

nuwave™

— LIVE WELL FOR LESS® —



NUWAVE™ PRO PLUS INFRARED OVEN

Manual & Complete Cookbook

IMPORTANT SAFEGUARDS

When using electrical products, especially when children are present, basic safety precautions should always be followed, including the following:

READ ALL INSTRUCTIONS BEFORE USING

DANGER – To reduce the risk of electrocution:

- Read all instructions, safeguards, and warnings before using the appliance.
- Do not place appliance where it can fall or be pulled into water or other liquids.
- Do not reach for an appliance that has fallen into water. Unplug immediately!
- Do not immerse cord, plug, or power head in water or other liquids.

WARNING – To reduce the risk of burns, electrocution, fire or injury:

- This appliance should not be used by children. Close supervision is necessary when this product is used near children.
- Use this appliance for its intended purpose as described in this brochure.
- Do not use any other accessories or attachments not recommended by the manufacturer. They may result in fire, electrical shock, or personal injury.
- Never operate this appliance if it has a damaged cord or plug; not working properly; has been dropped or damaged; or dropped into water. Return the appliance to an authorized customer service center for inspection, repair, or adjustment. Any other servicing should be performed by an authorized service representative.
- Keep the cord away from heated surfaces.
- Unplug from outlet when not in use and before cleaning. Allow to cool before putting on or taking off parts.
- Always unplug power cord by pulling on the plug. DO NOT unplug by pulling on cord.
- Never force the plug into an outlet.
- Do not use outdoors.
- Do not use or operate where aerosol (spray) products are being used or where oxygen is being administered.
- Do not let cord hang over edge of table or counter, or touch hot surfaces.
- Do not place on or near a hot gas or electric burner or in a heated oven.
- Extreme caution must be used when moving an appliance containing hot oil or other hot liquids.
- Use extreme caution when removing hot liner pan or cooking rack.
- To disconnect, press the Pause/Clear Button twice before unplugging.
- Do not use this appliance for anything other than it is intended.
- Check all electrical wiring. Beware of damaged cord or plug.

This appliance is for household use only; it is designed to process normal household quantities. It is not suitable for continuous or commercial operation.

- Do not disassemble the product. There are no user serviceable parts.
- Do not leave the appliance unattended while in use.
- Use the handles when lifting the dome from the base.
- Do not touch hot surfaces. Use the handles provided or use oven mitts.
- Stop or pause cooking before removing the dome to check or turn food. The dome and power head should be placed on the dome holder.
- Always remove the dome away from you so the escaping steam is channeled away from your face.
- If the power cord is damaged, it should be replaced by a special cord or assembly from the manufacturer or its service agent.
- Use caution when disposing of hot grease.
- Keep this manual handy for easy future reference.

SAVE THESE INSTRUCTIONS

Electrical Information:

The cord length of this appliance was selected to reduce Safety Hazards that may occur with a long cord. Extension cords are available and may be used if care is exercised in their use. If an extension cord is used: (1) the marked electrical rating of the extension cord should be at least as great as the electrical rating of the appliance, and (2) the longer cord should be arranged so that it does not drape over the counter or table top where it could be accidentally pulled off the counter or table or tripped over.

Certain models of the appliance may have a polarized plug (one blade is wider than the other). This plug is intended to fit into a polarized outlet only one way. If the plug does not fit fully into the outlet, reverse the plug. If it still does not fit properly, contact a qualified electrician. Do not attempt to modify the plug in any way.

WARNING

Electric shock hazard. Use with adequate electrical system. Do not use if cord or plug is damaged.

WARNING: All metal items in the oven, such as the liner pan and cooking rack, can get very hot during cooking. Please be careful when removing these items from a hot oven. Always wear oven mitts or use pot holders. Allow liner pan and cooking rack to cool completely before cleaning. The dome opening may expand slightly when hot. In rare instances, the power head could detach itself from the dome completely, thereby causing hot air to escape from between the dome and the power head.

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Welcome to the NuWave™ of Cooking

Congratulations on the purchase of your NuWave Oven Pro Plus! This book contains detailed instructions and images to help you get started using this revolutionary product, designed to help individuals and families “Live Well for Less™.” It is also filled with great recipes and time-saving tips that empower you to prepare delicious gourmet meals in half the time it would take when using a regular oven.

Cooking is fast and easy with the NuWave Oven Pro Plus from NuWave, LLC. This versatile countertop appliance combines infrared, conduction and convection heat to save time and energy, while creating healthier meals by allowing fats and oils to drip away from the food. Cooking in the NuWave requires neither preheating nor defrosting. Just place frozen food in the oven and press the Buttons to program time and temperature. For added convenience, the oven utilizes a layered cooking system that enables multiple foods to cook at the same time without mixing or mingling flavors.

We invite you to visit www.NuWaveCookingClub.com for more cooking tips and shared recipes from the NuWave culinary team, as well as for information on parts and accessories for your NuWave. Our mission is to exceed expectations by developing innovative new products, using the most advanced technology, that allow consumers to “Live Well for Less™.”



We value every NuWave Oven customer. You've purchased your oven because you want to save time, money and energy while enjoying healthier, great tasting meals. To show our gratitude and lifetime commitment to you, we have created NuWaveCookingClub.com exclusively for our customers. This site is hosted by our Executive Chef and features recipes, step-by-step instructional cooking videos and more. You can also visit www.NuWaveNow.com to see more innovative products developed by the makers of the NuWave Oven. We hope you enjoy using your NuWave Oven Pro Plus.

Parts for the NuWave™ Oven Pro Plus



NuWave™ Oven Pro Plus Parts



Digital Power Head (IRC6) 26001
Black with Silver Accents



Cool to Touch Base (IRC6) 26004
Black with Silver Accents



Dome 22016



12-inch Non-Stick
Liner Pan 26010



1-inch/3-inch Reversible
Cooking Rack 22070



Power Dome 22050



Registration Card 26018



Dome Holder 22020



Instructional
DVD 26015



English Quick & Easy
Cooking Guide 26014



Spanish Quick & Easy
Cooking Guide 26014



Complete Cookbook
& Manual 26013

NuWave Pro Plus Oven Accessories



Extender Ring Kit

3-PC Kit includes (26012):
10-inch Non-Stick Baking Pan 22071
2-inch Cooking Rack 26008
3-inch Stainless Steel Extender Ring 26011

2-PC Kit includes (26009):
2-inch Cooking Rack 26008
3-inch Stainless Steel Extender Ring 26011

NuWave™ Pro Plus Oven Accessories



NuWave Supreme Pizza Kit 22104

Kit includes:
Stainless Steel Pizza Flipper 22042
Silicone Pizza Liner 22105
Stainless Steel Pizza Server 22106
100% Bamboo Cutting Board 22107



NuWave Pro Plus Baking Kit 26019

Kit includes:
8x8-inch Silicone Baking Pan 22111
Silicone Baking Divider 22112
Silicone Cupcake Liner (set of 12) 22113
Silicone Baking Ring 22114
Whip-It™ Whisk 22115
NuWave Pro Plus Baking Book 26020



NuWave Twister 22091



NuWave Party Mixer 22191



NuWave Pro Plus Carrying Case 26016

To order, call our Customer Service Line at: 1.877.689.2838 (M-F 7:00AM-8:00PM CST), or order online at www.NuWaveNow.com. Please provide the item name and number to ensure that your purchase is processed accurately.

NuWave™ Oven Pro Plus Assembly Guide

Connecting Power Head to Dome

Place Power Head on the rim of the Dome and lock it into place by rotating the Power Head clockwise until the locking lugs are engaged.



Assembling the Full NuWave™ Oven

Place Base Tray on a firm, stable surface, but never on a stovetop.

Place Liner Pan inside Base Tray. When doing so, make sure the handles are in the dropped down position. If the handles are not fully dropped, the Dome may not fit over the base properly.

Place dual level Cooking Rack in the Liner Pan according to cooking requirements.

Place food on Rack.

Place Dome with Power Head over food, connecting to the Base Tray. The Dome should fit evenly onto the base.

Set cook time and temperature according to recipe requirements.



BEFORE USING:

Prior to the first use of your NuWave Oven, wash Dome, Liner Pan, Base, and Cooking Rack in warm soapy water or run through a dishwasher cycle.

IMPORTANT - Do not wash or immerse Power Head in water or cycle through dishwasher. The outer surface may be cleaned by wiping carefully with a damp dishcloth or sponge.

How to Install and Use Dome Holder

Make sure the Power Head is tightly locked onto the Dome. The whole assembly can be easily lifted and put aside as shown in steps 1, 2 and 3.



Step 1

Place Dome Holder under either side of base handle.

Step 2

Make sure both feet of the Dome Holder are situated inside the handle, and the Dome Holder is resting horizontally on a flat surface.

Step 3

Place the assembled Power Head and Dome at a 45° angle on the holder as shown.

Note: Do not leave Dome in Dome Holder for an extended period of time.

Cooking Instructions

Only lift Dome by the handles on the Power Head. Once the Power Head and the Dome are assembled, the handles will allow you to lift both together when removing or checking food. When removing Liner Pan after cooking, be extremely careful and always use oven mitts.

For best results, follow the time, temperature, and Cooking Rack height instructions provided in the cooking chart and recipe book.

No preheating required.



Models Containing 3-inch Extender Ring

If your NuWave Oven included a 3-inch Extender Ring, the Ring can be used for multi-level cooking or for oversized food items that may not fit under the standard dome. Generally, foods (such as a ham or turkey) that exceed 10 pounds would require the use of the Extender Ring for optimal cooking.

Directions

The Extender Ring should be positioned between the original dome and the base. The addition of the Extender Ring will expand the NuWave Oven's available cooking space by approximately 440 cubic inches when using the 3-inch Ring. When adding the Extender Ring to the NuWave Oven, make sure it fits snugly onto the dome. When the Ring is placed under the dome incorrectly, the overlapping edges will not fit together properly. Please use caution when using the Ring. If improperly used, heat or steam could escape from Oven which could cause burns or alter the necessary cooking times of your foods. The Extender Ring should only be used as an accessory item with the NuWave Oven. It is not intended to serve as a replacement for the dome, base, or any other components of the NuWave Oven.



General Rules

- Place foods that require the longest cooking time on the rack closest to the heating element (ex. potatoes, carrots), and place soft vegetables on the lower racks (ex. mushrooms, tomatoes).
- When choosing the multi-level cooking option, use food combinations that take roughly the same amount of time to prepare. Examples: pork or chicken and potato wedges; fish and stewed tomatoes; or frozen beef with baked potatoes.
- If top layer foods finish cooking earlier, remove rack(s) from above and continue cooking bottom foods until done.
- Use shallow or oven-safe dishes for cooking.
- To warm bread, place it on the bottom rack or liner pan and cover. To bake bread, place bread on the top rack.
- When cooking with acidic foods, it is best to cover the liner pan with parchment paper to avoid deterioration of the porcelain.

Models Containing Extender Ring Kit

2-inch Rack

The 2-inch Rack for the NuWave Oven Pro Plus can be used in a variety of ways.

- It can be the primary rack with or without the Extender Ring.
- With the Extender Ring, it can be positioned on top of or under the 3-inch rack for more multi-level cooking space.
- Without the Extender Ring, the 2-inch rack can also facilitate multi-level cooking by creating a third cooking surface between the liner pan and the bottom of the 3-inch rack.
- You may use two extra 2-inch racks above and below the 3-inch rack, which is especially useful for dehydrating.



Note: The 2-inch rack is only to be used in the positions and purposes shown below. Any other uses may affect cooking time and quality.

Care and Use

The Stainless Steel Extender Ring should not be cleaned with any harsh abrasive, but it is dishwasher safe.



CAUTION

Do not touch the dome or any surface on the cooking area during operation. The air inside the dome can reach 350°F (177°C) which makes the surface very hot and may cause burns. Do not open the dome or remove the power head while the NuWave Oven is operating. Turn off the power before removal.



General Use Instructions

- Do not place the Pro Plus or any associated parts directly on your stove top, inside a conventional oven or in contact with any other direct heat source. Damage may result.
- Make sure the unit is plugged into a properly grounded outlet and that the cord is not touching any heated objects.
- Be certain that Liner Pan has been properly placed within the Base.
- Metal, glass or silicone dishes and pans, and all other oven-safe materials used in a conventional oven may be utilized in the NuWave Pro Plus.

Directions for the NuWave™ Oven Pro Plus

Control Panel in Power Source

“0” should appear on LCD display when program is clear.

Quick Start

To start cooking, press the Cook Time Button, enter time as desired, then press Start. Default is programmed at 350°F. If cooking at any other temperature, Cook Temp Button will be needed.

Timing Adjustment

Press the Cook Time Button. The Time indicator will flash in the right corner of the display panel. Enter the time in hours and minutes by pressing the corresponding numerals. For example, 1 hour and 30 minutes would be entered by pressing 1,3,0. The display panel will show 1:30. If the required time is in minutes, you only need to enter 1 or 2 numbers. For example, 5 minutes just push 5; for 46 minutes, push 46. If the number needs to be corrected, clear the entry by pressing Pause/Clear Button twice. Then re-enter the correct numbers.

Note: **Maximum allowed cook time for temperatures 325°F and above is 2 hours.** If cooking time is set more than that it will automatically revert back to 2 hours. Longer times can be added by simply adding more time after the initial 2 hours has expired. For temperatures below 325°F, maximum allowed time is 9 hours and 59 minutes.

Temperature Adjustment

- Press the Cook Temp Button.
- Press desired temperature.
- Temperature can be adjusted in 1°F increments.
- Temperature ranges from 100°F to 350°F.

Start Cooking

Set appropriate temperature and time, then press Start to begin cooking. The remaining cooking time will appear in the display panel, and the colon symbol between the hours and minutes will blink. The oven will automatically stop cooking when the time has expired, and a “beep” will alert you to that fact.

Pause/Clear Cooking

To pause the Oven, press the Pause/Clear Button once. The remaining cooking time will stay listed on the display panel but the colon will not blink.

To stop or to clear cooking time, press the Pause/Clear Button twice. Cooking functions will cease immediately, remaining time will be fully cleared, and a “0” will appear.

Delay Function

After setting your temperature and time, you can delay the program before cooking starts. When entering Delay function, it will always be the first function. The delay function is only for cook time and delaying start time. When the Delay Button is pressed, Delay will be illuminated and Time will blink on the LCD display. Input delay time and press Start. Delay stops blinking and remains on until time expires. It is possible to delay a program for up to 9 hours and 59 minutes. If the delay countdown reaches 0, the Oven will “beep” to signal the end.

Reheat Function

The default setting is programmed at 350°F for 4 minutes. This function is perfect for reheating single portion-sized foods. To activate the reheat function, make sure programming is clear. The LCD display will read 0. Press the Reheat Button. This will activate the default setting. Press Start. Oven will “beep” 3 times once time has expired. For example, if you are warming leftover pizza, simply place the slice on the 3-inch rack, press Reheat, then Start. If you are warming a rice or noodle dish, place a single-serving amount in an oven-safe container (glass, metal, silicone). For softer rice or noodles, add a sprinkle of water and cover with foil.

Warm

After the initial cooking time is complete, you may keep foods warm. When entering Warm function, it will always be the last function. The default setting is programmed at 155°F for 2 hours. When the Warm Button is pressed, Warm will be illuminated and Time will blink on the LCD display; 2:00 will be displayed, then press Start. To change the time, Press Cook Time, enter the desired time and proceed. You may program the oven to keep foods warm for up to 9 hours and 59 minutes. Once the initial cooking cycle is finished, the Oven will “beep” twice before switching to the Warm function.

CLEANING AND CARE INSTRUCTIONS

Unplug the unit before cleaning. The dome and all other parts, except the Power Head, are dishwasher safe. Protect the metal and plastic surfaces; do not use abrasive cleaners or scouring pads. Clean after each use. The outer surface of the Power Head can be cleaned by wiping with a damp cloth.



IMPORTANT - Do not wash or immerse Power Head in water or cycle through dishwasher. The outer surface may be cleaned by wiping carefully with a damp dishcloth or sponge.

IMPORTANT TIPS:

1. Check the power outlet to ensure proper operation. NuWave Oven uses up to 1500 watts/12.5 amps. Do not operate the unit simultaneously with other major appliances plugged into the same outlet.
2. Check the cooking temperature if Oven is cooking too slowly.
3. The electrical plug must be properly inserted into the outlet.
4. Always turn off and unplug the oven before washing.
5. Moisture may accumulate inside Dome if food is not promptly removed once cooking time has expired. Steam/moisture buildup can be avoided through prompt removal of cooked foods.
6. Do not rest Dome in Dome Holder for extended period of time, as it could warp. Always replace Dome on Base Tray promptly after removing food.

THE NUWAVE™ OVEN PRO PLUS COOKING SYSTEM

To obtain warranty service, contact the service department at this toll free number: 1-877-689-2838 M-F 7:00AM - 8:00PM CST or NuWave, LLC
1755 N. Butterfield Rd.
Libertyville, IL 60048, U.S.A.
www.NuWaveNow.com | help@nuwavenow.com

THE MANUFACTURER WARRANTIES

The infrared cooking system including power head, dome, cooking rack, liner pan, base, and all electrical components are to be free from defects and workmanship under normal household use, when operated in accordance with the Manufacturer's written instructions provided with each unit for one (1) year from date of purchase. The Manufacturer will provide the necessary parts and labor to repair any part of the infrared cooking system at NuWave, LLC Service Department. After the expiration of the warranty, the cost of the labor and parts will be the responsibility of the owner.

THE WARRANTY DOES NOT COVER

The non-stick coating (if applicable) on any part of the cooking system. The Limited Warranty is voided if repairs are made by an unauthorized dealer or the serial number data plate is removed or defaced. Normal deterioration of finish due to use or exposure is not covered by this Warranty. This Limited Warranty does not cover failure, damages or inadequate performance due to accident, acts of God (such as lightning), fluctuations in electric power, alterations, abuse, misuse, misapplications, corrosive type atmospheres, improper installation, failure to operate in accordance with the Manufacturer's written instructions, abnormal use or commercial use.

TO OBTAIN SERVICE

The owner shall have the obligation and responsibility to: Pay for all services and parts not covered by the warranty; Prepay the freight to and from Service Department for any part or system returned under this warranty; Carefully package the product using adequate padding material to prevent damage in transit. The original container is ideal for this purpose. Include in the package the owner's name, address, daytime telephone number, a detailed description of the problem, and your "RGA number." (Call 1-877-689-2838) or e-mail help@nuwavenow.com to obtain the RGA (Return Goods Authorization number). Provide the cooking system model & serial number and proof of date of purchase (a copy of the receipt) when making claims under this warranty.

MANUFACTURER'S OBLIGATION

The Manufacturer's obligation under this Limited Warranty is limited to repairing or replacing any part of the infrared cooking system expressly covered by this Limited Warranty which upon examination is found to be defective under normal use. The Limited Warranty is applicable only within the continental United States and only to the original purchaser of the manufacturer's authorized channels of distribution. THE LIMITED WARRANTY MAY NOT BE ALTERED, VARIED OR EXTENDED EXCEPT BY A WRITTEN INSTRUMENT EXECUTED BY THE MANUFACTURER. THE REMEDY OF REPAIR OR REPLACEMENT AS PROVIDED UNDER THIS LIMITED WARRANTY IS EXCLUSIVE. IN NO EVENT SHALL THE MANUFACTURER BE LIABLE FOR ANY CONSEQUENTIAL OR INCIDENTAL DAMAGES TO ANY PERSON, WHETHER OR NOT OCCASIONED BY NEGLIGENCE OF THE MANUFACTURER, INCLUDING WITHOUT LIMITATION, DAMAGES FOR LOSS OF USE, COSTS OF SUBSTITUTION, PROPERTY DAMAGE, OR OTHER MONEY LOSS.

Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation exclusions may not apply. This Limited Warranty gives specific legal rights, and there may also be other rights which vary from state to state. EXCEPT AS OTHERWISE EXPRESSLY PROVIDED ABOVE, THE MANUFACTURER MAKES NO WARRANTIES EXPRESSED OR IMPLIED ARISING BY LAW OR OTHERWISE, INCLUDING WITHOUT LIMITATION, THE IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE TO ANY OTHER PERSON. READ YOUR OWNER'S MANUAL. IF YOU STILL HAVE ANY QUESTIONS ABOUT OPERATION OR WARRANTY OF THE PRODUCT, PLEASE CONTACT NuWave, LLC

1-877-689-2838.
email: help@nuwavenow.com

How to Use the NuWave Pizza Flipper & Pizza Liner with your NuWave Oven

Note

Make sure the reversible rack is positioned as the 3-inch rack in the NuWave Oven.

1. Place the Pizza Liner over the top of your pizza.
2. Place pizza upside down on the 3-inch rack. Cook at 350°F, until crust of pizza is a light brown in color.



3. When using Pizza Flipper, start with the Pizza Flipper open and slide under the Pizza Liner and over the top of the crust.



4. Using the handle, close the Pizza Flipper until pizza is securely held.

5. While gripping the handle, rotate the pizza and Pizza Liner completely around and set pizza back on the rack crust side down. The pizza should now be right side up.



6. Remove the Pizza Liner and cook at 350°F for 3-5 minutes or until cheese is melted to your preference.

Care & Use

The Pizza Flipper, Pizza Liner, Pizza Server and Bamboo Cutting board should be washed with mild soap and water. It should not be cleaned with harsh abrasives. Allow utensils to dry completely before using or storing.

Slicing & Serving with the NuWave Stainless Steel Pizza Server

Rolling Slicer

Hold handle so the Pizza Server is on top, permitting you to use the Pizza Cutter.



Serrated Slicer

Both the Pizza Cutter and the Pizza Server can be used to slice additional foods such as quesadillas, panini sandwiches, quiche and much more.



Server

To use the Pizza Server, simply point the edge of the spatula away from you, and with a scooping motion lift the pizza or food and place on a serving dish.



Perfect Pizza Every Time!

Pizza baked in the NuWave Oven is delicious without exception, so the only thing left to do is ENJOY!



CAUTION

The edges of the spatula and pizza cutter are sharp. Always cut away from your body. Serrated edges are sharp, and should not be used for support.

English Quick & Easy Cooking Guide



Quick & Easy Cooking Guide

All cooking times are based on a temperature of 350°F



Beef & Lamb

	Rack Height	Internal Temp.	Fresh	Frozen
Roasts 2-10 lbs	1-in	125-130° 130-135° 135-140° 155+°	15-17 min/lb Rare 17-19 min/lb Med. Rare 19-20 min/lb Medium 21+ min/lb Well Done	20-21 min/lb Rare 21-22 min/lb Med. Rare 22-23 min/lb Medium 24+ min/lb Well Done
Burgers ½-in thick	3-in	160+°	5-7 min/side	8-9 min/side
Steaks 1-in thick	3-in	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-in	140+°	16-18 min/lb	20-23 min/lb
Sausage	3-in	140+°	5-8 min/side	8-10 min/side
Bacon	3-in	180+°	5-6 min/side	N/A
Italian, Bratwurst, Etc.	3-in	160+°	8-9 min/side	10-12 min/side
Chops	3-in	145+°	5-6 min/side	7-9 min/side
Roasts 3-7 lbs	1-in	145+°	17-19 min/side	22-25 min/side
Tenderloin 2-4 lbs	3-in	145+°	12-14 min/side	18-22 min/side
Spare Ribs	1-in	180+°	18-22 min/side	22-24 min/side

Poultry

Chicken, [Bone-in] Pieces	3-in	165+°	13-14 min/side	15-17 min/side
Chicken, ½-in Boneless/Skinless Breasts [Thicker add 2 mins per ½ in]	3-in	165+°	11-13 min/side	14-15 min/side
Chicken, Whole 2-5 lbs	1-in	165+°	17-21 min/lb	22-24 min/lb
Turkey, Whole 8-10 lbs	1-in	165+°	10-12 min/lb	14-16 min/lb
Turkey, Whole 11-16 lbs	1-in rack, 3-in SS Ring	165+°	10-12 min/lb	14-16 min/lb
Turkey, Breasts 5-7 lbs	1-in	165+°	10-12 min/lb	14-16 min/lb
Eggs	1-in		13 min at 300°F	N/A

Seafood

Fish, Steaks & Fillets ½ lb	3-in	145+°	5-6 min/side	7-9 min/side
Shrimp & Scallops	3-in	145+°	3-4 min/side	4-5 min/side
Lobster Tails 4 oz [Small]	3-in	145+°	4-5 min/side	6-8 min/side
Crab Legs	3-in	145+°	4-6 min/side	8-13 min/side

Vegetables

Home Fries [½-in thick]	3-in	140+°	10 min/side	N/A
Potato, Whole Med. Size	3-in	140+°	30-40 min	N/A
Steamed Broccoli & Cauliflower [Oven-Safe Dish with Glass Lid or Foil]	1-in	140+°	10-15 min	N/A
Squash, Acorn, Butternut & Spaghetti	1-in	140+°	25-35 min	35-40 min
Roasted, Onion, Garlic, Peppers, Zucchini, and Yellow Squash	1-in	140+°	15-20 min	N/A

Frozen Ready-Made Foods

Chicken Tenders & Nuggets	3-in			6-8 min/side
Frozen Vegetables [In Oven-Safe Dish]	3-in			6-8 min/side
Onion Rings	3-in			6-8 min/side
Mozzarella Sticks	3-in			6-8 min/side
Hot Wings	3-in			6-8 min/side

TIP: Flip larger food items over halfway through cooking.

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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26014-QA-Q01

Spanish Quick & Easy Cooking Guide



Tabla de Preparación Rápida y Fácil 350°F para todos los alimentos

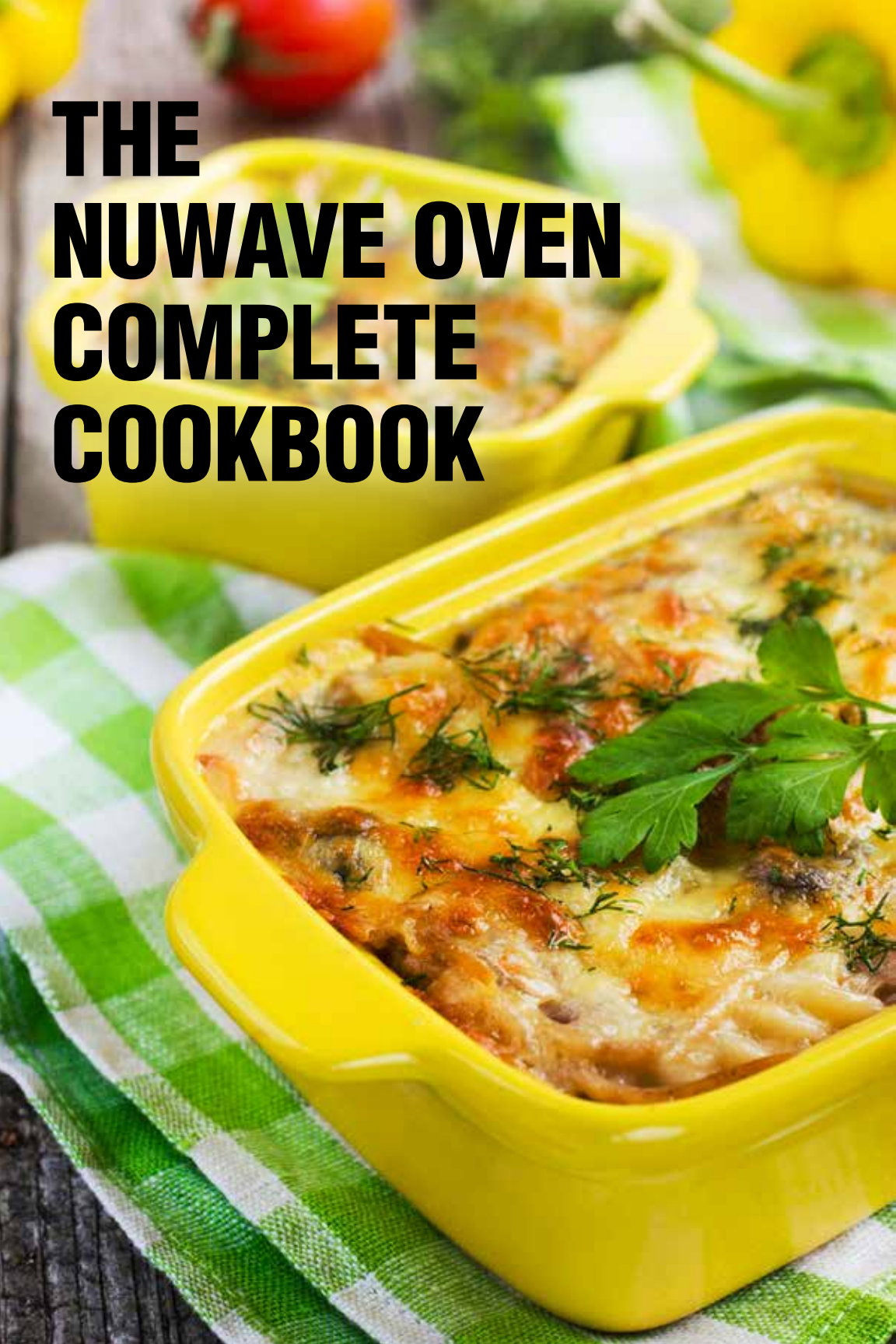


	Altura de la Parrilla	Temp. Interno	Fresca	Congelada
Res & Cordero				
Roasts 2-10 lbs	1-pulg	125-130° 130-135° 135-140° 155+°	15-17 min/lb Rare 17-19 min/lb Med. Rare 19-20 min/lb Medium 21+ min/lb Well Done	20-21 min/lb Rare 21-22 min/lb Med. Rare 22-23 min/lb Medium 24+ min/lb Well Done
Hamburguesas de ½-pulgada de grueso	3-pulg	160+°	5-7 c/lado	8-9 c/lado
Bistec de 1-pulgada de grueso	3-pulg	125-130° 130-135° 135-140° 155+°	5-6 c/lado Rare 6-7 c/lado Med. Rare 7-8 c/lado Medium 9+ c/lado Well Done	10-11 c/lado Rare 11-12 c/lado Med. Rare 12-13 c/lado Medium 14+ c/lado Well Done
Puerco				
Jamón	1-pulg	140+°	16-18 min/lb	20-23 min/lb
Salchicha	3-pulg	140+°	5-8 c/lado	8-10 c/lado
Tocino	3-pulg	180+°	5-6 c/lado	N/A
Salchicha Italiana, Bratwurst, Etc.	3-pulg	160+°	8-9 c/lado	10-12 c/lado
Chuleta	3-pulg	145+°	5-6 c/lado	7-9 c/lado
Asada 3-7 lbs	1-pulg	145+°	17-19 c/lado	22-25 c/lado
Lomo 2-4 lbs	3-pulg	145+°	12-14 c/lado	18-22 c/lado
Costilla al gusto	1-pulg	180+°	18-22 c/lado	22-24 c/lado
Aves				
Pollo, [Con Hueso] Piezas	3-pulg	165+°	13-14 c/lado	15-17 c/lado
Pollo, ½-pulgada Sin Hueso/Sin Piel [Si es mas gruesa agregue 2 min. por ½ pulg]	3-pulg	165+°	11-13 c/lado	14-15 c/lado
Pollo, Completo 2 lbs	1-pulg	165+°	17-21 min/lb	22-24 min/lb
Pavo, Completo 8-10 lbs	1-pulg	165+°	10-12 min/lb	14-16 min/lb
Pavo, Completo 11-16 lbs	1-in Altura de la Parrilla, 3-pulg Anillo Extensor	165+°	10-12 min/lb	14-16 min/lb
Pavo, Pechuga 5-7 lbs	1-pulg	165+°	10-12 min/lb	14-16 min/lb
Huevos	1-pulg		13 min a 300°F	N/A
Mariscos				
Pescado, Steaks & Filets 1-pulgada de grueso	3-pulg	145+°	5-6 min/lado	7-9 min/lado
Camarones & Vieiras	3-pulg	145+°	3-4 c/lado	4-5 c/lado
Cola de Langosta 4 onzas [Pequeño]	3-pulg	145+°	4-5 c/lado	6-8 c/lado
Patas de Cangrejo	3-pulg	145+°	4-6 c/lado	8-13 c/lado
Vegetales				
Papas Fritas	3-pulg	140+°	10 c/lado	N/A
Papas, Entera Mediana	3-pulg	140+°	30-40 min	N/A
Broccoli y Coliflor al Vapor [Un plato apto para horno con tapa de vidrio o lámina]	1-pulg	140+°	10-15 min	N/A
Calabaza	1-pulg	140+°	25-35 min	35-40 min
Asado, Cebolla, Ajo, Chile Morron Rojo, Calabacin, y Calabacin Amarillo	1-pulg	140+°	15-20 min	N/A
Alimentos Congelados ya Preparados				
Chicken Tenders & Nuggets	3-pulg			6-8 min/lado
Vegetales Frisados [En un Plato para Horno]	3-pulg			6-8 min/lado
Onion Rings	3-pulg			6-8 min/lado
Mozzarella Sticks	3-pulg			6-8 min/lado
Hot Wings - Alitas de Pollo	3-pulg			6-8 min/lado

Sugerencia: Volteé alimentos más grandes a la mitad de la cocción.

LEA EL INSTRUCTIVO PARA INSTRUCCIONES COMPLETAS.
Estas son instrucciones únicamente. No utilizar como recetas. Las instrucciones pueden variar.
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26014-QA-Q01



THE NUWAVE OVEN COMPLETE COOKBOOK

General Tips

This recipe book contains valuable information that will help you start incorporating the NuWave Oven Pro Plus into your daily life. We've provided easy-to-prepare recipes, along with helpful tips at the beginning of each section that will help you achieve perfect cooking results every time. Also visit NuWaveCookingClub.com for other great tips and instructional videos.

Metal containers, aluminum foil or any oven-safe dish can be used in the NuWave Oven Pro Plus. The infrared rays will not penetrate through these materials. Lightweight aluminum foil works best for lining shallow dishes and pans. Cover food loosely with aluminum foil to protect from browning more than preferred. Keep in mind that heat will still circulate, but the foil may slow the cooking time of the food beneath.

Steam buildup can occur when cooking foods that contain a lot of moisture, like vegetables or fish. When your cooking cycle is complete, please remember to lift the dome so that steam is channeled away from your face. To keep prepared foods crisp, such as egg rolls, chicken tenders or pizza, remove the dome immediately after cooking.

Timing is the key to perfection with the NuWave Oven Pro Plus. Keep in mind that all cooking guidelines are just that, and may need to be adjusted depending on the specific situation.

When cooking larger dishes such as roasts or other foods with varying thickness, suggested cooking times may need to be extended. Cook in 3-minute increments and check after each interval.

Using a meat thermometer is always essential for checking the internal temperature of the meat.

Tips for Breakfast

Bacon: Cook at 350°F on the 3-inch rack for 5-6 minutes per side. Sprinkle on brown sugar 5 minutes before finished for a sweet taste.

For easy cleanup, place aluminum foil in the liner pan. Once the grease solidifies, discard the foil.

Egg substitutes can be used in any recipe. 1 egg equals ¼ cup egg substitute.

To warm pre-made muffins, breads or pastries, simply wrap in aluminum foil and place in the liner pan during the last 2 minutes of cooking time.

Toast bagels, English muffins or bread by placing on the 3-inch rack and cook at 350°F for about 3-5 minutes.



Easy Quiche Pie

Serves: 6

- 1 cup ham, chopped
- 4 large mushrooms, medium chopped
- 1 cup loosely packed spinach
- 1 cup Swiss cheese, shredded
- ½ cup Bisquick
- 1 cup milk
- ⅓ teaspoon pepper
- 2 eggs

Directions:

1. Place ham, mushrooms and spinach in oven-safe dish, silicone liner or foil and place on 3-inch rack.
2. Cook at 350°F for 6-8 minutes.
3. While ham mixture is cooking, mix Bisquick, milk, pepper and eggs.
4. Pour egg mixture in 8x8-inch silicone baking pan.
5. Stir cooked ham, mushroom, and spinach into baking pan.
6. Sprinkle cheese on top.
7. Place pan on 1-inch rack and bake at 350°F for 18-20 minutes, or until knife can be inserted and center comes out clean.
8. Let stand for 5 minutes before serving.

Cinnamon Breakfast Twists

Serves: 4

- 1 (11-ounce) package frozen breadsticks
- 1 cup sugar
- 2 teaspoons cinnamon

Directions:

1. Mix sugar and cinnamon in medium bowl; set aside.
2. Place breadsticks in sugar mixture one at a time; toss to coat.

3. Hold breadstick by each end and twist.
4. Set on 3-inch rack and bake at 350°F for 12 minutes, turning once.

Tip: If you prefer softer twists, bake for 9 minutes.

Tip: For different flavors, brush a beaten egg onto breadsticks and sprinkle with sesame seeds, poppy seeds or grated cheese.

Tip: Use butter to add more cinnamon sugar onto breadsticks.

Oven Omelette

Serves: 4

- 10 eggs
- ½ cup milk
- 6 ounces Cheddar cheese, shredded
- 1 cup ham or bacon, finely chopped
- ½ cup green pepper, chopped
- ¼ cup onion, chopped
- 1 tablespoon parsley

Directions:

1. In medium bowl, beat eggs and milk until fluffy.
2. Stir in cheese, meat, green pepper and onion.
3. Pour egg mixture into 8x8-inch silicone baking pan.
4. Bake on 1-inch rack at 350°F for 12-15 minutes.
5. Let sit inside dome for 1 minute and then cut into desired sizes (Do not cut directly in silicone pan).

Tip: You can add any type of meat to this dish. Just finely chop it and drain the grease.

NuWave Muffin Sandwich

Serves: 2

2 large eggs
2 English muffins, split in half
2 slices Canadian bacon
2 slices American cheese
Salt & pepper to taste

Directions:

1. Spray two large custard cups with oil.
2. Crack one egg into each cup.
3. Gently break yolk.
4. Season with salt & pepper.
5. Place English muffin halves in liner pan and place eggs on 3-inch rack.
6. Cook at 350°F for 5-6 minutes.
7. When timer goes off, place Canadian bacon on rack next to eggs.
8. Place cheese on muffins and cook for additional 2 minutes.
9. Assemble sandwiches & enjoy!

Tip: Replace Canadian bacon with frozen breakfast sausage patties.

Low-Cal French Toast

Serves: 6

½ loaf bread
1 (16-ounce) container egg substitute
1 cup corn flakes, crumbed

Directions:

1. Soak favorite bread in egg substitute.
2. Coat in corn flake crumbs.
3. Place bread on 3-inch rack and bake at 350°F for 10-12 minutes.

Tip: Top with low-calorie syrup or fruit and you can have a crispy, healthy, and delicious breakfast!

Steak & Eggs

Serves: 1

1 (4-ounce) sirloin steak
Seasoned salt to taste
½ tomato, seeds removed
2 tablespoons Parmesan cheese, grated
1 tablespoon butter
2 large eggs
1 scallion, thinly sliced

Directions:

1. Crack eggs in shallow, oven-safe dish.
2. Break yolks and place in liner pan.
3. Cut ¼ tomato from top, and sliver from bottom, so tomato can stand upright.
4. Season steak and add cheese to tomatoes.
5. Place steak and tomatoes on 3-inch rack.
6. Cook at 350°F for 8-9 minutes per side for medium doneness.

Tip: When cooking from frozen, place frozen steak on 3-inch rack and cook at 350°F for 14-15 minutes. Add eggs and tomato and cook another 10 minutes.

Ham & Cheese Strata

Serves: 6-8

10 bread slices
1½ cups ham, cubed
6 ounces Swiss cheese, shredded
6 ounces Cheddar cheese, shredded
4 eggs
½ teaspoon salt
1 teaspoon onion powder
1½ cups milk
1 teaspoon dry mustard
¼ teaspoon red bell pepper

1½ cups corn flakes
4 tablespoons butter, melted

Directions:

1. Trim crust from bread and layer 10-inch baking pan, or 8x8-inch silicone baking pan.
2. Layer ham and cheeses, alternating layers.
3. Mix eggs, milk and seasonings together.
4. Pour egg mixture over layers.
5. Let liquid soak into bread for 2 minutes.
6. Mix cornflakes and melted butter; sprinkle on top.
7. Bake on 1-inch rack at 350°F for 20 minutes to form crust.
8. When strata starts to brown, cover loosely with foil and finish cooking for an additional 10 more minutes.
9. When done, let sit for 1-2 minutes.

