26

Smart Finish™ | Cook 2 foods in 2 different ways and have them finish at the same time



Customize times & temps in each oven



No more back-to-back cooking



Full meals hot & ready to serve

Mix-N-Match™ Meals

Cook apps, sides, then desserts in the Top Rapid Oven while your main cooks in the Bottom True Convection Oven.

Refer to charts on page 36-39 for optimal cook times and temperatures.

BOTTOM TOP
True Convection Oven Rapid Oven



50-60 mins

Entree | WHOLE CHICKEN

4-4½ lb chicken, trussed, and seasoned. Place on sheet pan in BOTTOM OVEN on WHOLE ROAST at 375°F for 50-60 mins
Internal temperature is 165°F

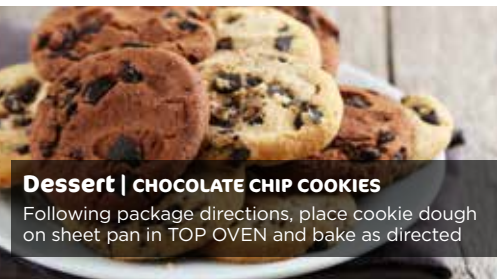
15-20 mins



Appetizer | SPANAKOPITA

Following package directions, place spanakopita on sheet pan in TOP OVEN and bake as directed.

10-15 mins



Dessert | CHOCOLATE CHIP COOKIES

Following package directions, place cookie dough on sheet pan in TOP OVEN and bake as directed

20-30 mins



Side | SWEET POTATO CHUNKS

2-3 sweet potatoes cut into ½-in cubes, seasoned. Place on sheet pan in TOP OVEN on BAKE at 400°F for 20-30 mins

Smart Finish™ Meals

Intelligently syncs settings in each oven so both foods cook accurately and finish together.

Refer to charts on page 36-39 for optimal cook times and temperatures.

BOTTOM **TOP**
True Convection Oven **Rapid Oven**



10-15 mins

As directed on package

Entree | SALMON AND ASPARAGUS

Place 2-4 salmon fillets (6oz each) with 1 bunch asparagus on sheet pan accessory and season as desired. Select AIR ROAST, set temperature to 400F, and time to 10-15 minutes or until desired doneness is achieved.



Entree | CHICKEN NUGGETS

Place 1 lb chicken nuggets with 8oz fries on sheet pan accessory, then place in TOP OVEN. Following package recommended temperature and time, use the BAKE function.

Tips & Tricks

Best Results



When using both ovens at the same time, add a few more minutes of cook time to each recipe.

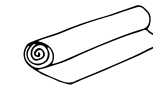


When cooking raw dough using Smart Finish, only put in your dough after the oven has preheated. Leaving dough in the oven during preheat may lead to overcooking.

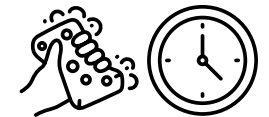
Easy Cleanup



To reduce mess, you can use a crumb tray in both the top and bottom ovens. When air frying, place sheet pan with wire rack below the air fry basket to catch food droppings.



Clean oven after each use. For easy clean up, line sheet pan with parchment paper or aluminum foil.



For deep cleaning, let accessories soak in warm, soapy water overnight and scrub with a non-abrasive brush or sponge.

Sheet Pan Pancake & Quiche

BEGINNER RECIPE ●○○

PREP: 15 MINUTES | **PREHEAT:** 3 MINUTES | **TOTAL COOK TIME:** 40 MINUTES | **TOP OVEN:** 15 MINUTES
BOTTOM OVEN: 40 MINUTES | **MAKES:** 4-6 SERVINGS | **ACCESSORIES:** 1 SHEET PAN, 2 WIRE RACKS

INGREDIENTS

TOP OVEN

3 cups pancake mix of choice
 1 1/2 cups whole milk
 2 large eggs
 3 tablespoons vegetable oil
 1 cup toppings of choice (sliced bananas, chocolate chips, strawberries)
 Nonstick cooking spray

BOTTOM OVEN

5 large eggs
 1/2 cup whole milk
 1/2 cup heavy cream
 1 teaspoon kosher salt
 1/2 teaspoon ground black pepper
 1/2 cup shredded cheddar
 1 cup fillings of choice (chopped peppers, onions, broccoli, bacon, ham)

1 each, 9-inch premade frozen pie crust

TO SERVE

Butter
 Maple Syrup

DIRECTIONS



To prepare quiche, add eggs, milk, cream, salt, pepper, and cheese to a large bowl and whisk until combined. Place fillings of choice in an even layer across bottom of pie crust, then pour egg mixture over top.



Press **BOTTOM** and turn dial until **CONV.** **BAKE** is illuminated. Press **TEMP** and set to 325°F, then press **TIME** and set to 40 minutes. Press **START/STOP** to begin preheating.



When bottom oven is preheated, insert wire rack in **LEVEL 1** position, and place quiche on rack. Close door to begin cooking.



While quiche is cooking, spray sheet pan with cooking spray. To prepare pancakes, whisk all top oven ingredients (except for toppings) until smooth. Transfer all of the batter into the prepared pan and top as desired.



Press **TOP** and turn dial until **BAKE** is illuminated. Press **TEMP/SHADE** and set to 400°F, then press **TIME/SLICES** and set to 15 minutes. Press **START/STOP** to begin preheating.



When top oven is preheated, place the sheet pan on the rack. Close door to begin cooking.



When bottom oven cooking is complete, ensure quiche center is set and slightly jiggly. Remove quiche and allow to cool for 30 minutes before serving.



When top oven cooking is complete, remove pancake and serve immediately.

TIP Swap classic pie crust and pancake mix with gluten-free options and cook as directed.



