



Quick & Easy Cooking Guide

All cooking times are based on a temperature of 350°



Beef & Lamb

Roasts 2-10 lbs

Rack Height

1-inch

Internal Temp.

125-130°

130-135°

135-140°

155+°

Fresh

15-17 min/lbs Rare

17-19 min/lbs Med. Rare

19-20 min/lbs Medium

21+ min/lbs Well Done

Frozen

20-21 min/lbs Rare

21-22 min/lbs Med. Rare

22-23 min/lbs Medium

24+ min/lbs Well Done

Burgers 1/2-inch thick

3-inch

160+°

5-7 min/side

8-9 min/side

Steaks 2-inch thick

3-inch

125-130°

130-135°

135-140°

155+°

5-6 min/side Rare

6-7 min/side Med. Rare

7-8 min/side Medium

9+ min/side Well Done

10-11 min/side Rare

11-12 min/side Med. Rare

12-13 min/side Medium

14+ min/side Well Done

Pork

Ham (Precooked)

1-inch

140+°

16-18 min/lb

20-23 min/lb

Sausage

3-inch

140+°

5-8 min/side

8-10 min/side

Bacon

3-inch

180+°

5-6 min/side

N/A

Italian, Bratwurst, Etc.

3-inch

160+°

8-9 min/side

10-12 min/side

Chops

3-inch

145+°

5-6 min/side

7-9 min/side

Roasts 3-7 lbs

1-inch

145+°

17-19 min/side

22-23 min/side

Tenderloins

3-inch

145+°

12-14 min/side

18-22 min/side

Spare Ribs

1-inch

180+°

18-22 min/side

22-24 min/side

Poultry

Chicken, (Bone-In) Pieces

3-inch

165+°

13-14 min/side

15-17 min/side

Chicken, 1/2-inch Boneless/Skinless
(Thicker add 2 mins per 1/2 inch)

3-inch

165+°

11-13 min/side

14-15 min/side

Chicken, Whole 2-5 lbs

1-inch

165+°

17-21 min/lb

22-24 min/lb

Turkey, Whole 8-10 lbs

1-inch

165+°

10-12 min/lb

14-16 min/lb

Turkey, Whole 11-14 lbs

3-inch Ring

165+°

10-12 min/lb

14-16 min/lb

Turkey, Breasts 5-7 lbs

1-inch

165+°

10-12 min/lb

14-16 min/lb

Seafood

Fish, Steaks & Fillets 1/2 lb

3-inch

145+°

5-6 min/side

7-9 min/side

Shrimp & Scallops

3-inch

145+°

3-4 min/side

4-5 min/side

Lobster Tails 4 oz (Small)

3-inch

145+°

4-5 min/side

6-8 min/side

Crab Legs

3-inch

145+°

4-6 min/side

8-13 min/side

Vegetables

Home Fries (1/2-inch thick)

3-inch

140+°

10 min/side

N/A

Potato, Whole Med. Size

3-inch

140+°

30-40 min

N/A

Steamed Broccoli & Cauliflower
(Oven-Safe Dish with Glass Lid or Foil)

1-inch

140+°

10-15 min

N/A

Squash, Acorn, Butternut & Spaghetti

1-inch

140+°

25-35 min

35-40 min

Roasted,

1-inch

140+°

15-20 min

N/A

Onion, Garlic, Peppers,

Zucchini, and Yellow Squash

Frozen Ready-Made Foods

Chicken Tenders & Nuggets

3-inch

140+°

6-8 min/side

6-8 min/side

Frozen Vegetables (in Oven-Safe Dish)

3-inch

140+°

6-8 min/side

6-8 min/side

Onion Rings

3-inch

140+°

6-8 min/side

6-8 min/side

Mozzarella Sticks

3-inch

140+°

6-8 min/side

6-8 min/side

Hot Wings

3-inch

140+°

6-8 min/side

6-8 min/side

PLEASE READ BOOKLET FOR COMPLETE INSTRUCTIONS.

General Guidelines Only. These are not meant to be recipes. All cooking guidelines may vary.
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Cooking With a Foodie



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Preparation cooking time Complete list of ingredients for each recipe Only simple and tasty recipes which can be applied to any experience level in cooking Go ahead and grab your valuable copy right away *Nuwave Oven Cookbook* Cooking With a Foodie,2015-11-12 The Nuwave Oven Cookbook will change your life This quick easy to use recipe book will show you how to get the most out of the most revolutionary home kitchen appliance ever made Now you can prepare a nutritious meal for the family effortlessly because this machine is actually more like a 5 in 1 model You can air fry dehydrate bake and even cook using infrared radiation or induction cooking methods The Nuwave Oven Cookbook on how to prepare an entire meal under 20 minutes make homemade dehydrated fruits that don't suck create lunches and dinners with natural healing foods make nutritious and filling meals with nothing but a few ingredients and your Nuwave We even included the most popular recipes people search for gourmet pizza turkey enchiladas creamy eggs chicken casserole creamy german chocolate cake oobkook

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