Ham & Eggs Scramble

Serves: 1

2 large eggs
3 ounces ham, chopped
2 tablespoons parsley, chopped
2 ounces Cheddar cheese, shredded
Salt & pepper to taste

Directions:

1. Mix all ingredients together in shallow dish.
2. Place dish on 3-inch rack.
3. Cook at 350°F for 7-9 minutes.
4. Stir and continue to cook for 2 minutes.

Tip: For a spicy kick, add 3 ounces crumbled chorizo sausage.

Nest Egg with Manchego

Serves: 1

1 bread slice
1 teaspoon butter or cooking spray
1 egg
3 tablespoons Manchego cheese

Directions:

1. Cut round large enough to fit an egg from bread.
2. Flatten and press back into hole.
3. Butter both bread sides.
4. Place bread in oven-safe baking pan on 3-inch rack.
5. Crack egg into hole and top with black pepper and Manchego cheese.
6. Bake at 350°F for 10-11 minutes.
7. Serve with sliced bacon and fresh fruit.

Tip: You can substitute any kind of cheese.

Tip: Use bottom of a juice glass, can or round cutters to cut bread.



Asparagus Frittata

Serves: 10-12

- 1 teaspoon butter
- 2 cups grated white Cheddar, divided
- 1 teaspoon chives, coarsely chopped
- 20 spears fresh asparagus, trimmed
- 12 eggs, lightly beaten
- 2 small yellow onions, peeled and chopped
- 2 small carrots, peeled, trimmed and finely grated
- 1 cup self-rising flour
- 1 cup milk
- 1 teaspoon salt
- ¼ teaspoon freshly ground black pepper

Directions:

1. Coat 12-cup bundt pan with butter; set aside.
2. Mix together ½ cup Cheddar and chives together in small bowl; set aside.

3. Bring large pot of salted water to boil over high heat and cook asparagus for 3-4 minutes, until tender.
4. Drain asparagus and cool under cold running water.
5. Pat asparagus dry and transfer to cutting board.
6. Cut asparagus into ¼-inch pieces and transfer to large bowl.
7. Add remaining ½ cup cheese, eggs, onions, carrots, flour, milk, salt and pepper to bowl and mix well.
8. Pour egg mixture into prepared pan and place pan on 1-inch rack.
9. Bake at 350°F 45 minutes, or until firm.
10. Invert frittata onto plate and sprinkle on reserved cheese and chives.
11. Return frittata to pan and place pan on 1-inch rack.
12. Bake at 350°F for 1-2 minutes, until cheese melts.



Benedict Breakfast Casserole

Serves: 6-8

- 1 (12-ounce) package English muffins
- 6 slices (4 ounces) Canadian bacon, chopped
- 6 eggs
- 1½ cups milk
- 2 tablespoons mayonnaise
- 2 tablespoons fresh lemon juice
- 2 teaspoons fresh lemon zest
- Butter or non-stick cooking spray (optional)

Directions:

1. Slice muffins in half and cut into 1-inch cubes.
2. Mix remaining ingredients together in bowl.
3. Add muffin cubes to bowl and mix to coat well.
4. Pour egg mixture into prepared 2.5-quart baking dish.
5. Cover and refrigerate eggs for several hours, or overnight.
6. Remove cover and place baking dish on 1-inch rack.
7. Bake at 350°F for 40 minutes.
8. Loosely cover dish and bake at 350°F for 15 minutes.

Tip: Coat baking dish with butter or non-stick cooking spray before adding egg mixture. This will make it easier to remove the casserole when you're done cooking.

Tip: You can also bake this recipe directly in the liner pan in one layer. Cook at 350°F for 25 minutes, then loosely cover and cook for 20 minutes.

Breakfast Pork Skillet

Serves: 6

- ¾ pound new potatoes, washed
- ¼ cup leeks, sliced
- ¾ cup green or red peppers, small diced
- 1 teaspoon garlic, minced
- 2 tablespoons olive oil
- 1 tablespoon dark chili powder
- 1 cup spicy pork sausage, diced
- ½ cup pepper jack cheese
- 2 eggs
- Kosher salt and freshly ground black pepper to taste

Directions:

1. Mix together potatoes, leeks, peppers, garlic, olive oil, chili powder, salt and pepper in bowl.
2. Transfer mixture to 10-inch baking pan.
3. Place pan on 3-inch rack and cook at 350°F for 10 minutes.
4. Add sausage pieces to pan and stir.
5. Cook at 350°F for 6 minutes.
6. Cover pan with pepper jack cheese and cook at 350°F for 3 minutes, or until cheese melts.
7. Crack 2 eggs and place directly atop melted cheese.
8. Cook at 320°F for 4-6 minutes.

Tip: If you prefer light chili powder to dark, use 1½ teaspoons.

Tip: If you like your egg yolks a little more cooked, then you can cook them for 3 additional minutes.

Brunch Bread Pudding

Serves: 4-6

Ingredients:

2 tablespoons olive oil
 ½ cup leeks, sliced
 4 mushrooms, sliced
 2 green onions, sliced
 2 cups turkey breakfast sausage, large diced
 3 eggs
 1 cup heavy cream
 ¾ cup milk
 1 cup Gouda cheese, shredded
 4 cups Hawaiian bread, diced into 1-inch cubes
 Kosher salt and freshly ground black pepper to taste

Directions:

1. Mix olive oil, leeks, mushrooms, onions and sausage together in 10-inch baking pan.
2. Season with salt and pepper.
3. Place pan on 3-inch rack and cook at 300°F for 10 minutes, pausing halfway to stir.

4. While sausage mixture cooks, combine eggs, heavy cream, milk and Gouda in separate bowl and mix until eggs are incorporated; set aside.
5. Once sausage mixture is finished cooking, place bread cubes in separate bowl.
6. Pour egg mixture directly into bread bowl and mix to incorporate.
7. Pour egg and bread mixture onto cooked sausage mixture; mix well to combine.
8. Transfer baking pan to 1-inch rack and bake at 300°F for 40-45 minutes.

Tip: Cover bread pudding with foil to control browning as needed while cooking.

Tip: Top with your favorite salsa or fresh herbs.

Blueberry Streusel Coffee Cake

Yield: 1 10-inch cake

Cake Ingredients:

2 cups and 3 tablespoons all-purpose flour
 ¾ cup sugar
 2 teaspoons baking powder
 ¼ teaspoon salt
 1 egg
 ½ cup milk
 ½ cup butter, softened
 1 cup fresh or frozen blueberries
 1 cup chopped pecans

Streusel Topping Ingredients:

½ cup sugar
 ⅓ cup all-purpose flour
 ¼ cup cold butter

Directions:

1. Combine sugar and flour in a bowl for streusel topping.
2. Cut in butter until crumbly; set aside.
3. In large mixing bowl, combine flour, sugar, baking powder and salt.
4. Add egg, milk and butter and beat mixture well.
5. Fold in blueberries and pecans.
6. Spread into greased 9-inch spring form baking pan.
7. Sprinkle streusel topping over batter.
8. Place Extender Ring on base tray.
9. Place baking pan on 1-inch rack.
10. Bake at 300°F for 35 minutes.
11. Cool for 15 minutes and serve warm.

Mini Crustless Quiche

Yield: 24 mini quiches

Ingredients:

3 large eggs
 3 large egg yolks
 ¼ cup whole milk
 ¼ cup heavy cream
 ½ teaspoon kosher salt
 ¼ teaspoon ground black pepper
 ½ pound mixed bell peppers, seeded and diced

Directions:

1. In bowl, whisk together whole eggs, egg yolks, milk, cream, salt and pepper.
2. Transfer egg mixture to large glass pitcher; set aside.
3. Place 12 Silicone Cupcake Liners around perimeter of rack.
4. Divide peppers equally between liners and pour egg mixture into liners, filling up to fill line.
5. Bake at 350°F for 18-20 minutes.
6. Transfer quiches to cooling rack and cool for 5 minutes before serving.
7. Repeat steps 2-6 with remaining egg mixture.

Tip: If you use regular size cupcake liners, this recipe will yield 12 quiches.

Tip: For easy cleanup, spray non-stick cooking spray on inside of the cupcake liners.

Tip: If you don't have Silicone Cupcake Liners, you can use traditional paper cupcake liners.

Peachy Cheese Coffee Cake

Yields: 1 10-inch cake

Cake Ingredients:

2¼ cups all-purpose flour
¾ cup sugar
¾ cup cold butter
¾ cup sour cream
½ teaspoon baking powder
½ teaspoon baking soda
1 egg
1 teaspoon almond extract
½ cup sliced almonds

Filling Ingredients:

1 (8-ounce) package cream cheese, softened
¼ cup sugar
1 egg
¾ cup peach preserves

Directions:

1. In medium bowl, combine the flour and sugar.
2. Cut in butter until mixture is well blended and crumbly.
3. Set aside 1 cup crumb mixture for topping.
4. Add sour cream, baking powder, baking soda, egg and extract to remaining crumb mixture and beat until blended.
5. Press dough into greased 10-inch spring form pan; set aside.
6. In small bowl, beat together cream cheese, sugar and egg until smooth.
7. Spoon cream cheese mixture into prepared crust and top with preserves.
8. Top with reserved crumb mixture and almonds.
9. Place Extender Ring on base tray and place pan on 1-inch rack.
10. Bake at 275°F for 1 hour and 20 minutes.
11. Transfer cake to wire rack and cool completely.

12. Carefully run knife around edge of the pan to loosen cake and remove.

Tip: If you don't have a cooling rack at your disposal, simply remove the cooking rack from the Oven and cool the cake on the cooking rack.

French Scrambled Eggs

Serves: 1

2 eggs
2 tablespoons butter
2 tablespoons chives, finely chopped
1 tablespoon sour cream
Salt and pepper to taste

Directions:

1. Place butter in 10-inch baking pan and melt on 3-inch rack at 350°F for 1-2 minutes.
2. Crack eggs directly into baking pan and add sour cream and chives.
3. Beat eggs well and season with salt and pepper.
4. Place pan on 3-inch rack and cook at 350°F for 7-8 minutes.
5. Serve immediately.

Spicy Pumpkin Doughnuts with Streusel Topping

Yield: 24 mini doughnuts

Doughnut Ingredients:

1 box spice cake mix
1 cup pumpkin puree
2 eggs
3 tablespoons butter, melted

Streusel Topping Ingredients:

½ cup brown sugar
½ cup flour
1 teaspoon cinnamon
½ teaspoon nutmeg
2 tablespoons butter, melted

Glaze Ingredients:

1 cup powdered sugar
1 tablespoon milk
½ teaspoon vanilla

Directions:

1. Combine all doughnut ingredients in large mixing bowl and mix until all ingredients are combined and batter is smooth; set aside.

2. In separate dish, combine brown sugar, flour, cinnamon and nutmeg.
3. Add butter to sugar mixture and mix until moist and crumbly.
4. Fill doughnut pan ¾ full with doughnut batter and top with streusel.
5. Place pan on 3-inch rack and bake at 325°F for 10-12 minutes, depending on the size of your doughnut pan.
6. Let doughnuts cool in pan for about 5 minutes.
7. Gently loosen doughnuts with fork and transfer to cooling rack.
8. Repeat baking steps with remaining batter until all batter is used.
9. While doughnuts cool, mix all glaze ingredients together in small dish.
10. Once doughnuts have cooled, drizzle glaze over doughnuts and serve.



Tips for Appetizers

Prepared foods from your grocer's freezer section make great, easy snacks for appetizers or entertaining. These items are prepared to perfection on the 3-inch rack at 350°F for about 6-8 minutes per side. Some of the most popular choices include:

Hot wings
Corn dogs
Bagel bites
Chicken tenders
Poppers
Potato skins
Egg rolls
Pot stickers
French fries

For the best grilled cheese sandwich, use the 3-inch rack and cook at 350°F for 3-4 minutes per side. Add some ham or turkey for extra protein!



Sweet Party Mix

Yield: 6 cups

2 cups bite-size corn square cereal
2 cups bite-size rice square cereal
1 cup pretzel knots
½ cup sliced almonds
¼ cup packed brown sugar
1½ tablespoons butter
1½ tablespoons light-colored corn syrup
¼ teaspoon baking soda
½ cup dried cranberries

Directions:

1. In large bowl, combine corn cereal, rice cereal, pretzels and almonds; set aside.
2. In 3-quart sauce pan, combine brown sugar, butter and corn syrup.
3. Cook sugar mixture on Medium (275°F) heat and stir until mixture boils.
4. Continue boiling at moderate, steady rate, without stirring, for 3 additional minutes.
5. Remove saucepan from heat and stir in baking soda.
6. Pour sugar mixture over cereal mixture; gently stir to coat.
7. Pour cereal mixture into liner pan.
8. Bake at 350°F for 8-9 minutes.
9. Stir and cook for 5 additional minutes.
10. Lay hot party mix on large buttered foil.
11. Once cool, break up pieces and stir in dried fruit.
12. Store in an air-tight container.

Stuffed Potato Bites

Serves: 2

2 medium baked potatoes
¼ cup low-fat sour cream
1 packet ranch seasoning
1 cup Cheddar cheese, shredded
Green onions (optional)
Bacon pieces, cooked (optional)

Directions:

1. Bake potatoes on 1-inch rack at 350°F for 35-45 minutes.
2. Let cool for 5-10 minutes.
3. Cut potatoes lengthwise and scoop out filling from skins.
4. Combine potato filling with sour cream and seasoning mix.
5. Fill skins with mixture and sprinkle with cheese.
6. Place skins on 3-inch rack and bake at 350°F for 6-7 minutes, or until cheese is melted.
7. Add green onions and bacon.

Shrimp Rumaki

Serves: 6

6 slices bacon
24 small shrimp or 12 jumbo shrimp, cut in half
¼ cup sliced water chestnuts

Directions:

1. Cut bacon into 4 equal pieces.
2. Lay each bacon piece onto shrimp and chestnut slice.
3. Roll and secure with a toothpick.
4. Place shrimp on 3-inch rack and cook at 350°F for 6-8 minutes per side.

Tip: Replace shrimp with tofu, chicken livers or mussels.

Mini Apple Bacon Gouda Grilled Cheese

Serves: 2

4 slices sourdough bread
6 strips applewood smoked bacon, cooked
4-6 ounces smoked Gouda cheese, sliced
1 honeycrisp apple, cored and sliced
2 tablespoons butter, softened
Salt to taste

Directions:

1. Lightly butter one side of each bread slice.
2. Place 2 slices on 3-inch rack, buttered side up.
3. Toast bread at 350°F for 3 minutes.
4. Open dome and flip bread.
5. Place 3 strips bacon and 1 cheese slice on bread slice.
6. Spread apple slices evenly over cheese.
7. Top each sandwich with reserved bread slices, buttered side up.
8. Cook at 350°F for 3 minutes.
9. Transfer sandwiches to cutting board and slice diagonally before serving.

Tip: Make bacon ahead of time by cooking on the 3-inch rack at 350°F for 8 minutes. Flip the bacon and cook for an additional 2-3 minutes.

Pear & Goat Cheese Crostini

Serves: 4-6

½ cup coarsely chopped walnuts
1 tablespoon plus 1 teaspoon honey
1 tablespoon brown sugar
2 large Bosc pears, peeled, cored, halved lengthwise, and cut into ½-inch wedges
1 tablespoon olive oil
1 (12-inch) baguette, sliced in ½-inch thick slices and toasted
6 ounces goat cheese
1 cup arugula or basil (optional)
Extra-virgin olive oil
Coarse sea salt or kosher salt

Directions:

1. Toss walnuts with 1 teaspoon honey and brown sugar to coat well.
2. Arrange nuts in liner pan in single layer. Stand 3-inch rack over nuts.
3. Slice baguette and arrange slices on 3-inch rack.
4. Brush bread with olive oil.
5. Cook bread and nuts at 350°F for 4 minutes.
6. Remove 3-inch rack with bread and roast nuts for additional 4 minutes.
7. On flat work surface, top bread with pears and spread goat cheese onto pears.
8. Top with nuts and garnish with arugula or basil.
9. Drizzle crostini with olive oil
10. Place pears on bread, spread goat cheese on pears and top with nuts garnish with arugula or basil.
11. Drizzle with olive oil, honey and season with salt.

Tip: Let crostini sit for 30 minutes before serving to enhance the cheese flavor.

Veggie Quesadillas

Serves: 8

1 small zucchini, grated and drained
1 cup frozen corn, defrosted and drained
1 small red onion, chopped
2 jalapeño peppers, seeded and chopped
1 (15-ounce) can black beans, drained and rinsed
½ teaspoon salt
¼ teaspoon freshly ground black pepper
1 teaspoon chili powder
¾ pound Monterey-Jack cheese, grated
8 (8-inch) flour tortillas
2 tablespoons vegetable oil

Directions:

1. Combine zucchini, corn, onion, jalapeños, beans, salt, pepper and chili powder in large bowl, tossing to evenly distribute seasonings.
2. Place tortillas on 3-inch rack.
3. Spread ½ cup vegetable mixture onto one half of each tortilla and top with cheese.
4. Cook at 350°F for 5 minutes.
5. Remove quesadillas from Oven & fold.
6. Cut quesadillas into wedges and serve.

NuWave Nachos

Serves: 4

1 bag tortilla chips
1 pound cooked ground beef
1 package taco seasoning
4 tomatoes, diced
1 can sliced olives
1 jar pickled jalapeños
1 jar salsa
½ cup sour cream
1 bag shredded Cheddar cheese

Directions:

1. Pour tortilla chips directly into liner pan.
2. Mix ground beef with taco seasoning, then layer onto chips.
3. Top beef with tomatoes, olives, jalapeños, salsa and sour cream.
4. Pour cheese onto nachos and cook at 350°F for 10 minutes.
5. Cool and enjoy.



Cheesy Garlic Bread

Serves: 4

- 1 loaf Italian bread, sliced in half
- 6 tablespoons olive oil
- 2 cloves minced garlic
- ½ teaspoon dried oregano
- 2 tablespoons grated Parmesan cheese
- 1 cup shredded Asiago cheese
- 1 cup mozzarella cheese

Directions:

1. Mix olive oil, garlic and oregano in small bowl.
2. Brush oil mixture onto cut sides of bread.
3. Mix cheese together and sprinkle onto cut side of bread.
4. Place bread, cut side up, on 1-inch rack and bake at 350°F for 10-12 minutes, or until cheese is melted.
5. Slice and serve.

Jalapeño-Cheddar Corn Muffins

Yield: 12 muffins

- 1½ cups flour
- 1½ cups cornmeal
- ¾ cup sugar
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- 1 teaspoon salt
- ¾ cup sour cream
- ¾ cup milk
- 1 stick butter
- 2 eggs
- 1 jalapeño, chopped and seeded
- 1 onion, diced and caramelized
- 1 cup Cheddar cheese, shredded

Directions:

1. Mix all dry ingredients together in medium bowl.
2. In separate bowl, mix all liquids together.
3. Fold dry ingredients into liquid ingredients and mix well until incorporated.
4. Divide batter evenly amongst 12 prepared muffin cups.
5. Place cups on 3-inch rack and bake at 350°F for 20 minutes.
6. Let muffins cool and enjoy.

Garlic Monkey Bread Bites

Yield: 12 bread bites

- 1 (16-ounce) tube refrigerated buttermilk biscuits
- ¼ cup unsalted butter, melted
- 2 tablespoons freshly grated Parmesan
- 4 cloves garlic, minced
- ½ teaspoon dried oregano
- ½ teaspoon dried basil
- ½ teaspoon dried parsley flakes
- Pinch of salt

Directions:

1. Arrange 12 cupcake liners on 1-inch rack.
2. Place biscuit dough on flat work surface.
3. Using sharp knife, cut each piece of biscuit dough into 8 slices; set aside.
4. In large bowl, whisk together butter, Parmesan, garlic, oregano, basil, parsley, and salt.
5. Pour 2 tablespoons of butter mixture into small cup; set aside.
6. Add biscuit pieces to remaining butter mixture and toss to coat well.
7. Press 5-6 dough slices into each baking cup.
8. Add Extender Ring to base tray.
9. Place cups on 1-inch rack.
10. Bake at 300°F for 16-18 minutes.
11. Brush each bread bite with reserved butter mixture and serve immediately.

Tip: Use the NuWave 8x8-inch Silicone Baking Pan with Divider Insert to bake 2 loaves rather than 12 individual pieces. Simply place the pan on the 1-inch rack and bake at 300°F for 25-28 minutes.

Tip: Parmesan cheese can be substituted with Cheddar or mozzarella cheese if desired.

Baked Herb Cheese Fries

Yield: 2 pounds

- 1 tablespoon fresh thyme, chopped
- 1 tablespoon fresh rosemary, chopped
- 1 tablespoon fresh oregano, chopped
- ½ teaspoon ground black pepper
- Pinch of kosher salt
- 2 pounds frozen fries
- 2 tablespoons olive oil
- 1 pound 3-cheese blend, shredded

Directions:

1. Combine seasonings in small dish; set aside.
2. Place fries in large mixing bowl and drizzle with oil.
3. Add seasoning and toss to coat well.
4. Place fries on 3-inch rack.
5. Bake at 350°F for 6-8 minutes.
6. Once fries are crispy, open dome and transfer fries to liner pan.
7. Top fries generously with shredded cheese.
8. Bake at 350°F for 3-5 minutes, or until cheese is melted.

Tip: Be sure to promptly open the dome to release any moisture and keep fries crispy.

Tip: If using dried spices, use only ½ teaspoon each.

Tip: Pause the Oven once or twice and toss fries to ensure even browning.

Tip: If using freshly sliced potatoes, add 5 minutes to cooking time.



Italian Pizza Bread

Serves: 1

- 1 (12-inch) loaf Italian bread
- 2 tablespoons olive oil
- 1 tablespoon garlic, chopped
- ½ cup marinara sauce
- ⅓ cup Parmesan cheese, shredded
- 3 baby Portabella mushrooms, sliced
- ⅓ cup red onions, sliced
- ⅓ cup green pepper, sliced
- ¼ cup tomato, diced
- ½ cup mozzarella cheese, shredded
- 1 tablespoon basil, sliced

Directions:

1. Slice bread in half, lengthwise, with serrated knife.
2. In small bowl, combine olive oil and garlic.
3. Spread olive oil mixture onto bread using pastry brush.
4. Spoon even layer of marinara sauce onto bread and top with Parmesan cheese.
5. Add mushrooms, onions, peppers and tomatoes and top with mozzarella cheese.
6. Place on 1-inch rack and cook at 350°F for 10 minutes.
7. Garnish with basil and enjoy.

Bacon Cheddar Bombs

Serves: 4

- 2 cups frozen tater tots, brought to room temperature
- 1 ounce sharp Cheddar cheese, cut into ¼-inch squares
- 4 slices bacon, quartered
- ¼ cup brown sugar
- 1 tablespoon chopped parsley (optional)

Directions:

1. Working 1 at a time, wrap bacon piece around a tater tot and cheese square.
2. Dredge wrapped tater tots in brown sugar, pressing to coat.
3. Place tater tots, seam side down, directly in liner pan.
4. Bake at 350°F for 20-25 minutes, turning tots halfway through.
5. Garnish with parsley and serve immediately.

Tip: Use metal tongs to turn the tots.

Chicken Alfredo Roll Ups

Serves: 8

Roll Ingredients:

- 1 tablespoon olive oil
- 1 boneless, skinless chicken breast
- 1 (8-ounce) package cream cheese, room temperature
- ¼ cup freshly grated Parmesan cheese
- 2 tablespoons chopped chives
- ½ teaspoon garlic powder
- Kosher salt and freshly ground black pepper to taste
- 1 (8-ounce) tube crescent rolls
- ½ cup Italian style breadcrumbs

Sauce Ingredients:

- 1 tablespoon unsalted butter
- 1 tablespoon all-purpose flour
- ½ cup milk
- Kosher salt and freshly ground black pepper to taste
- ½ cup Parmesan cheese, to taste

Roll Directions:

1. Season chicken with salt and pepper and place on 3-inch rack.
2. Cook chicken breasts at 350°F or 11-13 minutes per side.
3. Let chicken cool, then shred with fork.

4. In large bowl, combine shredded chicken, cream cheese, Parmesan, chives, garlic powder, salt and pepper, to taste.
5. Remove rolls from can, separating them into 8 triangles.
6. Top each triangle with heaping tablespoon of chicken mixture.
7. Starting with wide end, roll up each triangle, tucking the ends underneath.
8. Dredge rolls in breadcrumbs, pressing to coat.
9. Place rolls seam side down in liner pan.
10. Bake at 350°F for 10-12 minutes until golden brown.

Sauce Directions:

1. Place 1.5-quart saucepan on stove top and melt butter over medium heat.
2. Whisk in flour for about 1 minute until lightly browned.
3. Gradually whisk in milk and cook for 3-4 minutes, whisking constantly, until slightly thickened.
4. Season sauce with salt and pepper.
5. Stir in cheese, 1 handful at a time, until smooth.
6. Pour sauce over rolls and serve immediately.



Skinny Pigs in a Blanket

Yield: 16 pigs in blankets

- 2½ cups reduced-fat all-purpose baking mix
- ¾ cup low-fat milk
- 8 reduced-fat chicken or turkey hot dogs, cut in half

Directions:

1. Spray liner pan with non-stick spray.
2. Combine baking mix and milk in bowl until soft dough forms.
3. Turn onto surface, lightly sprinkled with baking mix and knead.
4. Roll dough into 8x12-inch rectangle.
5. Cut dough into 8 squares.
6. Cut each square in half to form 2 triangles.
7. Starting from narrow end, wrap each triangle around hot dog half.
8. Place in liner pan.
9. Bake at 350°F for 15-17 minutes.

Tip: You can serve with spicy mustard for added flavor.

Tip: You can make this using premade crescent dinner rolls.

Grilled Cheese

Serves: 1

- 2 slices wheat or white bread
- 1 tablespoon margarine or butter
- 2 slices American cheese

Directions:

1. Spread butter or margarine on both sides of bread.
2. Place one piece on 3-inch rack, buttered side down.
3. Place cheese atop bread and top with remaining slice, buttered side up.
4. Grill at 350°F for 3-4 minutes per side.

Tip: Add your favorite meat such as ham, salami or turkey.

Sweet & Sour Cocktail Meatballs

Serves: 20

- 4 slices hearty white sandwich bread, torn into pieces
- ½ cup milk
- 2 large eggs
- ½ pound ground pork
- ½ cup fresh parsley, finely chopped
- 2 garlic cloves, minced
- 1 teaspoon salt
- 2 teaspoons pepper
- 2½ pounds lean ground beef
- 1 tablespoon vegetable oil
- 1 onion, minced
- 1 (28-ounce) can tomato sauce
- 2½ cups apricot preserves
- ¼ cup packed dark brown sugar
- 3 tablespoons Worcestershire sauce
- 2 tablespoons Dijon mustard
- ¼ teaspoon red pepper flakes

Directions:

1. Using fork, mash bread, milk and egg yolks in large bowl until smooth.
2. Add pork, parsley, garlic, salt and pepper; mix until incorporated.
3. Add beef and knead until combined.
4. Form mixture into 1¼-inch meatballs (makes about 80).
5. Place meatballs on 3-inch rack and bake at 350°F for 7-8 minutes per side.
6. While meatballs bake, place tomato sauce, apricot preserves, brown sugar, Worcestershire sauce, mustard and red pepper flakes in 3-quart sauce pan and mix well.
7. Heat sauce at 275°F to achieve simmer.
8. Let simmer for 15-20 minutes.
9. Place meatballs in sauce to coat, then place in chafing dish or in liner pan to serve.

Tip: Unless you have the Extender Ring Kit, you will need to bake the meatballs in stages. With the Extender Ring Kit, both the 1-inch and 2-inch racks to place the meatballs on each layer.

Sweet and Spicy Chicken Wings

Serves: 2-4

- 2 tablespoons all-purpose flour
- 1 teaspoon salt
- ½ teaspoon dried garlic
- ½ teaspoon dried onion
- 1 teaspoon smoked paprika
- 2 pounds chicken wings
- 2½ tablespoons cayenne pepper sauce
- 2 tablespoons unsalted butter, melted
- 2 tablespoons apple jelly, melted
- Chipotle peppers in adobo sauce

Directions:

1. In large bowl, mix flour, salt, garlic, onion and paprika.
2. Add chicken and toss to coat.
3. Place chicken in liner pan, spreading evenly.
4. Cook chicken at 350°F for 45 minutes, flipping halfway through for even browning.
5. While chicken cooks, combine hot sauce with apple jelly, butter and chipotles.
6. Coat wings with sauce and serve.

Baked Party Sweet Onion Dip

Yield: 6 cups

- 2 large onions, medium diced
- 2 cups Parmesan cheese, shredded
- 2 cups low-fat mayonnaise
- ½ teaspoon black pepper

Directions:

1. Mix all ingredients together in 10-inch baking pan.
2. Smooth ingredients flat and place on 1-inch rack.
3. Bake at 350°F for 12-14 minutes, or until the dish turns brown and bubbly.
4. Serve with your favorite crackers or bread.

Tip: You can substitute the ingredients with low fat cheese and mayonnaise.

Tip: Vidallia onions work the best and are available year-round.

Tangy Mild Wings

Serves: 2-4

- 2 pounds chicken wings
- 1 cup ketchup
- ¼ bead molasses
- ¼ cup soy sauce
- ½ teaspoon red pepper flakes
- ½ teaspoon cayenne pepper
- ½ teaspoon black pepper
- ½ teaspoon salt
- 3 tablespoons Worcestershire sauce
- 3 tablespoons white vinegar

Directions:

1. Mix all ingredients except chicken.
2. Add wings to sauce and coat well. Reserve extra sauce for dipping.
3. Place chicken on 3-inch rack and cook on 350°F for 7-9 minutes per side for fresh or 8-10 minutes per side for frozen.
4. Serve with carrots, celery and Ranch or Blue cheese dressing.

Tip: Add more cayenne pepper if desired.



Prosciutto-Wrapped Shrimp Sticks

Yield: 6 skewers

48 medium shrimp, uncooked
 ¾ pound thinly sliced prosciutto
 3 tablespoons olive oil
 8 (6-inch) bamboo skewers

Directions:

1. Peel, devein, wash and remove tails from shrimp.
2. Uncurl shrimp and wrap small slice prosciutto neatly and snugly around each to cover.
3. Place shrimp on bamboo skewers; place skewers on 3-inch rack.
4. Using pastry brush, oil to coat each side.
5. Cook at 350°F for 5-7 minutes per side.
6. Sprinkle with black pepper.

Savory Lil' Smokies

Yield: 50 sausages

¾ cup chili sauce
 ¾ cup grape jelly
 4 teaspoons red wine
 2 teaspoons dry mustard
 1½ teaspoons soy sauce
 ½ teaspoon ground ginger
 ½ teaspoon ground cinnamon
 ½ teaspoon ground nutmeg
 1 pound little smoky sausages

Directions:

1. Combine all ingredients, except sausages, into bowl and mix well until smooth.
2. Add sausages to sauce; coat well.
3. Pour sauce and sausages into liner pan.
4. Bake at 350°F for 6-7 minutes per side.
5. Serve with toothpicks.

Ham & Cheese Pitas

Serves: 4

4 (8-inch) pita bread rounds
 4 thin slices ham, cut in half
 4 slices sharp Cheddar or Swiss cheese, cut in half
 1 red onion, very thinly sliced
 2 ripe tomatoes, very thinly sliced
 1 tablespoon melted butter
 Paprika

Directions:

1. Cut pita rounds across center, making 8 half circles.
2. Stuff each half with ham, cheese, onions and tomatoes.
3. Using pastry brush, lightly butter each piece.
4. Sprinkle with paprika.
5. Place directly on 3-inch rack and cook at 350°F for 7 minutes per side, or until cheese has melted.

Taco-Flavored Chicken Wings

Yield: 30 wings

4 pounds chicken wings
 1 pack taco seasoning
 3 tablespoons extra virgin olive oil
 2 tablespoons red wine vinegar
 2 teaspoons hot pepper sauce
 1 cup guacamole or salsa (optional)

Directions:

1. In large, resealable plastic bag, combine taco seasoning, oil and vinegar with hot pepper sauce.
2. Add chicken to sauce.
3. Seal bag and turn over to coat.
4. Let mixture sit in refrigerator for 30 minutes.
5. Place chicken on 3-inch rack and cook at 350°F for 8-10 minutes per side.

Tip: Serve with either guacamole or salsa.

Spicy Grilled Shrimp Skewers

Serves: 4

1½ pounds extra-large shrimp, peeled and deveined
 4 tablespoons unsalted butter, melted and divided
 ¼ teaspoon cayenne pepper
 ½ teaspoon salt
 ½ cup hot pepper jelly
 1 teaspoon grated zest
 2 tablespoons lime juice
 4 wooden skewers

Directions:

1. Wash and dry shrimp with paper towel.
2. Thread shrimp on skewers and brush with 1 tablespoon melted butter.
3. Season shrimp with salt and cayenne pepper.
4. Warm jelly in saucepan over Medium (275°F) heat until bubbling.
5. Remove jelly from heat and whisk in remaining butter, lime zest and lime juice.
6. Cover sauce and keep warm.
7. Place shrimp on 3-inch rack and cook at 350°F for 5-6 minutes per side for fresh or 7-8 minutes per side for frozen.

Tip: Adding fresh lime juice helps cut through the spice and sugar of hot pepper jelly for a tangy, balanced glaze.

Tip: Soak wooden skewers in oil, to prevent burning.

Jumbo Lump Crab Cakes

Yield: 4 large crab cakes

16 ounces jumbo lump crab meat
 ¾ cup fresh or canned white breadcrumbs
 2 teaspoons Dijon mustard
 2 tablespoons mayonnaise
 2 tablespoons chopped chives
 2 tablespoons chopped parsley
 1 tablespoon lemon juice
 ½ teaspoon cayenne pepper
 1 teaspoon crab seasoning
 Salt & pepper for taste

Directions:

1. Mix all ingredients except crab meat.
2. Gently fold in crab meat, leaving meat in chunks. Add more bread crumbs if desired.
3. Form into desired crab cake sizes.
4. Place on 3-inch rack and cook at 350°F for 8-9 minutes.

Tip: Place over gourmet greens or with your favorite sauce.



Hot Artichoke Dip

Yield: 4 cups

- 1 cup mayonnaise
- ¼ cup minced fresh garlic clove
- 1 (8-ounce) package cream cheese, softened
- 1 cup Parmesan cheese, grated and divided
- 2 cups Monterey Jack cheese, shredded
- 2 (6-ounce) jars artichokes hearts, drained, divided and chopped

Directions:

1. In medium bowl, mix garlic, mayonnaise, cream cheese, ¾ cup Parmesan cheese, 1 cup Monterey Jack cheese and artichokes.
2. Place in oven-safe dish.
3. Place on 1-inch rack and sprinkle remaining Parmesan and Monterey Jack cheese over top.
4. Bake at 350°F for 28-30 minutes, or until golden brown.

Italian Purses

Yield: 16 purses

- 2 (8-ounce) canned crescent rolls
- ½ pound Italian sausage or ground beef, cooked and crumbled
- ½ cup Mozzarella cheese, shredded
- ½ cup onions, sliced
- 1 tablespoon Italian herb seasoning
- 1 medium tomato, diced
- ¼ teaspoon garlic powder

Directions:

1. Mix meat, cheese, onions, Italian seasoning, tomato and garlic powder in a small bowl; set aside.
2. Separate dough into 8 triangles.
3. Place mixture by spoonful into each triangle.
4. Take each end of triangle and overlap top.
5. Pinch edges to seal in mixture.
6. Place 8 crescent roll purses on liner pan.
7. Bake at 350°F for 16-18 minutes.
8. Repeat for remaining eight purses.

Crab & Parmesan Wontons

Serves: 4

- 24 wonton wrappers
- 4 ounces lump crab meat, pre-cooked
- 3 tablespoons Vidalia onion, grated
- 2 tablespoons Parmesan cheese, grated
- 2 tablespoons parsley, chopped
- ¼ teaspoon black pepper
- Small bowl warm water

Directions:

1. In bowl, mix crab meat, onion, Parmesan, parsley and pepper.
2. Lay 3 single wonton wrappers on dry, clean surface and place tablespoon crab mixture into wrapper.
3. Using your finger or pastry brush, lightly spread water on wonton edges.
4. Fold into envelope, making sure points match up.
5. Press together and place on 3-inch rack.
6. Repeat process until all 24 are done.
7. Cook in batches at 350°F for 6-8 minutes per side.

Chicken Nachos

Serves: 2

- 2 chicken breasts, pounded to 1-inch thickness
- ½ cup red or green peppers, chopped
- ½ cup onions, sliced
- 1 large tomato, chopped
- 1 (7-ounce) can green chiles, drained and diced
- 1 can small black olives, sliced

Directions:

1. Place chicken breast on 3-inch rack.
2. Cook at 350°F for 10-12 minutes per side for fresh or 14-16 minutes per side for frozen.
3. Shred chicken.
4. Spray liner pan with non-stick cooking spray.
5. Place tortilla chips in liner pan and layer with shredded chicken, cheese and vegetables.
6. Top with second cheese layer.
7. Cook chips at 350°F for 11-12 minutes or until cheese is melted.
8. Serve with salsa.



Tips for Dehydration & Nuts

Roasting Nuts:

Use pan on 3-inch rack and cook at 350°F.

Pecan or almond pieces, 3-4 minutes.

Coconut, unsweetened and shredded, 1-2 minutes.

Whole nuts can be roasted in two layers: For example, start one layer in liner pan for 6 minutes and then place another pan, filled with nuts, on 3-inch rack and continue for another 5 minutes. This doubles the capacity!

Dehydrating:

Alternate all foods when dehydrating.

Non-stick cooking spray will help avoid sticking. When dehydrating, keep dome open slightly to let moisture escape. Remove dome promptly once your cycle has completed to ensure that moisture does not build up.

Adding foods to the 3-inch rack as well can increase amounts made.

You need to alternate racks occasionally for even dehydrating times.

Store all dehydrated foods in air-tight container in cool pantry.

Fruits should be washed (minus bananas) and patted dry.

Rub fresh lemon over apples to avoid browning.

Dehydrating Fruits

Bananas - ¼-inch thick, 150°F for 4 hours

Pineapple - ¼-inch thick, 120°F for 8 hours

Apples - ¼-inch thick, 150°F for 4 hours

Apricots - Pit and halve, 150°F for 4½ - 5 hours

Strawberries - Cut in half, 150°F for 2½ - 3 hours

Dehydrating Vegetables

Asparagus - Dehydrate at 120°F for 4½ hours

Green Beans - Dehydrate at 120°F for 5½ hours

Mushrooms - Dehydrate at 120°F for 4 - 5½ hours

Summer squash - Cut ¼-inch slices, dehydrate at 120°F for 4½ - 5 hours

Tomatoes - Halve and removes seeds, dehydrate at 120°F for 7½ - 8 hours

Sweet Peppers - Cut into ½-inch long strips, dehydrate at 120°F for 7 hours

Herbs - Wash and dry. Leave on stems and place on racks. Place herbs on racks and dehydrate at 120°F for 1 hour for more delicate herbs like thyme, and cook for 1½ hours for hardier herbs like rosemary. Place rack over herbs to prevent herbs from flying around.

Spiced Pecans

Yield: 2 cups

1 package taco seasoning mix
5 tablespoons sugar, divided
¼ teaspoon cayenne pepper, divided
2 teaspoons cinnamon
¼ cup orange juice
2 cups pecan halves

Directions:

1. Spray liner pan with oil.
2. In small saucepan, combine 1 tablespoon seasoning mix, 4 tablespoons sugar, ¼ teaspoon cayenne pepper and cinnamon; mix well.
3. Stir in orange juice.
4. Bring to boil over Medium (275°F) heat.
5. Once boil is reached, remove pan from heat.
6. Add pecans; stir until pecans are well coated.