Cheesesteak Sandwiches with French Fries & Onion Rings

BEGINNER RECIPE ●○○

PREP: 15 MINUTES | **PREHEAT:** 3 MINUTES | **TOTAL COOK TIME:** 40 MINUTES | **TOP OVEN:** 15 MINUTES
BOTTOM OVEN: 40 MINUTES | **MAKES:** 4-6 SERVINGS | **ACCESSORIES:** 1 SHEET PAN, 2 WIRE RACKS

INGREDIENTS

TOP OVEN

1 pound uncooked shaved steak
Kosher salt, as desired
Ground black pepper, as desired
1 bag (12 ounces) frozen peppers and onions
8 slices American cheese

BOTTOM OVEN

1 pound frozen shoestring French fries
8 ounces frozen onion rings

DIRECTIONS



Place French fries and onion rings in Air Fry Basket.



Press **BOTTOM** and turn dial until **AIR FRY** is illuminated. Press **TEMP** and set to 390°F, then press **TIME** and set to 30 minutes. Press **START/STOP** to begin preheating.

When bottom oven is preheated, insert Air Fry Basket in **LEVEL 2** position. Close door to begin cooking.



Place shaved steak, salt, pepper, frozen peppers, and onions on sheet pan and toss to combine.

Press **TOP** and turn dial until **BAKE** is illuminated. Press **TEMP/SHADE** and set to 450°F, then press **TIME/SLICES** and set to 15 minutes. Press **START/STOP** to begin preheating.



When top oven is preheated, then place sheet pan with steak on the rack. Close door to begin cooking.

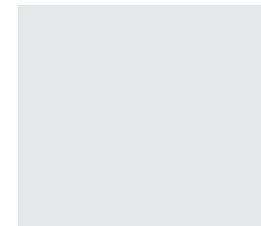
When top oven cooking is complete, remove steak, drain off residual liquid, and divide into 4 portions on sheet pan.

Top each portion of steak



with two slices of cheese. Place sheet pan back into top oven.

TIP Swap classic cheese with dairy-free.



Press **TOP** and turn dial until **BROIL** is illuminated. Press **TEMP/SHADE** and set to **HI**, then press **TIME/SLICES** and set to 3 minutes. Press **START/STOP** and broil cheese until melted.



When cheese is melted, remove sheet pan from top oven and fill rolls with steak and cheese.

TIP Toast sub rolls, if desired, before or after cooking.



When bottom oven cooking is complete, serve French fries and onion rings immediately with sandwiches.

TIP Substitute gluten-free rolls and onion rings based on dietary needs.

Whole-Roasted BBQ Chicken with Mac n Cheese Bake

BEGINNER RECIPE ●○○

PREP: 20 MINUTES | **PREHEAT:** 3 MINUTES | **TOTAL COOK TIME:** 60 MINUTES | **TOP OVEN:** 45 MINUTES
BOTTOM OVEN: 60 MINUTES | **MAKES:** 4-6 SERVINGS | **ACCESSORIES:** 1 SHEET PAN, 2 WIRE RACKS, NINJA CASSEROLE PAN OR 8X8-INCH/9X9-INCH BAKING PAN, ALUMINUM FOIL

INGREDIENTS

TOP OVEN

1/2 box (8 ounces) macaroni pasta
 2 cups whole milk
 1/2 teaspoon kosher salt
 2 tablespoons unsalted butter, cut in 1/2-inch cubes
 1/2 brick (4 ounces) cream cheese, cut in 1/2-inch cubes

1/3 cup heavy cream
 2 1/2 cups shredded Colby jack cheese, divided
 1/3 cup seasoned panko bread crumbs

BOTTOM OVEN

1 fresh, uncooked whole chicken (4-4 1/2 pounds), patted dry, trussed (or legs tied together)
 Nonstick cooking spray
 Kosher salt, as desired
 Ground black pepper, as desired
 1 cup prepared barbecue sauce

DIRECTIONS



To prepare the macaroni, add pasta, milk, salt, butter, cream cheese, heavy cream, and 2 cups cheese in a Ninja Casserole Pan and mix to combine. Evenly top with remaining cheddar cheese and bread crumbs, then cover tightly with aluminum foil.



Place trussed chicken on top of sheet pan. Lightly spray chicken with cooking spray and season with salt and pepper as desired.



Press **TOP** and turn dial until **BAKE** is illuminated. Press **TEMP/SHADE** and set to 400°F, then press **TIME/SLICES** and set to 45 minutes.



Press **BOTTOM** and turn dial until **WHOLE ROAST** is illuminated. Press **TEMP** and set to 375°F, then press **TIME** and set to 1 hour. Press **SMART FINISH**, then press **START/STOP** to begin preheating.



When preheating is complete, then place mac n cheese dish on the rack. Next, insert wire rack in **LEVEL 1** position of bottom oven, then place sheet pan with whole chicken on the rack. Close door to begin cooking (top oven will read **HOLD** until 45 minutes remain on each cook timer).



When cooking is complete, remove chicken and ensure internal temperature reads 165°F on an instant-read food thermometer. Brush chicken with barbecue sauce and serve hot with mac n cheese.

TIP For a crispier top on your mac n cheese, **BROIL** for 5 minutes.

TIP Swap classic pasta with gluten-free.

TIP Swap any dairy ingredients with dairy-free/vegan options.

FRENCH TOAST BAKE & CANDIED BACON

BEGINNER RECIPE ●○○

PREP: 20 MINUTES | **PREHEAT:** 3 MINUTES | **TOTAL COOK TIME:** 30 MINUTES | **TOP OVEN:** 30 MINUTES
BOTTOM OVEN: 15 MINUTES | **MAKES:** 4-6 SERVINGS | **ACCESSORIES:** 1 WIRE RACK, NINJA CASSEROLE PAN OR 8X8-INCH/9X9-INCH BAKING PAN, AIR FRY BASKET

INGREDIENTS

TOP OVEN

1/2 cup heavy cream
1 cup whole milk
4 large eggs
1/2 cup brown sugar
1 teaspoon ground cinnamon
1/2 teaspoon kosher salt
4 cups brioche bread, cut in 1-inch pieces (can be fresh, toasted, or stale)
Nonstick cooking spray

BOTTOM OVEN

8 slices bacon
1/4 cup brown sugar
1 teaspoon ground black pepper

TIP For a dairy-free option, use a dairy-free cream and milk.

TIP Swap brioche bread with gluten-free bread and cook as instructed.

DIRECTIONS

- 1 To prepare the French toast, whisk together cream, milk, eggs, sugar, cinnamon, and salt until combined. Add bread and toss until evenly coated. Allow bread to sit for 5 minutes until liquid is absorbed.
- 3 Spray a Ninja Casserole Pan with cooking spray and transfer bread mixture to pan and cover with aluminum foil.
- 4 To prepare the candied bacon, lay slices of bacon on Air Fry basket (some overlap is OK). Then evenly cover with sugar and black pepper.
- 5 Press **TOP** and turn dial until **BAKE** is illuminated. Press **TEMP/SHADE** and set to 350°F, then press **TIME/SLICES** and set to 30 minutes.
- 6 Press **BOTTOM** and turn dial until **AIR FRY** is illuminated. Press **TEMP** and set to 390°F, then press **TIME** and set to 15 minutes. Press **SMART FINISH**, then press **START/STOP** to begin preheating.
- 7 When preheating is complete, place the casserole pan on the rack. Place wire rack in **LEVEL 1** position of the bottom oven, then place sheet pan on top (this will catch any bacon fat drippings and sugar). Insert Air Fry Basket in **LEVEL 2** position of bottom oven. Close door to begin cooking (bottom oven will read **HOLD** until 15 minutes remain on each cook timer).
- 8 When bottom timer begins, open top oven door and remove foil from French toast. Close door and continue cooking until time is expired.
- 9 When cooking is complete, remove French toast and candied bacon from unit and serve warm.

Smart
Finish™
Meals

TOP OVEN



BOTTOM OVEN



TOP OVEN



BOTTOM OVEN



SHEET PAN NACHOS & PIGS IN A BLANKET

BEGINNER RECIPE ●○○

PREP: 15 MINUTES | **PREHEAT:** 3 MINUTES | **TOTAL COOK TIME:** 15 MINUTES | **TOP OVEN:** 15 MINUTES
BOTTOM OVEN: 15 MINUTES | **MAKES:** 4 SERVINGS | **ACCESSORIES:** 1 WIRE RACK, 1 SHEET PAN, AIR FRY BASKET

INGREDIENTS

TOP OVEN

- 1/2 bag (6 ounces) tortilla chips
- 1 cup canned black beans, drained, rinsed
- 1 container (12 ounces) pre-cooked shredded chicken (or 2 cups pulled rotisserie chicken)
- 2 cups shredded cheese of choice
- Salsa, as desired
- Sour cream, as desired
- Guacamole, as desired

BOTTOM OVEN

- 2 packages (8 ounces each) crescent roll dough
- 8 hot dogs, cut in half
- Nonstick cooking spray

DIRECTIONS

- 1 To prepare the pigs in a blanket, unroll the crescent roll dough and cut the 8 pre-cut triangles in half the long way to make 16 triangles.
- 2 Place one hotdog half in the center of each dough triangle, then roll it up to create a pig in a blanket. Repeat with remaining dough and hot dogs.
- 3 Spray Air Fry Basket with cooking spray and place pigs in a blanket in basket. .
- 4 Press **BOTTOM** and turn dial until AIR FRY is illuminated. Press TEMP and set to 350°F, then press TIME and set to 15 minutes. Press START/STOP to begin preheating.
- 5 When bottom oven is preheated, insert Air Fry Basket in LEVEL 2 position. Close door to begin cooking.
- 6 While the pigs in a blanket are cooking, prepare the nachos. Place chips in an even layer on the sheet pan and top with chicken, beans, and cheese.
- 7 Press **TOP** and turn dial until BAKE is illuminated. Press TEMP/SHADE and set to 325°F, then press TIME/SLICES and set to 15 minutes. Press START/STOP to begin preheating.
- 8 When top oven is preheated, then place sheet pan with nachos on the rack.
- 9 When top oven cooking is complete, remove nachos and serve with salsa, sour cream, guacamole, and other desired toppings.
- 10 When bottom oven cooking is complete, remove pigs in a blanket and serve immediately.

TIP To make this recipe vegetarian-friendly or vegan, sub in vegan cheese/sour cream and plant-based chicken/hot dogs.

SPINACH & ARTICHOKE DIP WITH HOMEMADE PITA CHIPS

BEGINNER RECIPE ●○○

PREP: 20 MINUTES | **PREHEAT:** 3 MINUTES | **TOTAL COOK TIME:** 35 MINUTES | **TOP OVEN:** 35 MINUTES
BOTTOM OVEN: 10 MINUTES | **MAKES:** 4 SERVINGS | **ACCESSORIES:** 1 WIRE RACK, NINJA CASSEROLE PAN OR
8X8-INCH BAKING PAN, AIR FRY BASKET

INGREDIENTS

TOP OVEN

1 block (8 ounces) cream cheese, softened
3/4 cup sour cream
1/4 cup mayonnaise
2 teaspoons minced garlic
1 1/2 cups shredded mozzarella
1 cup shredded Parmesan
1 block (10 ounces) frozen spinach, defrosted,
strained
1 can (14 ounces) artichoke hearts, drained,
chopped

BOTTOM OVEN

4 (8-inch) pita rounds, each round
cut into 8 triangles
3 tablespoons olive oil
1 teaspoon kosher salt
1/2 teaspoon garlic powder
1/2 teaspoon ground black pepper

TIP Swap classic pita with gluten-free and cook as instructed.

TIP Swap dairy ingredients with any vegan/
dairy-free options as desired.