7. Spread pecans evenly in liner pan.
8. Cook at 350°F for 7-8 minutes.
9. Immediately remove dome and stir pecans.
10. Continue cooking at 350°F for additional 7-8 minutes.
11. While pecans cook, in small bowl, combine remaining seasoning mix, 1 tablespoon sugar and ¼ teaspoon cayenne pepper.
12. Remove pecans from Oven.
13. Place pecans in bowl with seasoning mixture and toss. If pecans stick together, gently break them apart; continue to toss.
14. Spread pecans out on cooling rack.
15. Gently shake to remove any residual seasoning mixture.
16. Store in airtight container.



Beef Jerky

Yield: 1 pound

- 1 pound lean beef sliced thin (sliced lengthwise with the grain)
- ¼ cup soy sauce
- 3 tablespoons Worcestershire sauce
- 1 tablespoon garlic powder
- 3 tablespoons liquid smoke
- Cayenne pepper to taste

Directions:

1. Place all ingredients in plastic bag and marinate overnight.
2. Place beef pieces in liner pan and 3-inch rack, ensuring that no pieces are touching.
3. Dehydrate at 175°F for about 3 hours.
4. Tent dome during last 5 minutes.
5. Pat jerky with paper towel to remove excess moisture.
6. To store, place in sandwich bags or airtight containers.

Trail Mix

Yield: 11 cups

- 1 cup dried cranberries
- 1 cup dried blueberries
- 1 cup dried pineapple
- 1 cup dried apple pieces
- 1 cup peanuts
- 1 cup cashews
- 1 cup almonds
- 1 cup mini marshmallows
- 1 cup chocolate chips
- 1 cup peanut butter chips
- 1 cup white chocolate chips

Directions:

1. Dehydrate berries at 150°F for 2½-3 hours.
2. Dehydrate pineapple at 120°F for 8 hours.
3. Dehydrate apples at 150°F for 4 hours.
4. Mix all ingredients together in large bowl.
5. To store, place in sandwich bags or airtight containers.

Chipotle & Rosemary Roasted Nuts

Serves: 8-10

- 3 cups (14 ounces) whole roasted unsalted cashews
- 2 cups (7 ounces) walnut halves
- 2 cups (7 ounces) pecan halves
- ½ cup (3 ounces) whole almonds
- 2 tablespoons vegetable oil
- ⅓ cup pure maple syrup
- ¼ cup light brown sugar, lightly packed
- 3 tablespoons freshly squeezed orange juice
- 2 teaspoons ground chipotle powder
- 4 tablespoons minced fresh rosemary, divided
- 4 teaspoons kosher salt

Directions:

1. Combine cashews, walnuts, pecans, almonds, vegetable oil, maple syrup, brown sugar, orange juice and chipotle powder in liner pan and toss to coat.
2. Add 2 tablespoons rosemary and 2 teaspoons salt to liner pan and toss again.
3. Spread nuts evenly across liner pan.
4. Roast at 350°F for 25 minutes, pausing twice to stir with spatula.
5. Remove pan from Oven and top nuts with remaining rosemary and salt.
6. Toss nuts once more and set aside to cool.
7. Stir nuts occasionally to prevent sticking and serve once cool.

Everything Roasted Nuts

Serves: 8

- 1 cup whole blanched almonds
- 1 cup hazelnuts
- 2 tablespoons butter
- 1 tablespoon hot sauce
- 1 tablespoon Montreal steak seasoning
- 1½ teaspoons ground cumin
- 2 cups smoked almonds
- 1 teaspoon poppy seeds
- 1 tablespoon sesame seeds

Directions:

1. Line 3-inch rack with parchment paper.
2. Place almonds and hazelnuts on 3-inch rack and roast at 350°F for 10 minutes.
3. Transfer toasted nuts to mixing bowl; set aside.
4. Add butter, hot sauce, Montreal seasoning and cumin to oven-safe dish.
5. Place dish on 3-inch rack and cook at 350°F for 1-2 minutes, until butter has melted.
6. Add butter mixture to nuts and toss to coat.
7. Serve warm.



Mole-Spiced Nuts

Yield: 3 cups

- 1 cup unsalted dry-roasted peanuts
- ½ cup raw pepitas
- 1 cup slivered almonds
- ½ cup corn nuts
- 2 dried ancho chilies
- 2 dried guajillo chilies
- ¼ teaspoon ground allspice
- 1 teaspoon ground cumin
- 2 teaspoons grated orange zest
- ½ teaspoon cayenne pepper
- 3 tablespoons sugar
- 2 tablespoons canola oil
- 2 tablespoons kosher salt

Directions:

1. Mix peanuts, pepitas, almonds and corn nuts in large bowl; set aside.
2. Remove stems from ancho and guajillo chilies and remove seeds.
3. Tear chilies into 2-inch pieces; set aside.
4. Add chilies, allspice, cumin, orange zest and cayenne pepper in spice grinder and pulse until chilies are ground.
5. Add spice mixture, sugar, canola oil and salt to nuts and stir to coat.
6. Line 3-inch rack with parchment paper.
7. Pour nuts onto 3-inch rack and bake at 350°F for 4 minutes.
8. Gently stir nuts and bake at 350°F for 4 minutes.
9. Transfer to a serving dish and enjoy.

Tip: Instead of dried ancho and guajillo peppers, you can use 2 tablespoons each of ancho and guajillo chili powder and skip steps 2 and 3.

Tip: If you don't have a spice grinder, grind the spices in your food processor, blender or NuWave Twister.

Holiday Spiced Nuts

Yield: 6 cups

- 2 cups walnut halves
- 1 cup peeled hazelnuts
- 1 cup whole unsalted cashews
- 1 cup pecan halves
- 1 cup smoked almonds
- 3 tablespoons butter, softened
- 1 teaspoon ground anise
- 1 teaspoon ground cinnamon
- 1 teaspoon coarse black pepper
- ½ teaspoon freshly grated nutmeg,

Directions:

1. Line 3-inch rack with parchment paper.
2. Place nuts on 3-inch rack and roast at 350°F for 5-7 minutes.
3. Transfer toasted nuts to large mixing bowl.
4. Add butter to bowl and toss to coat.
5. Mix in anise, cinnamon, pepper and nutmeg.
6. Transfer nuts to serving dish.

Tip: This is a great recipe for trail mixes, holidays, parties and gifts.

Tip: Buy your hazelnuts pre-peeled to save time when preparing the nuts.

Sweet & Salty Nuts

Yield: 4 cups

- 3 tablespoons sugar
- ¾ teaspoon salt
- 1 teaspoon paprika
- 1 teaspoon ground cinnamon
- ½ teaspoon ground cumin
- Pinch ground cloves
- 1 large egg white
- 2 cups walnuts
- 2 cups pecans

Directions:

1. Mix together sugar and spices in small bowl and set aside.
2. Whisk egg white in medium bowl and stir in nuts.
3. Add spice mixture to bowl and toss to coat.
4. Spread nuts in liner pan and cook at 350°F for 20 minutes, pausing to stir halfway through.
5. Cool completely before serving.

Nutty Granola

Yield: 6 cups

- 3 cups old-fashioned rolled oats
- ½ cup slivered almonds
- ½ cup unsweetened flaked coconut
- ¼ cup hulled green pumpkin seeds
- ¼ cup sunflower seeds
- ½ cup crushed pecans
- 4 tablespoons unsalted butter
- ⅓ cup honey
- ½ teaspoon cinnamon
- ½ teaspoon salt
- ½ teaspoon vanilla extract
- ½ cup raisins or chopped dates
- ½ cup dried berries

Directions:

1. In large bowl, stir together oats, almonds, coconut, pumpkin seeds, sunflower seeds and pecans.
2. Season nut mixture with cinnamon and salt; set aside.
3. Add butter to oven-safe dish and melt on 3-inch rack at 350°F for 2-4 minutes, pausing to stir butter as needed.
4. Remove dish from Oven and mix in vanilla.
5. Pour butter mixture over nut mixture and stir until well coated.
6. Line 3-inch rack with parchment paper.
7. Spread granola onto 3-inch rack in even, thin layer.
8. Bake at 250°F for 15 minutes, until golden brown and crisp.
9. Let granola cool and toss with dried fruit.

Tip: Do not over bake. The granola will crisp more as it cools.

Tip: Granola may be stored in an airtight container at room temperature for up to 1 week.

Tip: Pine nuts or walnuts can be used as substitutes or additions.

NuWave Spiced Nuts

Yield: 2 cups

- 2 tablespoons butter
- ¼ cup light brown sugar
- 2 tablespoons water
- ¼ teaspoon ground cumin
- ¼ teaspoon cayenne
- ¼ teaspoon ground cinnamon
- ½ teaspoon salt
- 2 cups mixed nuts

Directions:

1. Place butter in oven-safe dish and melt on 3-inch rack at 350°F for 1-2 minutes.
2. Transfer melted butter to mixing bowl and whisk in brown sugar until incorporated.
3. Add remaining ingredients to bowl and toss to coat well.
4. Line 3-inch rack with parchment paper.
5. Place nuts on 3-inch rack and roast at 350°F for 10 minutes.
6. Remove nuts from Oven and allow them to rest for about 10 minutes, until sugar has hardened.

Tip: Use a mix of walnuts, pecans, hazelnuts and almonds in any combination you choose.

Tip: This is a great recipe for trail mixes, ice cream toppings, holidays, parties and gifts.

Tip: Store in an airtight container.



Tips for Pizza

To cook a regular crust frozen pizza, place the pizza upside down inside the NuWave Silicone Pizza Liner and then cook according to directions. You can also use parchment paper instead of the Silicone Pizza Liner. To finish, flip the pizza so it is cheese side up and cook for an additional 3-5 minutes, until the cheese melts.

- **Thin Crust**

Cook on 3-inch rack at 350°F for 8-12 minutes upside down, and right side up for 3-4 minutes.

- **Regular Crust**

Cook on 3-inch rack at 350°F for 15-20 minutes upside down, and right side up for 5-7 minutes.

- **Thick Crust**

Cook on 3-inch rack at 350°F for 22-26 minutes upside down, and right side up for 5-7 minutes.

- **Deep Dish**

Cook on 3-inch rack at 350°F for 30 minutes upside down, and right side up for 15 minutes.



Italian Pizza Burger

Serves: 5-6

- ½ cup pizza sauce, divided
- 1 egg, beaten
- ½ cup dry breadcrumbs
- 2 teaspoons onion, dried & minced
- ½ teaspoon dried oregano
- ¼ teaspoon salt
- ⅓ teaspoon pepper
- 1½ pounds ground beef
- 3 slices Mozzarella cheese, cut into half moons
- 6 Kaiser rolls, cut into half moons

Directions:

1. In bowl, mix egg, breadcrumbs, onion, oregano, salt, pepper and ground beef.
2. Form beef mixture into ½-inch thick patties.
3. Place patties on 3-inch rack and cook at 350°F for 7-8 minutes.
4. Flip burgers and cook at 350°F for additional 4 minutes.
5. Add cheese to burgers and cook for 1 minute.
6. Assemble burgers by placing each on bottom roll, pizza sauce on top and top roll.

Goat Cheese Pizza

Serves: 1-2

- 1 (8 – 10-inch) pizza crust, pre-baked
- 3 tablespoons tomato sauce
- 1 tablespoon basil, freshly chopped
- 2 ounces goat cheese, crumbled
- 2 ounces four cheese Italian blend, crumbled

Directions:

1. Cook crust on 3-inch rack at 350°F for 5 minutes.
2. Spread sauce, cheese and basil onto crust.
3. Cook at 350°F for 8-10 minutes.

Gorgonzola Pizzettas

Serves: 4

- 4 (7-inch) flatbreads or pita breads
- 1½ cups part-skim Ricotta cheese
- 16 grape or cherry tomatoes, halved
- ¼ cup sliced basil
- ½ cup Gorgonzola cheese, crumbled

Directions:

1. Place 1 pita on 3-inch rack.
2. Top pita with tomatoes, basil and cheese.
3. Cook on 350°F for 8-10 minutes.
4. Repeat for remaining pita.

Tip: Get creative and add broiled shrimp, chicken or other vegetables.

Mexican Pizza

Serves: 1

- 1 (8-9-inch) flour tortilla
- 2 tablespoons tomato sauce
- ½ teaspoon taco seasoning or Mexican spice blend
- ⅓ cup fresh scallions, chopped
- ½ cup shredded Cheddar cheese
- Jalapeño peppers to taste

Directions:

1. Place tortilla on 3-inch rack.
2. Mix sauce together with spice blend and spread onto tortilla.
3. Arrange jalapeños and scallions over sauce.
4. Top with cheese.
5. Cook at 350°F for 8-10 minutes.

Pizza Boats

Serves: 3-4

4 (6-inch long) slices French bread
 ¾ cup pizza sauce
 ½ cup Parmesan cheese, grated
 4 slices provolone or Mozzarella cheese

Directions:

1. Spray bread with oil and add pizza sauce.
2. Place bread on 1-inch rack and toast at 350°F for 6 minutes.
3. Add cheese and any desired toppings.
4. Cook at 350°F for 8-10 minutes, or until cheese is melted and slightly browned.

Tip: Replace French bread with English muffins.

Tip: Change up the flavor by adding sliced pepperoni, mushrooms, black olives, chopped bell peppers, etc.

Calzones

Serves: 2

1 tube refrigerated pizza dough
 1 cup Mozzarella or Monterey Jack cheese, shredded
 ½ cup premade spaghetti sauce
 ¾ pound cooked Italian sausage or pepperoni
 ⅓ cup onions, diced
 ⅓ cup tomatoes, diced

Directions:

1. Roll dough and cut into 2 (6-inch) disks.
2. Spray 2 (10-inch) square aluminum foil sheets with oil and lay dough onto foil.
3. Place remaining ingredients in equal amounts onto each disk.
4. Fold over to form half moon shaped packets.
5. Wrap in foil and place on 1-inch rack.
6. Cook at 350°F for 10-12 minutes per side, or until the crust is crispy and brown.

Tip: If made in advance and frozen, add 3-4 minutes to cooking time.

Mini Spinach Calzones

Serves: 12

1 (5-ounce) package frozen spinach, thawed and well-drained
 1 (4-ounce) package reduced-fat cream cheese, softened
 3 tablespoons Parmesan cheese, grated and divided
 2 tablespoons green onion, chopped
 ¼ teaspoon ground black pepper
 1 (13.8-ounce) package refrigerated pizza dough
 1 egg white
 1 tablespoon water
 Non-stick cooking spray

Directions:

1. Spray 1-inch rack with non-stick spray.
2. Stir together spinach, cream cheese, 2 tablespoons Parmesan cheese, green onion and pepper in medium bowl; set aside.
3. Unroll pizza dough on lightly floured surface.
4. Roll dough into 15-inch square.
5. Using pizza cutter or sharp knife, cut dough into 25 (3-inch) squares.
6. Spoon filling by teaspoonful onto each square.
7. In small bowl, whisk together egg white and water.
8. Lift corner of each square and stretch dough over to opposite corner, making a triangle.
9. Press edges together with fork tines.
10. Arrange calzones on prepared 1-inch rack.
11. Prick calzones with fork.
12. Brush calzones with egg white mixture.
13. Cook at 350°F for 12 minutes or until browned.

Tip: If prepared in advance and frozen, add 3-4 minutes to cooking time.

Pita Pizza

Serves: 1

1 package (8-9-inch) soft pita bread
 2 tablespoons tomato sauce
 ¼ cup parsley, freshly chopped
 6-8 slices pepperoni
 ½ cup shredded Mozzarella cheese

Directions:

1. Place pita on 3-inch rack and spread tomato sauce on top.
2. Top with parsley and pepperoni.
3. Sprinkle cheese over pita.
4. Cook at 350°F for 8-10 minutes.



BBQ Chicken Pizza

Serves: 4

Ingredients:

- 1 (12-inch) thin pizza crust
- 3 boneless chicken breasts, cooked and cubed
- 1 cup barbecue sauce
- 1 tablespoon honey
- 1 teaspoon molasses
- $\frac{1}{3}$ cup brown sugar
- $\frac{1}{2}$ bunch fresh cilantro, chopped
- 1 cup smoked Gouda cheese, shredded
- 1 cup thinly sliced red onions

Directions:

1. Place crust on 3-inch rack upside down and bake at 350°F for 8 minutes.
2. Flip crust.
3. Combine all remaining ingredients in bowl and mix until combined.
4. Top pizza crust with chicken mixture and spread evenly.
5. Bake pizza at 350°F for 8-10 minutes, until cheese has melted.

Tip: Use hickory flavored barbecue sauce for the best flavor.

Margherita Pizza

Yield: 6 slices

Ingredients:

- 1 (12-inch) thin pizza crust
- 1 tablespoon extra-virgin olive oil
- 2 garlic cloves, finely chopped
- 4 ounces mozzarella cheese, shredded
- 2 small tomatoes, thinly sliced
- Salt and pepper to taste
- 3-4 large basil leaves, cut into strips
- Parmesan cheese (optional)
- Crushed red pepper flakes to taste (optional)

Directions:

1. Drizzle olive oil onto pizza crust.
2. Place crust on 3-inch rack upside down and bake at 350°F for 8 minutes.
3. Flip crust and top with garlic.
4. Spread mozzarella evenly onto crust.
5. Top crust with tomatoes and season with salt and pepper.
6. Bake pizza at 350°F for 8 minutes, until cheese has melted.
7. Top with basil and serve with Parmesan and crushed red pepper.



Tips for Vegetables

Glass, oven-safe dishes are denser than metal, foil and silicone. Metal and foil also reflect heat so this will heat faster than glass, which absorbs heat. Silicone will absorb the heat instead of reflect, however it is thinner than oven-safe glass, so silicone will decrease the cooking time compared to an oven-safe glass dish.

Keep in mind that cooking times may vary by several minutes depending on the size of the vegetables.

Always select the freshest produce. Always wash vegetables thoroughly.

Different types of cooking vessels will affect cooking times in different ways. Foods cooked in denser dishes require longer cooking times. Foods cooked in larger, shallow dishes require shorter cooking times. Foods cooked in deeper dishes require longer cooking times.



Mexican Elote

Serves: 2-4

4 ears of corn
 ¼ cup melted butter
 ¼ cup mayonnaise
 ½ cup Cotija cheese or Queso Fresco, grated
 Chili powder or paprika to taste
 Salt & pepper to taste
 4 lime wedges (optional)

Directions:

1. Place corn on 3-inch rack and roast at 350°F for 7-8 minutes per side.
2. Remove corn and immediately pour butter on each ear.
3. Spread mayonnaise on corn.
4. Sprinkle corn with cheese, chili powder, salt and pepper to taste.
5. Serve with lime wedges.

Haricots Almondine

Serves: 6-8

12 ounces French green beans, trimmed and rinsed
 2 tablespoons olive oil
 ¼ cup lemon juice
 ½ cup almonds, sliced
 2 tablespoons butter, melted
 1 cup crispy fried onion ringlets

Directions:

1. Place green beans in 8x8-inch oven-safe dish and place dish on 1-inch rack.
2. Drizzle oil and lemon juice over beans.
3. Cook at 350°F for 8-10 minutes.
4. Top beans with almonds and onions.
5. Cook at 350°F for additional 3-4 minutes.
6. Serve immediately.

Zucchini & Onions Au Gratin

Serves: 2-4

1 large yellow onion, cut into ½-inch pieces
 1 medium zucchini, cut into ½-inch slices
 1 tablespoon olive oil
 ½ cup Cheddar cheese, shredded
 Salt & pepper to taste

Directions:

1. Place onion in liner pan and drizzle with olive oil.
2. Cook at 350°F for 10-11 minutes, stirring halfway through cooking process.
3. Layer zucchini onto onions.
4. Season with salt and pepper.
5. Cook at 350°F for 4-5 minutes.
6. Sprinkle with cheese and cook at 350°F for additional 2 minutes.



Asparagus with Parmesan Crust

Serves: 6

1 pound asparagus
1 tablespoon extra virgin olive oil
1 ounce Parmesan cheese, shaved
¼ cup balsamic vinegar
Black pepper to taste

Directions:

1. Wash and trim asparagus.
2. Toss asparagus in olive oil and place on 3-inch rack.
3. Sprinkle cheese on asparagus and cook at 350°F for 7-8 minutes.
4. Drizzle balsamic vinegar over asparagus and enjoy.

Tip: Cooking time may vary depending on the size of the vegetables.



Sweet Potato Casserole with Streusel Topping

Serves: 4-6

4 sweet potatoes
⅓ cup and 3 tablespoons butter
½ cup sugar
½ cup brown sugar
2 eggs, slightly beaten
½ teaspoon salt
1 teaspoon vanilla
¼ cup and 1 teaspoon flour
¼ cup pecans, chopped

Directions:

1. Place sweet potatoes on 3-inch rack and cook at 350°F for 40 minutes.
2. Let sweet potatoes cool for about 15 minutes.
3. Peel sweet potatoes.
4. Place them in medium bowl and mash.
5. Add ⅓ cup butter, sugar, eggs, salt, vanilla and flour; mix well.
6. Place mixture in 1½-quart casserole dish.
7. Place dish on 1-inch rack and bake at 350°F for 20-22 minutes.
8. Combine ¼ cup flour, 3 tablespoons butter, brown sugar and pecans; mix well.
9. Remove dome and stir casserole.
10. Spread streusel topping on casserole.
11. Continue to bake for additional 12 minutes.

Artichoke Feta Tortilla Wraps with Chive Sauce

Yield: 24 Rolls

1 (14-ounce) can artichoke hearts, drained and finely chopped
½ cup cream cheese
3 green onions, thinly chopped
⅓ cup Parmesan or Romano cheese, grated
¼ cup Feta cheese, crumbled
3 tablespoons pre-made pesto
8 (8-inch) whole tortillas
1 (7-ounce) jar sweet red peppers, drained and cut into strips
1 (8-ounce) carton plain fat-free yogurt
1 tablespoon chives, roughly chopped

Directions:

1. Coat 8x8-inch silicone pan with cooking spray; set aside.
2. In large bowl, stir together artichoke hearts, cream cheese, green onions, Parmesan cheese, Feta cheese and pesto.
3. Place 2 tablespoons filling onto each tortilla.
4. Top with red pepper strips and roll up.
5. Arrange rolls in prepared baking dish. If desired, lightly coat rolls with cooking spray.
6. Place silicone pan on 3-inch rack cook at 350°F for 10-12 minutes, or until heated through.
7. While wraps are cooking, mix yogurt and chives in separate bowl; set aside.
8. Once cooked, cut each roll into thirds and arrange on serving platter.
9. Serve with yogurt and chive sauce.

Stuffed Peppers with Tofu

Serves: 4

1 cup brown rice
1 (12-ounce) package extra firm tofu, drained and diced
1¾ cups marinara sauce, divided
Salt & pepper to taste
4 bell peppers, ¼ tops cut off and seeds removed
2 cups Mozzarella cheese, shredded and divided
8 (½-inch) slices tomato

Directions:

1. Cook brown rice per package directions.
2. Arrange peppers in baking dish.
3. Using wooden spoon or spatula, press ¼ cup rice into each pepper half.
4. Layer with marinara sauce and 1 cup Mozzarella cheese.
5. Press 3 tablespoons tofu into pepper halves.
6. Place 1 tomato slice on each pepper.
7. Top peppers with remaining cheese.
8. Place baking dish on the 1-inch rack.
9. Cover and bake at 350°F for 18 minutes.
10. Uncover and bake at 350°F for 2-3 minutes or until tops are brown.

Tip: If cheese becomes too brown, tent with foil or parchment paper.

Tip: You can also place remaining cheese on the last 4 minutes of baking.

Tip: If you want to add meat to this dish, simply add ½ pound cooked and crumbled Italian sausage.

Roasted Spaghetti Squash

Serves: 4-5

- 1 spaghetti squash, cut in half crosswise and seeds removed
- 2 teaspoons sugar
- 2 teaspoons salt
- Extra-virgin olive oil as needed

Directions:

1. Prepare squash; set aside.
2. Drizzle with olive oil.
3. Evenly divide sugar and salt between both halves.
4. Bake spaghetti squash on 1-inch rack at 350°F for 25 minutes.
5. To assemble, use fork to gently remove stands.
6. Transfer to serving platter.
7. Drizzle with olive oil for garnish.

Tip: Cut ¼-inch thick sliver off end of the spaghetti squash so it can stand upright.

Tip: Pour a small amount of olive oil, about ¼ teaspoon, in the bulb of the squash. Using your finger, spread the oil along the stem and around the bulb. Pour off any remaining oil.

Tip: Depending on the size of the squash, you may have to bake in batches.

Tip: Hold spaghetti squash warm on serving platter with foil.

Roasted Asparagus

Serves: 4

- 1 pound trimmed asparagus
- 2 tablespoons extra-virgin olive oil
- ½ teaspoon kosher salt
- ½ teaspoon black pepper

Directions:

1. Toss trimmed asparagus in olive oil, salt and pepper.
2. Place asparagus on 3-inch rack.
3. Roast at 350°F for 6-8 minutes.

Roasted Vegetables Sandwich

Serves: 4

- 1 cup plain fat-free Greek-style yogurt
- 1½ tablespoons tahini
- 1 tablespoon fresh lemon juice
- ½ teaspoon ground cumin
- 1 teaspoon garlic, minced
- ½ teaspoon salt, divided
- 3 tablespoons olive oil
- ½ teaspoon Spanish smoked paprika
- 12 large button mushrooms
- 2 tomatoes, halved horizontally
- 1 (1½-pound) eggplant, cut lengthwise into 8 wedges
- 1 head of radicchio, quartered
- 1 medium onion, quartered
- ¼ teaspoon black pepper
- Fresh parsley, chopped (optional)
- 4 Kaiser Rolls

1. Combine yogurt, tahini, lemon juice, cumin, garlic and ¼ teaspoon salt in bowl and stir with whisk; set aside in refrigerator.
2. Combine oil and paprika in separate bowl.
3. Brush oil mixture evenly over mushrooms, tomatoes, eggplant, radicchio and onion.
4. Grill vegetables at 350°F on 1-inch rack for 18-20 minutes.
5. Stir vegetables halfway through cooking process.
6. Place vegetables on platter; sprinkle with chopped parsley if desired.
7. Add sauce and serve with Kaiser rolls or Greek pita bread.

Roasted Herb Potatoes

Serves: 6

- 2 pounds small new potatoes
- 2 tablespoons olive oil
- 1 tablespoon salt
- ½ teaspoon black pepper
- 2 tablespoons fresh rosemary, coarsely chopped
- 4 cloves garlic, thinly sliced

Directions:

1. Cut potatoes into 1-inch pieces (if potatoes are small, leave whole).
2. Place in large bowl and toss with olive oil, salt, pepper, herbs and garlic.
3. Place potatoes on 3-inch rack and cook at 350°F for 20-22 minutes.
4. Pause halfway through cooking process and turn potatoes.
5. Finish cooking process by hitting Start Button.

Tip: You can use 1 teaspoon of your favorite dried herb.

Roasted Garlic Mushrooms

Serves: 4

- 2 (8-ounce) packages crimini or button mushrooms, quartered
- 3 tablespoon olive oil
- 3 cloves garlic, finely chopped
- 2 tablespoons fresh thyme, chopped
- Salt and freshly ground black pepper to taste

Directions:

1. Place all ingredients in mixing bowl and toss well.
2. Pour mushrooms directly into liner pan and roast at 350°F for 20 minutes.

Tip: Save time by preparing the mushrooms ahead of time and store in a 1.4-quart NuWave Flavor-Lockers Container until ready to cook.

Roasted Butternut Squash

Serves: 4-5

- 1 butternut squash, cut in half lengthwise and seeds removed
- 2 teaspoons sugar
- 2 teaspoons salt
- Extra-virgin olive oil as needed

Directions:

1. Prepare squash; set aside.
2. Drizzle with olive oil.
3. Evenly divide sugar and salt between both halves.
4. Bake butternut squash on 1-inch rack at 350°F for 35 minutes.
5. To assemble, medium dice cooked squash.
6. Transfer to serving platter.
7. Drizzle with olive oil for garnish.

Tip: Pour a small amount of oil, about ¼ teaspoon, in the bulb of the squash. Using your finger, spread the oil along the stem and around the bulb. Pour off any remaining oil.

Tip: Depending on the size of the squash, you may have to bake in batches.

Tip: Hold spaghetti squash warm on serving platter with foil.

Roasted Cauliflower, Chickpeas & Olives

Serves: 4-6

- 5½ cups cauliflower florets
- 1 cup Spanish green olives, pitted
- 8 cloves garlic, coarsely chopped
- 1 (15-ounce) can chickpeas (garbanzo beans), rinsed and drained
- 3 tablespoons olive oil
- ½ teaspoon crushed red pepper
- ¼ teaspoon salt
- 3 tablespoons fresh flat leaf parsley

Directions:

1. Toss all ingredients in large bowl and mix evenly to coat.
2. Place ingredients in liner pan.
3. Roast at 350°F for 20-22 minutes.

Stuffed Baked Potatoes with Bacon

Serves: 6

6 medium baking potatoes, washed and dried
1 cup milk, slightly heated
1 cup sharp Cheddar cheese, grated
3 tablespoons butter or margarine
Salt & pepper to taste
2 tablespoons green onions, chopped
6 slices bacon, fried and crumbled

Directions:

1. Punch holes in potatoes with fork.
2. Bake potatoes on 1-inch rack at 350°F for 35-45 minutes.
3. Remove potatoes from oven and cool for about 15 minutes, until you can handle them comfortably.
4. Slice off top of each potato and scoop out inside.
5. Mash well. Add butter, cheese, salt, pepper and milk; mix thoroughly.
6. Spoon potato mixture back into potato skins.
7. Bake on 1-inch rack at 350°F for 6-8 minutes.
8. Garnish with bacon and green onions.

Tip: Cook bacon on 3-inch rack at 350°F for 5-6 minutes per side.

Tip: Larger potatoes will take longer.

Parmesan Basil Tomatoes

Serves: 4

4 red tomatoes
2 tablespoons Parmesan cheese, grated
3 tablespoons fresh basil, chopped
2 tablespoons olive oil
Cracked black pepper to taste

Directions:

1. Trim top third from tomatoes just to remove vine pit.
2. Trim thin slices from bottoms so tomatoes can stand upright.
3. Mix remaining ingredients together.
4. Divide mixture evenly into tomatoes.
5. Place tomatoes on foil on 3-inch rack.
6. Cook at 350°F for 8-10 minutes, or until cheese bubbles and tomatoes are warm.

Double Stuffed Cheesy Potatoes

Serves: 4

4 russet potatoes, thoroughly washed
2 tablespoons butter
½ teaspoon salt
¼ teaspoon pepper
¼ cup sour cream
½ cup Cheddar cheese, shredded and divided

Directions:

1. Cook potatoes on 3-inch rack at 350°F for 35-45 minutes.
2. Cool potatoes for 15 minutes, or until you can handle them comfortably.
3. Cut potatoes in half, lengthwise.
4. Carefully scoop centers into medium bowl, leaving a durable shell.
5. Smash scooped potato centers.
6. Add butter, salt, pepper, sour cream and ¼ cup cheese; stir with spoon.
7. Fill each potato shell with filling in equal amounts.
8. Place on 1-inch rack and cook at 350°F for 8-10 minutes.
9. Sprinkle with remaining cheese and bake at 350°F for additional 1-2 minutes.

Ricotta Spinach Rolls

Serves: 4-6

8 lasagna noodles, cooked and drained
1 medium onion, finely chopped
2 cloves garlic, minced
1 tablespoon butter
3 cups tomato sauce
1 teaspoon oregano
½ teaspoon thyme leaves
½ teaspoon basil
¼ cup mushrooms, chopped (optional)
1 (10-ounce) package frozen chopped spinach
1 cup Ricotta or cottage cheese
2 tablespoons Parmesan cheese
Dash black pepper

Directions:

1. Prepare noodles as per directions on package.
2. Sauté onion and garlic in butter until vegetables are tender.
3. Add tomato sauce, seasonings, mushrooms and simmer for 7-8 minutes or until it starts to bubble; set aside.
4. Cook spinach according to package directions. Drain and squeeze out excess water.
5. Blend together spinach, cheeses and pepper.
6. Place spinach mixture evenly at one end of each noodle.
7. Roll each noodle and place on its side in lightly greased liner.
8. Cover noodles with prepared sauce.
9. Bake at 350°F for 15-20 minutes or until heated through.



Twice Baked Sweet Potatoes

Serves: 4

- 1-2 tablespoons olive oil
- 5 medium sweet potatoes (6-8 ounces each)
- 2 tablespoons brown sugar
- 2 tablespoons cream
- 2 tablespoons unsalted butter, melted

Directions:

1. Rub potatoes with olive oil and place on 3-inch rack.
2. Bake potatoes at 350°F for 45 minutes.
3. Slice cooked potatoes in half lengthwise.
4. Working over large bowl, scoop flesh from each half, leaving ½-inch layer inside each skin, except 1.
5. Scoop out all of the filling from remaining potato skin to ensure you have enough mixture to fill all potatoes.
6. Add brown sugar, cream and melted butter to bowl and stir until sweet potato mixture is smooth.
7. Spoon mixture back into 4 reserved skins and place on 3-inch rack.
8. Bake at 350°F for 10-15 minutes.

Tip: Potato filling will be extremely hot so use caution when mixing.

Tip: For crumbled bacon topping, cook 4 slices of bacon ahead of time on the 3-inch rack at 350°F for 6 minutes per side. Drain, cool and crumble.

Tip: For toasted chopped nut topping, toast nuts in a baking pan on 3-inch rack at 350°F for 3-4 minutes or until golden brown. Chop and sprinkle on top.

Lemony Roasted Potatoes with Oregano

Serves: 4

- 1 teaspoon dried oregano, crumbled
- Salt to taste
- Freshly ground black pepper to taste
- 2 pounds small yukon gold potatoes, cut into wedges
- 1 lemon, thinly sliced
- 2 tablespoons extra-virgin olive oil

Directions:

1. Combine oregano, salt and pepper in large bowl.
2. Toss potatoes in olive oil to coat well.
3. Season potatoes with dry ingredients and toss to coat well.
4. Spread potatoes and lemons onto 3-inch rack.
5. Roast at 350°F for 15 minutes, pausing to flip potatoes halfway through.
6. Transfer to serving bowl and serve immediately.



Broccoli & Cauliflower Gratin

Serves 6-8

- 1 cup Italian-seasoned breadcrumbs
- 2 tablespoons olive oil
- 2 (16-ounce) packages fresh broccoli and cauliflower florets
- 1½ cups mayonnaise
- 1 cup shredded Cheddar cheese
- 1 cup shredded mozzarella cheese
- 4 green onions, sliced
- 2 tablespoons Dijon mustard
- ¼ teaspoon cayenne

Directions:

1. In medium dish, toss breadcrumbs with olive oil until slightly moistened; set aside.
2. Arrange florets in steamer basket over pot of boiling water.
3. Cover and steam vegetables for 6-8 minutes, or until tender, and drain well.
4. Arrange cooked florets in lightly greased oven-safe 2.5-quart baking dish.
5. Combine mayonnaise, cheese, onions, mustard and cayenne and spoon onto florets.
6. Sprinkle dish with breadcrumbs and place on 1-inch rack.
7. Bake at 350°F for 20-25 minutes, or until golden brown.

Tip: You can steam the broccoli and cauliflower using the NuWave PIC. Simply boil the water on Max/Sear.

Tip: If the breadcrumbs are browning too quickly, tent the dish with foil.

Tip: You can make this recipe healthier by using low fat mayonnaise and cheese.

Baked Caprese Casserole

Serves: 6-8

- 4 tablespoons olive oil, divided
- 1 cup breadcrumbs
- 1 (14-ounce) can whole plum tomatoes, peeled and drained
- 1 (14-ounce) can diced tomatoes, drained
- 2 tablespoon olive oil
- 2 cloves garlic, minced
- 8 (½ cup) mini fresh mozzarella balls, quartered
- 10 basil leaves, thinly sliced and divided
- 1 tablespoon melted butter
- Salt and pepper to taste
- 1 tablespoon Parmesan cheese, shredded

Directions:

1. In medium dish, toss breadcrumbs with 2 tablespoons olive oil until slightly moistened and set aside.
2. In large bowl, mix together remaining olive oil, along with all remaining ingredients.
3. Spread mixture evenly into 8x8-inch casserole dish.
4. Top with crumb mixture and place dish on 1-inch rack.
5. Bake at 350°F for 15 minutes.

Tip: Glass and heavy ceramic dishes increase cooking time. For best results use larger shallow casserole dishes which heat more thoroughly.

Roasted Winter Vegetables

Serves: 8-10

- 1 medium butternut squash, peeled & diced
- 2 medium red beets, scrubbed, peeled & diced
- 2 pounds baby potatoes, scrubbed & halved
- 2 large onions, cut into 1-inch wedges
- ½ cup olive oil
- Kosher salt and freshly ground black pepper to taste
- 1 pound Brussels sprouts, trimmed & halved
- 2 large parsnips, peeled & cut into 1-inch pieces
- 1 tablespoon finely chopped rosemary
- 1 tablespoon finely chopped thyme
- 1 tablespoon paprika
- 2 tablespoon parsley

Directions:

1. Mix all vegetables together in large bowl and toss with oil and seasoning.
2. Transfer vegetables directly to liner pan and roast at 350°F for 50 minutes.

Tip: Beets can bleed into other vegetables. If you want to prevent this, mix the beets in a separate bowl and add them to the edges of the liner pan

Spring Bacon Succotash

Serves: 4-6

- 1 slice thick-cut bacon, diced
- 3 tablespoons butter, divided
- ¼ cup shallots, diced
- 2½ cups corn, fresh off the cob
- 1½ cups lima beans, drained
- ¼ cup vegetable stock
- ¼ cup heavy cream
- 3 sprigs thyme, tied together with butchers twine
- ¼ tomato, diced
- Salt and pepper to taste

Directions:

1. Mix all ingredients together and transfer directly to liner pan.
2. Cook at 350°F for 6 minutes.
3. Stir succotash and cook at 350°F for additional 6 minutes.
4. Season with salt and pepper to taste and serve.

Tip: Fresh lima beans yield a better flavor, but frozen lima beans can be used as well.

Gratin Dauphinois

Serves: 6

- 6 cups small red potatoes, washed and thinly sliced
- ½ cup white onion, finely diced
- 2 cloves garlic, finely minced
- 4 tablespoons butter
- ½ cup Parmesan cheese, shredded
- ½ cup heavy cream
- 3 tablespoons fresh parsley, finely chopped
- Salt & pepper to taste

Directions:

1. Wash, slice, and place potatoes in bowl.
2. Add onion and cheese to potatoes.
3. In 10-inch baking pan, layer potato mixture so that entire baking pan is covered.
4. In sauce pan, heat butter, cream, salt and pepper; pour mixture over potatoes.
5. Gently shake baking pan to release any bubbles.
6. Place pan on 1-inch rack and cook at 350°F for 35-45 minutes.
7. Let pan sit for 2 minutes inside dome.

Tip: Substitute fresh parsley with 1½ tablespoons dried parsley.

Tip: If necessary, cover the dish with foil towards the end of the cooking process to prevent overbrowning.

Tip: Change the flavor by adding nutmeg and grated Gruyere cheese.

Eggplant, Zucchini & Tomato Tian

Serves: 6

- ½ cup fresh or dry breadcrumbs
- ½ cup Parmesan cheese, grated
- 2 tablespoons flat leaf parsley
- 1½ teaspoons fresh oregano, chopped
- 2 cloves garlic
- 1 small Japanese eggplant, cut diagonally into ¼-inch slices
- 2 medium zucchinis, cut diagonally into ¼-inch thick slices
- 2 large plum tomatoes cut into ¼-inch slices
- 1½ tablespoons extra-virgin olive oil, divided
- ¼ teaspoon kosher salt
- ¼ teaspoon black pepper
- ¼ cup vegetable stock or chicken

Directions:

1. In blender, blend breadcrumbs, cheese, garlic and herbs.
2. Layer eggplant, zucchini and tomatoes in tian.
3. Top with bread crumb mixture.
4. Pour stock over bread topping.
5. Bake at 300°F on 1-inch rack for 20 minutes.

Tip: Tian is a French word referring to a shallow cooking vessel. A glass, ceramic or silicone baking dish can also work well for this recipe.

Tip: Try to find eggplant, zucchinis, and plum tomatoes that all have the same diameter. This makes it easy to layer them in an even circle in the Tian.



Roasted Asparagus, Mushrooms & Potatoes

Serves: 2-3

- 10 stalks asparagus, woody ends of stalks broken
- 3 large portabello mushroom caps, woody stems removed
- 3 Yukon Gold potatoes, cut in crosswise in ¼-inch thick rounds
- ½ cup Parmesan cheese, grated
- 2 tablespoons fresh rosemary, roughly chopped
- Extra-virgin olive oil as needed
- Kosher salt & black pepper as needed

Directions:

1. Grab asparagus stalk and apply pressure to bottom. It will naturally snap where woody part ends.
2. Grab remaining asparagus and cut all ends at same length.
3. In large bowl, add asparagus, oil, salt and black pepper; toss to coat.
4. Place asparagus on 3-inch rack.
5. Brush off any dirt clinging to mushrooms.
6. Grasp stem and pull it free from cap with your thumbs.
7. Place portabello mushrooms on clean surface.
8. Lightly drizzle mushrooms with oil, salt and pepper; rub to coat.
9. Fill each cap with 2 tablespoons cheese.
10. Place caps on 3-inch rack, next to asparagus.
11. In same bowl, add potatoes, oil, salt, pepper and rosemary; toss to coat.
12. Place potatoes on 3-inch rack, next to asparagus and mushrooms.
13. Cook at 350°F for 26-28 minutes, pausing every 8 minutes to remove cooked vegetables.

14. Remove asparagus after 8 minutes. Remove mushrooms after 16 minutes. Cook potatoes for entire 24 minutes.
15. Hold vegetables in warm place, covered with foil, until all vegetables have cooked.

Tip: You can clean out the gills of the mushrooms by scraping it out using a tip of a spoon.

Tip: Use a small amount of olive oil because the mushrooms absorb it.

Tip: You can cut potatoes in any shape you choose. Keep in mind cooking times will vary depending on the cut size you use. They can be cut in wedges, halves or quarters.

Eggplant Parmesan Casserole

Serves: 4-6

- 1 large eggplant, outer skin removed and thinly sliced
- 1 tablespoon olive oil
- 1 cup Parmesan cheese, shredded
- 2-3 basil leaves, sliced
- 1½ tablespoons garlic, minced
- 1 large tomato, thinly sliced
- Dash sea salt
- 1 cup Mozzarella cheese

Directions:

1. Spread olive oil over 9-inch or 10-inch oven-safe baking pan.
2. Using at least 2 layers, layer all ingredients in order listed above.
3. Place dish on 1-inch rack and cook at 350°F for 18-22 minutes.
4. Let sit for 5 minutes. Serve in slices.

Corn Soufflé

Serves: 8

- 1 package cornbread mix
- 1 (15-ounce) can regular corn, drained
- 1 (15-ounce) can cream-style corn, drained
- 1½ cups Cheddar cheese, shredded
- 1 teaspoon salt
- 4 eggs, beaten
- ¼ cup sugar

Directions:

1. Mix all ingredients together.
2. Pour into 10-inch baking pan that has been sprayed with non-stick spray.
3. Place pan on 1-inch rack.
4. Cook at 350°F for 25-30 minutes.
5. When timer goes off, let soufflé sit inside dome for 2 minutes.
6. Serve and enjoy.

Tip: If you use a larger pan, you will need less cooking time.

Tip: If possible, use freshly sliced corn off of the cob.

Cheese Stuffed Tomatoes

Serves: 6

- 3 Roma tomatoes
- 1 cup Mozzarella cheese
- ½ cup Parmesan cheese
- 1 tablespoon fresh thyme
- 1 tablespoon fresh basil
- ¼ cup onion, chopped
- 1 tablespoon garlic, chopped
- ¼ teaspoon black pepper

Directions:

1. Cut thin slice off bottom of each tomato.
2. Cut ¾-inch slice off stem of each tomato.
3. Scoop out pulp, leaving ½-inch thick shell.
4. Arrange tomatoes right side up in single layer on 3-inch rack.
5. Mix remaining ingredients.
6. Distribute stuffing evenly and fill each tomato.
7. Bake at 350°F for 7-8 minutes.



Caramelized Onions

Serves: 4

- 1 (½-pound) Vidalia onion, halved and cut into slices
- 2 tablespoons extra virgin olive oil
- 3 tablespoons garlic cloves, minced
- 1 teaspoon brown sugar

Directions:

1. Place all ingredients in oven-safe baking dish.
2. Bake at 350°F on 3-inch rack for 8-10 minutes.

Parmesan Fries

Serves: 2-4

- 2 large baking potatoes, with ½ inch removed from each end
- ½ cup Parmesan cheese, grated
- Olive oil to taste
- Salt & pepper to taste

Directions:

1. Cut potatoes (rinsed in water then drained), lengthwise, into ½-inch fries.
2. Toss with olive oil, salt and pepper.
3. Lay fries onto 3-inch rack and cook at 325°F for 12-14 minutes, flipping halfway through cooking process.
4. Toss with cheese and serve.



Mixed Vegetable Casserole

Serves: 8

- 1 (15-ounce) can mixed vegetables, drained
- 1 (8-ounce) can water chestnuts, sliced and drained
- 1 cup sharp Cheddar cheese, grated
- 1 cup celery, finely chopped
- ¼ cup mayonnaise
- 1 small onion, finely chopped
- 20 Ritz® crackers, crushed
- 2 tablespoons melted butter

Directions:

1. In large bowl, mix vegetables, chestnuts, cheese, celery, mayonnaise and onion.
2. Transfer mixture to 10-inch greased baking pan or casserole pan that will fit into NuWave Oven.
3. Place pan on 1-inch rack and cook at 350°F for 15-17 minutes.
4. Combine crackers and butter.
5. 2 minutes before casserole is done, sprinkle with cracker mixture.
6. Continue to cook until brown.
7. Let casserole sit inside dome for 1-2 minutes before removing.

Broiled Zucchini Slices

Serves: 12

- 2 cloves garlic, minced
- 2 tablespoons olive oil
- 1 tablespoon fresh rosemary, roughly chopped
- ½ teaspoon black pepper
- ½ teaspoon salt
- 3 zucchinis or yellow squashes, cut lengthwise into ¼-inch slices

Directions:

1. In 9-inch fry pan, cook garlic in hot oil over Medium (275°F) heat for 30 seconds or until fragrant.
2. Stir in rosemary, pepper and salt.
3. Drizzle mixture over zucchini; toss to coat.
4. Arrange zucchini on 3-inch rack.
5. Cook at 350°F for 8-10 minutes per side.

Balsamic Glazed Carrots

Serves: 6

- 1 pound fresh carrots, washed and cut into thin round slices
- 2 tablespoons olive oil
- 1 teaspoon salt
- ½ teaspoon black pepper
- 2 tablespoons balsamic vinegar
- 1 tablespoon brown sugar

Directions:

1. Place all ingredients in bowl and add carrots.
2. Season with salt and pepper.
3. Place in oven-safe dish on 1-inch rack.
4. Cook at 350°F for 11-12 minutes.
5. Stir carrots and continue cooking at 350°F for 2 minutes.



Tips for Poultry

Poultry should be turned halfway through the cooking process for even browning. When adding your favorite dry seasonings to frozen poultry, lightly brush with oil or sprinkle cold water on it beforehand; this will allow seasonings to adhere.

Brush sauces onto fresh poultry so the seasonings bake right in.

To save time and to add extra flavor, marinate poultry in a sealed bag or container and freeze into separate servings. When ready to prepare, refer to the Quick & Easy Cooking Guide for appropriate cooking times.

To prevent poultry from browning too fast, place aluminum foil over the top. Be sure to secure the aluminum foil to the sides of the cooking rack or extend the aluminum foil outside of the oven. This will prevent the internal fan from blowing the aluminum foil around during the cooking process.

Turkey Tip: Start cooking the turkey, breast side down, for the first half of the cooking process. When you flip the turkey breast side up, if there are giblets inside the turkey, they should be thawed enough for easy removal at this time. During the last 20-30 minutes of the cooking process, stuff the cavity with your favorite stuffing and resume cooking.

Poultry: When completely cooked, white meat will be white; thigh meat near the bone will have no pink color, and the juices will run clear.

*Using a meat thermometer is essential for checking the internal temperature of the meat to ensure that it has been thoroughly cooked to 165°F.



Air-Fried Honey Ginger Crusted Chicken

Serves: 4

- 4 (4-ounce) boneless, skinless chicken breasts
- 1 tablespoon honey
- 1 tablespoon orange juice
- ½ teaspoon ground ginger
- ¼ teaspoon black pepper
- Dash red pepper flakes (optional)
- ¾ cup crushed corn flakes
- ½ teaspoon dried parsley flakes

Directions:

1. Spray shallow 10-inch baking pan with non-stick spray.
2. In small bowl, combine honey, orange juice, ginger, black pepper and red pepper flakes.
3. Brush mixture over chicken breasts.
4. Combine corn flakes and parsley and pat onto chicken.
5. Place chicken in prepared baking dish and place on 3-inch rack.
6. Cook at 350°F for 11-13 minutes per side.

Tip: If chicken is frozen, cook for 14-15 minutes per side.

Tip: Chicken is completely cooked when juices run clear.

Tip: These are approximate times. Actual time will vary, depending on the size of the chicken.

Italian-Style Chicken

Serves: 4-6

- 8 tablespoons olive oil, divided
- 1 teaspoon kosher salt
- 1 teaspoon cracked black pepper salt
- 1 (3-pound) whole chicken
- 2 tablespoons chopped rosemary
- 2 tablespoons chopped thyme
- 2 tablespoons chopped oregano
- 4 large cloves garlic, minced

Directions:

1. Rub chicken with 2 tablespoons olive oil, salt and pepper.
2. Run a chopstick or spatula handle between the skin and flesh of the chicken.
3. Mix rosemary, garlic, thyme, oregano and remaining olive oil in separate bowl.
4. Place herb mixture underneath chicken skin and massage chicken, ensuring herbs reach all parts of the chicken.
5. Place chicken, breast side down, on 1-inch rack and cook at 350°F for 30 minutes.
6. Turn chicken over and baste with juices from liner pan.
7. Cook at 350°F for additional 30 minutes.

BBQ Chicken

Serves 4

- 1 teaspoon hot sauce
- $\frac{1}{3}$ cup cider vinegar
- $\frac{1}{2}$ cup light brown sugar
- $\frac{1}{4}$ cup molasses
- 3 tablespoons Dijon mustard
- 3 garlic cloves, minced
- $\frac{1}{2}$ cup ketchup
- 1 whole (3-pound) chicken, cut into individual pieces
- 1 tablespoon vegetable oil plus extra for grates
- Salt and pepper to taste

Directions:

1. Combine first 7 ingredients in oven safe dish and mix to combine.
2. Place dish on 1-inch rack and cook at 350°F for 8 minutes.
3. In large bowl, toss chicken in sauce until thoroughly coated.
4. Place chicken pieces, skin side down, on 3-inch rack and cook at 350°F for 11-13 minutes.
5. Brush chicken with any extra sauce and return chicken, skin side up to 3-inch rack.
6. Cook chicken at 350°F for additional 11-13 minutes, or until internal temperature reaches 165°F.

Stuffed Chicken Roulade

Serves: 6

- 6 (6-ounce) boneless chicken breasts with skin
- Salt and freshly ground black pepper to taste
- 6 slices prosciutto ham
- 10 ounces frozen spinach, sautéed with garlic and drained
- 24 pieces sun-dried tomatoes
- 1 teaspoon chopped garlic

Directions:

1. Cut long piece of plastic wrap and wrap around cutting board, tucking sides underneath board.
2. Place chicken on covered board, skin side down and carefully slice each breast open without slicing through to make butterfly cut.
3. Season chicken with salt and pepper.
4. Cut another piece of plastic wrap to cover chicken breasts.
5. Pound chicken flat until each breast is a uniform size.
6. Lay 1 slice of ham on each breast.
7. Add 1 ounce spinach and 4 pieces sun-dried tomatoes to each breast.
8. Fold each end and roll chicken tightly.
9. Place rolled chicken on sheet tray and refrigerate for 1 hour until firm.
10. Transfer chicken to 3-inch rack and cook at 350°F for 25 minutes, flipping halfway through.
11. Remove chicken from Oven and slice into 4 thick pieces.

Dijon Herb Roasted Chicken Breast

Serves: 4

- 4 (5-ounce) chicken breasts, bone in, skin on
- 2 tablespoon Dijon mustard
- 1 tablespoon olive oil
- 4 sprigs parsley leaves, chopped
- 2 teaspoon garlic, chopped
- 1 teaspoon sugar
- 1 teaspoon red pepper flakes
- 2 teaspoon salt
- 1 teaspoon black pepper
- $\frac{1}{2}$ yellow onion, sliced

Directions:

1. Mix all ingredients, except chicken, together in large mixing bowl.
2. Add chicken and toss to coat
3. Transfer chicken and marinade to airtight container and refrigerate for 1-2 hours.
4. Place marinated chicken, skin side down on 3-inch rack.
5. Bake chicken breasts at 350°F for 11-13 minutes per side.
6. Let chicken rest for 3 minutes.
7. Serve over rice or potatoes.

Chicken Parmesan

Serves: 4

- 4 (5-ounce) chicken breasts
- 4 eggs
- 1 cup seasoned panko breadcrumbs
- 1 cup flour
- 1 tablespoon kosher salt
- $\frac{1}{2}$ tablespoon pepper
- 4 slices provolone cheese
- 1 (14-ounce) jar marinara sauce

Directions:

1. Place flour, eggs and breadcrumbs in individual dishes.
2. Add salt and pepper to flour for seasoning.
3. Dip chicken breasts into seasoned flour, then egg, and then into seasoned breadcrumbs.
4. Place chicken on 3-inch rack.
5. Bake chicken at 350°F for 13-15 minutes per side.
6. Top each chicken breast with provolone and cook at 350°F for 1-2 minutes, just until cheese has melted.
7. Smother chicken in marinara sauce and serve.



Creamy Chicken Breast with Mushrooms & Peppers

Serves: 1

- 1 (4 – 6-ounce) chicken breast
- 2 large mushrooms, sliced
- ½ bell pepper, cut into 1-inch pieces
- ½ cup sour cream
- Salt & pepper to taste

Directions:

1. Place chicken in oven-safe dish.
2. Add mushrooms and peppers alongside chicken.
3. Spread sour cream over all ingredients.
4. Season with salt and pepper.
5. Place dish on 3-inch rack and cook at 350°F for 11-13 minutes per side.

Tip: If chicken is frozen, cook for 14-15 minutes per side.

Breaded Chicken Breast

Serves: 1

- 1 cup seasoned breadcrumbs
- 2 tablespoons butter
- 1 egg, beaten
- 1 (4 – 6-ounce) boneless chicken breast
- 2 tablespoons parsley, chopped

Directions:

1. Place breadcrumbs in shallow oval dish.
2. Dip chicken in egg and roll in bread crumbs.
3. Place chicken on 3-inch rack.
4. Place butter on chicken and cook at 350°F for 11-13 minutes per side.
5. Sprinkle with parsley and serve.

Chicken Tenders with Wasabi Dipping Sauce

Serves: 4

- 3 (1-pound) boneless, skinless chicken breasts, cut crosswise into ½-inch strips
- ¾ cup white flour
- 1 teaspoon baking soda
- ½ cup Parmesan cheese
- ½ teaspoon garlic salt
- ½ teaspoon paprika
- ½ teaspoon black pepper
- 1 egg, slightly beaten
- 3 tablespoons extra-virgin olive oil
- ½ cup mayonnaise
- 2 teaspoons wasabi

Directions:

1. Spray 3-inch rack with non-stick cooking spray.
2. In 1-gallon food storage plastic bag, mix flour, baking soda, cheese, garlic salt and paprika.
3. Dip chicken strips into egg and place in bag.
4. Seal bag; shake to coat chicken.
5. Place chicken on 3-inch rack.
6. Repeat coating process until all chicken pieces are coated.
7. Drizzle olive oil over chicken.
8. Cook at 350°F for 12-14 minutes, turning chicken halfway through cooking process.
9. Let chicken rest for 1 minute before serving.
10. Mix mayonnaise and wasabi for dipping sauce.

Tip: If using thicker chicken, you will need to add a few more minutes per side.

Tip: For a spicier dipping sauce, add more wasabi. You can also use honey mustard or BBQ sauce.

Thai Chicken

Serves: 1

- 1 (4 – 6-ounce) chicken breast, cut into bite size pieces
- 2 tablespoons Thai green curry paste
- 2 tablespoons fresh ginger, grated
- 2 tablespoons garlic, minced
- 2 tablespoons olive oil
- ¼ cup raw coconut, unsweetened and shredded

Directions:

1. Mix all ingredients in shallow bowl.
2. Place chicken mixture on 3-inch rack.
3. Cook at 350°F for 11-13 minutes.
4. Stir and serve.

BBQ Chicken

Serves: 4

- 1 whole fryer chicken (2 breasts, 2 thighs, 2 wings, 2 legs)
- 1 cup BBQ sauce
- 2 tablespoons honey mustard
- 1 tablespoon soy sauce
- 1 tablespoon Worcestershire sauce
- 1 clove garlic, minced

Directions:

1. Place chicken pieces on 3-inch rack.
2. Mix remaining ingredients in bowl and baste onto chicken.
3. Grill at 350°F for 11-13 minutes per side.
4. When flipping chicken pieces, baste on remaining sauce.

Tip: If cooking from frozen, grill for 14-15 minutes per side.



Spicy Buffalo Chicken Sandwiches

Serves: 4

- 3 tablespoons butter, melted
- ½ cup buffalo-style hot sauce, divided
- 4 hoagie rolls, split
- 1 cup ranch dressing
- ½ teaspoon Creole seasoning
- 1½ cups carrots, matchstick cut
- 1½ cups celery, diagonally sliced
- ¼ cup onion, finely chopped
- 12 large deli-fried chicken strips (1¼ pounds)
- 1 (4-ounce) package Blue cheese, crumbled

Directions:

1. Stir together butter and 2 teaspoons hot sauce.
2. Brush butter mixture onto cut sides of rolls.
3. Place rolls cut side up in liner pan.
4. Stir together ranch dressing, 2-3 teaspoons hot sauce and Creole seasoning.
5. Add carrots, celery and onion; toss to coat.
6. Arrange chicken on bottom halves of rolls.
7. Drizzle remaining hot sauce onto rolls.
8. Layer chicken evenly with carrot mixture and cheese.
9. Top with remaining roll halves.
10. Cook at 300°F for 10-12 minutes
11. Serve with additional hot sauce.

Tip: You can change flavors by adding shredded Parmesan cheese, Swiss cheese or Blue cheese dressing.

Oven-Fried Chicken

Serves: 4

- ½ cup buttermilk
- 1 tablespoon Dijon mustard
- 2 cloves garlic, minced
- 1 teaspoon hot sauce
- 2-3½ pounds chicken, fresh, skin removed and cut into legs, breast, thighs and wings
- ½ cup all-purpose flour
- 1½ teaspoons paprika
- 1 teaspoon dried thyme
- 1 teaspoon baking powder
- ½ teaspoon salt (optional)
- ½ teaspoon pepper to taste
- Non-stick cooking spray

Directions:

1. Whisk butter, mustard, garlic and hot sauce in shallow glass dish until well blended.
2. Add chicken. Mix to make sure meat is thoroughly coated.
3. Cover and marinate in refrigerator for at least 30 minutes, or up to 8 hours.
4. Put flour, paprika, thyme, baking powder, salt and pepper in large sealable plastic bag.
5. Shaking off excess marinade, place one or two chicken parts at a time in bag; shake to coat.
6. Shake off excess flour mixture.
7. Place chicken parts on 1-inch rack that has been sprayed with cooking spray.
8. Cook chicken at 350°F for 13-14 minutes per side.

Tip: If you do not have buttermilk, try mixing 1 teaspoon vinegar for every 1 quart of the milk that you already have.

Cornish Game Hens with Artichokes & Potatoes

Serves: 4

- 2 tablespoons lemon juice
- 3 cloves garlic
- 2 tablespoons extra-virgin olive oil
- 1 teaspoon oregano
- 1 teaspoon thyme
- ½ teaspoon kosher salt
- ¼ teaspoon black pepper
- 2 cans artichoke hearts, drained
- 8 ounces small potatoes, quartered
- 2 (1½-pound) Cornish game hens, washed and dried with paper towel

Directions:

1. In large bowl combine lemon juice, garlic, oil, oregano, thyme, salt and black pepper.
2. Add artichoke hearts and potatoes; toss to coat.
3. Using slotted spoon, transfer artichokes to bowl.
4. With reserved marinade, brush game hens.
5. Twist wing tips under back.
6. Place hens on 1-inch rack and spread potatoes and artichokes around birds.
7. Cook at 350°F for 15-18 minutes per side (28-32 minutes per side if frozen).
8. Let hens rest for 5 minutes.
9. Cut hens down middle and serve with potato and artichokes.

Cilantro Garlic Chicken Breast

Serves: 6

- 6 (6-ounce) boneless, skinless chicken breasts
- 4 cloves garlic, peeled
- 1 small onion, peeled
- 1 cup loosely packed fresh cilantro leaves
- 1 tablespoon granulated sugar
- 1 tablespoon soy sauce
- 1 teaspoon black pepper
- ¼ cup lemon or lime juice

Directions:

1. Place one chicken breast between parchment paper sheets or on plastic wrap.
2. With meat pounder or rolling pin, flatten chicken to be about ½-inch thick.
3. Place chicken in large plastic bag. Repeat with remaining chicken breasts.
4. Using blender, finely chop garlic, onions and cilantro.
5. Blend in lemon juice, sugar, soy sauce and pepper.
6. Pour sauce over chicken.
7. Refrigerate for 1-4 hours.
8. Arrange chicken on 3-inch rack.
9. Cook at 350°F for 11-13 minutes per side.



Buttery Chicken Breast

Serves: 1

- 1 (4 – 6-ounce) boneless chicken breast
- 2 tablespoons butter
- 4 tablespoons parsley, chopped
- Salt & pepper to taste

Directions:

1. Place chicken in 8x8-inch silicone baking pan.
2. Add butter, parsley, salt and pepper to pan and place on 3-inch rack.
3. Cook at 350°F for 11-13 minutes per side.

Chicken Curry

Serves: 1

- 1 (4 – 6-ounce) chicken breast, cut into bite size pieces
- 1 scallion, cut into ½-inch pieces
- ½ green bell pepper, small diced
- 2 cloves garlic, minced
- 2 tablespoons fresh ginger, grated
- 1 tablespoon curry powder or paste
- ¼ cup sour cream
- 1 teaspoon coriander leaves, chopped
- Salt & pepper to taste

Directions:

1. Mix chicken, scallion, green pepper, garlic, ginger, curry, salt and pepper in small bowl.
2. Place chicken on 3-inch rack and cook at 350°F for 11-13 minutes.
3. Stir in cream and sprinkle with coriander and serve.

Caraway Duck with Raspberry Sauce

Serves: 2-3

- 1 whole duck (2 legs, 2 thighs, 2 wings, 2 breasts, all cut in half)
- 1 tablespoon caraway seed, crushed
- Salt & pepper to taste
- 1 pint fresh raspberries
- 1 tablespoon lime juice
- ¼ teaspoon ground ginger
- Cayenne pepper to taste
- Sugar to taste

Directions:

1. Using fork or knife, pierce skin of each duck piece several times.
2. Season duck on all sides with caraway.
3. Lay duck on 1-inch rack and cook at 350°F for 30-35 minutes per side, upside down first.
4. While duck cooks, purée raspberries in blender.
5. Using flexible spatula, push berries through mesh strainer to remove seeds.
6. Mix raspberry puree, lime juice, ginger and cayenne until well blended.
7. Add sugar as desired.
8. Simmer sauce on Low (100°F), being careful not to overcook.
9. Serve immediately with duck.

Tip: If you cook the sauce for too long, it will taste more like jam.

Nutty Breading Chicken Breast

Serves: 1

- 1 egg, beaten
- ½ cup pecans, ground
- 1 tablespoon wheat germ
- 1 teaspoon Italian seasoning blend, dried
- 1 (4 – 6-ounce) boneless chicken breast
- 2 tablespoons parsley, chopped
- Salt & pepper to taste

Directions:

1. Mix pecans, wheat germ and seasonings in shallow oval dish.
2. Dip chicken in egg and roll in nut mixture.
3. Place chicken on 3-inch rack and cook at 350°F for 11-13 minutes per side.
4. Sprinkle with parsley and serve.

Tip: You can substitute real eggs with ¼ cup egg substitute.

Low-Fat Crunchy Filled Chicken

Serves: 4

- 4 boneless chicken breasts
- 3 ounces low-fat Cheddar cheese, sliced
- 1 tablespoon Dijon mustard
- 1 cup corn flakes, crushed
- 1 teaspoon parsley flakes, dried
- ½ cup non-fat buttermilk

Directions:

1. Cut deep 2-inch slit into meaty portion of chicken.
2. Slice cheese into 4 portions and brush with mustard.
3. Place 1 cheese slice into each slit and secure with wooden toothpicks.
4. Combine cereal, seasoning and parsley.
5. Dip chicken into buttermilk and roll in cereal mixture.
6. Place chicken in 8x8-inch silicone baking pan.
7. Place pan on 1-inch rack and cook at 350°F for 27-29 minutes.

Tip: Save the leftover cornflakes from the bottom of the cereal box for this recipe to cut down on waste.



Cajun Marinated Chicken Breasts

Serves: 4

4 boneless, skinless chicken breasts
¼ cup olive oil
¼ cup dry white wine
½ orange, sliced
2 cloves garlic, minced
2 tablespoon Cajun seasoning
4 sprigs thyme
2 sprigs parsley
Salt & pepper to taste

Directions:

1. Mix all ingredients, except chicken, in bowl.
2. Add chicken to bowl and toss to coat.
3. Transfer chicken and sauce to airtight container.
4. Refrigerate chicken for 1-8 hours.
5. Discard parsley and orange slices and transfer chicken to 3-inch rack.
6. Cook at 350°F for 11-13 minutes per side.
7. Season chicken with salt and pepper and serve.

Chicken Curry Burgers

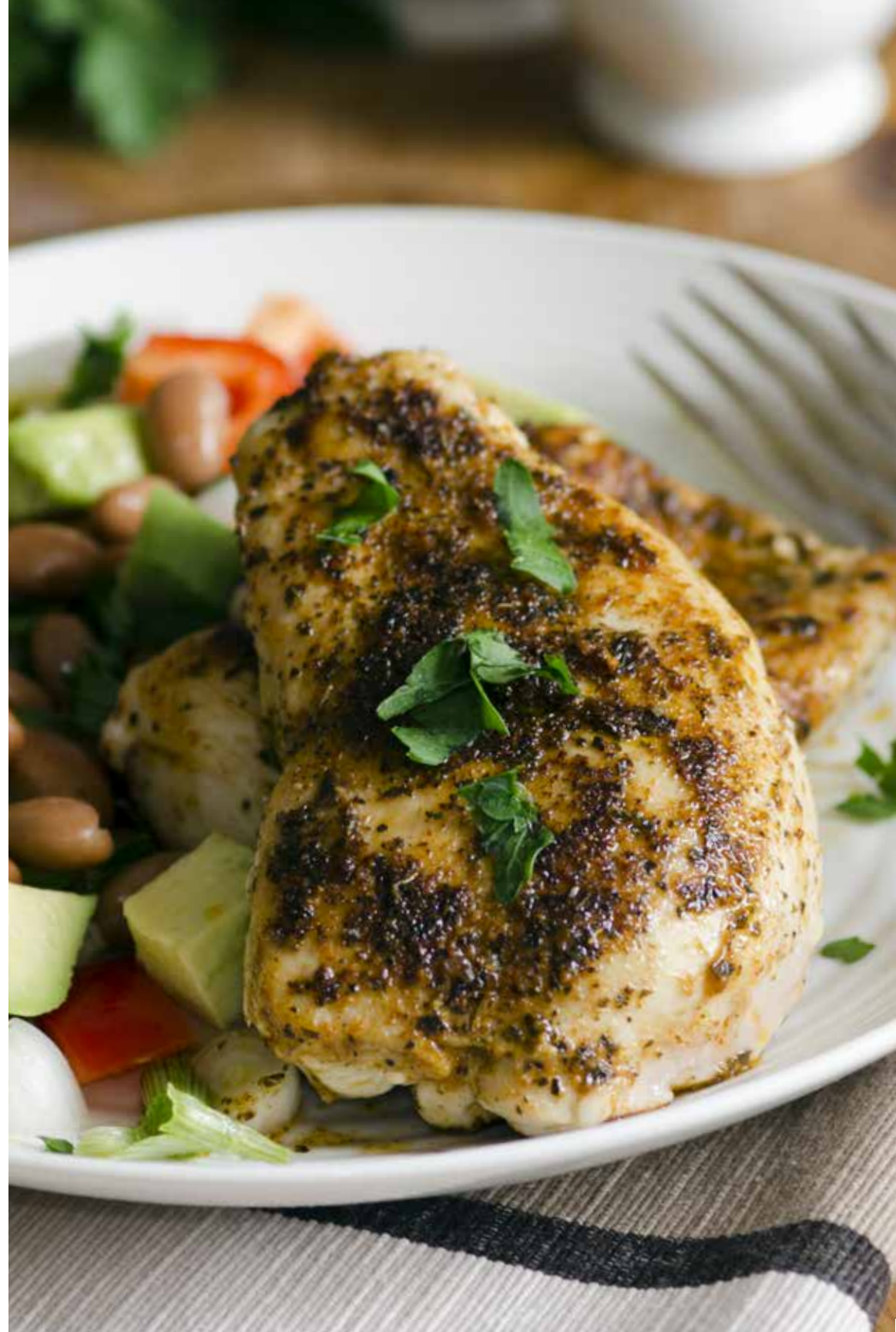
Serves: 4

2 tablespoons mild curry
½ cup scallions, sliced
¾ cup red bell pepper, chopped
1 tablespoon cilantro, chopped
2 pounds ground chicken
2 tablespoons ginger, minced
3 tablespoons mango chutney
1½ tablespoons Sriracha or chili sauce
Pinch salt and pepper

Directions:

1. Mix curry, scallions, red pepper, cilantro, ginger and ground chicken in mixing bowl.
2. Roll chicken mixture into 8-ounce patties.
3. Place patties on 3-inch rack and cook 350°F for 6-8 minutes per side.
4. Top each burger with chutney and Sriracha and serve.

Tip: Serve with black beans and rice for a complete meal.



Tips for Beef

Turning beef halfway through cooking time allows for even browning. To use your favorite dry seasonings on frozen meat, sprinkle cold water on it beforehand; this will allow seasonings to adhere.

Brush sauces on fresh meats to infuse flavors. Rub with olive oil to achieve maximum browning.

To save time, marinate in a sealed bag or container and freeze into separate servings.

For appropriate cooking times, refer to the Quick & Easy Cooking Guide.

* Using a meat thermometer is essential for checking the internal temperature of the meat.



Glazed Beef Ribs

Serves: 2

- 1 rack beef ribs, cut in half
- Salt & pepper to taste
- ½ cup orange marmalade
- 2 teaspoons Dijon mustard
- 1 teaspoon lemon juice
- 1 tablespoon Worcestershire sauce

Directions:

1. Mix marmalade, mustard, lemon juice and Worcestershire sauce together in bowl.
2. Baste ribs with sauce.
3. Place ribs on 1-inch rack and cook at 350°F for 20-25 minutes per side.
4. Let meat rest under dome for 5 minutes.

Tip: Bottled BBQ sauce may be substituted for glaze.

Tip: Melt marmalade by keeping it at room temperature for 30 minutes.

Honey Citrus Glazed Veal Chops

Serves: 4

- 3 tablespoons fresh lime juice
- 2 tablespoons fresh ginger root, grated
- ½ teaspoon lime zest
- 4 (8-ounce) veal rib chops, cut 1-inch thick

Directions:

1. Stir together lime juice, honey, ginger and lime zest in small bowl.
2. Place veal chops in glass dish.
3. Brush lime mixture onto veal.
4. Refrigerate for 1 hour, covered.
5. Place veal on the 3-inch rack, cook at 350°F for 12-15 minutes per side for fresh or 15-20 minutes for frozen.

Foolproof Standing Rib Roast

Serves: 6-8

- 1 (5-pound) standing rib roast, thawed
- 1 teaspoon onion powder
- 1 teaspoon kosher salt
- 1 teaspoon black pepper

Directions:

1. Rub roast with seasonings.
2. Place on 1-inch rack with rib side down.
3. Cook at 350°F for 15-17 minutes per pound for rare doneness.
4. Flip roast halfway through cooking process.
5. Let stand for 10 minutes before slicing.

Tip: For medium-rare doneness, cook for 17-19 minutes per pound.

Tip: For medium doneness, cook for 20-22 minutes per pound.

Tip: For well-done roast, cook for 27 minutes, or more, per pound.

London Broil

Serves: 1

- 1 (6-ounce) sirloin steak sliced, cut into ½-inch strips
- 2 large white mushrooms, sliced
- 1 tablespoon Worcestershire sauce
- 1 tablespoon butter
- Salt & pepper to taste

Directions:

1. Place all ingredients in shallow oven-safe dish.
2. Cook on 1-inch rack at 325°F for 15 minutes.

Grilled Cheeseburgers

Serves: 4

- 1 pound lean ground beef
- 1 tablespoon Worcestershire sauce
- 1 egg
- ½ cup dry breadcrumbs
- ½ package dry onion soup mix
- 4 hamburger buns
- 4 slices American cheese

Directions:

1. Place ground beef in large mixing bowl.
2. Add Worcestershire sauce, egg, breadcrumbs and onion soup mix.
3. Mix together with hands. Be careful not to over mix, as this will result in tough burgers.
4. Divide meat mixture into four equal amounts.
5. Form beef into round patties approximately ¼-inch thick.
6. Place hamburger patties on 3-inch rack and cook at 350°F for 5-7 minutes per side for fresh patties or 10-11 minutes per side for frozen patties.
7. Place one cheese slice on each hamburger and cook for one additional minute to melt cheese.
8. Remove cheeseburgers and place on buns.
9. Add desired condiments.

Tip: You may substitute ground turkey for ground beef.

Tip: If burgers are thicker than ½-inch, add 2 minute increments to cooking time until desired tenderness is achieved.

Yankee Pot Roast

Serves: 4-6

- 2½-3 pounds chuck or shoulder roast
- 3 large potatoes, cleaned and peeled into quarters
- 4 large carrots, cut on bias
- 1 large onion, cut in wedges
- 2-3 sprigs rosemary
- 1 teaspoon black pepper
- ½ cup red wine
- 1 teaspoon pepper
- 1 teaspoon salt
- 1 oven roasting bag

Directions:

1. Place all vegetables in oven bag.
2. Place meat on vegetables and season with wine, salt, pepper and rosemary.
3. Close bag with provided tie and make small slit on top.
4. With slit facing up, roast on 1-inch rack at 275°F for 4 hours.
5. Remove bag and place on tray.
6. Cut open to serve.

Japanese Style Steak

Serves: 1

- 1 (4 – 6-ounce) sirloin steak
- ¼ cup miso paste
- 2 tablespoons sake or dry white wine
- 2 tablespoons pickled ginger slices

Directions:

1. Mix miso and sake and spread over steak.
2. Let steak marinate for 1 hour in shallow dish.
3. Cook on 3-inch rack at 350°F for 6-7 minutes per side to achieve medium-rare.
4. Serve with ginger slices.

Tip: You can get miso paste at your local international supermarket.

Beef & Andouille Burgers with Caramelized Onions & Spicy Mayonnaise

Serves: 6

- ½ pound Andouille sausage, cut into ¼-inch cubes
- ½ pound ground 20% fat beef chuck or ground beef
- ¾ cup pecans, toasted and chopped
- 1 teaspoon salt
- ¼ teaspoon black pepper
- ½ pound sweet onion
- 3 tablespoons extra virgin olive oil, divided
- 3 tablespoons garlic cloves, minced
- 1 teaspoon brown sugar
- ¾ cup mayonnaise
- 1 tablespoon fresh lemon juice
- 1 teaspoon Cajun or Creole seasoning blend
- ¼ teaspoon hot pepper sauce

Directions:

1. Mix sausage, beef, pecans, salt and black pepper together and shape into 6 (½-inch thick) patties.
2. Store burgers in refrigerator while preparing remaining ingredients.

3. Place sweet onion, 2 tablespoons olive oil, garlic and brown sugar in liner pan.
4. Cook onion mixture at 350°F for 10-11 minutes.
5. Remove and keep warm.
6. Place burgers on 3-inch rack and cook at 350°F for 5-7 minutes per side.
7. While burgers are cooking, mix together mayonnaise, lemon juice, Creole seasoning, hot pepper sauce and 1 tablespoon olive oil and place in refrigerator.
8. Place burgers on bun, add caramelized onions and top with spicy mayonnaise.

Tip: Your local butcher should carry Andouille sausage. They should also be able to cut it to the specific size.

Tip: You can make these burgers ahead of time and freeze them. Just add 2-3 minutes to the cooking time.



Louisiana Sliders

Serves: 8

Remoulade Sauce Ingredients:

½ cup mayonnaise
¼ cup Dijon mustard
¼ cup whole-grain mustard
3 tablespoons hot sauce
3 gherkins, finely diced
2 scallions, finely diced
Kosher salt and freshly ground black pepper

Burger Ingredients:

1 teaspoon sweet paprika
1 teaspoon dried thyme
½ teaspoon garlic powder
½ teaspoon onion powder
½ teaspoon cayenne pepper
2 tablespoons salt
2 tablespoons black pepper
1½ pounds ground beef chuck
1 tablespoon canola oil
16 thin slices pepper jack cheese
8 slider buns, split and lightly toasted
8 sliced red onion
8 slices tasso ham, griddled until golden brown
2 tablespoons hot sauce

Directions:

1. In small bowl, whisk together all remoulade sauce ingredients and season with salt and pepper.
2. Cover sauce and refrigerate for at least 30 minutes before serving.
3. In small bowl, combine first 7 burger ingredients and mix well; set aside.
4. Form ground beef into 8 uniform slider-size patties, making indentation in center with your thumb.
5. Rub spice mixture into 1 side of each patty and place spice side down on 3-inch rack.
6. Season tops of patties with salt and pepper and cook at 350°F for 5-6 minutes per side.
7. Top each burger with 2 slices of cheese and cook at 350°F for 1-2 minutes, until cheese has melted.
8. Assemble burgers on buns and top with remoulade sauce, onions, ham and hot sauce.

Barcelona Burgers

Serves: 4

4 tablespoons extra-virgin olive oil, divided
9 slices olive bread, lightly toasted
2 cloves garlic, crushed
¼ cup sliced almonds
½ cup chopped roasted red peppers
1 tablespoon sherry vinegar or red wine vinegar
1 teaspoon smoked paprika, divided
1¼ teaspoons kosher salt, divided
1½ pounds ground beef chuck or ground lamb
2 shallots, finely grated (about ¼ cup)
4 slices Manchego cheese
Lettuce leaves

Directions:

1. Brush olive bread with 2 tablespoons olive oil.
2. Place 1 olive bread slice, almonds, and garlic on foil-lined 3-inch rack.
3. Toast at 350°F for 4 minutes per side.
4. Remove all the ingredients from Oven and cut crust from bread and discard.
5. Tear bread into 1-inch pieces and transfer to mini food processor or blender.
6. Add roasted peppers, vinegar, remaining 2 tablespoons olive oil, ½ teaspoon paprika, and ¼ teaspoon salt. To blender and pulse until slightly chunky; set aside.
7. In large bowl gently mix the ground meat with shallots, 1 teaspoon salt and remaining ½ teaspoon paprika until just combined.
8. Form beef mixture into 4 1-inch-thick patties.
9. Place patties on 3-inch rack.
10. Cook at 350°F for 5-7 minutes per side, pausing to add cheese with 2 minutes remaining.
11. Spread roasted pepper sauce on the remaining 8 olive bread slices.
12. Transfer burgers to bread, top with lettuce and serve.