DIRECTIONS

- 1 To prepare dip, combine all top oven ingredients in a medium bowl. Transfer mixture to a Ninja Casserole Pan and smooth into an even layer.
- 2 Press **TOP** and turn dial until BAKE is illuminated. Press TEMP/SHADE and set to 375°F, then press TIME/SLICES and set to 35 minutes. Press START/STOP to begin preheating.
- 3 When top oven is preheated, then place casserole pan on the rack. Close door to begin cooking.
- 4 While dip is cooking, toss pitas with oil and seasoning in a large bowl until evenly coated. Transfer pitas to the Air Fry Basket in a single layer.
- 6 Press **BOTTOM** and turn dial until AIR FRY is illuminated. Press TEMP and set to 375°F, then press TIME and set to 10 minutes. Press START/STOP to begin preheating.
- 7 When bottom oven is preheated, insert Air Fry Basket in LEVEL 2 position. Close door to begin cooking.
- 8 When cooking is complete, remove pita chips and dip and serve warm.

STUFFED MUSHROOMS & SCALLOPS WRAPPED IN BACON

INTERMEDIATE RECIPE ●●○

PREP: 25 MINUTES | **PREHEAT:** 3 MINUTES | **TOTAL COOK TIME:** 25 MINUTES | **TOP OVEN:** 20 MINUTES
BOTTOM OVEN: 25 MINUTES | **MAKES:** 4 SERVINGS | **ACCESSORIES:** 1 WIRE RACK, 1 SHEET PAN, AIR FRY BASKET

INGREDIENTS

TOP OVEN

1 package (5.2 ounces) spreadable
garlic and herb cheese
1/2 cup grated Parmesan
1/4 cup seasoned panko bread crumbs
2 tablespoons fresh parsley, chopped
12 medium/large button mushrooms,
washed, stems removed

DIRECTIONS

- 1 In a medium bowl, combine herbed cheese, Parmesan, breadcrumbs, and parsley. Mix until evenly combined.
- 2 Divide cheese filling evenly among the mushroom caps, filling each mushroom with approximately 1 tablespoon filling. Transfer mushrooms to sheet pan.
- 3 Press **TOP** and turn dial until BAKE is illuminated. Press TEMP/SHADE and set to 350°F, then press TIME/SLICES and set to 20 minutes. Press START/STOP to begin preheating.
- 4 When top oven is preheated, then place sheet pan with stuffed mushrooms on the rack. Close door to begin cooking.
- 5 While the stuffed mushrooms are cooking, wrap 1/2 slice of bacon around each scallop, then place bacon-wrapped scallops seam-side down in Air Fry Basket. Season with salt and pepper as desired.
- 6 Press **BOTTOM** and turn dial until AIR FRY is illuminated. Press TEMP and set to 350°F, then press

BOTTOM OVEN

1 pound (10/20 count) frozen scallops
8 slices bacon, cut in half
Kosher salt, as desired
Ground black pepper, as desired

- TIME and set to 15 minutes. Press START/STOP to preheat oven.
- 7 When bottom oven is preheated, insert Air Fry Basket in LEVEL 2 position. Place wire rack in LEVEL 1 position of the bottom oven, then place sheet pan on top (this will catch any bacon fat drippings). Close door to begin cooking.
- 8 When bottom oven cooking is complete, press TEMP and set to 425°F, then press TIME and set to 10 minutes. Press START/STOP to begin cooking and crisp the bacon.
- 9 When cooking is complete, serve mushrooms and scallops immediately.

TIP Swap classic breadcrumbs with gluten-free.

TIP Use dairy-free/Vegan cheese as a substitute.

BAKED “GRILLED” CHEESE WITH SWEET POTATO FRIES

BEGINNER RECIPE ●○○

PREP: 20 MINUTES | **PREHEAT:** 3 MINUTES | **TOTAL COOK TIME:** 30 MINUTES | **TOP OVEN:** 10 MINUTES
BOTTOM OVEN: 30 MINUTES | **MAKES:** 4 SANDWICHES / 4 SERVINGS | **ACCESSORIES:** 1 WIRE RACK,
1 SHEET PAN, AIR FRY BASKET

INGREDIENTS

TOP OVEN

8 slices American cheese
4 slices cheddar cheese
8 slices bread of choice
4–6 tablespoons butter, softened

BOTTOM OVEN

2 medium sweet potatoes, peeled,
cut into 1/4-inch-thick sticks
2 tablespoons canola or olive oil
1 teaspoon kosher salt
1/2 teaspoon garlic powder
Ground black pepper, as desired

TIP Classic or gluten-free bread can be used. Add 5 to 10 minutes to cook time for desired level of browning.

TIP Sub vegan cheese and butter for a dairy-free option.

DIRECTIONS

- 1 To prepare the grilled cheese sandwiches, place 2 slices of American cheese and 1 slice of cheddar cheese on one piece of bread, then close with a second piece of bread. Evenly cover the outside of the bread slices with butter. Repeat with remaining cheese and bread, then place sandwiches on sheet pan.
- 2 To prepare the sweet potato fries, add all bottom oven ingredients to a large bowl and toss to combine, then transfer to the Air Fry Basket.
- 3 Press **BOTTOM** and turn dial until AIR FRY is illuminated. Press TEMP and set to 375°F, then press TIME and set to 30 minutes. Press START/STOP to begin preheating.
- 4 When bottom oven is preheated, insert Air Fry Basket in LEVEL 2 position. Close door to begin cooking.
- 5 Press **TOP** and turn dial until BAKE is illuminated. Press TEMP/SHADE and set to 400°F, then press TIME/SLICES and set to 10 minutes. Press START/STOP to begin preheating.
- 6 When top oven is preheated, insert wire rack, then place sheet pan with sandwiches on the rack.
- 7 When cooking is complete, serve grilled cheese and sweet potato fries immediately.





TOP OVEN



BOTTOM OVEN

ROASTED TURKEY BREAST WITH VEGGIE STUFFING BAKE

BEGINNER RECIPE ●○○

PREP: 20 MINUTES | **COOK:** 3 MINUTES | **TOTAL COOK TIME:** 45 MINUTES | **TOP OVEN:** 35 MINUTES
BOTTOM OVEN: 45 MINUTES | **MAKES:** 4 SERVINGS | **ACCESSORIES:** 2 WIRE RACKS, 1 SHEET PAN, NINJA CASSEROLE PAN OR 8X8-INCH BAKING PAN, ALUMINUM FOIL

INGREDIENTS

TOP OVEN

1 box (6 ounces) turkey stuffing mix, plus butter and liquid recommendations on box
1 cup frozen mixed veggies

BOTTOM OVEN

1 split turkey breast, bone-in (2-2 1/2 pounds)
3 tablespoons salted butter, softened
1 tablespoon canola oil
1 teaspoon dried rosemary
1/2 teaspoon dried thyme
1/2 teaspoon dried sage
Kosher salt, as desired
Ground black pepper, as desired

DIRECTIONS

- 1 In a medium bowl, combine stuffing mix, butter, and liquid per box instructions. Add frozen veggies and mix to combine. Transfer to Ninja Casserole Pan, then smooth top into an even layer and cover with aluminum foil.
- 2 In a small bowl, combine the canola oil and butter, then evenly rub on turkey breast. Season with dried herbs, kosher salt, and pepper, then place turkey breast on sheet pan.
- 4 Press **BOTTOM** and turn dial until **WHOLE ROAST** is illuminated. Press **TEMP** and set to 375°F, then press **TIME** and set to 45 minutes. Press **START/STOP** to begin preheating.
- 5 When bottom oven is preheated, insert wire rack in **LEVEL 1** position, then place sheet pan with turkey breast on the rack. Close door to begin cooking.
- 6 While the turkey is cooking, press **TOP** and turn dial until **BAKE** is illuminated. Press **TEMP/SHADE** and set to 350°F, then press **TIME/SLICES** and set to 35 minutes. Press **START/STOP** to begin preheating.
- 7 When top oven is preheated, place pan with stuffing on the rack.
- 8 Cooking is complete when the internal temperature of stuffing and turkey breast read 165°F on an instant-read thermometer. Remove food from unit and allow turkey to rest for 10 minutes before slicing and serving with stuffing.

TIP If a split boneless turkey breast is unavailable swap in a fresh 2-3 lb bone-in breast and add 10-15 minutes to total cook time.

TIP Swap classic stuffing mix with gluten-free.

MINI MEATLOAVES WITH ROASTED BABY POTATOES

INTERMEDIATE RECIPE ●●○

PREP: 20 MINUTES | **PREHEAT:** 3 MINUTES | **TOTAL COOK TIME:** 20 MINUTES | **TOP OVEN:** 20 MINUTES
BOTTOM OVEN: 20 MINUTES | **MAKES:** 4-6 SERVINGS | **ACCESSORIES:** 2 WIRE RACKS, 2 SHEET PANS

INGREDIENTS

TOP OVEN

1 1/2 pounds baby potatoes, cut in half
2 tablespoons olive oil
2 teaspoons kosher salt
1/2 teaspoon ground black pepper
1 teaspoon garlic powder
1 teaspoon onion powder

BOTTOM OVEN

1 pound ground beef (80/20 blend)
1 small onion, peeled, diced
1/2 cup ketchup, divided
1 cup seasoned breadcrumbs
2 large eggs
Kosher salt, as desired
Ground black pepper, as desired

TIP For crispier potatoes, place flesh side down onto pan.

TIP Prefer a leaner meat? Swap beef for ground chicken or turkey.

TIP Swap classic breadcrumbs with gluten-free.

DIRECTIONS

- 1 To prepare the potatoes, add all top oven ingredient in a large bowl and toss to combine. Transfer to a sheet pan and arrange in an even layer.
- 2 Press **TOP** and turn dial until BAKE illuminates. Press TEMP/SHADE and set to 400°F, then press TIME/SLICES and set to 30 minutes. Press START/STOP to begin preheating.
- 3 When top oven is preheated, place sheet pan with potatoes on the rack. Close door to begin cooking.
- 4 While potatoes are cooking, prepare meatloaves. Add all bottom oven ingredients (reserving 1/4 cup ketchup) to a medium bowl and mix to combine.
- 5 Divide the mixture into 4 even loaves and place on a second sheet pan. Ensure meatloaves are equally spaced apart and not touching. Coat each with 1 tablespoon of reserved ketchup.
- 6 Press **BOTTOM** and turn dial until AIR ROAST is illuminated. Press TEMP and set to 325°F, then press TIME and set to 25 minutes. Press START/STOP to begin preheating.
- 7 When bottom oven is preheated, insert wire rack in LEVEL 1 position, then place sheet pan with meatloaves on the rack. Close door to begin cooking.
- 8 When cooking is complete, ensure potatoes are fork tender and meatloaves read 165°F on an instant-read thermometer. Serve hot.

EGGPLANT PARMESAN WITH GARLIC BREAD

BEGINNER RECIPE ●○○

PREP: 20 MINUTES | **PREHEAT:** 3 MINUTES | **TOTAL COOK TIME:** 25 MINUTES | **TOP OVEN:** 5 MINUTES
BOTTOM OVEN: 25 MINUTES | **MAKES:** 4 SERVINGS | **ACCESSORIES:** 2 WIRE RACKS, 2 SHEET PANS

INGREDIENTS

TOP OVEN

1 stick salted butter, soft
1 teaspoon minced garlic
1/2 teaspoon Italian seasoning
2 tablespoons grated Parmesan cheese
1 loaf crusty Italian bread, cut in 6-8 slices, 1-2 inches thick

DIRECTIONS

- 1 To prepare the garlic bread, add butter, garlic, Italian seasoning, and grated cheese to a medium bowl and mix until fully combined.
- 2 Evenly cover sliced bread in butter mixture, then place on a sheet pan.
- 4 To prepare the eggplant Parmesan, set up a dredging station with three separate shallow plates: one with flour (season with salt and pepper as desired), one with whisked eggs, and one with seasoned bread crumbs.
- 5 Evenly coat both sides of each piece of eggplant in flour, egg, then bread crumbs. Place breaded eggplant on sheet pan in an even layer.
- 6 Press **BOTTOM** and turn dial until AIR ROAST is illuminated. Press TEMP/SHADE and set to 400°F, then press TIME/SLICES and set to 15 minutes. Press START/STOP to begin preheating.
- 7 When bottom oven is preheated, insert wire rack in LEVEL 1 position, then place sheet pan with eggplant on the rack. Close door to begin cooking.