Tip: The NuWave Twister works perfectly for blending the peppers.

Ale House Burgers

Serves: 6

3 pounds ground beef
¼ cup beer
2 tablespoons Montreal seasoning
½ cup shredded Cheddar
Romaine lettuce
6 hamburger rolls, toasted

Directions:

1. In large bowl, mix together ground beef, beer and grill seasoning until well incorporated.
2. Divide beef into 6 equal portions and flatten.
3. Place 2 tablespoons cheese in center of each beef portion and wrap the edges around cheese to form a ball.
4. Flatten balls into patties and place on 3-inch rack.
5. Cook at 350°F for 5-7 minutes per side.
6. Serve with lettuce on toasted buns.

Tip: You can substitute your favorite flavor of cheese for Cheddar, if desired.



Homestyle Meatloaf

Serves: 8

- 1 tablespoon olive oil
- 1 medium onion, chopped
- 3 garlic cloves, finely chopped
- 1½ pounds lean ground beef
- 1 large egg
- ½ cup dry breadcrumbs
- 1 tablespoon Worcestershire sauce
- 1 tablespoon dried Italian seasonings
- ½ cup ketchup or chili sauce
- 1 tablespoon Dijon mustard

Directions:

1. In small skillet, heat oil over Medium-High (375°F) heat.
2. Add onion and garlic to skillet.
3. Cook for 3 minutes, or until onion softens.
4. In large bowl, combine beef, egg, breadcrumbs, Worcestershire sauce and Italian seasoning. Mix well.
5. Pack mixture into 4x8-inch loaf pan.
6. In separate small bowl, combine ketchup and mustard.
7. Spread topping over loaf.
8. Place loaf on 1-inch rack and cook at 350°F for 45-50 minutes.

Tip: If the meat starts to brown too quickly, loosely cover with foil.

Classic NuWave Pot Roast

Serves: 4-6

- 2½ pounds chuck or shoulder roast
- 1 tablespoon olive oil
- Fajita seasoning mix
- 2 potatoes, peeled and cut into quarters
- 1 cup small carrots
- 1 large yellow onion, peeled and cut into quarters

Directions:

1. Brush roast with olive oil and add fajita seasoning.
2. Cook at 300°F for 1 hour.
3. Brush remaining vegetables with oil and sprinkle fajita seasoning mix.
4. Turn roast and add vegetables around edges.
5. Cook at 325°F for 45 minutes or until vegetables are done.
6. Allow roast to sit for 5-10 minutes.

Pepper Steak

Serves: 4-6

- 1-2 pounds sirloin steak
- Salt for taste
- ½ cup peppercorns, crushed

Directions:

1. Salt steak and press peppercorns into both sides.
2. Lay steak on 3-inch rack and cook at 350°F for 8-10 minutes per side for medium doneness.

Corned Beef Brisket

Serves: 4-6

- 1 (3½ – 4-pound) corned beef brisket
- 6 small red potatoes, cut in half
- 1 head cabbage, cut in wedges
- 1 cup water
- 1 bouillon cube
- 1 oven roasting bag

Directions:

1. Rinse meat and place corned beef fatty side up in cooking bag.
2. Add seasoning packet, water, bouillon cube and potatoes.
3. Secure bag with twist tie.
4. Lay bag on 1-inch rack.
5. Cook at 325°F for 1 hour.
6. Carefully turn bag over and cook at 350°F for additional 30 minutes or until meat is tender.

Tip: Making slits in the cooking bag will result in juices escaping. Gather the open end of the bag and leave a thumb-size hole and tie with string.

Tip: Serve with potatoes, cabbage and rye bread for that St. Patrick's Day touch!

Tip: Add ¼ teaspoon cloves and 10 peppercorns if it is not included in the seasoning pack.

Three-Meat Fajita Dinner

Serves: 2

- 10 ounces meat (flank steak, chicken or pork)
- 1 large Spanish onion
- 1 green pepper
- 1 red pepper
- 1 yellow pepper
- 1 package taco or fajita seasoning mix
- 1 (8-ounce) package shredded Mexican or Cheddar cheese
- 1 package ready-made tortillas
- 1 (8-ounce) ready-made salsa mix
- Salt & pepper for taste

Directions:

1. Cut all vegetables and meats into 3 x ¼-inch strips.
2. Sprinkle seasoning mix onto meats.
3. On 3-inch rack, place vegetables around outside and meats on inside.
4. Cook pork and chicken at 350°F for 10-15 minutes per side. Cook flank steak at 350°F for 6-7 minutes per side for medium doneness.
5. Remove dome and flip vegetables and meats.
6. Wrap tortillas in aluminum foil and place in liner pan.
7. Replace dome; cook at 350°F for another 10-12 minutes until meats are done.
8. Carefully open foil and place meats and vegetables on warmed tortillas.
9. Top with cheese and salsa.
10. Roll up tortillas and enjoy.



Beef & Corn Casserole with Noodles

Serves: 4

- 1 (12-ounce package) macaroni noodles
- 1 pound ground beef
- ½ cup onions, small diced
- 1 (11-ounce) can tomato soup
- 1 (8-ounce) can tomato sauce
- 1 (15-ounce) can cream-style corn
- 1 (11-ounce) can corn niblets, drained

Directions:

1. Cook noodles according to package directions. Drain and rinse.
2. Brown beef and onions until onions are cooked through.
3. Add soup, tomato sauce and corn to beef mixture.
4. Mix noodles with beef and sauce mixture.
5. Pour into liner pan.
6. Bake at 350°F for 20-25 minutes.

Baked Reuben Sandwich

Serves: 1

- 2-4 tablespoons butter, softened
- 2 slices rye bread
- 2 ounces corned beef, thinly sliced
- ¼ cup sauerkraut, squeezed dry
- 1 slice Swiss or Gruyere cheese
- 1 tablespoon Thousand Island dressing

Directions:

1. Lightly butter each slice of bread on one side.
2. Place corned beef, sauerkraut and cheese on unbuttered bread slice side.
3. Spread dressing onto corned beef.
4. Top with second bread slice, buttered side up.
5. Cook at 350°F for 7-9 minutes per side.

Boneless Rump Roast

Serves: 4-6

- 4 – 5-pound boneless rump roast
- 4-6 cloves whole garlic
- 1 teaspoon fresh cracked peppercorns
- 1 large onion cut in slices
- 4 large russet potatoes, quartered
- 3 carrots peeled, cut into sticks
- ½ cup beef broth
- ½ cup dry red wine (optional)

Directions:

1. Make small slits in roast and place garlic in slits (a little portion will show).
2. Season roast with fresh cracked peppercorns.
3. Place sliced onions on 1-inch rack.
4. Place roast, garlic side down, on onions.

5. Roast at 350°F for 15 minutes per pound to achieve medium-rare; 18 minutes per pound for medium and 22 minutes per pound for well-done.
6. Flip roast halfway through cooking process.
7. Place carrots and potatoes around roast and pour red wine and beef broth over roast and potatoes.
8. Continue to roast remaining half to achieve desired level of tenderness.
9. Pause the machine and turn carrots and potatoes (optional).
10. Let meat rest for 10 minutes before slicing.



Prime Rib

Serves: 4-6

1 (5-pound) prime rib
Montreal seasoning
Olive oil

Directions:

1. Let meat sit at room temperature for 30 minutes.
2. Coat prime rib with olive oil and rub with seasoning, coating all sides.
3. Place prime rib on 1-inch rack and cook at 350°F for about 50 minutes per side.

Tips: Cook your prime rib to your specific preference by following the guidelines below.:

15 minutes per pound for rare
17 minutes per pound for medium-rare
19 minutes per pound for medium
21 minutes per pound for well done

Don't forget to flip the meat over halfway through the cooking time.

French Prime Rib

Serves: 6

1 (5-pound) rib roast
1 teaspoon salt
½ teaspoon pepper
½ cup basil, chopped
½ cup parsley, chopped
1 teaspoon fresh thyme, chopped
3 garlic cloves, minced
¼ cup Dijon mustard
2 ounces toasted breadcrumbs

Directions:

1. Combine herbs and garlic in bowl and mix well; set aside.
2. Season rib roast with salt and pepper.
3. Smother roast in herb mixture and Dijon mustard.
4. Coat roast in breadcrumbs.
5. Place roast on 1-inch rack and cook at 350°F for 1 hour per side.
6. Remove roast from Oven and let rest before serving.

Tip: Cook until roast has internal temperature of 125°F.

Tip: For a crispy crust, sear the roast on the cooktop before cooking in the NuWave Oven.

Korean-Style Grilled Flank Steak

Serves: 4

¼ cup soy sauce
2 tablespoons rice wine vinegar
1 tablespoon ginger, peeled & grated
1 tablespoon garlic cloves, minced
2 teaspoons Sriracha sauce
2 teaspoons brown sugar
1½ teaspoons sesame oil
1-1½ pounds flank steak, thinly sliced
2 tablespoons sesame seeds, toasted
Scallions, thinly sliced (optional)

Directions:

1. Whisk together soy sauce, rice wine vinegar, ginger, garlic, Sriracha sauce, brown sugar, and sesame oil in container.
2. Add flank steak to container and marinate for at least 1 hour or overnight in container.
3. Place flank steak on 3-inch rack and cook at 350°F for 4-6 minutes per side.
4. Transfer to cutting board and allow steak to rest for several minutes before slicing.
5. Garnish with scallions and toasted sesame seeds.

Jerk-Rubbed Beef Tenderloin

Serves: 4-6

8 green onions, coarsely chopped
1 habanero or Scotch bonnet pepper, coarsely chopped
1 (4-inch) piece fresh ginger, peeled and coarsely chopped
Zest and juice of 1 orange
½ cup canola oil
Salt and freshly ground black pepper to taste
1 (2-pound) center-cut beef tenderloin, trimmed

Directions:

1. Place green onions, habanero, ginger, orange zest, orange juice, canola oil and some salt and pepper in food processor and blend until smooth.
2. Pour marinade into large re-sealable plastic bag, add tenderloin and seal.
3. Ensure tenderloin is completely covered with marinade and refrigerate for 4 hours, or overnight.
4. Remove tenderloin from refrigerator 30 minutes before cooking.
5. Place tenderloin directly on 3-inch rack and season with salt and pepper.
6. Cook at 350°F for 12-14 minutes per side.
7. Transfer tenderloin to cutting board and rest for 10 minutes before slicing.

Tip: Cook the tenderloin for 12-14 minutes per side for a 2-4 pound tenderloin, flipping halfway through. Adjust your time as necessary depending on the size of the tenderloin.



Tips for Pork

For even browning, turn pork halfway through cooking process.

To use your favorite dry seasonings on frozen meat, sprinkle cold water on it beforehand; this will allow seasonings to adhere.

Brush sauces onto fresh meats to infuse flavors.

To save time, and to add extra flavor, marinate pork in a sealed bag or container and freeze into separate servings. For appropriate cooking times, refer to the Quick & Easy Cooking Guide.

Place aluminum foil or parchment paper loosely over the pork to prevent overbrowning. Be sure to secure foil to sides of rack or extend it outside the oven to prevent the NuWave Pro Plus Infrared Oven's internal fan from blowing the foil around during the cooking process.

To Cook a Ham

The NuWave Pro Plus Infrared Oven can cook up to an 8-pound boneless ham, or a 14-pound ham if using the NuWave® Extender Ring.

Place ham on the 1-inch rack. Add glaze during the last 10 minutes. If the ham is over browning, place aluminum foil or parchment paper over the top. Cook at 300°F for 12-14 minutes per pound.

- Using a meat thermometer is essential for checking the internal temperature of the meat to ensure that it has been thoroughly cooked.

Today's pork is very lean and should not be overcooked. To check accurate doneness, use a digital cooking thermometer. The National Pork Board follows the guidance of the U.S. Department of Agriculture, which recommends cooking roasts, tenderloins and chops to an internal temperature of 145°F, followed by a three-minute rest time, resulting in a flavorful, tender and juicy eating experience. Ground pork, like all ground meat, should be cooked to 160°F. Pre-cooked ham can be reheated to 140°F or enjoyed cold.

Baked Ham in Cola

Serves: 25

- 1 (10-pound) bone-in ham
- 1 can cola
- 1 cup brown sugar

Directions:

1. Place ham on 1-inch rack, fat side down.
2. Add half can cola to cover ham.
3. Cook at 300°F for 12-14 minutes per pound.
4. Pat sugar on ham and add remaining cola, pouring slowly.
5. Bake for additional 15 minutes.
6. Let ham rest inside dome for 5 minutes.

Tip: For frozen ham, cook for 18-20 minutes per pound.

Tip: With the Extender Ring, you can make up to a 14-pound ham.

Tip: If you like your ham breaded, add 2 teaspoons dry mustard, 1 teaspoon fresh ground pepper and 1½ cups plain breadcrumbs along with sugar and remaining cola. The cooking times will not change when adding extra ingredients.

Asian Marinated Pork Chops with Pineapple Relish

Serves: 4

- 4 (1 – 1½-inch thick) pork chops
- 1 teaspoon ground ginger
- ¼ teaspoon black pepper
- ¼ cup soy sauce
- ¼ cup extra virgin olive oil
- 3 cloves garlic, chopped
- 1 tablespoon brown sugar
- 1 cup fresh or canned pineapple
- ¼ cup red onion, sliced
- 3 tablespoons flat leaf parsley, chopped
- Salt & pepper to taste

Directions:

1. Mix ginger, black pepper, soy sauce, oil, garlic and brown sugar in freezer-safe bag.
2. Place pork in marinade.
3. Let pork marinate in freezer or refrigerator for 2 hours.
4. Place pork on 3-inch rack and cook at 350°F for 8-10 minutes per side.
5. While pork cooks, mix pineapple, onion, parsley, salt and pepper together to make pineapple relish.
6. When pork is finished, top with pineapple relish.



Pork Chops with Mustard Sauce

Serves: 1

- 1 (4 – 6-ounce) pork chop
- 2 tablespoons butter
- 1 tablespoon prepared mustard
- 1 tablespoon cream
- ½ teaspoon dried tarragon
- Salt & pepper to taste

Directions:

1. Mix butter, mustard, cream, tarragon, salt and pepper; spread mixture over pork.
2. Place chop in oven-safe dish and place dish on 3-inch rack.
3. Cook at 350°F for 10-12 minutes per side, or until juices run clear.

Adobo Cutlets

Serves: 1

- 1 (4-6 ounce) pork cutlet
- 1 tablespoon white vinegar
- Adobo seasoning
- Chopped radishes

Directions:

1. Place cutlet in oven-safe dish and season with adobo and vinegar.
2. Place dish on 3-inch rack and cook at 350°F for 12-14 minutes, or until juices run clear.
3. Sprinkle with radishes and serve.

Thai Pork Tenderloin

Serves: 6

- 2 (12-ounce) pork tenderloins
- 2 cloves garlic, minced
- 1 tablespoon ginger root, chopped
- 2 tablespoons fresh cilantro, chopped
- 3 tablespoons hoisin sauce
- 2 tablespoons lime or lemon juice
- 1 tablespoon soy sauce
- 1 tablespoon sesame oil
- 2 tablespoons sweet Asian chili sauce

Directions:

1. In small bowl, combine all ingredients except for pork.
2. Arrange tenderloins in single layer in dish just large enough to hold them.
3. Pour sauce over meat, turning to coat.
4. Cover and refrigerate for 1-4 hours.
5. Place tenderloins on 3-inch rack and cook at 350°F for 12-14 minutes per side if fresh or 18-22 minutes per side if frozen.
6. Let meat rest for 5 minutes before cutting. Slice meat diagonally.

Tip: You can substitute 1 teaspoon dried ginger root for fresh.

Tip: For a less spicy version, use 1 tablespoon Asian chili sauce.

Kielbasa Casserole with Rice & Vegetables

Serves: 4-6

- 1 (10½-ounce) can condensed cream of celery soup, undiluted
- ¾ cups water
- 1 tablespoon butter or margarine
- 1½ cups instant rice
- 1 pound sausage, sliced into ½-inch pieces
- 1 (10-ounce) package frozen peas, thawed
- 1 (10-ounce) package frozen corn, thawed
- 1 cup Cheddar cheese, shredded

Directions:

1. In 3-quart saucepan, combine soup, water and butter.
2. Bring to boil on Medium-High (375°F), mixing until smooth.
3. Stir rice into soup mixture; cover and let stand for 5 minutes.
4. Stir in sausage, peas and corn.
5. Place mixture in oven-safe dish and place in liner pan.
6. Cook at 350°F for 20-22 minutes.
7. Top with cheese and cook for additional 1-2 minutes, or until cheese melts.

Avocado BLTs

Serves: 4

- ½ pound bacon slices
- 1 whole baguette, cut into 4 equal pieces and split open
- 4 tablespoons extra-virgin olive oil
- 1 garlic clove, crushed
- 1 cup salad greens
- 4 plum tomatoes, cut lengthwise and thinly sliced
- Salt & pepper to taste

Directions:

1. Cook bacon on 3-inch rack at 350°F for 10 minutes.
2. Brush bread crust with olive oil and rub garlic inside bread.
3. Lay bread, crust side up, onto 3-inch rack at 350°F and grill for 3-4 minutes.
4. Remove bread and build sandwich with greens, tomatoes and avocados.
5. Season with salt and pepper.



Parmesan Pork Medallions

Serves: 4

- 1 (1-pound) pork tenderloin
- 2 tablespoons seasoned breadcrumbs
- 1 tablespoon grated Parmesan cheese
- ¼ teaspoon salt
- 1 dash pepper
- 2 teaspoons olive oil
- 2 tablespoons onion powder
- 2 tablespoons garlic powder

Directions:

1. Cut pork into 8 slices and flatten to ¼-inch thickness.
2. In large re-sealable plastic bag, combine breadcrumbs, cheese, salt, pepper and seasonings.
3. Drizzle olive oil into bag to moisten.
4. Add pork to bag 1 slice at a time and shake to coat well.
5. Arrange medallions on 3-inch rack and cook at 350°F for 3-4 minutes per side.
6. Serve immediately.

Dijon Herb Roasted Pork Medallions

Serves: 4

- 12 (4-ounce) pork medallions
- 2 tablespoon Dijon mustard
- ½ cup tablespoon olive oil
- 4 sprigs parsley leaves, chopped
- 2 teaspoon garlic, chopped
- 1 teaspoon sugar
- 1 teaspoon red pepper flakes
- 2 teaspoon salt
- 1 teaspoon black pepper

Directions:

1. Mix all ingredients, except pork, together in large mixing bowl.
2. Add pork to marinade and toss until coated.
3. Transfer to airtight container and refrigerate for 1-2 hours.
4. Place pork on 3-inch rack and cook at 350°F for 3-4 minutes per side.
5. Let pork rest for 3 minutes before serving.

Rum Drunk Pork Chops

Serves: 2-3

- 3 double cut bone-in pork chops
- ½ cup dark rum
- 2 tablespoons balsamic vinegar
- ¼ cup brown sugar
- 1 tablespoon chili powder
- 1 teaspoon red chili flakes
- 2 teaspoons kosher salt
- 1 teaspoon black pepper
- 2 tablespoons butter, melted

Directions:

1. Place pork chops in shallow baking dish; set aside.
2. Mix remaining ingredients in small mixing bowl until fully incorporated.
3. Pour marinade over pork chops and let sit for 30 minutes, turning chops frequently.
4. Place pork chops on 3-inch rack and cook at 350°F for 8 minutes per side.
5. Serve hot.

Tip: Cook the chops until the internal temperature reaches 145°F.

Brazilian Pulled Pork

Serves: 4-6

Pork Ingredients:

- 3 pounds pork shoulder
- ½ teaspoon cumin seeds
- ¼ teaspoon whole allspice
- ½ teaspoon black peppercorns
- 2 tablespoons annatto
- 6 large garlic cloves, coarsely chopped
- 1½ teaspoon kosher salt
- 1 teaspoon dried oregano, crumbled
- ⅓ cup fresh orange juice
- ⅓ cup distilled white vinegar

Dry Rub Ingredients:

- ¼ cup paprika
- ⅓ cup plus 1 tablespoon granulated garlic
- ⅓ cup granulated onion
- ⅓ cup kosher salt
- ⅓ cup black pepper
- ⅓ cup cumin
- 1 tablespoon ancho or chipotle pepper
- ⅓ cup mustard powder
- 1 tablespoon cayenne pepper
- 1 cup brown sugar

Directions:

1. Combine all pork ingredients, except pork, in large dish storage bag.
2. Coat pork shoulder in marinade and refrigerate, covered, for 1 hour.
3. Combine rub ingredients in dish and set aside.
4. Once roast has finished marinating, pour marinade directly into liner pan.
5. Place roast on 1-inch rack and rub all sides with dry rub seasoning.
6. Cook at 325°F for 1 hour.
7. Flip roast and cook at 225°F for 1 hour.
8. Cook at 200°F for 1 hour.

Tip: Cooking with the marinade in the liner pan helps retain moisture in the roast.

Fall Pork Roulade

Serves: 4

- 1 teaspoon olive oil
- ¾ cup chopped onion
- ¾ cup chopped Fuji apple
- 2 teaspoons minced fresh garlic
- 1 tablespoon cider vinegar
- 1 teaspoon chopped fresh rosemary
- 1 (1-pound) pork tenderloin, trimmed
- ¼ teaspoon kosher salt, divided
- ¼ teaspoon freshly ground black pepper

Directions:

1. Heat large skillet on stovetop on medium-high heat.
2. Coat skillet in oil and add onion, apple and garlic and sauté for 5 minutes, until tender.
3. Add vinegar and rosemary and cook for 1 minute.
4. Transfer apple mixture to small bowl; set aside.
5. Starting in center, butterfly pork lengthwise and lay flat on clean work surface.
6. Cover pork in plastic wrap and pound to even thickness with mallet.
7. Season pork with salt and pepper and top with apple mixture.
8. Spread apple mixture evenly and roll up pork like a jellyroll.
9. Place pork on 3-inch rack seam side up and bake at 350°F for 14-15 minutes per side.
10. Remove pork from Oven and let stand for 5 minutes before slicing.

Tip: Cook pork until internal temperature reaches 145°F.

Andouille Beef Burgers

Serves: 4

Spicy Mayonnaise Ingredients:

- ¾ cup mayonnaise
- 1 tablespoon fresh lemon juice
- 1 teaspoon Cajun or Creole seasoning blend
- ¼ teaspoon hot pepper sauce

Burger Ingredients:

- 1½ pounds ground chuck
- Garlic, to taste
- ½ pound Andouille sausage, cut into ¼ -inch cubes
- ¾ cup pecans, toasted and chopped
- 1 teaspoon salt
- ¼ teaspoon ground black pepper
- 4 large hamburger buns

Caramelized Onion Ingredients:

- 1½ pounds onions, thinly sliced
- 2 tablespoons olive oil plus more for brushing pan
- 3 garlic cloves, minced
- 1 tablespoon golden brown sugar

Directions:

1. Place all mayonnaise ingredients in NuWave Twister, or small food processor, and pulse until fully incorporated.
2. Transfer mayonnaise to small bowl and refrigerate until ready to use.
3. In large bowl, combine beef, sausage, garlic, pecans, salt and pepper; mix thoroughly.
4. Shape beef mixture into 4 (½-inch) patties; set aside.
5. Mix together onions, olive oil, garlic and brown sugar and toss in bowl until thoroughly mixed.
6. Transfer onions to liner pan.
7. Place patties on 3-inch rack and cook at 350°F for 5-7 minutes per side.
8. Spread spicy mayonnaise onto buns and top with burgers and onions.

Tip: Spicy mayonnaise can be prepared up to 2 days before serving. Simply cover and chill after preparation.

Tip: You don't have to use ground chuck. You can use any type of ground beef, but make sure it has 20% fat.

Fennel Rubbed Pork Loin

Serves: 8

- Kosher salt and freshly ground pepper to taste
- 2 tablespoons fennel seeds, crushed
- 1 tablespoon anise seeds, crushed
- 1 teaspoon crushed red pepper flakes
- 1 tablespoon olive oil
- 1 (1½-pound) pork loin

Directions:

1. Mix salt, black pepper, fennel seeds, anise seeds, and red pepper flakes with olive oil in bowl.
2. Place pork loin in separate dish and pour marinade over pork.
3. Cover pork and refrigerate for 2-3 hours.
4. Place pork loin on 3-inch rack
5. Cook at 350°F for 9-11 minutes per side.
6. Place pork on cutting board and let rest for 10 minutes before slicing.

Tip: Cook pork until internal temperature reaches 145°F.

Chorizo Burgers

Serves: 4

- ½ pound fresh chorizo, casings removed
- ½ pound lean ground beef
- 1 teaspoon ground cumin
- ½ teaspoon ground coriander
- 2 tablespoons cilantro, finely chopped and divided
- 2 cloves garlic, finely chopped
- Kosher salt and freshly ground black pepper to taste
- ½ cup mayonnaise
- 1½ tablespoons hot sauce
- 1 teaspoon fresh lime juice
- 2 tablespoons olive oil
- 4 slices pepper jack cheese
- 4 hamburger buns, lightly toasted,
- Lettuce leaves, and sliced tomatoes,
- 1 ripe Hass avocado, pitted, peeled and thinly sliced

Directions:

1. In medium bowl, mix chorizo, beef, cumin, coriander, 1 tablespoon cilantro, garlic, salt and pepper.
2. Divide mixture into 4 patties, about 1 inch thick and 3 inches wide.
3. Place patties on 3-inch rack and cook at 350°F for 6-7 minutes per side.
4. While patties cook, mix together remaining cilantro with mayonnaise, hot sauce, lime juice, salt and pepper in small dish; set aside.
5. Place 1 slice of cheese over each burger and cook at 350°F for about 1 minute, until cheese is melted.
6. Spread spicy mayo onto buns and top with lettuce, tomato, and avocado.
7. Add burgers to buns and enjoy.

Tip: Top the burgers with a fried egg for the ultimate breakfast experience any time of day.



Baby Back Ribs

Serves: 2-3

- ¼ cup paprika
- ⅓ cup plus 1 tablespoon granulated garlic
- ⅓ cup granulated onion
- ⅓ cup kosher salt
- ⅓ cup ground black pepper
- ⅓ cup ground cumin
- 1 tablespoon ancho or chipotle pepper
- ⅓ cup mustard powder
- 1 tablespoon cayenne pepper
- 1 cup brown sugar
- 1 slab baby back ribs
- 3 cups water
- 2 tablespoons liquid smoke

Directions:

1. Combine first 9 ingredients in medium dish and whisk to incorporate well.
2. Add sugar to spices and mix well.
3. Using clean hands, rub mixture on all sides of ribs to coat well. Be sure to work rub into fat and boney areas.
4. Pour water and liquid smoke directly into liner pan.
5. Place ribs bottom side up on 1-inch rack.
6. Cook at 220°F for 90 minutes.
7. Carefully open dome and turn ribs over.
8. Cook ribs at 220°F for additional 3 hours.
9. Allow meat to rest 10 minutes before serving.

Tip: Mix spices together in a plastic bag or glass jar and shake well to incorporate. Store any unused rub in an airtight container.

Tip: This rub can be used on any white or dark meat.

Bacon Brined Pork

Serves: 4-6

Brine Ingredients:

- 8 cups water
- ⅓ cup kosher salt
- 2 tablespoons maple syrup
- ½ teaspoon crushed black peppercorns
- 2 sprigs fresh sage
- 1 large garlic clove, smashed
- 1 bay leaf

Pork Ingredients:

- 1 (4-4½-pound) boneless pork loin roast, trimmed
- 3 garlic cloves, finely chopped
- 2 tablespoons finely chopped fresh sage
- 3 tablespoons maple syrup, divided
- 16 bacon slices (about 1 pound)
- 1 tablespoon cider vinegar

Directions:

1. Combine all brine ingredients in medium saucepan and heat on high heat until salt dissolves.
2. Pour brine into deep 5-quart pot and cool to room temperature, uncovered.
3. Add pork loin to brine, cover and refrigerate for 8-24 hours.
4. In small bowl, stir together garlic, sage and 1 tablespoon syrup.
5. Coat marinated pork in rub.
6. Lay bacon slices over pork, crosswise and tuck ends underneath pork.
7. Place bacon-covered pork on 1-inch rack and roast at 350°F for 35 minutes, pausing to flip halfway through cooking time.
8. While pork cooks, combine 1 tablespoon syrup and vinegar in small bowl.
9. Brush vinegar mixture on pork and continue roasting at 350°F for 10 additional minutes.
10. Remove pork from Oven and let sit for 15 minutes before slicing and serving.

Chilled Pork Chops

Serves: 4

- 4 (1-inch) loin pork chops
- 6 tablespoons extra virgin olive oil
- 2 cloves garlic, minced
- 1 teaspoon oregano
- 1 teaspoon cumin
- 1½ teaspoons salt
- 2 tablespoons chili powder
- 2 tablespoons green chilies
- 2 tablespoons fresh cilantro

Directions:

1. Place oil, herbs and seasonings into bowl and mix.
2. Place pork chops in mixture for 1 hour or overnight.
3. Place chops on 3-inch rack and cook at 350°F for 10-12 minutes per side.
4. Let meat rest for 5 minutes before cutting.

Tip: Cook for 14-16 minutes per side if frozen.

Glazed Spareribs

Serves: 4

- 1 rack pork spareribs
- 1 cup orange marmalade, melted
- 2 teaspoons Dijon mustard
- 1 teaspoon lemon juice
- 1 tablespoon Worcestershire sauce
- Salt & pepper to taste

Directions:

1. Melt marmalade by keeping it at room temperature for 30 minutes.
2. Add mustard, lemon juice and Worcestershire sauce to marmalade.
3. Baste ribs and place on 3-inch rack.
4. Cook at 350°F for 18-22 minutes per side.
5. Let meat sit inside dome for 5 minutes.
6. Season with salt and pepper.

Tip: For frozen ribs, cook for 22-24 minutes per side.



Italian Sausage with Peppers

Serves: 1

- 4 ounces Italian sausage
- 1 red bell pepper, stem and seeds removed and sliced
- 3 scallions, cut into 1-inch crosscut slices
- 2 cloves garlic, minced
- 1 tablespoon olive oil

Directions:

1. Place all ingredients in shallow oven-safe dish and set on 3-inch rack.
2. Cook at 350°F for 5-8 minutes per side.

Tip: If sausage is frozen, cook for 8-10 minutes per side.

Hot Dogs

Serves: 4

- 4 Hot dogs
- 4 Hot dog buns

Directions:

1. Place hot dogs on 3-inch rack and cook at 350°F for 6 minutes per side.
2. Place hot dog in hot dog bun and add desired condiments.

Tip: If hot dogs are frozen, cook for 10 minutes per side.



Tips for Seafood

Place fish fillets presentation side down, flipping halfway through cooking time.

To use your favorite dry seasonings on frozen fish, sprinkle cold water on it beforehand; this will allow seasonings to adhere.

Brush sauces on fresh fish to infuse flavors.

To steam fish, place aluminum foil or parchment paper over the top. Be sure to secure the foil to the sides of the rack or extend it outside the oven to prevent the NuWave Pro Plus Infrared Oven's internal fan from moving foil around during the cooking process.

Roll lemon on countertop to loosen juices and render the most juice from your lemon.



Tuna Noodle Casserole

Serve: 4-6

- 2 (5-ounce) cans tuna, drained
- 2 cups egg noodles, cooked
- 1 (10½-ounce) can cream of mushroom soup
- ½ cup water
- 1 cup frozen peas or green beans, thawed
- ½ cup sour cream
- 1 cup Cheddar cheese, shredded and divided
- ¼ cup breadcrumbs

Directions:

1. Cook noodles according to directions; drain.
2. In medium bowl, add tuna, soup, sour cream, peas or green beans, ¾ cup cheese and noodles.
3. Place tuna mixture in 10-inch baking pan.
4. Cook on 1-inch rack at 350°F for 20-22 minutes.
5. Once cooking time is complete, place remaining ¼ cup cheese and breadcrumbs on top.
6. Cook for another 2 minutes.
7. Let casserole cool for 5-10 minutes.

Tip: Substitute oven-fried onions for breadcrumbs.

Simple Sole

Serves: 1

- 1 (5-ounce) filet of sole
- 1 tablespoon lemon juice
- 2 tablespoons butter
- Salt & pepper to taste

Directions:

1. Place all ingredients in oven-safe dish.
2. Place dish on 3-inch rack.
3. Cook at 350°F for 7-9 minutes.

Shrimp with Lemon

Serves: 2

- 12 large shrimp, peeled and deveined
- 1 tablespoon lemon juice
- 2 tablespoons olive oil
- 1 teaspoon lemon pepper

Directions:

1. Place all ingredients in shallow oven-safe dish.
2. Set dish on 3-inch rack.
3. Cook at 350°F for 6-8 minutes, stirring halfway through cooking process.

Shellfish Medley

Serves: 2

- 4 littleneck clams
- 4 large shrimp
- 4 mussels
- 2 squids, cleaned and cut into 1-inch rings
- 2 cloves garlic, minced
- 2 tablespoons olive oil
- ¼ cup clam juice
- 1 tablespoon hot sauce
- Dash parsley, minced

Directions:

1. Scrub clams and mussels.
2. Mix all ingredients in oven-safe dish and place on 3-inch rack.
3. Cook at 350°F for 12-14 minutes, or until clams and mussels open.

Tip: Pause halfway through cooking process and shake seafood in baking dish. This will help open the clams and mussels.

Tip: If clams and mussels have not opened, do not eat.

Lemon Salmon with Mango Salsa

Serves: 4

Salmon Ingredients:

- 4 (6-ounce) salmon fillets
- 2 tablespoons lemon juice
- 1 tablespoon olive oil
- 1 tablespoon grated lemon zest
- 2 teaspoon Dijon mustard
- ½ teaspoon black pepper

Salsa Ingredients:

- 1 ripe mango, peeled and diced
- 2 green onions, finely chopped
- ¼ cup red bell pepper, chopped
- 2 tablespoons fresh cilantro, chopped
- 2 tablespoons lime juice

Directions:

1. In small bowl, whisk together lemon juice, olive oil, lemon zest, mustard and pepper.
2. Place fish in baking dish and pour marinade over fish.
3. Marinate and refrigerate for 20 minutes.
4. While fish is marinating, mix all salsa ingredients together in small bowl; refrigerate until ready to serve.
5. Place salmon on 3-inch rack and cook at 350°F for 5-6 minutes per side.
6. Pour mango salsa over salmon and serve.

Tip: For frozen salmon, cook for 7-9 minutes per side.

Tip: For well-done salmon, add 2 minutes to cooking time.

Grilled Salmon & Fresh Basil

Serves: 4

- 3 tablespoons lemon juice
- ¼ cup fresh basil leaves, minced
- 1 tablespoon olive oil
- 1 tablespoon soy sauce
- 1 teaspoon Worcestershire sauce
- 1 garlic clove, minced
- ¼ teaspoon black pepper
- 4 (6-ounce) pounds salmon filets

Directions:

1. Combine lemon juice, basil, olive oil, soy sauce, Worcestershire sauce, garlic and pepper in resealable plastic bag; mix well.
2. Add salmon to marinade and seal bag.
3. Marinate in refrigerator for 30-60 minutes.
4. Remove salmon from bag; discard excess marinade.
5. Place salmon on 3-inch rack.
6. Cook at 350°F for 5-6 minutes.

Lobster Thermidor

Serves: 1

- 1 (4-6 ounce) lobster tail, shell removed and cut into 1-inch pieces
- 2 tablespoons butter
- 2 tablespoons heavy cream
- 2 tablespoons shallot, minced
- ½ teaspoon dry mustard
- Chopped parsley

Directions:

1. Mix all ingredients in oven-safe dish.
2. Place dish on 3-inch rack.
3. Cook at 350°F for 10-11 minutes.

Sweet Chili Scallops

Serves: 4

- 16-18 ounces sea scallops
- ⅓ cup olive oil
- 1 tablespoon soy sauce
- 1 tablespoon sweet chili powder
- 1 tablespoon ground cumin

Directions:

1. Rinse scallops and drain on paper towel.
2. Mix together olive oil, soy sauce, chili powder and cumin.
3. Just prior to cooking, toss scallops in marinade.
4. Place scallops on 3-inch rack.
5. Cook at 350°F for 3-4 minutes per side.

Tip: If scallops are frozen, cook at 350°F for 4-5 minutes per side.

Clams & Sausage

Serves: 1

- 1 sausage, crumbled
- 8 littleneck clams, cleaned
- 1 clove garlic, minced
- Chopped cilantro to taste
- Lemon slices as needed
- Hot sauce to taste

Directions:

1. Mix clams with sausage, garlic, cilantro and hot sauce.
2. Place lemon slices in shallow bowl; set aside.
3. Place clams in liner pan and cook at 350°F for 10-12 minutes, or until clams open and sausage is cooked.
4. Serve with lemon slices.

Tip: If you can't find littleneck clams, substitute 1 (8-ounce) can whole clams.



Roasted Shrimp with Herb Salsa

Serves: 4

Shrimp Ingredients:

- 1½ pounds large shrimp, peeled and deveined
- 2 red serrano peppers, halved lengthwise
- 6 garlic cloves, thinly sliced
- 2 bay leaves
- ½ cup olive oil
- 1 lemon, cut into wedges

Herb Salsa Ingredients:

- ¼ cup fresh cilantro, chopped
- ¼ cup fresh flat-leaf parsley, chopped
- 1 tablespoon finely grated lemon zest
- 1 tablespoon olive oil
- Kosher salt, freshly ground pepper to taste

Directions:

1. Place shrimp, serrano peppers, garlic, bay leaves and olive oil in oven-safe dish.
2. Place dish on 3-inch rack and cook at 350°F for 4 minutes.
3. While shrimp cooks, combine all salsa ingredients in small bowl and mix together.
4. Remove shrimp dish from Oven and drizzle on lemon juice.
5. Toss shrimp with salsa and serve.

Potato Crusted Tilapia with Dill Cream

Serves: 4

- 4 tilapia filets
- 2 medium utility potatoes, peeled & rinsed in water
- 1 egg
- 2 tablespoons cornstarch
- Salt and pepper to taste
- Non-stick cooking spray
- 1 cup sour cream
- 1 bunch fresh dill, finely minced
- 1 lime, juiced

Directions:

1. Shred potatoes and dry as much as possible. Squeeze out all excess water with cloth or paper towel.
2. Mix potatoes with egg, cornstarch and seasoning.
3. Gently pack shredded potato topping onto each tilapia filet.
4. Spray oven-safe dish with non-stick cooking spray.
5. Place filets in dish and spray tops with very light amount of cooking oil.
6. Place pan on 1-inch rack and bake at 350°F for 16-18 minutes.
7. While fish cooks, combine sour cream, dill, lime juice, salt and pepper in separate bowl.
8. Serve each filet with spoonful of cream.

Tip: This recipe also works great with salmon.

Peppered Tuna with Hoisin Sauce

Serves: 4

Tuna Ingredients:

- 4 (5–6-ounce) tuna steaks, ½-inch thick
- 1 teaspoon peppercorns, crushed
- 2 tablespoons soy sauce
- 3 tablespoons sesame oil
- 1 tablespoon lemon juice

Sauce Ingredients:

- 2 tablespoons soy sauce
- 2 tablespoons Hoisin Sauce
- 1 tablespoon honey or molasses
- 1 clove garlic, minced
- 2 tablespoons fresh lime juice
- ½ teaspoon fresh ginger, grated
- ½ teaspoon chili paste
- 2 tablespoons peanut oil or sesame oil

Directions:

1. Mix all tuna ingredients and spread over tuna.
2. Place tuna pieces on 3-inch rack.
3. Cook at 350°F for 5-6 minutes per side.
4. In small bowl, mix all sauce ingredients.
5. Place sauce in small dipping bowl and serve with tuna.