BOTTOM OVEN

3/4 cup all-purpose flour
Kosher salt, as desired
Ground black pepper, as desired
3 large eggs, whisked
3/4 cup seasoned Italian bread crumbs
1 medium eggplant, peeled, sliced into 1/2-inch discs
1 1/2 cups tomato sauce
2 cups shredded mozzarella
1/4 cup grated Parmesan cheese
1/4 cup chopped fresh basil

- 8 When cooking is complete, remove pan and top eggplant slices with sauce and cheese and return to oven.
- 9 Press **BOTTOM** and turn dial until AIR ROAST is illuminated. Press TEMP/SHADE and set to 350°F, then press TIME/SLICES and set to 10 minutes. Press START/STOP to begin cooking, allowing sauce to warm and cheese to melt.
- 10 Press **TOP** and turn dial until BROIL is illuminated. Press TEMP/SHADE and set to HI, then press TIME/SLICES and set to 5 minutes. Press START/STOP to begin broiling.
- 12 When cooking is complete, serve garlic bread and eggplant immediately, garnished with basil as desired.

PASTA BAKE AND FRESH PIZZA

INTERMEDIATE RECIPE ●●○

PREP: 20 MINUTES | **PREHEAT:** 3 MINUTES | **TOTAL COOK TIME:** 50 MINUTES | **TOP OVEN:** 50 MINUTES
BOTTOM OVEN: 15 MINUTES | **MAKES:** 4 SERVINGS | **ACCESSORIES:** 1 SHEET PAN, 2 WIRE RACKS, NINJA CASSEROLE PAN OR 8X8-INCH BAKING PAN, ALUMINUM FOIL

INGREDIENTS

TOP OVEN

1/2 box (8 ounces) macaroni pasta
1 teaspoon kosher salt
1 jar (24 ounces) tomato sauce
1 cup water
1 cup shredded mozzarella cheese
1/4 cup Parmesan cheese

BOTTOM OVEN

14 ounces raw pre-made pizza dough, room temperature
1/4 cup marinara sauce
1 1/2 cups shredded mozzarella cheese
1/2 cup toppings of choice (pepperoni, vegetables, etc.)

TIP If using larger pasta, ensure all pasta is submerged in liquid prior to baking. Add 2-3 tablespoons water if needed.

TIP Swap classic pizza dough and pasta with gluten-free.

TIP Swap any cheese with dairy-free/vegan variety.

TIP Prefer homemade pizza dough? Swap 1:1 for any homemade recipe.

DIRECTIONS

- 1 To prepare the pasta bake, add all top oven ingredients in a Ninja Casserole Pan, mix until combined, then cover with aluminum foil.
- 2 Press **TOP** and turn dial until BAKE is illuminated. Press TEMP/SHADE and set to 425°F, then press TIME/SLICES and set to 45 minutes. Press START/STOP to begin preheating.
- 3 When top oven is preheated, then place pan with pasta on the rack. Close door to begin cooking.
- 4 While pasta bake is cooking, shape pizza dough into a 12-inch circle and transfer to sheet pan accessory. Top pizza dough with marinara sauce, mozzarella, and desired toppings.
- 6 Press **BOTTOM** and turn dial until PIZZA is illuminated. Press TEMP and set to 400°F, then press TIME and set to 15 minutes. Press START/STOP to begin preheating.
- 7 When bottom oven is preheated, insert wire rack in LEVEL 1 position, then place sheet pan with pizza on the rack. Close door to begin cooking.
- 8 When pasta has completed cooking, remove foil from pan. Press **TOP** and turn dial until BROIL is illuminated. Press TEMP/SHADE and set to HI, then press TIME/SLICES and set to 5 minutes. Press START/STOP to begin broiling.
- 9 When cooking is complete, serve pasta and pizza immediately.



TOP OVEN



BOTTOM OVEN

TOP OVEN



BOTTOM OVEN



SUGAR COOKIES & APPLE PIE

BEGINNER RECIPE ●○○

PREP: 20 MINUTES | **COOK:** 6 MINUTES | **TOTAL COOK TIME:** 50 MINUTES | **TOP OVEN:** 35 MINUTES
BOTTOM OVEN: 50 MINUTES | **MAKES:** 4 SERVINGS | **ACCESSORIES:** PARCHMENT PAPER, 2 WIRE RACKS, 1 SHEET PAN,
NINJA CASSEROLE PAN OR 8X8-INCH BAKING PAN, 9-INCH PIE PAN

INGREDIENTS

TOP OVEN

Nonstick cooking spray
1 package (16 ounces) pre-made
sugar cookie dough
1 cup pre-made frosting of choice
Rainbow sprinkles, as desired

BOTTOM OVEN

1 box (2 sheets) frozen pre-made
pie dough, thawed
2 cans (21 ounces each) apple pie filling
2 tablespoons whole milk or cream

DIRECTIONS

- 1 To prepare the sugar cookie bars, spray a Ninja Casserole Pan with cooking spray, then line the bottom and sides with parchment paper. Transfer cookie dough to pan and press into a smooth, even layer.
- 3 Press **TOP** and turn dial until **BAKE** is illuminated. Press **TEMP/SHADE** and set to 325°F, then press **TIME/SLICES** and set to 35 minutes. Press **START/STOP** to begin preheating.
- 4 When top oven is preheated, place casserole pan on rack. Close door to begin cooking.
- 5 When cooking is complete, remove cookies and allow to cool in pan.
- 6 While the cookies cool, line a 9-inch pie pan with one sheet of pie dough, trimming as necessary. Add apple pie filling, then place second sheet of pie dough on top.
- 8 Fold and crimp edges of dough to seal, then brush top of dough with milk or cream. Using a knife, create a 1-inch vent in the center of the dough.
- 9 Press **BOTTOM** and turn dial until **CONV. BAKE** is illuminated. Press **TEMP** and set to 350°F, then press **TIME** and set to 50 minutes. Press **START/STOP** to begin preheating.
- 10 When bottom oven is preheated, insert wire rack in **LEVEL 1** position, then place apple pie on the rack. Close door to begin cooking.
- 11 When cooking is complete, remove pie and allow to cool before slicing and serving.
- 12 Once sugar cookie bars are cool, remove from pan. Frost and decorate with sprinkles as desired, then slice and serve.

TIP Swap pie crust or cookie dough with gluten-free options.

TIP Swap milk or cream with dairy-free options.

TIP Prefer a different kind of pie? Use 2 21-oz cans of ANY prepared pie filling.

COOKIES & CREAM CHOCOLATE CHIP COOKIES & SALTED CARAMEL BROWNIES

BEGINNER RECIPE ●○○

PREP: 15 MINUTES | **PREHEAT:** 3 MINUTES | **TOTAL COOK TIME:** 40 MINUTES | **TOP OVEN:** 12 MINUTES
BOTTOM OVEN: 40 MINUTES | **MAKES:** 4 SERVINGS | **ACCESSORIES:** 1 WIRE RACK, 1 SHEET PAN, NINJA CASSEROLE PAN OR 8X8-INCH BAKING PAN

INGREDIENTS

TOP OVEN

1 package (16 ounces) prepared cookie dough (12 cookies)
12 cookies and cream sandwich cookies

DIRECTIONS

- 1 To prepare cookies, cover each sandwich cookie with 1 portion of cookie dough, shaping the dough around the cookie to completely cover and seal. Place 6 cookies onto sheet pan, spaced evenly apart. Place remaining 6 cookies in fridge until ready to bake.
- 2 Press **TOP** and turn dial until **BAKE** is illuminated. Press **TEMP/SHADE** and set to 350°F, then press **TIME/SLICES** and set to 12 minutes. Press **START/STOP** to begin preheating.
- 3 When top oven is preheated, place sheet pan with cookies on the rack. Close door to begin cooking.
- 4 When cooking is complete, remove cookies and allow to cool for 5 minutes before removing from pan. Place remaining 6 cookies on pan and repeat steps 2 and 3.

BOTTOM OVEN

1 box (18.3 ounces) brownie mix, prepared per box instructions
1/4 cup prepared caramel sauce
1/2 teaspoon kosher salt
Nonstick cooking spray

- 5 Spray a Ninja Casserole Pan with cooking spray. Prepare the brownie batter according to the box ingredients and instructions, then transfer the batter to the prepared pan.
- 6 Pour caramel sauce on top of brownie batter. With a butter knife, marble caramel through the batter, then sprinkle with salt.
- 7 Press **BOTTOM** and turn dial until **CONV.** **BAKE** is illuminated. Press **TEMP** and set to 350°F, then press **TIME** and set to 40 minutes. Press **START/STOP** to begin preheating.
- 8 When bottom oven is preheated, insert wire rack in **LEVEL 1** position, then place brownie pan on the rack. Close door to begin cooking.
- 9 When cooking is complete, remove brownies and cookies and allow to cool completely before serving.

TIP Use gluten-free cookie dough or gluten-free brownie mix to accommodate dietary needs.

VANILLA CHEESECAKE WITH ROASTED BERRY TOPPING

INTERMEDIATE RECIPE ●●○

PREP: 15 MINUTES | **PREHEAT:** 3 MINUTES | **TOTAL COOK TIME:** 55 MINUTES | **TOP OVEN:** 55 MINUTES
BOTTOM OVEN: 15 MINUTES | **MAKES:** 4 SERVINGS | **ACCESSORIES:** 2 WIRE RACKS, 2 SHEET PANS

INGREDIENTS

TOP OVEN

2 blocks (8 ounces each) cream cheese
1 cup granulated sugar
1/4 cup sour cream
3 large eggs
2 teaspoons vanilla extract
1 (6 ounce) prepared graham cracker pie crust

DIRECTIONS

- 1 To prepare the cheesecake filling, add cream cheese and sugar to a large bowl and mix with a rubber spatula until fully combined.
- 2 Add sour cream, eggs, and vanilla and continue to mix until smooth and combined. Pour batter into the prepared crust and smooth top into an even layer. Transfer crust to sheet pan.
- 3 Press **TOP** and turn dial until **BAKE** is illuminated. Press **TEMP/SHADE** and set to 300°F, then press **TIME/SLICES** and set to 55 minutes. Press **START/STOP** to begin preheating.
- 4 When top oven is preheated, place sheet pan with filling on the rack. Close door to begin cooking.
- 5 Press **BOTTOM** and turn dial until **AIR ROAST** is illuminated. Press **TEMP** and set to 400°F, then press **TIME** and set to 15 minutes. Press **START/STOP** to begin preheating.

BOTTOM OVEN

2 cups fresh strawberries, hulled and halved
1 cup fresh blueberries
1 cup fresh raspberries
1/4 cup granulated sugar

- 6 While bottom oven is preheating, add all bottom oven ingredients to a large bowl and gently toss until evenly coated in sugar. Transfer berry mixture to sheet pan.
- 7 When bottom oven is preheated, insert wire rack in **LEVEL 1** position, then place sheet pan with berry mixture on rack. Close door to begin cooking.
- 8 When bottom oven cooking is complete, remove berry mixture to cool.
- 9 Top oven cooking is complete when cheesecake is lightly brown on top and jiggly in the center. Carefully remove cheesecake from oven and allow to cool for 20 minutes at room temperature, then transfer to fridge for at least 3 hours before slicing. Serve with fruit topping.

TIP Use gluten-free graham cracker crust instead of classic for a gluten-free cheesecake.