Tip: For thicker tuna, cook for 6-7 minutes per side.

Tip: Serve on top of Wonton crisps with sliced tuna and sauce.

Tuna with Fresh Orange Salsa

Serves: 4

Tuna Ingredients:

- 4 (5–6-ounce) tuna steaks, ½-inch thick
- ½ teaspoon ground cumin
- 1 tablespoon olive oil
- ½ teaspoon salt
- ¼ teaspoon black pepper

Salsa Ingredients:

- 1 teaspoon orange peel, finely shredded
- 4 medium oranges, peeled, sectioned, and coarsely chopped
- 1 large tomato, seeded and chopped
- ¼ cup fresh cilantro, snipped
- 2 tablespoons green onion, chopped
- 2 tablespoons walnuts, chopped and toasted
- 1 tablespoon lime juice
- ¼ teaspoon salt
- ¼ teaspoon black pepper

Directions:

1. In small bowl, combine cumin, salt and pepper.
2. Brush fish with olive oil and sprinkle with cumin mixture.
3. Place fish on 3-inch rack and cook at 350°F for 5-6 minutes per side.
4. While fish cooks, mix all salsa ingredients in medium bowl.
5. Spoon salsa over fish, and serve.

Tip: For frozen tuna, cook for 7-9 minutes per side.

Tip: Fish should break apart with a fork easily when tested for doneness.

Spring Red Snapper

Serves: 4

- 4 red snapper filets
- ¼ cup olive oil
- 2 teaspoons garlic, minced
- 1 tablespoon dark chili powder
- 1 orange, sliced
- 1 red onion, small, sliced thin
- 7 sprigs thyme
- 1 tablespoon kosher salt
- 2 teaspoons black pepper

Directions

1. Mix together olive oil, garlic, chili powder, salt and pepper in bowl to make a paste; set aside.
2. Lay snapper filets skin side down on cutting board and spread paste onto flesh side of each filet.

3. Place 2 orange slices, red onion and thyme in airtight container and top with 1 red snapper filet.
4. Repeat step 3 with remaining orange and snapper.
5. Cover container and refrigerate for 1-2 hours.
6. Transfer fish, fruit, vegetables and herbs to 3-inch rack.
7. Cook at 350°F for 5-6 minutes per side.

Tip: Marinating in a Flavor-Lockers Container will decrease the marinating time to only 40 minutes.

Tip: Do not layer the fish while cooking. Lay each piece flat on the rack and top with fruit and veggie mixture.



Artichoke Topped Tilapia

Serves: 4

- 4 (6 – 8-ounce) tilapia filets
- 2 tablespoons olive oil
- 1 tablespoon Italian herb seasoning
- 1 teaspoon soy sauce
- 1 cup prepared artichoke antipasto from jar, drained
- ½ cup grated Parmesan cheese

Directions:

1. Mix together olive oil, Italian herb seasoning and soy sauce; set aside.
2. Mix together artichoke and cheese; set aside.
3. Place filets on silicone pizza liner.
4. Brush each filet on exposed side with olive oil mixture.
5. Spread artichoke mixture in even layer over each filet.
6. Place filets on 3-inch rack cook at 350°F for 10-12 minutes.

Tip: If cooking from frozen, cook at 350°F for 13-15 minutes.



Bass with Fennel

Serves: 1

- 6 ounces stripped or black bass, 1-inch thick
- 1 teaspoon fennel seeds, crushed
- 1 tablespoon olive oil
- 1 tablespoon lemon juice
- Salt & pepper to taste

Directions:

1. Mix fennel, olive oil, lemon juice, salt and pepper.
2. Place bass on 3-inch rack and spread fennel mixture onto fish.
3. Cook at 350°F for 8-10 minutes per side in an oven-safe dish.

Tip: Bones can be removed with needle nose pliers.

Tip: Filets can be cooked with or without the skin. If skin-on, make two shallow slices in the skin to reduce shrinkage while fish is cooking.

Crab Rangoon Dip

Serves: 8

- 1 (12-ounce) package 2-inch wonton wrappers, halved diagonally
- Olive oil to taste
- Non-stick cooking spray
- 8 ounces cream cheese, brought to room temperature
- ¼ cup mayonnaise
- ¼ cup sour cream
- 12 ounces lump crab meat
- 1 cup shredded Cheddar cheese, divided
- ¼ cup freshly grated Parmesan cheese
- 3 green onions, thinly sliced
- 1 teaspoon Worcestershire sauce
- 1 teaspoon soy sauce
- 1 teaspoon sesame oil
- ½ teaspoon Sriracha (optional)
- ½ teaspoon garlic powder
- Kosher salt and freshly ground black pepper to taste

Directions:

1. Toss wonton wrappers in olive oil and transfer to 3-inch rack.
2. Cook at 350°F for 2-3 minutes per side.
3. Remove wontons from Oven and let cool in serving bowl.
4. Lightly coat 10-inch baking pan with non-stick cooking spray and place on 1-inch rack.
5. In large bowl, combine cream cheese, mayonnaise and sour cream.
6. Stir in crab meat, ½ cup Cheddar, Parmesan, green onions, Worcestershire, soy sauce, sesame oil, Sriracha and garlic powder.
7. Season crab mixture with salt and pepper and transfer to prepared baking dish.
8. Top crab mixture with remaining Cheddar and bake at 350°F for 12-15 minutes.
9. Serve warm with toasted wonton wrappers.

Tip: For individual servings, divide crab mixture evenly between 8 Silicone Baking Cups and arrange around outer edge of rack and bake as directed.

Tip: Glass or ceramic baking dishes will require a longer cooking time.

Grilled Trout with Lemon-Caper Mayonnaise

Serves: 4

- 3 scallions, thinly sliced
- 2 tablespoons capers
- 2 tablespoons chopped parsley
- 1½ teaspoons lemon juice
- ½ teaspoon finely grated lemon zest
- ¾ cup mayonnaise
- Salt and freshly ground pepper to taste
- 4 (10-ounce) boneless trout filets

Directions:

1. Mix all ingredients, except trout, in bowl until combined.
2. Spread mayonnaise mixture onto both sides of trout, reserving any extra.
3. Place trout on 3-inch rack and cook at 350°F for 6-7 minutes per side.
4. Serve with reserved mayonnaise mixture.

Tip: If using whole trout, ask your butcher to remove the pin bones for you.

Ancho Chili Crusted Salmon Tacos

Serves: 4

- 4 (6-ounce) salmon filets
- 1 tablespoon canola oil
- 1 teaspoon ground ancho chili powder
- 1 tablespoon cumin
- 2 tablespoons brown sugar
- 1 teaspoon soy sauce
- 6 ounces cabbage, shredded
- ½ cup jalapeño ranch dressing
- 8-12 corn tortillas

Directions:

1. Place salmon on parchment paper on 3-inch rack.
2. Brush salmon with oil on both sides.
3. Cook at 350°F for 5-6 minutes.
4. Meanwhile, stir together chili powder, cumin and brown sugar.
5. After 5 minutes, flip salmon and drizzle with soy sauce.
6. Sprinkle brown sugar mixture onto salmon.
7. Cook at 350°F for 5-6 minutes, or to desired tenderness.
8. While salmon cooks, toss together cabbage and dressing.
9. Wrap tortillas in foil and warm in liner pan for last 5 minutes of cooking process.
10. Serve salmon with warm tortillas and cabbage salad.

Halibut with Clementine Gremolata

Serves: 4

- 3 clementines
- ¼ cup chopped fresh Italian parsley
- 2 garlic cloves, peeled and minced
- 1 teaspoon sea salt
- ¼ cup extra-virgin olive oil
- 4 (6-ounce) halibut filets
- Black pepper to taste

Directions:

1. Peel clementines and transfer to small bowl.
2. Add parsley, garlic and sea salt to bowl and mix until combined.
3. Stir in olive oil, cover and refrigerate until ready to use.
4. Rub halibut filets with salt and pepper and place on 1-inch rack.
5. Cook at 350°F for 15 minutes, pausing to flip halfway through cooking time.
6. Spoon gremolata onto filets and serve.

Tip: Gremolata can be prepared up to 4 hours before serving.



Tips for Lamb

To use your favorite dry seasonings on frozen meat, sprinkle cold water on it or lightly brush oil on beforehand; this will allow seasonings to adhere. Brush sauces on fresh meats to infuse flavors. To save time, marinate in a sealed bag or container and freeze into separate servings. When ready to use, refer to the cooking guide.

Soak lamb in 1 cup milk, to tone down gaminess.
Use a meat thermometer to ensure lamb is properly cooked.

Roasting Recommendations
(Temperatures listed below are based on internal temperatures)

Lamb Cuts	135°-145°F (63°C)
Lamb Roasts	145°-150°F (66°C)

(Boneless)

Rare	120°-140°F (60°C)
Medium-Rare	140°-150°F (66°C)
Medium-Well	150°-160°F (71°C)

* Using a meat thermometer is essential for checking the internal temperature of the meat.



Aromatic Lamb Meatballs

Yield: 6 meatballs

Ingredients:

- 1 pound ground lamb
- ¼ cup finely chopped scallions
- ½ teaspoon ground cinnamon
- 1 teaspoon ground cumin
- 1 teaspoon ground allspice
- 1 teaspoon salt
- 3 tablespoons semolina
- 1 egg, beaten

Directions:

1. Add lamb and scallions to mixing bowl.
2. Season meat with cinnamon, cumin, allspice, salt and semolina.
3. Add egg to meat and gently mix everything together with your hands.
4. Cover meat with plastic wrap and refrigerate for 30 minutes.
5. Remove meat from refrigerator and shape into 6 (3-ounce) meatballs with your hands.
6. Place meatballs on 3-inch rack.
7. Cook at 350°F for 15-20 minutes, pausing to turn halfway through.

Tip: Have a bowl of cold water beside you to dampen your hands as you mix; this helps them not get too sticky for rolling the meatballs.

Tip: Plate your lamb meatballs with your favorite pasta and sauce.

Latin-Spiced Lamb Burgers

Serves: 6

Sauce Ingredients:

- 1 cup ground ancho chili powder,
- 1 cup water
- 1 tablespoon sour cream
- ¼ cup extra-virgin olive oil
- 1 small clove garlic, chopped
- 2-3 tablespoons fresh lime juice
- ½ tablespoon salt
- Black pepper to taste

Burger Ingredients:

- 2 pounds grass-fed ground lamb
- ½ teaspoons coriander seeds
- ½ teaspoons cumin seeds
- ¼-½ teaspoon cayenne powder
- 2 cloves minced fresh garlic
- Salt
- 1½ teaspoons whole black pepper
- 6 ciabatta buns
- 3 ounces Cotija cheese
- Red onion, sliced
- Tomato, sliced
- Lettuce or spring green mix

Sauce Directions:

1. Add chili powder and water to saucepan and bring to boil over medium heat.
2. Reduce until ¼ cup liquid remains.
3. Add ancho liquid, sour cream, olive oil, garlic and lime to blender and blend until smooth.
4. Season sauce with salt and pepper to taste; set aside.

Burger Directions:

1. In mixing bowl, combine lamb, pepper, coriander, cumin, cayenne, garlic, salt and pepper and mix until combined.
2. Form lamb mixture into 6 patties and place on 3-inch rack.
3. Cook at 350°F for 5-7 minutes per side.
4. Spread 1 teaspoon prepared sauce onto each bun.
5. Add patties to buns and top with Cotija cheese, tomato, onion and lettuce.

Lamb Chops with Mint-Pepper Sauce

Serves: 4

- 4 (1-inch thick) trimmed shoulder lamb chops
- 1 tablespoon dried Italian herbs
- Coarse salt and freshly ground black pepper to taste
- 3 tablespoons fresh lemon juice
- 1 tablespoon olive oil
- 2 teaspoons Dijon mustard
- $\frac{1}{3}$ cup finely chopped red bell pepper
- $\frac{1}{2}$ cup chopped fresh mint

Directions:

1. Rub lamb chops with generous amounts of dried herbs, salt and pepper on both sides.
2. Place chops on 3-inch rack and cook at 350°F for 4-5 minutes per side.
3. While chops cook, whisk together remaining ingredients in small bowl.
4. Transfer chops to serving plate and top with sauce.

Marinated Lamb Chops

Serves: 4

- 1 tablespoon olive oil
- 1 lemon, zested (about $\frac{1}{2}$ teaspoon)
- 1 lemon, juiced (about 2 tablespoons)
- 2 tablespoons finely chopped fresh oregano leaves
- 2 tablespoons minced garlic
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ teaspoon freshly ground black pepper
- 8 (4-ounce) lamb loin chops, trimmed

Directions:

1. Mix all ingredients, except lamb chops, together in small bowl.
2. Place lamb chops in container or plastic bag and pour marinade over chops.
3. Turn chops several times until thoroughly coated and refrigerate for 1 hour.
4. Place chops on 3-inch rack and cook at 350°F for 5-6 minutes per side.

Tip: If you don't have fresh oregano, use 2 teaspoons dried oregano.

Lamb with Pesto

Serves: 1

- 1 (6-ounce) sirloin chop
- $\frac{1}{2}$ cup packed fresh basil leaves
- 1 tablespoon toasted pine nuts
- 2 cloves garlic
- $\frac{1}{2}$ cup olive oil
- Salt to taste

Directions:

1. Place basil, nuts and garlic in blender.
2. Slowly pour in oil until it forms into thick paste.
3. Add salt and blend until sauce reaches desired thickness.
4. Place steak on 3-inch rack and cover with half pesto sauce.
5. Cook at 350°F for 4 minutes.
6. Flip steak and add remaining sauce.
7. Cook for additional 4 minutes.

Tip: Add more oil if sauce is too thick.

Lamb Kabob

Serves: 4

- 2 pounds leg of lamb, trimmed and cut into 2-inch cubes
- 1 large green bell pepper, cored and cut into 8 equal pieces
- 1 red onion, quartered
- 8 large white mushrooms
- 4 Roma tomatoes, cut in half and seeded
- Barbeque sauce

Directions:

1. Divide ingredients into four servings and slide onto metal or bamboo skewers, alternating meat and vegetables.
2. Place kabobs on 3-inch rack and brush with sauce or seasoning.
3. Cook at 350°F for 10-12 minutes.
4. Flip kabobs and brush other side with sauce or seasoning.
5. Cook for additional 7-8 minutes.

Curried Lamb

Serves: 1

- 6 ounces leg of lamb, cut into 1-inch cubes
- $\frac{1}{2}$ green pepper, thickly sliced
- 2 cloves garlic, minced
- 2 tablespoons fresh ginger, grated
- 2 tablespoons curry paste
- 1 tablespoon lemon juice
- 4 tablespoons sour cream

Directions:

1. Mix lamb, pepper, garlic, ginger and curry paste in oven-safe dish.
2. Place dish on 1-inch rack and cook at 350°F for 10-12 minutes.
3. Stir and cook for another 8 minutes.
4. Stir in juice and sour cream and serve.

Lamb & Ham

Serves: 1

- 6 ounces leg of lamb, cut into 1-inch cubes
- 2 ounces smoked ham, diced
- $\frac{1}{2}$ green pepper, cored and chopped
- 1 clove garlic, minced
- 2 tablespoons olive oil
- Salt & pepper to taste

Directions:

1. Mix everything in oven-safe dish and place on 3-inch rack.
2. Cook at 350°F for 8-10 minutes.
3. Stir and cook for additional 8-10 minutes.



Herb Stuffed Lamb Chops

Yield: 6 lamb chops

- 6 (2-inch) lamb chops
- 1 stick soft, unsalted butter
- 3 cloves garlic, minced
- 1 tablespoon fresh parsley, chopped
- 1 tablespoon fresh tarragon, chopped
- 1 large shallot, chopped
- ¼ teaspoon ground black pepper
- 1 teaspoon salt

Directions:

1. Mix garlic, herbs, shallots, salt and pepper with butter.
2. Place butter mixture inside lamb pockets.
3. Secure with toothpicks.
4. Place lamb chops on 3-inch rack.
5. Cook at 350°F for 8-10 minutes per side for medium-rare doneness.

Tip: You can use 1½ teaspoons dry tarragon instead of fresh.

Tip: Have your butcher cut a 2-inch pocket into side of lamb. You can also cut pocket yourself. Lay meat down and cut a ¾-inch pocket through the side.

Lamb Chops with Feta & Tomatoes

Serves: 4

- 2 tablespoons olive oil
- 1 clove garlic
- 1 tablespoon lemon juice
- 4 (1-inch) lamb chops
- 4 ounces Feta cheese, crumbled
- ¼ cup chopped ripe tomatoes
- 4-6 kalamata olives, pitted
- 1 tablespoon parsley, chopped
- Salt & pepper to taste

Directions:

1. In shallow dish, mix olive oil, garlic and lemon juice.
2. Add lamb chops, turning to coat all sides.
3. Place in refrigerator for 15 minutes.
4. In small bowl, mix Feta, tomatoes, olives and parsley; set aside.
5. Place lamb chops directly on 3-inch rack and sprinkle with salt and pepper.
6. Cook at 350°F for 8-10 minutes, flipping halfway through cooking process.
7. When chops are done, spoon Feta mixture in equal portions onto each chop.
8. Cook at 350°F for 1-3 minutes, or until cheese melts.



Tips for Dessert

Many recipes in this section call for the use of the Silicone Baking Ring, 8x8-inch Silicone Baking Pan, and Silicone Cupcake Liners, all of which can be found in the NuWave Baking Kit. If you'd like to purchase the NuWave Baking Kit and take your baking to the next level, visit www.NuWaveNow.com.

When converting your own recipe to NuWave Pro Plus Oven methods, it is recommended to use the Extender Ring, 1-inch rack and bake at 300°F the first time. You can always adjust from there.

The use of glass and ceramic pans will increase the required cooking time. Recipes in this book have been tested in silicone and metal pans.

For multi-layer baking, use the Silicone Baking Ring. Recipe temperatures will typically need to be set at 250°F rather than 300°F. Remember to adjust accordingly when using your own recipes.

Because the NuWave retains the moisture in baked goods, your recipe will stay fresh longer than recipes made in conventional ovens when stored properly.

For converting recipes requiring a 9x13-inch pan, you can usually substitute two pans using our 8x8-inch square silicone baking pan, with divider in place, slicing into finger size bars.

For cakes, cookies, muffins and more, adding the Extender Ring will control even browning. Depending on recipe directions, place cookies around perimeter of the liner pan (avoid placing cookies directly under Power Head).

For bottom crust pies, poke holes all over top and sides. Bake crust alone at 350°F for 15-20 minutes on 3-inch rack. Add pie filling and cook remaining time as directed.

If a recipe calls for a glaze, spread it on during the last 5 minutes to prevent overcooking.

Always check for doneness with a toothpick or fork. If additional time is needed only use 3-5 minutes increments.

The Silicone Baking Ring can be used for any foods you want to prevent from sticking to the rack.

Recipes that call for baking in our NuWave Silicone 8x8-inch Pan will require more time if you are using a smaller pan. Check for doneness with toothpick and 3-5 minutes at a time until desired doneness is reached.

Pumpkin Whoopie Cookies

Yields: 24 cookies

- 1 cup vegetable oil
- 2 cups light brown sugar, packed
- 2 large eggs
- 1 cup pumpkin puree, canned or fresh
- 1 tablespoon pumpkin pie spice
- 1 teaspoon pure vanilla extract
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1 teaspoon salt
- 3 cups all-purpose flour

Cream Cheese Filling Ingredients:

- 1 (8-ounce package) cream cheese, softened
- 1 cup butter, softened
- 4½ cups powdered sugar
- 2 teaspoons pure vanilla extract

Directions:

1. Spray liner pan with non-stick cooking spray.
2. In large bowl, mix together vegetable oil and brown sugar until smooth.
3. Add in eggs until blended. Add in pumpkin puree, pumpkin pie spice, vanilla, baking powder, baking soda and salt. Whip until light and fluffy.
4. Gently fold in flour with rubber spatula. Be careful not to over mix.
5. Using small cookie scoop, drop pieces on liner pan about 2 inches apart.

6. Place Extender Ring on base.
7. Bake at 350°F for 12-14 minutes, or until cookies spring back when lightly touched.
8. Cool completely before filling.

Cream Cheese Filling Directions:

1. In large bowl of electric mixer, cream butter and cream cheese on medium speed, scraping sides of bowl.
2. Add vanilla.
3. Mix on low speed and gradually add powdered sugar, then beat until light and fluffy.
4. Spread flat side of the cookies with cookies filling. Top with another pumpkin cookie, pressing down very lightly to seal.

Tip: If you don't have pumpkin pie spice on hand, mix:

- 1½ teaspoon cinnamon
- 1 teaspoon nutmeg
- 1 teaspoon ginger
- ½ teaspoon allspice

Store in single layers and keep refrigerated.



Pound Cake

Yield: 1 Cake

- 3 cups all-purpose flour
- ½ teaspoon baking powder
- ½ teaspoon salt
- 1 cup (2 sticks) unsalted butter, softened
- 3 cups sugar
- 2 teaspoons pure vanilla extract
- 6 large eggs
- 1 cup heavy cream

Directions:

1. Sift together flour, baking powder and salt; set aside.
2. Cream butter and sugar together until fluffy on medium-high speed.
3. Mix in vanilla extract and add eggs one at a time, beating well after each addition.
4. Gradually add flour mixture to butter mixture alternating with heavy cream.
5. Pour batter into silicone bundt pan.
6. Place Extender Ring on base.
7. Place bundt pan on 1-inch rack.
8. Bake at 300°F for 30 minutes.
9. Reduce temperature to 275°F and bake for 45 minutes without opening the NuWave.
10. Check for doneness with a knife. If more time is needed, do not add more than 5 minutes at a time.
11. Remove from NuWave; let cool in pan for 15 minutes.
12. Invert cake onto cake plate.

Tip: Replace vanilla extract with almond or lemon extract to change it up.

Latin Lace Florentine Cookies

Yield: 48 Cookies

- ¾ cup quick-cooking oats
- ¾ cup all-purpose flour
- ¾ cup granulated sugar
- 1 teaspoon ground cinnamon
- ¾ teaspoon chili powder
- ½ teaspoon baking soda
- ½ teaspoon salt
- 1½ cups sliced almonds
- 10 tablespoons (1 ¼ sticks) unsalted butter, melted
- ¼ cup half-and-half cream or whole milk
- ¼ cup light corn syrup
- 1 teaspoon pure vanilla extract
- 4 ounces fine-quality bittersweet chocolate, chopped (look for bittersweet chocolate with a minimum of 60% cocoa solids)

Directions:

1. In large bowl, whisk together oats, flour, sugar, cinnamon, chili powder, baking soda and salt.
2. Stir in almonds; set aside.
3. In separate bowl, combine butter, half-and-half (or milk), corn syrup and vanilla extract.
4. Add wet ingredients to dry ingredients a little at a time until combined.
5. Place heaping teaspoons of batter onto liner pan 3 inches apart.
6. Bake at 300°F for 14 minutes or until crisp around the edges.
7. Transfer cookies to cooling rack.
8. Place wax paper below rack to catch chocolate drizzle.
9. While cookies are cooling, melt chocolate in metal bowl set over pan of simmering water.
10. Drizzle chocolate in zigzag pattern over tops of cooled cookies.

Easy Lemon Cookies

Yield: 36 Cookies

- 1 package (18¼ ounces) lemon cake mix
- 1 egg
- ½ cup butter (softened)
- 1 tablespoon lemon juice
- Grated zest from 1 lemon
- Powdered sugar for decoration

Directions:

1. Pour cake mix into large bowl.
2. Mix in egg, butter, lemon juice and lemon zest until well blended.
3. Refrigerate dough for at least 15 minutes, or overnight if desired.
4. Roll heaping teaspoons of dough into balls and roll in powdered sugar.
5. Place cookie dough around perimeter of liner pan, with pieces about 1-inch apart.
6. Bake at 300°F for 10 minutes.
7. Once cookies have cooled completely, dust with powdered sugar one more time.

For multi-level baking:

1. Place Extender Ring on NuWave Oven base.
2. Place cookies in liner pan as directed above.
3. Place 1-inch rack over cookies in liner pan.
4. Place Silicone Baking Ring on cooking rack.
5. Arrange cookies on Silicone Baking Ring.
6. Bake at 300°F for 15 minutes.

Tip: Do not place cookies directly under heating element.

Country Road Bar Cookies

Serves: 12

- 2 cups graham cracker crumbs
- ⅓ cup melted butter
- ¼ cup granulated sugar
- ½ cup chopped macadamia nuts
- ½ cup white chocolate chips
- ½ cup sweetened flaked coconut
- 1 (14-oz.) can sweetened condensed milk

Directions:

1. Combine first 3 ingredients in medium bowl.
2. Press mixture onto bottom of 8x8-inch silicone baking pan.
3. Place Extender Ring on base tray. Place pan on 1-inch rack.
4. Bake at 300°F for 15 minutes.
5. Remove from oven.
6. Sprinkle macadamia nuts, white chocolate morsels and coconut over hot crust.
7. Pour condensed milk evenly over top.
8. Bake additional 20-25 minutes, or until lightly browned and edges are bubbly.
9. Let cool for 1 hour on wire rack. Slice into finger size bars.

Tip: If macadamia nuts are not available, try butter toffee peanuts.

Lemon Poppy Seed Cookies

Yield: 12 cookies

Cookie Ingredients:

2 cups sifted flour
 ¼ teaspoon baking powder
 ¼ teaspoon salt
 1 cup (2 sticks) unsalted butter
 ½ cup confectioners' sugar

Glaze Ingredients:

1 cup confectioners' sugar
 ¼ cup heavy cream
 1 tablespoon fresh lemon juice
 1 teaspoon poppy seeds

Cookie Directions:

1. Combine flour, baking powder, and salt in bowl; set aside.
2. In separate bowl, cream butter until soft.
3. Add sugar gradually and cream together.
4. Add dry ingredients to butter mixture and mix thoroughly.
5. Roll dough into 1-inch balls and refrigerate for 20 minutes.
6. Place dough on 1-inch rack.
7. Working in batches, bake at 350°F for 10-12 minutes.
8. Transfer cookies to cooling rack and repeat baking process with remaining dough.

Glaze Directions:

1. Whisk together confectioners' sugar, cream and lemon juice until combined and smooth.
2. Stir in poppy seeds.
3. Once cookies have cooled, dip top of cookies in glaze or drizzle over top.
4. Let glaze set for about 15 minutes before serving.

Pastel Cookies

Yield: 24 cookies

¾ cup butter

½ cup sugar

2 eggs

1 teaspoon vanilla

2½ cups flour

1 teaspoon baking powder

1 teaspoon salt

1 (3-ounce) box gelatin

Granulated sugar for rolling

Directions:

1. Cream butter, sugar and add eggs and vanilla in mixing bowl until well blended and fluffy; set aside.
2. In separate bowl, combine flour, baking powder, gelatin and salt.
3. Gradually add flour mixture to butter mixture and mix until combined.
4. Roll dough into 1-inch balls and roll in sugar.
5. Place dough balls 2 inches apart in liner pan.
6. Press drinking glass onto cookies to flatten.
7. Place Extender Ring on base tray.
8. Bake at 300°F for 8-10 minutes, or until cookies lightly brown around edges.
9. Promptly open dome and let cookies sit for 1 minute before transferring to cooling rack.

Tip: You can use any flavor gelatin in the cookies. Use your favorite!

Tip: Press glass into bowl of sugar before flattening each cookie.

Cherry Tea Cookies

Yield: 24 cookies

Cookie Ingredients:

1½ cups flour

½ teaspoon salt

½ cup unsalted butter, softened

¾ cup powdered sugar

2 tablespoons milk

1 teaspoon vanilla

24 maraschino cherries, stems remove and drained (reserve liquid for glaze)

Glaze Ingredients:

1¼ cups powdered sugar, divided

1 tablespoon butter, melted

2 tablespoons maraschino cherry juice

Cookie Directions:

1. In small bowl, combine flour and salt; set aside.
2. In separate bowl, mix together butter and sugar until light and fluffy.
3. Gradually add milk and vanilla.
4. Add flour mixture to butter mixture in small increments.
5. Roll dough into log and cut into 24 equal parts.

6. Roll each portion into ball and press thumbprint in center.
7. Place 1 maraschino cherry in thumbprint and roll to completely cover cherry.
8. Place cookies 1 inch apart around perimeter of liner pan.
9. Add Extender Ring to base tray.
10. Bake at 300°F for 18-20 minutes.
11. Promptly open dome and allow cookies to cool slightly before removing from liner pan.
12. Transfer to cooling rack and allow cookies to cool completely before dipping in glaze.

Glaze Directions:

1. In small bowl, beat together 1 cup powdered sugar, butter and cherry juice until smooth.
2. Dip tops of cookies in glaze and place back on cooling rack.
3. Once glaze is set, dust cookies with remaining powdered sugar.

Tip: You can place the glaze in a piping bag to drizzle on top.

Tip: Add more maraschino cherry juice to the glaze, if desired, to thin it out.



Lemon Bomb Cookies

Yield: 48 cookies

Cookie Ingredients:

4 cups sifted all-purpose flour
1 teaspoon baking powder
½ teaspoon salt
½ cup (1 stick) unsalted butter, softened
½ cup shortening
2 cups granulated sugar
2 large eggs
2 teaspoons pure vanilla extract

Icing Ingredients:

2 cups powdered sugar
1 teaspoon vanilla
2-4 tablespoons milk
⅔ cup crushed lemon candies

Directions:

1. In large mixing bowl, sift together flour, baking powder and salt; set aside.
2. In separate bowl, using electric mixer on low speed, cream together shortening, butter, sugar, eggs and vanilla.
3. Gradually add flour mixture to butter mixture and mix until combined.
4. Divide dough into 4 equal parts.
5. Wrap each piece of dough in plastic wrap and refrigerate for 1 hour, or overnight.
6. When you are ready to bake, remove 1 piece of dough from refrigerator.
7. Allow dough to come to room temperature.
8. Roll out dough between two pieces of plastic wrap, into ⅛-inch thick disk.
9. Transfer dough to floured surface and cut out cookies using cookie cutter.
10. Bake cookies directly in liner pan at 300°F for 12-14 minutes.
11. Allow cookies to rest in liner pan before transferring to cooling rack.
12. Roll together remaining dough and repeat steps 8-11.

Icing Directions:

1. In large bowl, mix powdered sugar, vanilla and milk in batches until spreadable.
2. Place cooled cookies on baking rack and stand over a large piece of wax paper.
3. Pour icing evenly over cookies and top with lemon candies.
4. Repeat with remaining cookies.

Tip: Your cooking rack also doubles as a cooling rack.

Golden Ginger Nut Lemon Bars

Serves: 8-10

2 cups all-purpose flour
½ cup powdered sugar
½ teaspoon baking soda
¼ teaspoon salt
¾ cup cold butter
½ cup golden raisins
1½ cups white chocolate chips
1 cup coarsely ground almonds, divided
3 tablespoons finely chopped crystallized ginger
10 ounces lemon curd

Lemon Curd Ingredients:

½ cup fresh lemon juice
1 tablespoon grated lemon zest
½ cup sugar
2 eggs
½ cup unsalted butter, cubed

Lemon Curd Directions:

1. In 2-quart saucepan, combine lemon juice, lemon zest, sugar, eggs and butter.
2. Cook over medium-low heat until thick enough to hold marks from whisk and first bubble appears on surface.

Ginger Bar Directions:

1. Prepare lemon curd and set aside.
2. Combine flour, sugar, baking soda and salt in a large bowl; cut in butter with a pastry blender until crumbly.
3. Toss in half the almonds.
4. Reserve 1 cup flour mixture.
5. Press remaining flour mixture onto bottom of 8x8-inch silicone baking pan and press evenly.
6. Place Extender Ring on base.
7. Place pan on 1-inch rack.
8. Bake at 350°F for 15-18 minutes or until lightly browned.
9. Remove from oven.
10. Spread lemon curd over crust, leaving ¼-inch border.
11. Mix raisins, almonds and ginger with reserved flour mixture and sprinkle evenly over the top.
12. Bake additional 12-15 minutes, or until lightly browned.
13. Open dome and remove promptly when time is completed.
14. Allow to cool slightly and cut into squares.

Tip: Make lemon curd ahead of time and store up to one week.



Salted Chocolate Tart

Serves: 10-12

2 cups crushed sea salt potato chips
5 tablespoons unsalted butter, melted
¼ cup all-purpose flour
1¼ cup heavy cream, divided
10 ounces semisweet chocolate morsels
1 teaspoon vanilla extract
½ teaspoon salt
2 large eggs
8 ounces bittersweet chocolate morsels
Sea salt for garnish

Directions:

1. Combine crushed chips, melted butter and flour in NuWave Twister, or food processor, and pulse for 30 seconds until combined.
2. Press mixture onto bottom of 9-inch springform pan, working part way up the sides.
3. Place pan on 3-inch rack and bake at 350°F for 5 minutes; set crust aside to cool.
4. Add ¼ cup heavy cream to small saucepan and heat on medium low heat just until simmering.
5. Reduce to low heat and add semisweet chocolate morsels,

stirring gently using rubber-coated spatula until mixture is combined and smooth. Remove from heat.

6. Add vanilla and salt to chocolate mixture, then add eggs one at a time, stirring well between additions, until combined and smooth.
7. Pour chocolate mixture into prepared crust and smooth with spatula.
8. Place Extender Ring on base tray and place pan on 1-inch rack.
9. Bake at 300°F for 16 minutes.
10. Bake at 325°F for additional 8 minutes and remove pan to cool.
11. While pie is cooling, heat 1 cup heavy cream for ganache in small saucepan on medium-low heat just until simmering.
12. Reduce to low temperature and add bittersweet chocolate morsels, stirring gently using rubber-coated spatula until mixture is combined and smooth.
13. Pour ganache over cooled pie and spread evenly to cover entire pie.
14. Refrigerate overnight, or until completely set.
15. Sprinkle with course sea salt before serving.

Tip: Stir chocolate gently to avoid incorporating air to ensure a smoother texture.



Pumpkin Brownies

Yield: 16 brownies & 12 cupcakes

Brownie Ingredients:

½ cup (1 stick) butter or margarine, melted
1 cup sugar
1 teaspoon vanilla extract
2 eggs
½ cup all-purpose flour
⅓ cup cocoa
¼ teaspoon baking powder
¼ teaspoon salt

Pumpkin Ingredients:

1 can sweetened condensed milk
1 cup pumpkin puree
1 tablespoon pumpkin pie spice

Directions:

1. Cream together butter, sugar and vanilla in medium bowl.
2. Add eggs; beat well with spoon; set aside.
3. In separate bowl, stir together flour, cocoa, baking powder and salt.
4. Gradually add dry ingredients to egg mixture, beating until well blended.
5. Pour half the batter evenly into 8x8-inch silicone or metal baking pan.
6. Pour remaining batter into 12 Silicone Baking Cups; set aside.
7. In separate bowl, combine pumpkin ingredients and beat well.
8. Pour pumpkin mixture evenly over brownie batter in pan and baking cups.
9. Place baking pan in center of 2-inch rack and add Extender Ring to base tray.
10. Bake at 350°F for 25 minutes
11. Bake at 300°F for 20 additional minutes.
12. Remove baking pan and transfer to cooling rack.
13. Place baking cups on 2-inch rack.

14. Bake at 300°F for 15 minutes.
15. Transfer to baking rack to cool.

Tip: Glass and ceramic baking dishes will increase cooking time. We recommend silicone or metal for best results.

Banana Muffins

Yield: 12 muffins

1¼ cups mashed bananas (3 medium bananas)
3 tablespoons vegetable oil
1 large egg
½ cup sugar
2 cups muffin mix
½ cup raisins or chopped nuts (optional)

Directions:

1. Beat bananas, oil, egg and sugar in large bowl until blended.
2. Stir in muffin mix and raisins or nuts just until baking mix is moistened. Batter will be lumpy.
3. Divide batter evenly into muffin cups.
4. Add Extender Ring to base tray and place muffins on 1-inch rack
5. Bake at 350°F for 18-20 minutes.
6. Serve warm.

Tip: Ripe bananas freeze well. Mash, adding 1 tablespoon of lemon juice for each cup of banana to prevent browning.

Orange Walnut Blondies

Serves: 16

Blondie Ingredients:

1 cup walnuts, divided
 1½ cups all-purpose flour
 ½ teaspoon baking powder
 ¼ teaspoon salt
 ½ cup sugar
 ½ cup packed brown sugar
 ⅓ cup butter, melted
 2 eggs
 ½ teaspoon vanilla extract
 1 tablespoon orange extract
 2-3 drops orange food coloring (optional)

Frosting Ingredients:

1 (8-ounce) package cream cheese, room temperature
 4 tablespoons butter, room temperature
 2 cups powdered sugar
 2 tablespoons orange extract
 1 tablespoon vanilla extract
 Orange food coloring (optional)

Blondie Directions:

1. Place ½ cups walnuts in baking pan and place pan on 3-inch rack.
2. Toast at 350°F for 4 minutes; remove and set aside.
3. Combine flour, baking powder and salt in bowl; set aside.
4. In large bowl, cream together butter, sugar and brown sugar until light and fluffy.
5. Add eggs to sugar one at a time.

6. Add vanilla and mix well.
7. Gradually add wet ingredients to dry ingredients and stir until incorporated.
8. Spray 8x8-inch square baking pan with non-stick cooking spray and add batter.
9. Sprinkle untoasted walnuts onto batter and press in slightly.
10. Place pan on 2-inch rack and add Extender Ring to base tray.
11. Bake at 350°F for 20 minutes.
12. Bake at 300°F for 15 minutes, or until toothpick can be inserted and removed cleanly.
13. Transfer pan to cooling rack and let blondies cool for 15 minutes before removing from pan to cool completely.

Frosting Directions:

1. Beat together cream cheese and butter in mixing bowl.
2. Gradually stir confectioners' sugar.
3. Add extract and food coloring and whip until blended.
4. Frost blondies and sprinkle toasted walnuts on top.

Tip: Start with two drops of food coloring as you're mixing and add more if desired.

Cherry Cheesecake Cookies

Yield: 36 cookies

3½ cups all-purpose flour
 2 teaspoons baking powder
 1 teaspoon salt
 2 (8-ounce) packages cream cheese, softened
 2½ cups butter, softened
 1½ cups sugar
 2 large eggs
 2 teaspoons vanilla extract
 1 tablespoon orange liqueur
 1 cup confectioners' sugar
 1 cup graham cracker crumbs
 2 (20-ounce) cans cherry pie filling

Directions:

1. Combine flour, baking powder and salt in a bowl; set aside.
2. In separate bowl, beat cream cheese, butter and sugar for about 2 minutes, until smooth and creamy.
3. Add eggs, vanilla, and orange liqueur to bowl and mix until incorporated.
4. Gradually mix in confectioners' sugar until incorporated.
5. Gradually add in dry ingredients and mix until just combined.
6. Cover dough and refrigerate for about 30 minutes, until firm.
7. Place Silicone Baking Ring or parchment paper on 2-inch rack.
8. Place graham cracker crumbs in wide shallow dish.
9. Roll dough into 1½-inch balls, then roll balls in graham cracker crumbs.
10. Place each graham cracker coated ball on baking ring, between the holes. Use your thumb to press indentation into the center of each ball.
11. Bake at 350°F for 10 minutes.
12. Open dome and place 3 cherries in indentation of each cookie.

13. Bake at 350°F for 3 minutes, until cherries are set.
14. Open dome and remove rack and allow cookies to cool completely.

Tip: Cookies will crisp up after cooling. Careful not to overbake.

Apple Oatmeal Cookies

Yield: 24 cookies

1¼ cups all-purpose flour
 ¼ teaspoon baking soda
 ½ teaspoon ground cinnamon
 ¼ cup coconut oil, softened
 ¾ cup packed brown sugar
 1 egg
 ½ cup ground apple
 1¼ cups rolled oats
 1 tablespoons honey

Directions:

1. In medium bowl, combine flour, baking soda and cinnamon; set aside.
2. In large bowl, cream together coconut oil and sugar; set aside.
3. In separate bowl, mix egg, apple, oats and honey together until combine.
4. Add egg mixture to coconut mixture and mix until combined.
5. Gradually add dry ingredients to wet ingredients and mix until combined.
6. Refrigerate dough for 30 minutes, or until firm before baking.
7. Drop dough by rounded teaspoonful directly into liner pan.
8. Bake at 350°F for 8-10 minutes or until lightly browned.



Sour Cream Apple Pie

Serves: 8

Pie Ingredients:

1 unbaked 9-inch pie crust
 ¾ cup sugar
 2 tablespoons all-purpose flour
 ⅛ teaspoon salt
 1 cup sour cream
 1 egg
 ½ teaspoon vanilla extract
 2 cups apples, peeled and diced

Topping Ingredients:

⅓ cup all-purpose flour
 ⅓ cup sugar
 1 teaspoon ground cinnamon
 ¼ cup chilled butter, diced

Directions:

1. Poke several holes in pie crust along bottom and up the sides.
2. Bake crust on 2-inch rack at 350°F for 12 minutes. Transfer to cooling rack to cool before filling.
3. In medium bowl, stir together sugar, flour and salt.

4. Mix in sour cream, egg and vanilla until smooth.
5. Fold in apples.
6. Fill prepared pie crust with filling.
7. Place pie on 2-inch rack and add Extender Ring to base tray.
8. Bake at 300°F for 25 minutes.
9. While pie is baking, combine flour, sugar and cinnamon in medium bowl for topping.
10. Cut in butter until mixture resembles fine crumbs.
11. Once pie is done baking, sprinkle topping evenly atop pie.
12. Bake for additional 8-10 minutes at 300°F.
13. Transfer pie to cooling rack and cool for 15 minutes.
14. Refrigerate for 2 hours and served chilled.

Tip: You can substitute the pie shell with a graham cracker crust, if desired.

Tip: Drizzle sliced apples with lemon juice to prevent browning.

Bread Pudding with Whiskey Sauce

Serves: 6

10 slices day old white bread
 4 tablespoons white sugar
 3½ cups milk
 4 eggs, separated
 1 tablespoon vanilla
 ½ teaspoon salt
 2 sticks butter
 1 cup raisins

Whiskey Sauce Ingredients:

½ cup sugar
 ¼ cup water
 ¼ cup butter
 1 shot glass Whiskey

Directions:

1. Break bread into oven-safe casserole dish, no bigger than 1½ quarts.
2. Soften bread with small amount of milk.
3. Beat sugar and egg yolks.
4. Add milk and stir well.
5. Add vanilla and salt.
6. Pour milk mixture over bread. Fold in raisins.
7. Cut butter into chunks and fold in.
8. Place pan on 1-inch rack and bake at 350°F for 30 minutes.
9. Check by sticking knife in center; if it comes out clean, it's done.

Whiskey Sauce Directions:

1. Mix all ingredients and heat until dissolved.
2. Remove from heat and add a spoonful of Whiskey Sauce to each pudding serving.

Almond Tart

Serves: 8

10-12 ounces ginger snaps, broken into pieces
 1 stick unsalted butter, cut into cubes
 12 ounces chopped almonds
 4 eggs
 ¾ cup light corn syrup
 ¼ cup honey
 ½ cup sugar
 1 tablespoon rum
 1 teaspoon pure vanilla extract
 dash of salt

Directions:

1. Process cookie pieces and butter pieces together in food processor, fitted with steel blade, until crumbs begin to soften together.
2. Press into 9-inch tart pan, along sides and bottom.
3. Sprinkle almonds evenly over bottom of crust.
4. In medium bowl, beat together eggs, corn syrup and honey until pale in color.
5. Mix in sugar, rum, vanilla and salt.
6. Pour mixture over almonds and place pan on 1-inch rack.
7. Bake at 350°F for 5 minutes.
8. Tent tart with foil, continue baking for 30 minutes.
9. Remove foil tent, continue to bake at 350°F for additional 15 minutes.



Pumpkin Cream Snack Bread

Yield: 1 9x5-inch loaf

Snack Bread Ingredients:

8 ounces cream cheese softened
 ¾ cup butter softened
 2 cups sugar
 3 large eggs, room temperature
 3 cups flour
 ½ teaspoon baking powder
 ½ teaspoon baking soda
 ½ teaspoon salt
 ½ teaspoon cinnamon
 ¼ teaspoon nutmeg
 1 (15-ounce) can pumpkin puree
 ¾ cup chopped pecans
 ¾ cup golden raisins

Frosting Ingredients:

8 ounces cream cheese, softened
 1 cup powdered sugar
 2 teaspoon vanilla extract
 4-5 tablespoons milk

Snack Bread Directions:

1. Butter bottom and sides of 9x5 inch baking pan.
2. Line pan with parchment paper to create sling and butter the paper; set aside.
3. In medium bowl, beat cream cheese and butter until creamy, add sugar, beat until fluffy.
4. Add eggs one at time, beating well after each addition; set aside.
5. In separate bowl, combine flour, baking powder, baking soda, salt, cinnamon and nutmeg.
6. Gradually add dry ingredients to cream cheese mixture and mix until combined.
7. Stir in pumpkin puree, pecans and raisins.
8. Pour batter into prepared loaf pan.
9. Add Extender Ring to base tray and place baking pan on 2-inch rack.
10. Bake at 300°F for 50-55 minutes or until toothpick can be inserted

and removed cleanly.

11. Allow bread to cool in pan for 15 minutes.
12. Remove bread from pan and transfer directly to rack to cool completely.

Frosting Directions:

1. Beat cream cheese until very creamy and beat in powdered sugar.
2. Stir in vanilla and add milk while mixing until desired consistency is reached.
3. Once bread has cooled, transfer to plate and coat in frosting.

Tip: To create a parchment paper sling, cut a 15x9-inch sheet and insert into the baking pan. There will be excess parchment paper sticking out.

Tip: To remove the bread from the pan, run a knife or bench scraper along the edge where the bread may have touched the pan. Remove the bread from the pan by holding onto the parchment paper and lifting.

Hot Fudge & Fluff Peanut Butter Banana Bread

Yield: 1 9x5-inch loaf

Ingredients:

1 cup mashed bananas
 2 eggs, beaten
 ½ cup vegetable oil
 ⅓ cup buttermilk
 ½ cup peanut butter
 1¼ cups granulated sugar
 1¾ cups all-purpose flour
 ½ teaspoon salt
 1 teaspoon baking soda
 ½ cup hot fudge sauce, warmed and divided
 ½ cup marshmallow fluff, warmed and divided

Directions:

1. Butter bottom and sides of 9x5 inch baking pan.
2. Line pan with parchment paper to create sling and butter the paper; set aside.
3. In large bowl, beat together banana, eggs, oil, buttermilk and peanut butter; set aside.
4. In medium bowl, combine sugar, flour, salt and baking soda.
5. Gradually add dry ingredients to banana mixture and stir until just combined.

6. Pour half of the mixture into prepared baking pan.
7. Pour half of the hot fudge, fluff evenly over banana mixture and swirl with knife.
8. Pour remaining banana mixture into pan.
9. Top with remaining hot fudge, fluff and swirl with knife.
10. Add Extender Ring to base tray and place baking pan on 2-inch rack.
11. Bake at 300°F for 50-55 minutes or until toothpick can be inserted and removed cleanly.
12. Lift bread out of pan and transfer to cooling rack and cool before serving.

Tip: To create a parchment paper sling, cut a 15x9-inch sheet and insert into the baking pan. There will be excess parchment paper sticking out.

Tip: To remove the bread from the pan, run a knife or bench scraper along the edge where the bread may have touched the pan. Remove the bread from the pan by holding onto the parchment paper and lifting.



Chocolate Chip Sour Cream Ring

Serves: 12

Cake Ingredients:

2 cups all-purpose flour
1 teaspoon baking powder
1 teaspoon baking soda
 $\frac{3}{4}$ teaspoon nutmeg
 $\frac{1}{4}$ teaspoon salt
1 stick butter
1 cup sugar
2 eggs
1 teaspoon vanilla extract
1 cup sour cream

Streusel Ingredients:

2 cups chocolate chips
 $\frac{1}{2}$ cup chopped walnuts
 $\frac{1}{4}$ cup sugar
1 teaspoon nutmeg
 $1\frac{1}{2}$ teaspoons ground cinnamon

Directions:

1. Butter 1.5-quart bundt or tube pan; set aside.
2. Sift together flour, baking powder, baking soda, nutmeg and salt into bowl; set aside.

3. In separate bowl, cream together butter and sugar until blended.
4. Add eggs one at a time, beating well after each addition and mix in vanilla.
5. Gradually beat in dry ingredients, alternating with sour cream, beginning and ending in flour; set aside.
6. In separate bowl, combine all streusel ingredients.
7. Add one third of the streusel mixture to prepared baking pan.
8. Spoon in half of the cake batter and top with more streusel.
9. Pour remaining batter into the pan, smoothing out the top.
10. Top with remaining streusel.
11. Add Extender Ring to base tray and place pan on 2-inch rack.
12. Bake at 350°F for 30 minutes.
13. Without opening the dome, cook at 300°F and bake for 15 minutes.
14. Transfer baking pan to cooling rack and let cool for 15 minutes before removing cake from pan.

Strawberry Corn Cakes

Yield: 6 corn cakes

1 (8½-ounce) package corn muffin mix
 $\frac{1}{4}$ cup all-purpose flour
2 teaspoons finely grated lemon zest
1 teaspoon vanilla extract
1 cup strawberries, chopped
2 tablespoons strawberry preserves
 $\frac{3}{4}$ cup heavy cream
2 tablespoons confectioners' sugar
Non-stick cooking spray

Directions:

1. Lightly coat Silicone Cupcake Liners with non-stick cooking spray; set aside.
2. Prepare corn muffin batter according to package directions.
3. Add flour, lemon zest and vanilla to muffin batter and stir to combine.
4. Transfer batter to cupcake liners, filling each liner evenly.
5. Place corn cakes on 2-inch rack and add Extender Ring to base tray.
6. Bake at 300°F for 12-18 minutes.
7. While cakes bake, mix strawberries and strawberry preserves together in small bowl; set aside.
8. Remove corn cakes from Oven and let cool completely.
9. Spoon strawberry mixture onto each corn cake.
10. In separate bowl, beat cream and confectioners' sugar together until soft peaks form.
11. Add any remaining strawberry mixture to cream and mix thoroughly.
12. Serve corn cakes with whipped cream.

Halloween Cupcake Trifle Jars

Yield: 16 (½-pint) jars

16 (½-pint) canning jars
1 box chocolate cake mix
1 (12-ounce) tub white frosting
2 piping bags with large swirl tip
Orange food coloring
Purple food coloring
Halloween sprinkles

Directions:

1. Prepare cake batter according to package directions.
2. Fill Silicone Cupcake Liners $\frac{3}{4}$ full.
3. Place cups on 2-inch rack. And add Extender Ring to base tray.
4. Bake at 300°F for 14 minutes.
5. While cupcakes bake, divide frosting evenly into 2 small mixing bowls, 1 for each color.
6. Add food coloring, 1 drop at a time, to each bowl and stir until frosting reaches desired color.
7. Fill piping bags fitted with icing.
8. Once baked, remove cupcakes from Oven and cool completely.
9. Once cool, remove cupcakes from liners and cut each cupcake in half horizontally.
10. Place 1 half in bottom of each jar and pipe frosting in spiral shape to cover cupcake.
11. Add another cupcake half to each jar and pipe frosting in spiral shape. Repeat until all cupcake halves have been used.
12. Top each jar with sprinkles.
13. Cover jars and refrigerate until ready to serve.

Tip: For a stiffer frosting, refrigerate before piping.



Pistachio-Cherry Bundt Cake

Serves: 10-12

Cake Ingredients:

- 1 box mix, pound cake mix
- 1 (3.4-ounce) package pistachio flavored instant pudding mix
- $\frac{3}{4}$ cup water
- $\frac{1}{2}$ stick butter, softened
- 2 eggs
- $\frac{1}{2}$ teaspoon almond extract
- Green food coloring (optional)
- 1 cup pistachios, chopped

Icing Ingredients:

- 2 cups powdered sugar
- 3 tablespoons maraschino cherry juice
- 2-3 tablespoons milk
- 2 tablespoons butter, melted

Directions:

1. Grease 12-cup bundt pan with butter, then lightly flour; set aside.
2. In large bowl, mix together cake mix, pudding mix, water, butter, eggs and almond extract.

3. Stir in nuts and about 5 drops green food coloring.
4. Pour batter into prepared bundt pan (batter will be very thick) and spread batter evenly.
5. Place pan on 2-inch rack and place Extender Ring on base tray.
6. Bake at 350°F for 30 minutes.
7. Bake at 275°F for 45 minutes.
8. Check for doneness with toothpick. If more time is needed, only add 5 minutes at a time.
9. Cool cake for 10 minutes in pan, then remove and cool completely on cooling rack.
10. While cake bakes, stir together powdered sugar, cherry juice, milk and butter in medium bowl until glaze forms.
11. Drizzle glaze over fully cooled cake and let rest for a few minutes to let glaze harden.
12. Slice and serve.

Tip: Add more milk and powdered sugar to glaze as needed to achieve desired consistency.

Glazed Cashew Snack Bread

Yield: 1 9x5-inch loaf

Snack Bread Ingredients:

- 1½ cups all-purpose flour
- $\frac{1}{2}$ teaspoon sea salt
- 1 teaspoon baking powder
- $\frac{1}{2}$ cup butter, softened
- $\frac{1}{3}$ cup granulated sugar
- $\frac{1}{3}$ cup packed dark brown sugar
- 2 large eggs
- $\frac{3}{4}$ cup unsweetened silk cashew milk
- $\frac{1}{2}$ teaspoon vanilla extract
- $\frac{1}{3}$ cup chopped cashews

Glaze Ingredients:

- $\frac{1}{4}$ cup butter
- 1 cup powdered sugar
- 2 tablespoons silk cashew milk
- $\frac{1}{4}$ cup whole cashews

Snack Bread Directions:

1. Butter bottom and sides of 9x5-inch baking pan.
2. Line pan with parchment paper to create sling and butter the paper; set aside.
3. In medium bowl, sift together flour, salt and baking powder; set aside.
4. Using stand mixer or electric hand mixer, cream together butter, sugar and brown sugar.
5. Add eggs one at a time, along with vanilla and cashew milk and beat until creamy.
6. Gradually mix in dry ingredients, stopping to scrap bottom and sides of bowl once.
7. Stir in chopped cashews.
8. Transfer batter to a prepared loaf pan.
9. Add Extender Ring to base tray and place baking pan on 2-inch rack.
10. Bake at 300°F for 45-50 minutes, or until toothpick can be inserted and removed cleanly.
11. Allow bread to cool in pan for 15 minutes.

12. Remove bread from pan and transfer directly to rack to cool completely.

Glaze Directions:

1. Melt butter in saucepan over medium heat, stirring continuously for 2-3 minutes.
2. Once completely melted, remove pan from heat.
3. Mix in powdered sugar and cashew milk in small batches until combined and smooth.
4. Once bread has cooled completely, pour glaze over bread and top with whole cashews.

Tip: To create a parchment paper sling, cut a 15x9-inch sheet and insert into the baking pan. There will be excess parchment paper sticking out.

Tip: To remove the bread from the pan, run a knife or bench scraper along the edge where the bread may have touched the pan. Remove the bread from the pan by holding onto the parchment paper and lifting.



Cornmeal Lemon Wheels

Yield: 48 cookies

Cookie Ingredients:

2 stick butter
 ½ cup granulated sugar
 ½ cup light brown sugar, packed
 ½ teaspoon baking soda
 ¼ teaspoon salt
 2 large eggs
 2 teaspoons lemon zest
 1 tablespoon lemon juice
 1¾ cups all-purpose flour
 ¾ cup yellow cornmeal plus more for rolling dough

Icing Ingredients:

1½ cups confectioners' sugar
 2 tablespoons milk
 40 lemon drop candies, crushed

Cookie Directions:

1. Place cornmeal in small bowl; set aside.
2. Cream butter, sugars, baking soda and salt in large bowl until fluffy.
3. Beat in eggs, lemon zest and juice until well blended.
4. Gradually beat in flour and cornmeal until blended.
5. Place Silicone Baking Ring on 2-inch rack and add Extender Ring to base tray.
6. Using cookie scoop or teaspoon, drop dough into cornmeal and roll to coat.
7. Place dough 2 inches apart around baking ring.
8. Butter bottom of a glass and press down onto each piece of dough to flatten.
9. Bake at 350°F for 10 minutes, or until golden brown around edges.
10. Open dome and let cookies cool slightly before transferring to wire rack to cool completely.

Icing Directions:

1. Whisk confectioners' sugar and milk in bowl until smooth.
2. Scrape icing into sturdy zip top bag.
3. Cut small tip off 1 corner and pipe spiral glaze onto each cookie starting in the center and working out and around to the edge.
4. Quickly sprinkle crushed candies onto icing.
5. Let icing set before serving.

Tip: Layer cookies between sheets of wax paper and store in an airtight container at room temperature for up to 1 week or freeze for up to 3 months.

Coconut Lime Glazed Snack Bread

Yield: 1 9x5-inch loaf

Snack Bread Ingredients:

1½ cups all-purpose flour
 ½ teaspoon sea salt
 1 teaspoon baking powder
 ¾ cup sugar
 ¼ cup butter, softened
 2 large eggs
 ¾ cup silk unsweetened coconut milk
 ½ teaspoon vanilla extract
 ⅓ cup sweetened flaked coconut

Glaze Ingredients:

1 cup powdered sugar
 1½ tablespoons fresh lime juice
 ⅓ cup sweetened flaked coconut
 Zest of 1 Lime

Snack Bread Directions:

1. Butter bottom and sides of 9x5-inch baking pan.
2. Line pan with parchment paper to create sling and butter the paper; set aside.
3. In large bowl, sift together flour, salt and baking powder; set aside.
4. In bowl of a stand mixer, cream together butter and sugar.
5. Add eggs one at a time and continue to mix.
6. Drizzle coconut milk and vanilla and continue mixing until incorporated.
7. Gradually add dry ingredients and mix well.

8. Fold in flaked coconut.
9. Transfer batter to prepared loaf pan.
10. Add Extender Ring to base tray and place baking pan on 2-inch rack.
11. Bake at 300°F for 45-50 minutes or until toothpick can be inserted and removed cleanly.
12. Allow bread to cool on rack for 15 minutes. Transfer out of pan onto rack to cool completely. Meanwhile make glaze.

Glaze Directions:

1. Mix powdered sugar and lime juice until smooth.
2. Poke approximately 30 holes into bread with toothpick. (optional)
3. Spread half of the glaze onto coconut bread.
4. Mix flaked coconut with remaining glaze.
5. Top bread with glazed coconut and lime zest.

Tip: To create a parchment paper sling, cut a 15x9-inch sheet and insert into the baking pan. There will be excess parchment paper sticking out.

Tip: To remove the bread from the pan, run a knife or bench scraper along the edge where the bread may have touched the pan. Remove the bread from the pan by holding onto the parchment paper and lifting.



Blueberry Snack Bread with Lemon Glaze

Yield: 1 9x5-inch loaf

Streusel Topping Ingredients:

½ cup granulated sugar
¼ cup all-purpose flour
3 tablespoons butter, melted

Snack Bread Ingredients:

1 cup fresh blueberries
2 cups plus 1 tablespoon all-purpose flour, divided
2 teaspoons baking powder
½ teaspoon salt
½ cup oil coconut
2 teaspoons vanilla extract
2 eggs
1 cup granulated sugar
1 cup sour cream
Zest and juice of 1 lemon

Lemon Glaze Ingredients:

¾ cup powdered sugar
1-2 tablespoons fresh lemon juice

Streusel Topping Directions:

1. Combine sugar and flour in small bowl.
2. Add butter to sugar mixture and mix until crumbly; set aside.

Snack Bread Directions:

1. Butter bottom and sides of 9x5-inch baking pan.
2. Line pan with parchment paper to create sling and butter the paper; set aside.
3. In small bowl, toss blueberries with 1 tablespoon flour; set aside.
4. In large bowl, whisk together 2 cups flour, baking powder and salt; set aside.
5. In another bowl, mix together oil, vanilla, eggs, sugar, sour cream, lemon zest and lemon juice.
6. Gradually add dry ingredients to wet ingredients and mix just until smooth.

7. Lightly fold blueberries into batter.
8. Pour batter into prepared loaf pan.
9. Sprinkle streusel topping over batter.
10. Add Extender Ring to base tray and place baking pan on 2-inch rack.
11. Bake at 300°F for 45-50 minutes, or until toothpick can be inserted and removed cleanly.
12. Let bread cool in baking pan for 15 minutes.
13. Remove bread from pan and transfer directly to rack to cool completely.

Glaze Directions:

1. Whisk together powdered sugar and 1 tablespoon lemon juice. Add more lemon juice if mixture is too thick.
2. Once bread has cooled, drizzle glaze over bread.
3. Allow glaze to set for about 15 minutes before serving.
4. If your mixture is too thick, slowly add up to one more tablespoon of lemon.

Tip: To create a parchment paper sling, cut a 15x9-inch sheet and insert into the baking pan. There will be excess parchment paper sticking out.

Tip: To remove the bread from the pan, run a knife or bench scraper along the edge where the bread may have touched the pan. Remove the bread from the pan by holding onto the parchment paper and lifting.

Snickerdoodle Snack Bread

Yield: 1 9x5-inch loaf

¾ cup cinnamon chips
1½ cups + 2 tablespoons all-purpose flour; divided
1 teaspoons baking powder
¼ teaspoon salt
2 teaspoons cinnamon
½ cup butter, softened
1 cup + 3 tablespoons sugar; divided
2 eggs
1 teaspoons vanilla
½ cup sour cream

Directions

1. In bowl, coat cinnamon chips with 2 tablespoons flour and 2 tablespoons sugar; set aside.
2. Butter bottom and sides of 9x5-inch baking pan.
3. Line pan with parchment paper to create sling and butter the paper; set aside.
4. In medium bowl, whisk together 1½ cups flour, baking powder, salt and cinnamon; set aside.
5. In large bowl, cream together butter and 1 cup sugar until fluffy.
6. Add eggs one at a time, mixing well after each addition.

7. Add vanilla and sour cream and mix to combine.
8. Gradually add flour mixture to egg mixture and mix until combined.
9. Fold cinnamon chips into batter.
10. Pour batter into prepared loaf pan.
11. Add Extender Ring to base tray and place baking pan on 2-inch rack.
12. Bake at 300°F for 45-50 minutes or until toothpick can be inserted and removed cleanly.
13. Remove pan from Oven and let cool for 10 minutes.
14. Remove bread from pan and let cool completely before serving.

Tip: To create a parchment paper sling, cut a 15x9-inch piece to easily remove the bread from the pan.

Tip: To remove the bread from the pan, run a knife or bench scraper along the edge where the bread may have touched the pan. Remove the bread from the pan by holding onto the parchment paper and lifting.



Glazed Lemon Zucchini Bread

Yield: 1 9x5-inch loaf

Bread Ingredients:

2 cups cake flour
 ½ teaspoon salt
 2 teaspoon baking powder
 2 eggs
 ½ cup canola oil
 1½ cups sugar
 2 tablespoon lemon juice
 ½ cup buttermilk
 Zest of 1 lemon
 1 cup grated zucchini

Glaze Ingredients:

1 cup powdered sugar
 2 tablespoon lemon juice
 1 tablespoon milk

Bread Directions:

1. Butter bottom and sides of 9x5-inch baking pan.
2. Line pan with parchment paper to create sling and butter the paper; set aside.
3. Mix flour, salt and baking powder in medium bowl; set aside.
4. In large bowl, beat eggs and mix in oil and sugar until well blended.
5. Add lemon juice, buttermilk and lemon zest to egg mixture and blend together.
6. Fold in zucchini until and mix well.
7. Add dry ingredients to wet ingredients and blend until well combined.
8. Pour batter into prepared loaf pan.
9. Add Extender Ring to base tray and place baking pan on 2-inch rack.
10. Bake at 300°F for 45-50 minutes or until toothpick can be inserted and removed cleanly.
11. Let bread cool in baking pan for 15 minutes. Meanwhile make Glaze.
12. Remove bread from pan and transfer directly to rack to cool completely.

Glaze Directions:

1. Combine all ingredients in dish and whisk until smooth.
2. Once bread has cooled, pour glaze over bread using spoon or pastry bag.

Tip: To create a parchment paper sling, cut a 15x9-inch sheet and insert into the baking pan. There will be excess parchment paper sticking out.

Tip: To remove the bread from the pan, run a knife or bench scraper along the edge where the bread may have touched the pan. Remove the bread from the pan by holding onto the parchment paper and lifting.

Blueberry Streusel Coffee Cake

Serves: 8-10

Cake Ingredients:

2 cups + 3 tablespoons all-purpose flour; divided
 ¾ cup sugar
 2 teaspoons baking powder
 ¼ teaspoon salt
 1 egg
 ½ cup milk
 ½ cup butter, softened
 1 cup fresh or frozen blueberries
 1 cup chopped pecans

Streusel Topping Ingredients:

½ cup sugar
 ⅓ cup all-purpose flour
 ¼ cup cold butter

Streusel Directions:

1. Combine sugar and flour in bowl.
2. Cut in butter until crumbly; set aside.

Cake Directions:

1. In large mixing bowl, combine the flour, sugar, baking powder and salt.
2. Add egg, milk and butter.
3. Beat mixture well.
4. Fold in blueberries and pecans.
5. Spread into greased 9-inch spring form baking pan.
6. Sprinkle streusel topping over batter.
7. Place Extender Ring on NuWave Oven base.
8. Place 1-inch rack in base tray.
9. Place baking pan on 1-inch rack.
10. Bake at 300°F for 30 minutes.
11. Cool for 15 minutes and serve warm.



Spinach & Feta Muffins

Serves: 12

- 2 cups all-purpose flour
- 2 teaspoons sugar
- 1 tablespoon baking powder
- 1 teaspoon dry oregano, crumbled
- ½ teaspoon salt
- ¼ teaspoon ground black pepper
- ½ teaspoon garlic powder
- ⅓ cup vegetable oil, divided
- 5 green onions, chopped
- 2 eggs
- ½ cup milk
- 1 (10-ounce) package frozen chopped spinach, thawed and well drained
- 7 ounces Feta cheese, cubed

Directions:

1. Combine flour, sugar, baking powder, oregano, salt, pepper and garlic powder in bowl; set aside.
2. Heat 2 tablespoons of oil in sauté pan on medium heat.
3. Sauté onions for 2 minutes.
4. Transfer onions to plate to cool.
5. In medium bowl, whisk eggs until foamy.
6. Blend remaining oil, milk and sautéed onions into eggs.
7. Gradually mix in dry ingredients until smooth.
8. Mix in spinach and Feta cheese.
9. Fill 12 Silicone Cupcake Liners $\frac{2}{3}$ full.
10. Add Extender Ring to base tray and place muffins on 2-inch rack.
11. Bake at 300°F for 18-20 minutes.
12. Transfer muffins to cooling rack to cool.

Berry Cream Pie

Serves: 8

- 1 unbaked 10-inch pastry shell (homemade or readymade)
- 1 cup flour
- 1 cup granulated sugar
- Pinch salt
- 1 cup sour cream
- ½ teaspoon vanilla extract
- ½ teaspoon almond extract
- 1 (1-pound) container fresh strawberries
- 1 (6-ounce) container fresh raspberries
- 1 (6-ounce) container fresh blackberries

Directions:

1. Poke several holes in pie crust along bottom and up the sides.
2. Bake pie crust at 350°F for 15 minutes and remove from Oven to cool.
3. While crust bakes, combine flour, sugar, salt, sour cream, vanilla and almond extract in large bowl and mix until thoroughly combined and creamy.
4. Gently fold in berries.
5. Pour berry mixture into pie crust and spread evenly.
6. Add Extender Ring to base tray and place pie on 1-inch rack.
7. Bake at 300°F for 45 minutes or until pie is set.
8. Transfer to cooling rack and allow pie to cool completely.
9. Refrigerate to chill before serving.

Tip: You can use light sour cream, but do not use fat-free sour cream.

Orange Buttermilk Cupcakes

Yield: 12 cupcakes

Cupcake Ingredients:

- 1½ cups flour
- ¾ teaspoons baking soda
- Pinch salt
- 6 tablespoons unsalted butter
- 1 cup sugar
- 1 teaspoon vanilla extract
- ½ teaspoon orange extract
- 2 eggs, room temperature
- ¾ cup buttermilk
- Orange food coloring (optional)

Frosting Ingredients:

- 1 (8-ounce) package cream cheese, room temperature
- 4 tablespoons butter, room temperature
- 2 cups powdered sugar
- 2 tablespoon orange extract
- 1 tablespoon vanilla extract
- Orange food coloring (optional)

Cupcake Directions:

1. Combine flour, baking soda and salt in small bowl; set aside.
2. In medium pot, melt butter over low heat and add sugar and cook for 1 minute.
3. Remove pot from heat and mix in extracts and eggs.

4. Gradually mix dry ingredients into sugar mixture, alternating with buttermilk until combined.
5. Add food coloring, 1 drop at a time, until batter reaches desired color.
6. Pour batter into cupcake liners.
7. Place cupcakes on 2-inch rack and add Extender Ring to base tray.
8. Bake at 300°F for 12-15 minutes.
9. Open dome and remove rack.
10. Set cupcakes aside to cool 5 minutes.

Frosting Directions:

1. Beat together cream cheese and butter in bowl.
2. Gradually mix in confectioners' sugar while on low speed.
3. Add extract and coloring and whip until blended.
4. Add frosting to cupcakes and spread evenly.

Tip: Start with 2 drops of food coloring as you're mixing and add more, if preferred.

Tip: You can use a piping bag to frost the cupcakes for a different presentation.



Angel Food Cake (Box)

Serves: 10-12

1 cake mix box (prepared)
1 metal tube pan
Water

Directions:

1. Prepare mix as directed on package.
2. Pour batter into ungreased pan.
3. Cut through batter with sharp knife to remove large air bubbles.
4. Place Extender Ring on base tray.
5. Place tube pan on 1-inch rack.
6. Bake at 350°F for 20 minutes.
7. Lower temperature to 300°F and bake for additional 20 minutes.
8. Remove pan from oven and hang upside down on top of wine bottle until completely cool.
9. Loosen cake from tube and sides of pan using a knife or spatula with up-and-down strokes.
10. Gently remove cake.

Apple Crisp

Serves: 10-12

4 apples, peeled & cored
1/8-inch thick
1/2 cup flour
1/2 cup brown sugar, firmly packed
1/2 cup quick cooking oatmeal
1/4 cup butter, softened
1/4 cup granulated sugar
3/4 teaspoon cinnamon

1. Slice apples into 1/8-in slices and place in lightly buttered 8x8-inch baking dish.
2. In medium bowl, combine flour, brown sugar, oatmeal and butter until well mixed.
3. Pat oatmeal mixture onto apples.
4. In small dish, mix granulated sugar and cinnamon.
5. Sprinkle sugar mixture evenly over apples.
6. Place pan on 1-inch rack and bake at 300°F for 25 minutes or until apples are tender and juices are bubbly.
7. Cool on wire rack.

White Chocolate Walnut Cranberry Bread

Yield: 1 9x5-inch loaf

1/2 cup sugar
1/3 cup butter, softened
1/4 cup packed brown sugar
1 large egg
1 teaspoon vanilla extract
1 cup flour
1/2 teaspoon baking powder
1/4 teaspoon sea salt
1/2 cup dried cranberries
1/2 cup white chocolate morsels
3/4 cups toasted walnuts

Directions:

1. Butter bottom and sides of 9x5-inch baking pan.
2. Line pan with parchment paper to create sling and butter the paper; set aside.
3. In small bowl, combine flour, baking powder and salt; set aside.
4. In separate bowl, cream together butter, sugar, and brown sugar until light and fluffy.
5. Add egg and vanilla and mix until fully incorporated.
6. Gradually mix in dry ingredients until combined.
7. Stir in cranberries and white chocolate morsels.
8. Pour batter into prepared loaf pan.
9. Add Extender Ring to base tray and place baking pan on 2-inch rack.
10. Bake on 325°F for 35-40 minutes, or until toothpick can be inserted and removed clean.
11. Allow bread to cool on rack for 15 minutes, then transfer to cooling rack to cool completely

Tip: To create a parchment paper sling, cut a 15x9-inch sheet and insert into the baking pan. There will be excess parchment paper sticking out.

Tip: To remove the bread from the pan, run a knife or bench scraper along the edge where the bread may have touched the pan. Remove the bread from the pan by holding onto the parchment paper and lifting.

Fresh Pear Custard Pie

Serves: 6

3 pears, peeled, halved, sliced into 1/4-inch pieces
1/8 teaspoon nutmeg, plus extra for dusting
1/4 cup unsalted butter, melted
1/3 cup granulated sugar
1/3 cup all-purpose flour
2 teaspoons vanilla extract
3 large eggs
3/4 cup milk
1/4 teaspoon salt
Butter or non-stick cooking spray
Confectioners' sugar (optional)

Directions:

1. Coat bottom and sides of 9-inch tart pan with butter or non-stick cooking spray.
2. Arrange pear slices in tart pan in spiral, shingling from the outside towards the center.
3. Dust pears with nutmeg and set aside.
4. In NuWave Twister or food processor, combine butter, sugar, flour, vanilla, eggs, milk and salt and pulse for about 30 seconds until smooth.
5. Pour custard evenly over pears.
6. Place pan on 1 or 2-inch rack and add Extender Ring to base tray.
7. Bake at 350°F for 35 minutes.
8. Promptly transfer pie to cooling rack and allow it to cool slightly.
9. Serve warm or refrigerate to chill before serving.
10. Dust with powdered sugar or nutmeg if desired.

Tip: To slice the peel off the pear easier, slice off the bottom of the pear just enough so that it will stand it flat. Hold the top and slice off the peel, working from top to bottom.

Tip: Baking times may vary depending on the type of pan you use. Metal and silicone pans will require less time, whereas glass and ceramic pans should take 35 minutes.



Orange Glazed Cranberry Snack Bread

Yield: 1 9x5-inch loaf

Snack Bread Ingredients:

1½ cups plus 1 tablespoon flour,
divided
2 teaspoons baking powder
½ teaspoon salt
1 cup plain whole-milk yogurt
1 cup sugar
2 teaspoon grated orange zest
3 large eggs
¼ cup butter, softened
1 teaspoon pure vanilla extract
1½ cups cranberries, fresh or frozen

Orange Syrup Ingredients:

⅓ cup freshly squeezed orange juice
⅓ cup sugar

Orange Glaze Ingredients:

1 cup powdered sugar, sifted
2-3 tablespoons fresh orange juice

Snack Bread Directions:

1. Butter bottom and sides of 9x5-inch baking pan.
2. Line pan with parchment paper to create sling and butter the paper; set aside.
3. In large bowl, sift together 1½ cups flour, baking powder, and salt; set aside.
4. In another bowl, whisk together yogurt, sugar, orange zest, eggs, butter and vanilla.
5. Gradually mix dry ingredients into wet ingredients.
6. In separate bowl, toss cranberries with remaining flour and fold them into batter.
7. Add Extender Ring to base tray and place baking pan on 2-inch rack.
8. Bake at 300°F for 45-50 minutes or until toothpick comes out cleanly.
9. Allow bread to cool on rack for 15 minutes. Loosen sides and lift out of pan onto rack to cool completely.

Orange Syrup Directions:

1. Combine orange juice and sugar in saucepan and heat on medium heat.
2. Stir mixture until sugar completely dissolves, then cook for additional 3 minutes.
3. Remove pan from heat and set aside.
4. Brush bread with light coat of orange syrup and let it soak in.
5. Repeat step 4 until all syrup is used.

Orange Glaze Directions:

1. Whisk together powdered sugar and orange juice in bowl until thick, adding more orange juice if desired.
2. Drizzle glaze onto bread, allowing excess to drip down sides.
3. Let glaze set for about 15 minutes before serving.

Tip: To create a parchment paper sling, cut a 15x9-inch sheet and insert into the baking pan. There will be excess parchment paper sticking out.

Tip: To remove the bread from the pan, run a knife or bench scraper along the edge where the bread may have touched the pan. Remove the bread from the pan by holding onto the parchment paper and lifting.

Tip: Tossing the berries in flour will stop them from sinking to the bottom of the pan.



Chocolate Chip Cinnamon Snack Bread

Yield: 1 9x5-inch loaf

Snack Bread Ingredients:

1½ cups flour
1 teaspoon baking soda
½ teaspoon salt
1 tablespoon cinnamon
1½ cups mini chocolate chips
½ cup sugar
½ cup brown sugar
1 egg
⅓ cup canola oil
¾ cup buttermilk
2 teaspoons vanilla

Glaze Ingredients

4 ounces semi-sweet chocolate chips
2 tablespoons butter
2 tablespoons powdered sugar
1 tablespoon milk

Snack Bread Directions:

1. Butter bottom and sides of 9x5-inch baking pan.
2. Line pan with parchment paper to create sling and butter the paper; set aside.
3. In large bowl, combine flour, baking soda, salt, cinnamon and chocolate chips; set aside.
4. In separate bowl, whisk together sugar, brown sugar, egg, canola oil, buttermilk and vanilla.
5. Add sugar mixture to flour mixture and mix until just combined.
6. Pour batter into prepared loaf pan and place pan on 2-inch rack.
7. Bake at 350°F for 45-50 minutes.
8. Remove pan from Oven and cool for 10 minutes before transferring bread to cooling rack.

Glaze Directions:

1. Prepare glaze by melting butter and chocolate chips in saucepan on stove.
2. Mix in powdered sugar and milk until desired consistency is reached.
3. Drizzle chocolate glaze crosswise across cooled bread.

Tip: To create a parchment paper sling, cut a 15x9-inch sheet and insert into the baking pan. There will be excess parchment paper sticking out.

Tip: To remove the bread from the pan, run a knife or bench scraper along the edge where the bread may have touched the pan. Remove the bread from the pan by holding onto the parchment paper and lifting.

Raspberry Crumble

Serves: 2

4 tablespoons unsalted butter, softened
¾ cup brown sugar
½ cup all-purpose flour
1 pint fresh raspberries
½ cup sugar
⅓ cup cornstarch
1 lemon, juiced

Directions:

1. In medium bowl, combine butter, brown sugar and flour.
2. Mix with clean hands until mixture resembles coarse breadcrumbs; set aside.
3. In separate bowl, combine raspberries, sugar, cornstarch and lemon juice.
4. Divide raspberry filling evenly into 2 ramekins and smooth top with spatula.
5. Sprinkle crumb topping atop each ramekin.
6. Place ramekins on 2-inch rack and add Extender Ring to base tray.
7. Bake at 300°F for 20 minutes.
8. Cool slightly and serve warm.

Oatmeal Raisin Cookie Cake

Serves 12-14

1½ cup all-purpose flour
1 teaspoon baking soda
1 teaspoon ground cinnamon
½ teaspoon salt
¼ teaspoon nutmeg
2 tablespoons cornstarch
1¼ cups margarine or butter, softened
¾ cup firmly packed brown sugar
½ cup granulated sugar
1 egg
1 teaspoon vanilla
1 cup golden raisins
3 cups old fashioned rolled oats
Frosting (optional)

Directions:

1. Combined flour, baking soda, cinnamon, salt, nutmeg and cornstarch in small bowl and set aside.
2. Using stand mixer, cream together margarine, brown sugar and granulated sugar until light and fluffy.
3. Add egg and vanilla to mixing bowl and beat well.
4. Gradually add dry ingredients to wet ingredients and mix well.
5. Gradually add oats and mix well.
6. Press dough evenly into Silicone Pizza Liner and place on 3-inch rack.
7. Add Extender Ring to base tray.
8. Bake at 350°F for 25 minutes.
9. Remove cookie cake from Oven and flip cake over directly onto 3-inch rack.
10. Slowly peel off liner pan.
11. Bake at 300°F for 15 minutes.
12. Let cookie cake cool and top with frosting, if desired.