Air Fry Cooking Chart

INGREDIENT	AMOUNT	PREPARATION	OIL	TEMP	SINGLE (BOTTOM) OVEN AIRFRY TIME	DUAL OVEN COOKING TIME
FROZEN FOOD						
Chicken nuggets	1-2 lbs	None	None	400°F	25-30 mins	30-35 mins
Fish fillets (breaded)	6-12 fillets	None	None	400°F	15-20 mins	20-25 mins
Fish sticks	1-2 lbs	None	None	400°F	15-20 mins	23-28 mins
French fries	1-2 lbs	None	None	390°F	25-30 mins	38-40 mins
Sweet potato fries	1-2 lbs	None	None	365°F	25-30 mins	30-35 mins
Mozzarella sticks	1-2 lbs	None	None	375°F	8-10 mins	15-18 mins
Pizza Rolls	1-1 1/2 lbs	None	None	375°F	10-15 mins	18-25 mins
Popcorn shrimp	1-2 lbs	None	None	390°F	15-20 mins	15-17 mins
Tater tots	1-2 lbs	None	None	375°F	20-25 mins	25-28 mins
MEAT, POULTRY, FISH						
Chicken Breasts	4-6 breasts (8-10 oz each)	Pat dry, season as desired	Toss with 2 Tbsp oil	390°F	25-30 mins	30-35 mins
Chicken drumsticks	12 drumsticks	Pat dry, season as desired	Toss with 2 Tbsp oil	400°F	25-30 mins	45-50 mins
Bone-in, Skin-on Chicken thighs	4-6 thighs (8-10 oz each)	Pat dry season as desired	Toss with 2 Tbsp oil	375°F	35-40 mins	45-48 mins
Chicken wings	3-4 lbs	Pat dry	1 Tbsp	390°F	25-30 mins	35-40 mins
Crab cakes	6-8 cakes (6 oz each)	None	Brush with 1 Tbsp oil	400°F	15-20 mins	23-88 mins
Salmon fillets	4-6 fillets (6 oz each)	None	Brush with 2 Tbsp oil	400°F	10-15 mins	25-28 mins
Sausage	6-12 sausages, whole	None	None	390°F	10-15 mins	16-18 mins
VEGETABLES						
Asparagus	2 bunches (approx. 2 lbs)	Trim stems	2 Tbsp	400°F	10-15 mins	23-25 mins
Beets	1-1 1/2 lbs (approx. 3-4 cups)	Peel, cut in 1/2-inch cubes	2 Tbsp	400°F	25-30 mins	35-40 mins
Bell peppers (for roasting)	4 peppers	Cut in quarters, remove seeds	2 Tbsp	400°F	15-20 mins	30-35 mins
Broccoli	1-1 1/2 lbs (1-3 crowns)	Cut in 1-2-inch florets	2 Tbsp	375°F	10-15 mins	26-30 mins
Brussels sprouts	1-2 lbs	Cut in half, remove stems	1 Tbsp	425°F	20-25 mins	26-30 mins
Cauliflower	1-1 1/2 lbs (1-3 crowns)	Cut in 1-2-inch florets	2 Tbsp	375°F	20-25 mins	24-30 mins
Green beans	1-1 1/2 lbs	Trim	2 Tbsp	425°F	10-15 mins	25-28 mins

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

Air Fry Cooking Chart – Continued

INGREDIENT	AMOUNT	PREPARATION	OIL	TEMP	SINGLE (BOTTOM) OVEN AIRFRY TIME	DUAL OVEN COOKING TIME
VEGETABLES						
Kale (for chips)	4 oz (approx. 4 cups)	Tear into pieces, remove stems	None	325°F	10-15 mins	15-18 mins
Mushrooms	1-1 1/2 lbs	Rinse, slice thinly	2 Tbsp	400°F	20-25 mins	25-30 mins
Potatoes, wedges	1-2 lbs (approx. 2-4 large potatoes, cut into 8 wedges)	Cut in 1-inch wedges	2 Tbsp	390°F	30-35 mins	45-50 mins
Potatoes, russet	1-2 lbs (approx. 2-4 large potatoes, cut into 8 wedges)	Hand-cut fries, soak 20 mins in cold water, then pat dry	3 Tbsp	390°F	30-35 mins	35-40 mins
Potatoes, sweet	1-2 lbs (approx. 2-4 large potatoes, cut into 8 wedges)	hand cut fries—1-2 pounds (about 2-3 large sweet potatoes, 1/2" thick French fries)	3 Tbsp	375°F	30-35 mins	30-35 mins
Zucchini	4 medium zucchini	Cut into 1" rounds	1 Tbsp	390°F	15-20 mins	20-24 mins

Dehydrate Chart

INGREDIENTS	PREPARATION	TEMP	DEHYDRATE TIME
FRUITS & VEGETABLES			
Apples	Cut in 1/8-inch slices, remove core, rinse in lemon water, pat dry	135°F	5-6 hrs
Asparagus	Cut in 1-inch pieces, blanch	135°F	5-6 hrs
Bananas	Peel, cut in 3/8-inch slices	135°F	7-8 hrs
Beets	Peel, cut in 1/8-inch slices	135°F	5-6 hrs
Fresh herbs	Rinse, pat dry, remove stems	135°F	4 hrs
Ginger root	Peel, cut in 3/8-inch slices	135°F	5-6 hrs
Mangoes	Peel, cut in 3/8-inch slices, remove pit	135°F	5-6 hrs
Mushrooms	Cleaned with soft brush (do not wash)	135°F	5-6 hrs
Pineapple	Peel, cut in 3/8-1/2-inch slices, remove core	135°F	4-5 hrs
Strawberries	Cut in half or in 1/2-inch slices	135°F	4-5 hrs
Tomatoes	Cut in 3/8-inch slices or grate	135°F	5-6 hrs
MEAT, POULTRY, FISH			
Beef jerky	Cut in 1/4-inch slices, remove all fat, marinate 8-24 hours	165°F	5-6 hrs
Chicken jerky	Cut in 1/4-inch slices, remove all fat, marinate 8-24 hours	165°F	5-6 hrs
Salmon jerky	Cut in 1/4-inch slices, marinate overnight	165°F	5-6 hrs
Turkey jerky	Cut in 1/4-inch slices, remove all fat, marinate 8-24 hours	165°F	5-6 hrs



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