Tip: Cornstarch makes the cookie chewy. If you prefer a crunchier cookie, omit the starch.

Tip: The Silicone Pizza Liner comes with the Supreme Pizza Kit, which can be purchased here:
http://mynuwaveoven.com/parts/?web_idx

Peanut Butter Apple Bars

Yield: 1 8x8-inch pan

½ cup (1 stick) unsalted butter, softened
¾ cup dark brown sugar
1 large egg
⅓ cup applesauce
⅓ cup peanut butter
1 cup whole wheat pastry flour
½ cup old fashioned oats
¼ teaspoon ground cinnamon
¼ teaspoon kosher salt
1 cup chocolate chips or candy coated peanut butter candies

Directions:

1. Lightly butter 8x8-inch baking pan; set aside.
2. In large mixing bowl, cream butter and brown sugar together until fluffy.
3. Add egg and mix until incorporated.
4. Scrape bottom and sides of mixing bowl with silicone spatula and mix in applesauce and peanut butter.
5. Add flour, oats, cinnamon and salt to bowl, and mix until combined.
6. Fold in chocolate chips or peanut butter candies.
7. Spread mixture evenly in prepared baking pan.
8. Add Extender Ring to base tray and place pan on 2-inch rack.
9. Bake at 350°F for 15 minutes.
10. Bake at 300°F for 20 minutes.
11. Cool completely before cutting into bars.

Tip: To easily remove the bars from pan make a sling by cutting an 8x16-inch piece of parchment paper and line the baking pan before adding the batter. Once cooled, lift out and transfer to cooling rack.

Tip: Glass and ceramic pans will greatly increase cooking time. For best results, use metal or silicone baking pans.

Tips for Multi-Level Cooking

When using multi-level cooking, try and use food combinations that take roughly the same amount of time to cook.

Cooking different foods that take different times to cook can be completed in the oven. Putting the foods that take the longest to cook in first, and then cooking the foods that take less time last.

Times and temperatures will vary for different products, knowing the length of time an item takes to cook will ensure products turn out correctly and not overdone. Remember to flip food halfway through cooking to ensure food is completely cooked.

You can cook with any oven-safe dish that will fit in the Oven.

Refer back to page 13 to see a variety of configurations when using the cooking racks for multi level cooking.



Complete Frozen Mexican Meal

Serves: 4-6

6 packaged frozen mini tacos
6 packaged frozen taquitos
4 packaged frozen full-sized burritos

Directions:

1. Arrange mini tacos and taquitos on 1-inch rack.
2. Stand 2-inch on top of 1-inch rack and place burritos on 2-inch rack.
3. Cook at 350°F for 18 minutes, pausing to turn burritos over halfway through.

Complete Pear Custard Tart & Boxed Muffins

Yield: 1 9-inch tart and 12 boxed muffins

3 pears, peeled, halved, sliced into ¼-inch pieces
¼ teaspoon nutmeg, plus extra for dusting
¼ cup unsalted butter, melted, plus extra for pie dish
½ cup granulated sugar
½ cup all-purpose flour
2 teaspoons vanilla extract
3 large eggs
¾ cup milk
¼ teaspoon salt
Confectioners' sugar (optional)
1 box muffin mix

Directions:

1. Butter bottom and sides of 9-inch tart pan.
2. Arrange pear slices in tart pan in spiral, shingling from the outside towards the center.
3. Dust pears with nutmeg and set aside.
4. In NuWave Twister tall cup, or food processor, combine butter, sugar, flour, vanilla, eggs, milk and salt and pulse for about 30 seconds until smooth.
5. Pour flour mixture evenly over pears.
6. Place pan on 2-inch rack and add Extender Ring to base tray.
7. Prepare boxed muffins as directed on package.
8. Fill muffin cups 2/3 full.
9. Place muffin cups on 3-inch rack and stand over 2-inch rack.
10. Bake at 350°F for 35 minutes, pausing to remove muffins halfway through cooking time.
11. Promptly transfer pie to cooling rack and allow it to cool slightly.
12. Serve warm or refrigerate to chill before serving.
13. Dust with powdered sugar or nutmeg if desired.

Tip: Muffins typically take between 18-20 minutes to bake.

Tip: Use your favorite muffin mix.

Complete Italian Beef Meal

Serves: 4

- 1 pound prepared frozen Italian beef
- 1 onion, julienned
- 2 bell peppers, julienned
- 2 tablespoons olive oil
- 4 Italian rolls
- 8 Slices of Provolone

Directions:

1. Place frozen Italian beef directly in liner pan.
2. In bowl mix peppers, onions and oil together and place on 2-inch rack.
3. Add 2-inch rack to Oven, above the beef.
4. Cook at 350°F for 11 minutes.
5. Stand 3-inch rack on top of 2-inch rack and add rolls to 3-inch rack. Add 2 pieces of Provolone cheese to each roll.
6. Cook at 350°F for 4 minutes.
7. Assemble sandwiches and enjoy!



Complete Burger Sliders with Crinkle Cut Fries

Serves: 3

- 1 (10-ounce) bag frozen crinkle cut fries
- 3 (3-ounce) hamburgers
- 3 (1/4" thick) slices Manchego cheese
- 3 slider buns

Caramelized Onions

- 1 tablespoon oil
- 2 tablespoons brown sugar
- 2 large, white onions thinly sliced

Directions:

1. Place oil, brown sugar and onion mix in the bottom of the liner pan. Next, place fries on one half of 2-inch rack and cook at 350°F for 8 minutes.
2. Place burgers on 3-inch rack, opposite of fries, and stand over 2-inch rack.
3. Cook at 350°F for 7 minutes.
4. Open dome and place buns, open face, on 3-inch rack.
5. Top burgers with cheese.
6. Cook at 350°F for 1-2 minutes.
7. Open dome and remove racks.
8. Assemble sandwiches and serve.



Complete Quiche & Hash Browns Meal

Serves: 2

2 single serve frozen quiches
4 (2¼-ounce) uncooked frozen hash brown patties

Directions:

1. Place quiches on 1-inch rack.
2. Stand 2-rack over 1-inch rack and place hash browns on 2-inch rack.
3. Cook at 350°F for 30 minutes.
4. Serve hot.

Complete Egg Sandwich

Serves: 2

2 sausage patties
4 slices sourdough bread
2 eggs

Directions:

1. Place sausage patties on 2-inch rack.
 2. Place bread on 3-inch and stand 3-inch rack over 2-inch rack.
 3. Cook at 350°F for 3 minutes.
 4. Open dome and carefully crack eggs directly onto bread.
 5. Continue cooking at 350°F for about 7 minutes for over easy eggs.
 6. Remove racks and assemble sandwich.
- Tip: add additional time if you like your eggs over medium to hard.

Complete Frozen Asian Meal

Serves 4:

8 mini frozen crab rangoon
4 large frozen egg rolls
8 frozen pot stickers

Directions:

1. Flip 2-inch rack upside down and add to Oven.
2. Place pot stickers on upside down rack.
3. Stand 3-inch rack on top of upside down 2-inch rack.
4. Place egg rolls and crab Rangoon on 3-inch rack.
5. Cook at 350°F for 15-20 minutes
6. Serve immediately.

Complete Egg Muffin Sandwich

Serves: 3

3 English muffins, sliced and divided
3 slices Canadian bacon
3 eggs

Directions:

1. Place English muffins and Canadian bacon on the perimeter of the 1-inch rack.
2. Add boiling water to shallow, oven-safe dish and place on 2-inch rack.
3. Crack eggs and add to boiling water.
4. Stand 2-inch rack over 1-inch rack.
5. Cook at 350°F for 10 minutes.
6. Remove eggs and 2-inch rack and assemble sandwiches.

Complete Reheating Leftovers

Serves: 4

8-10 small, breaded chicken wings
½ bag steak fries
3 breadsticks
3 slices pizza

Directions:

1. Place chicken wings and fries on inverted 2-inch rack. Add extender ring to oven base.
2. Stand 3-inch rack on top of inverted 2-inch rack and place breadsticks and pizza slices on 3-inch rack.
3. Cook at 350°F for 8-10 minutes.

Tip: For easier cooking, press Reheat twice. Add additional time if necessary.

Complete Biscuits & Cinnamon Roll Breakfast

Serves: 4-6

1 package (8) store-bought regular size cinnamon rolls
1 package (6) store-bought jumbo biscuits

Directions:

1. Place cinnamon rolls on 1-inch rack.
2. Place biscuits on 2-inch rack and stand rack over 1-inch rack.
3. Bake at 300°F for 17 minutes.

Tip: Spray rack with non-stick spray.

Complete Fried Chicken Meal

Serves: 3

8 pieces breaded, pre-cooked frozen variety pack fried chicken
1 (28-ounce) can baked beans
4 ears of corn, with husk on

Directions:

1. Place corn in bottom of liner pan.
2. Pour beans into oven-safe dish and place dish directly on 3-inch rack.
3. Stand 2-inch rack on top of 3-inch rack and place chicken on 2-inch rack. Add extender ring to oven base.
4. Cook at 350°F for 40 minutes, pausing to rotate corn halfway through.
5. Serve immediately.

Tip: Soak corn in water for 20-30 minutes prior to cooking.

Complete Chicken Meal

Serves: 2

½ cup flour
2 eggs, beaten
½ cup panko breadcrumbs
2 (½" thick, 6 ounce) chicken breasts
2 tablespoons Herb de Provence
4-5 red potatoes, diced
2 tablespoons olive oil
1 teaspoon salt and pepper
1 teaspoon oil
½ bunch asparagus, ends trimmed off

Directions:

1. Place flour, eggs and breadcrumbs in individual dishes.
2. Add salt and pepper to flour and breadcrumbs for seasoning.
3. Dip chicken breasts into seasoned flour, then egg, and then into seasoned breadcrumbs. Shake out excess breadcrumbs.
4. Place chicken breasts on 3-inch rack; set aside.
5. In small dish, mix Herb de Provence, 2 tablespoons olive oil and potatoes together until coated.
6. Spread potatoes evenly onto 2-inch rack and place rack in Oven.
7. Stand 3-inch rack over 2-inch rack.
8. Cook at 350°F for 9-10 minutes.
9. Flip chicken and cook at 350°F for 4-5 minutes.
10. Add asparagus to center of 3-inch rack and cook at 350°F for additional 5 minutes.



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HORNO INFRARROJO DE NUWAVE PRO PLUS

Libro de Recetas & Manual Completos

IMPORTANTES MEDIDAS DE SEGURIDAD

Cuando utilice productos eléctricos, especialmente cuando haya niños presentes, se deben tomar precauciones básicas, incluyendo las siguientes:

LEA TODAS LAS INSTRUCCIONES ANTES DE USARSE

PELIGRO – Para reducir el riesgo de electrocución:

- Lea todas las instrucciones, medidas de seguridad y advertencias antes de utilizar el electrodoméstico.
- No coloque el aparato donde se pueda caer o sumergir en agua u otros líquidos.
- No trate de sacarlo si se ha sumergido en agua. ¡Desconéctelo inmediatamente!
- No sumerja el cable, la clavija o la fuente de potencia en agua u otros líquidos.

ADVERTENCIA – Para reducir el riesgo de quemaduras, electrocución, fuego o lesiones:

- Este electrodoméstico no deberá ser utilizado por niños. Tenga más cuidado cuando utilice el producto cerca de niños.
- Utilice este electrodoméstico para su propósito planeado como se describe en su folleto.
- No utilice cualquier otro accesorio o aditamento no recomendado por el fabricante. Podrían ocasionar fuego, descarga eléctrica o lesiones personales.
- Nunca opere este electrodoméstico si tiene el cable o la clavija dañados, si no funciona adecuadamente, si ha sido dañado o si se ha sumergido en agua. En cualquiera de estos casos, devuelva el electrodoméstico a un centro de servicio al cliente autorizado para su revisión, reparación o ajuste. Cualquier otro servicio deberá ser realizado por un representante de servicio autorizado.
- Mantenga el cable alejado de superficies calientes.
- Desconecte del contacto cuando ya no esté en uso y hágalo antes de limpiarlo. Déjelo enfriar antes de abrirlo o desarmarlo.
- Siempre desconecte el aparato jalando la clavija. NO lo desconecte jalando el cable.
- Nunca force la clavija en un enchufe.
- No lo utilice al aire libre.
- No lo utilice donde se estén usando productos aerosoles, así como en lugares donde el oxígeno sea reducido.
- No deje el cable colgando en la orilla de una mesa o una barra, o tocando superficies calientes.
- No colocar sobre o cerca de un calentador de gas o eléctrico o dentro de un horno caliente.
- Extreme precauciones cuando mueva el electrodoméstico si contiene aceite u otros líquidos calientes.
- Tome especial precaución cuando saque la cacerola o la rejilla calientes.
- Para desconectar el aparato presione el botón Pause/Clear dos veces antes de hacerlo.
- No utilice este electrodoméstico para otro uso que no sea para el que está diseñado.
- Revise todo el cableado. Tenga cuidado con cables o clavijas dañados.
- Este electrodoméstico es para uso doméstico únicamente; está diseñado para procesar cantidades normales de una casa. No es conveniente para un uso continuo u operación comercial.

- No desarme el producto. Las partes no sirven por sí solas.
- No deje el electrodoméstico desatendido si está en uso.
- Use las asas cuando levante el domo de la base.
- No toque las superficies calientes. Utilice las asas o use guantes para hornear.
- Detenga o pause el horno antes de quitar el domo para revisar o voltear la comida. El domo y la fuente de potencia deberán colocarse en el sujetador del domo.
- Siempre quite el domo lejos de usted para que el vapor que escape se mantenga alejado de su cara.
- Si el cable está dañado, deberá ser cambiado por uno especial del fabricante o su agente de servicio.
- Tenga cuidado con la grasa caliente.
- Mantenga este manual a la mano para su fácil consulta en el futuro.

GUARDE ESTAS INSTRUCCIONES

Información Eléctrica

El largo del cable de este electrodoméstico fue seleccionado para reducir los Riesgos de Seguridad que puedan ocurrir con un cable largo. Existen cables de extensión disponibles, los cuales pueden ser utilizados si esto se hace con cuidado. Si un cable de extensión es utilizado: (1) la clasificación eléctrica marcada deberá ser al menos tan grande como la del aparato y (2) el cable más largo deberá ser arreglado para que no se doble sobre la mesa o barra donde podría ser accidentalmente jalado o tropezarse.

Ciertos modelos de electrodomésticos pueden tener una clavija polarizada (una cuchilla es más gruesa que la otra). Esta clavija está diseñada para ser usada en una entrada polarizada de una sola forma. Si la clavija no entra completamente en el contacto, voltéela. Si aún así no cabe apropiadamente, contacte a un electricista capacitado. No intente modificar la clavija de ninguna manera.

ADVERTENCIA

Riesgo de descarga eléctrica. Úsese con un sistema eléctrico adecuado. No se use si el cable o la clavija están dañados.

ADVERTENCIA: Todos los productos metálicos en el horno, como la cacerola y la rejilla, se pueden calentar mucho durante el uso. Por favor tenga cuidado cuando retire estas partes de un horno caliente. Siempre utilice guantes para hornear o agarraderas de ollas. Deje enfriar la cacerola y la rejilla por completo antes de limpiarlas. Al abrir el domo, éste se puede expandir ligeramente cuando está caliente. En raras ocasiones, la fuente de potencia podría separarse por sí sola del domo completamente, causando así el escape de aire caliente entre esas partes.

Bienvenido a la Cocina con el NuWave™

¡Felicidades por la compra de su NuWave Pro Plus Infrared Oven! Este libro contiene instrucciones detalladas e imágenes que le ayudarán a comenzar a usar este revolucionario producto, diseñado para ayudar a las personas y las familias a “Vivir Bien por Menos™”. También está lleno de grandes recetas y consejos para ahorrar tiempo que lo facultaran para preparar deliciosas comidas gourmet en la mitad de tiempo que le llevaría utilizando un horno convencional.

Cocinar es rápido y fácil con el NuWave Pro Plus Infrared Oven de NuWave, LLC. Este versátil electrodoméstico de barra combina el calor del infrarrojo, de la conducción y de la convección para ahorrar tiempo y energía, mientras crea comidas más saludables permitiendo que las grasas y aceites goteen lejos de la comida. Cocinar en el NuWave® no requiere de precalentar o descongelar. Sólo coloque la comida congelada en el horno y presione los botones para programar el tiempo y la temperatura. Para mayor comodidad, el horno utiliza un sistema de cocción por capas que permite cocinar varios platillos al mismo tiempo sin mezclar sabores.

Lo invitamos a visitar www.NuWaveCookingClub.com para encontrar más consejos y recetas de los chefs de NuWave equipo culinario de todo el mundo, así como información de partes y accesorios de su NuWave. Nuestra misión es exceder las expectativas desarrollando productos innovadores, utilizando la tecnología más avanzada que permita a los consumidores “Vivir Bien por Menos™”.



Nosotros valoramos a cada cliente NuWave Oven. Usted ha adquirido su horno porque desea ahorrar tiempo, dinero y energía mientras disfruta de platillos con gran sabor y más saludables. Para mostrarle nuestra gratitud y nuestro compromiso vitalicio con usted hemos creado NuWaveCookingClub.com exclusivamente para nuestros clientes. Este sitio es presentado por nuestro Chef Ejecutivo e incluye recetas, videos instructivos de cocina paso a paso y más. Usted también puede visitar www.NuWaveNow.com para ver más productos innovadores desarrollados por los creadores del NuWave Oven. Esperamos que usted disfrute utilizando su NuWave® Pro Plus Infrared Oven.

Partes del NuWave™ Pro Plus Infrared Oven



• **Fuente de Potencia** - Fácil de usar, controles digitales programables

• **Domo** - Domo transparente y ligero

• **Rejilla para Cocinar** - Ajustable a alturas de 1 ó 3 pulgadas

• **Cacerola Antiadherente** - Fácil de limpiar, ecológica, antiadherente, sin PTFE o PPOA

• **Base** - Fresca al contacto así que también puede usarse como bandeja

• **Asa para el Domo** - Con diseño único para sujetar de forma segura el domo y el ensamble de la fuente de potencia de su NuWave Oven



Partes del NuWave™ Pro Plus Infrared Oven



Fuente de Potencia Digital (IRC6)
Negra con Detalles Plateados 26001



Base Fresca al Contacto (IRC6)
Negro con Detalles Plateados
26004



Domo 22016



Cacerola Antiadherente de
12 pulgadas 26010



Rejilla para Cocinar
Ajustable 1 ó 3 pulgadas
22070



Domo de Poder 22050



Tarjeta de Registro 26018



Asa para el Domo 22020



DVD Instructivo
26015



Guía de Cocina Rápida
y Fácil en Inglés 26014



Guía de Cocina Rápida y
Fácil en Español 26014



Manual y Recetario
Completo 26013

Accesorios para el NuWave™ Pro Plus Infrared Oven



Kit Pizza Supreme del NuWave 22104

El Kit incluye:

Pinza de Acero Inoxidable para Pizza	22042
Funda de Silicón para Pizza	22105
Servidor de Acero Inoxidable para Pizza	22106
Tabla para Cortar 100% de Bambú	22107



Kit para Hornear del NuWave Pro Plus 26019

El Kit incluye:

Molde para Hornear de Silicón de 8x8 pulgadas	22111
Divisor para Hornear de Silicón	22112
Moldes de Silicón para Panquecillos (juego de 12)	22113
Batidor	22115
Aro de Silicón para Hornear	22115
Libro para Hornear del NuWave Pro Plus	26020



Estuche Portátil del
NuWave Pro Plus 26016



NuWave Twister 22091



NuWave Party Mixer 22191

Accesorios para el NuWave Pro Plus Infrared Oven



Kit del Aro Extensor

El Kit incluye (26012):

Cacerola Antiadherente de 10 pulgadas	22071
Rejilla para cocinar de 2 pulgadas	26008
Aro Extensor de Acero Inoxidable de 3 pulgadas	26011

El Kit incluye (26009):

Rejilla para cocinar de 2 pulgadas	26008
Aro Extensor de Acero Inoxidable de 3 pulgadas	26011

Para ordenar llame a nuestra Línea de Atención al Cliente al 1.877.689.2838
M-F 8:00AM - 4:30PM CST u ordene en línea en www.NuWaveNow.com. Favor de proporcionar el nombre y el número del producto para asegurar que su compra sea procesada correctamente.

Guía de Ensamble del NuWave™ Pro Plus Infrared Oven

Uniando la Fuente de Potencia al Domo

Coloque la Fuente de Potencia en el borde del Domo y asegúrelos girando la Fuente de Potencia en sentido de las manecillas del reloj hasta que los seguros embonen.



Ensamblando el NuWave™ Oven Completo

Coloque la Base sobre una superficie firme y estable.

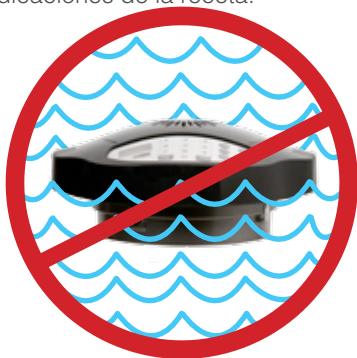
Coloque la Cacerola dentro de la Base. Cuando lo haga asegúrese de que las asas estén en la posición hacia abajo. Si las asas no están completamente abajo, el Domo podría no embonar adecuadamente en la base.

Coloque la Rejilla para Cocinar de nivel dual sobre la cacerola en la forma en la que se necesite.

Coloque la comida en la rejilla.

Coloque el Domo y Fuente de Potencia al Domo sobre la comida, uniéndolo a la Base. El Domo deberá embonar suavemente en la base.

Programe el tiempo de cocinado y la temperatura de acuerdo a las indicaciones de la receta.



ANTES DE USARSE:

Antes de usar su NuWave Oven por primera vez, lave el domo, la cacerola, la base y la rejilla con agua tibia con jabón o lávelos en el lavavajillas.

IMPORTANTE- No lave ni sumerja la Fuente de Potencia en agua ni utilice el lavavajillas. La superficie externa puede ser limpiada cuidadosamente con un paño húmedo o una esponja.

Cómo Instalar y usar el Asa para el Domo

Asegúrese de que la Fuente de Potencia esté firmemente asegurada en el Domo. Entonces el ensamble completo podrá ser levantado fácilmente y separado como se muestra en los pasos 1, 2 y 3.

Paso 1

Coloque el Asa para el Domo debajo de cualquiera de los agarres de la base.



Paso 2

Asegúrese de que ambas puntas del Asa para el Domo estén puestas dentro del agarre y que el Asa para el Domo esté apoyada horizontalmente en una superficie plana.



Paso 3

Coloque el ensamble de la Fuente de Potencia y el Domo en un ángulo de 45° sobre el asa como se muestra.

Nota: No deje el Domo sujetado a la Asa por un periodo de tiempo prolongado.



Instrucciones para Cocinar

Levante el Domo solamente de los agarres de la Fuente de Potencia. Una vez que la Fuente de Potencia y el Domo estén ensamblados, los agarres le permitirán levantar ambos juntos para quitarlos o revisar la comida. Cuando quite la cacerola después de cocinar sea extremadamente cuidadoso y siempre utilice guantes para hornear. Para mejores resultados, siga las instrucciones acerca del tiempo, nivel de potencia y altura de la Rejilla proporcionadas en la tabla de preparación y el libro de recetas. **No requiere de precalentamiento.**



Modelos que contienen el Aro Extensor de 3 pulgadas

Si su NuWave Oven incluye un Aro Extensor de 3 pulgadas, éste puede ser utilizado para cocinar en multiniveles o para piezas de comida demasiado grandes que no cabrían dentro del domo estándar. Generalmente las piezas (como jamón o pavo) que excedan las 10 libras requerirán de usar el Aro Extensor para cocinarlas óptimamente.

Instrucciones

El Aro Extensor deberá ser colocado entre el domo original y la base. La incorporación del Aro Extensor ampliará el espacio disponible para cocinar del NuWave Oven aproximadamente 440 pulgadas cúbicas cuando utilice el Aro de 3 pulgadas. Cuando añada el Aro Extensor al NuWave Oven asegúrese de que se ajuste bien al domo. Si el Aro es puesto en el domo incorrectamente, las orillas no se ajustarán adecuadamente. Por favor sea cuidadoso cuando use el Aro, ya que si se utiliza inadecuadamente, el calor o el vapor podrían escapar del horno lo cual podría provocar quemaduras o alterar los tiempos de cocinado necesarios para sus alimentos. El Aro Extensor sólo deberá ser utilizado como un accesorio para el NuWave Oven, no está diseñado para servir como un reemplazo del domo, la base u otro componente del NuWave Oven.

Reglas Generales

- Coloque los alimentos que requieran de mayor tiempo de cocción en la rejilla que esté más cerca del elemento de calor (como papas o zanahorias) y coloque las verduras suaves en las rejillas inferiores (como champiñones o tomates).
- Si los alimentos del nivel superior terminan de cocinarse más rápido, quite la rejilla(s) de arriba y continúe cocinando los alimentos de la parte inferior hasta que estén listos.
- Para cocinar utilice platos poco profundos o recipientes aptos para horno.
- Cuando elija la opción de cocinar en multiniveles, use combinaciones de alimentos que tomen aproximadamente el mismo tiempo para prepararse. Ejemplos: cerdo o pollo y rodajas de papa; pescado y tomates guisados; o carne de res congelada con papas al horno.
- Para calentar pan, colóquelo en la rejilla inferior o en la cacerola y cúbralo. Para tostarlo colóquelo en la rejilla superior.



Modelos que contienen el Kit del Aro Extensor

Rejilla de 2 pulgadas

La Rejilla de 2 pulgadas para el NuWave Pro Plus Oven puede ser usada en una variedad de formas.

- Puede ser la rejilla principal con o sin el Aro Extensor.
- Con el Aro Extensor puede ser colocada encima o debajo de la rejilla de 3 pulgadas para dar más espacio para cocinar en multiniveles.
- Sin el Aro Extensor la rejilla de 2 pulgadas puede también facilitar el cocinar en multiniveles creando una tercera superficie para cocinar entre la cacerola y la parte inferior de la rejilla de 3 pulgadas.
- Usted puede utilizar dos rejillas de 2 pulgadas extras sobre y debajo de la rejilla de 3 pulgadas, la cual es especialmente útil para deshidratar.

Rejilla para Cocinar de 2 pulgadas



Aro Extensor de Acero Inoxidable de 3 pulgadas

Nota: La rejilla de 2 pulgadas sólo se puede usar en las posiciones y para los propósitos mostrados abajo. Cualquier otro uso podría afectar la calidad y tiempo de la cocción.

Cuidado y Uso

El Aro Extensor de Acero Inoxidable no debe ser limpiado con ningún limpiador cáustico, pero es seguro para lavar en el lavavajillas.



Rejilla para Cocinar de 3 pulgadas



Rejilla para Cocinar de 1 pulgada



Rejillas para Cocinar de 2 y 1 pulgadas



Rejillas para Cocinar de 2 y 3 pulgadas



Rejillas para Cocinar de 3 y 2 pulgadas



PRECAUCIÓN

No toque el domo ni alguna otra superficie del área de cocinar mientras esté funcionando. El aire dentro del domo puede alcanzar una temperatura de Pro Plus 350°F (182°C), por lo que la superficie se encuentra muy caliente y puede causar quemaduras. No abra el domo o quite la fuente de potencia mientras el NuWave Oven esté funcionando. Apáguelo antes de retirarlo.

Panel de Control Digital en la Fuente de Potencia



Instrucciones Generales de Uso

- No coloque el Pro Plus o cualquier otra parte relacionada directamente en su estufa, dentro de un horno convencional o en contacto con alguna otra fuente de calor, ya que se puede dañar.
- Asegúrese de que la unidad esté bien conectada a una salida de tierra y que el cable no esté en contacto con ningún objeto caliente.
- Asegúrese de que la cacerola haya sido colocada correctamente dentro de la base.
- Los platos de metal, vidrio o silicón, así como las cacerolas y cualquier material apto para hornear que sea usado en un horno convencional, podrán también ser utilizados en el NuWave Pro Plus.
- Siempre coloque pronto nuevamente el domo en la base después de retirar la comida.

Instrucciones para el NuWave™ Pro Plus Infrared Oven

Panel de Control en la Fuente de Potencia

Debe aparecer "0" en la pantalla cuando el programa esté borrado.

Inicio Rápido

Para comenzar a cocinar, presione el botón de Cook Time, ingrese el tiempo deseado y presione Start. Automáticamente está programado a 350°F. Si va a cocinar a otra temperatura se necesitará utilizar el botón Cook Temp. Para más detalles vea Ajuste de Temperatura.

Ajuste del Tiempo

Presione el botón de Cook Time. El indicador de tiempo parpadeará en la esquina derecha de la pantalla. Ingrese el tiempo requerido en horas y minutos presionando los números correspondientes. Por ejemplo, 1 hora y 30 minutos se ingresaría presionando 1,3,0. La pantalla mostrará 1:30. Si el tiempo requerido es en minutos sólo necesita ingresar uno o dos números. Por ejemplo, 5 minutos sólo presione 5; para 46 minutos, presione 46. Si necesita corregir los números, borre lo que ingresó presionando el botón de Pause/Clear dos veces. Después ingrese nuevamente los números correctos.

NOTA: El tiempo de cocinar máximo permitido para temperaturas mayores a 325°F es de 2 horas. Si se ingresa un tiempo mayor, automáticamente volverá a 2 horas. Puede agregar tiempos mayores simplemente agregando más tiempo una vez que el tiempo inicial de 2 horas haya terminado. Para temperaturas debajo de 325° el tiempo máximo permitido es de 9 horas y 59 minutos.

Ajuste de Temperatura

- Presione el botón Cook Temp.
- Ingrese la temperatura deseada.
- La temperatura puede ajustar en incrementos de 1°F.
- Los rangos de temperatura son entre 100°F a 350°F.

Comience a Cocinar

Ajuste el tiempo y temperatura apropiados, luego presione Start para comenzar a cocinar. El tiempo de cocinar restante aparecerá en la pantalla y el símbolo de dos puntos entre las horas y los minutos parpadeará. El horno parará de cocinar automáticamente cuando el tiempo se haya terminado y "sonará" para avisar sobre esta acción.

Pausa/Borrar

Para pausar el horno, presione el botón de Pause/Clear una vez. El tiempo restante permanecerá exhibido en la pantalla pero los dos puntos no parpadearán.

Para detener o borrar el tiempo de cocinar, presione el botón de Pause/Clear dos veces. Las funciones de cocinar cesarán inmediatamente, el tiempo restante será borrado completamente y un "0" aparecerá.

Función de Demora

Después de ajustar la temperatura y el tiempo, usted puede demorar el programa antes de comenzar a cocinar. Cuando elija la función de Demora, ésta siempre será la primera. Esta función es sólo para el tiempo de cocinado y para posponer la hora de inicio. Cuando el botón Delay sea presionado, se iluminará Delay y parpadeará Time en el display LCD. Ingrese el tiempo de demora y presione Start. Delay dejará de parpadear y permanecerá encendido hasta que el tiempo concluya. Es posible demorar un programa hasta por 9 horas y 59 minutos. Cuando la cuenta regresiva llegue a 0, el horno sonará para avisar del fin.

Función de Recalentado

Automáticamente está programado a Pro Plus por 4 minutos. Esta función es perfecta para recalentar porciones individuales de alimentos. Para activar la función de recalentado, asegúrese de que la programación previa haya sido borrada. La pantalla se leerá en 0. Presione el botón Reheat y se activará el programa automático. Presione Start. La alarma "sonará" 3 veces cuando termine. Por ejemplo, si usted desea recalentar sobrantes de pizza, solamente coloque la rebanada en la rejilla de 3 pulgadas, presione Reheat y luego Start. Si desea calentar un plato de arroz o fideos, coloque una porción individual en un recipiente apto para horno (de vidrio, metal o silicón). Para que su arroz o fideos queden más suaves, cúbralos con papel aluminio y rocíelos con agua.

Función de Mantener Caliente

Después de que el tiempo inicial sea completado, usted podrá mantener su comida caliente. Cuando elija la función de Mantener Caliente, ésta será siempre la última. El ajuste automático está programado a 155°F por 2 horas. Cuando el botón Warm sea presionado, se iluminará Warm y parpadeará Time en el display LCD; se mostrará 2:00, luego presione Start. Para cambiar el tiempo, presione Cook Time, ingrese el tiempo deseado y prosiga. Usted podrá programar el horno para mantener su comida caliente hasta por 9 horas y 59 minutos. Una vez que el ciclo inicial de cocinado haya terminado, el horno sonará dos veces antes de cambiar a la función de Demora.

INSTRUCCIONES DE CUIDADO Y LIMPIEZA

Desconecte la unidad antes de limpiarla. El domo y todas las otras partes, excepto la Fuente de Potencia se pueden lavar en un lavavajillas sin problema. Proteja las superficies de metal y plástico no utilizando limpiadores cáusticos o fibras. Limpie después de cada uso. La superficie exterior de la Fuente de Potencia puede ser limpiada con un paño húmedo.



IMPORTANTE- No lave ni sumerja la Fuente de Potencia en agua ni utilice el lavavajillas. La superficie externa puede ser limpiada cuidadosamente con un paño húmedo o una esponja.

CONSEJOS IMPORTANTES:

1. Revise el contacto de electricidad para un buen funcionamiento. El NuWave Oven utiliza hasta 1500 vatios/12.5 amperios. No opere la unidad simultáneamente con otros electrodomésticos más grandes en el mismo contacto.
2. Revise la temperatura si la unidad cocina demasiado lento.
3. La clavija debe estar conectada correctamente en el contacto.
4. Siempre apague y desconecte el aparato antes de limpiarlo.
5. Se puede acumular vapor dentro del domo si no se retira pronto una vez que el tiempo de cocinar haya terminado. El vapor y empañamiento se pueden evitar sacando la comida pronto.

EL NUWAVE™ PRO PLUS OVEN CON SISTEMA DE COCCIÓN POR INFRARROJO

Para obtener el servicio de garantía contacte al departamento de servicio a su número gratuito:
1-877.689.2838 M-F 8:00AM- 4:30PM CST o a
NuWave, LLC
1755 N. Butterfield Rd.
Libertyville, IL 60048 U.S.A
www.NuWaveNow.com | help@nuwave.com

LA GARANTÍA DEL FABRICANTE

El sistema para cocinar mediante luz infrarroja incluye una fuente de potencia, domo, rejilla para cocinar, cacerola, base, y todos los componentes eléctricos se encuentran libres de defectos y manufactura bajo un uso doméstico normal, siempre y cuando sea manejado de acuerdo a las instrucciones escritas del Fabricante incluidas con cada unidad para un (1) año a partir de la fecha de compra. El fabricante proporcionará las partes necesarias y la mano de obra para reparar cualquier parte del sistema para cocinar mediante luz infrarroja en el Departamento de Servicio de NuWave, LLC Después de la fecha de caducidad de la garantía, el costo de las partes o mano de obra será responsabilidad del dueño.

LA GARANTÍA NO CUBRE

La cubierta anti-adherible (si aplica) de cualquier parte del sistema. La Garantía Limitada será inválida si alguien no autorizado realiza una reparación o la placa

del número de serie es retirada o estropeada. El deterioro normal del acabado por el uso o la exposición no está cubierto por esta garantía. La Garantía Limitada no cubre fallas, daños o funciones inadecuadas causadas por accidentes, fenómenos naturales (cómo relámpagos), irregularidades en la energía eléctrica, alteraciones, abuso, malversación, mal empleo, ambientes corrosivos, instalación inapropiada, falla de operación de acuerdo con las instrucciones escritas del Fabricante, uso anormal o comercial.

PARA OBTENER EL SERVICIO

El propietario tendrá la obligación y responsabilidad de: Pagar todos los servicios y partes no cubiertas por la garantía; Prepagar el costo de envío redondo al Departamento de Servicio para cualquier parte o sistema devuelto bajo esta garantía; Empacar cuidadosamente el producto utilizando material de relleno adecuado para prevenir daños durante el tránsito. El empaque original es ideal para este propósito. Incluya en este empaque el nombre del propietario, dirección, teléfono para localizarlo durante el día, una descripción detallada del problema y su "Número RGA". (Llame al 1-877-689-2838 o envíe un correo electrónico a help@nuwavenow.com para obtener su Número RGA (Autorización de Devolución de Productos)).

Proporcione el modelo y número de serie del sistema para cocinar, así como prueba del día de compra (copia del recibo) cuando reclame bajo esta garantía.

OBLIGACIONES DEL FABRICANTE

La obligación del Fabricante bajo esta Garantía Limitada se restringe a reparar o reemplazar cualquier parte del sistema para cocinar mediante luz infrarroja expresamente cubierta por esta Garantía Limitada bajo previa revisión y detección de que el defecto surgió bajo un uso normal. La Garantía Limitada es aplicable únicamente dentro de los Estados Unidos y sólo para los compradores originales dentro de los canales de distribución autorizados por el Fabricante.

LA GARANTÍA LIMITADA NO PUEDE SER ALTERADA, CAMBIADA O RENOVADA EXCEPTO QUE SE HAGA MEDIANTE UN INSTRUMENTO ESCRITO HECHO POR EL FABRICANTE. EL REMEDIO PARA REPARAR O REEMPLAZAR PROPORCIONADO POR ESTA GARANTÍA LIMITADA ES EXCLUSIVO. BAJO NINGUNA CIRCUNSTANCIA EL FABRICANTE SERÁ RESPONSABLE POR ALGUNA CONSECUENCIA O DAÑO CAUSADO A ALGUNA PERSONA, AÚN SI ESTE ES CAUSADO POR NEGLIGENCIA DEL FABRICANTE, INCLUYENDO NO LIMITES, DAÑOS POR PERDIDA DE USO, COSTOS DE SUSTITUCIÓN, DAÑOS A LA PROPIEDAD U OTRAS PÉRDIDAS DE DINERO.

Algunos estados no permiten la exclusión o limitación de daños incidentales o consiguientes, así que la limitación arriba mencionada podría no aplicar. Esta Garantía Limitada otorga derechos legales específicos, y puede haber también otros derechos que pueden variar de acuerdo al estado.

EXCEPTO POR LO QUE SE EXPRESE DE LO CONTRARIO ARRIBA, EL FABRICANTE NO GARANTIZA EXPRESA O IMPLÍCITAMENTE ALGO QUE SURJA DE LA LEY O DE LO CONTRARIO, INCLUYE SIN LIMITACIÓN, LAS GARANTÍAS IMPLICADAS DE MERCANTILISMO Y BUENA FORMA PARA UN PROPÓSITO PARTICULAR PARA CUALQUIER OTRA PERSONA. LEA SU MANUAL DE USUARIO. SI USTED AÚN TIENE DUDAS SOBRE EL FUNCIONAMIENTO O LA GARANTÍA DEL PRODUCTO, POR FAVOR CONTACTE A NUWAVE, LLC.

1-877-689-2838,
correo electrónico: help@nuwavenow.com



En NuWave, LLC hemos tenido un gran cuidado en asegurarnos de que nuestros productos sean seguros y confiables para todo hogar. Todos los NuWave® Pro Plus Infrared Oven están hechos y fabricados bajo estricto cumplimiento de las normas RoHS. Aunque los fabricantes estadounidenses no están obligados por ley a seguir las normas RoHS, NuWave LLC ha tomado una decisión consciente al seguir voluntariamente esta directiva para mantener la seguridad de sus clientes y la calidad de nuestro medio ambiente.

Materiales Restringidos de RoHS

Material & Perfill Toxicológico	Concentración Máxima
Plomo (Pb)	0.1% por peso
Mercurio (Hg)	0.1% por peso
Cadmio (Cd)	0.01% por peso
Cromo Hexavalente (Cr-VI)	0.1% por peso
Bifeniles Polibrominados (PBB)	0.1% por peso
Éteres Difenílicos Polibrominados (PBDE)	0.1% por peso

*RoHS representa "la Restricción Del uso de ciertas Substancias Peligrosas en equipos eléctricos y electrónicos".

Si desea saber más acerca de la directiva RoHS, por favor visite <http://en.wikipedia.org/wiki/RoHS>



El Kit NuWave Pizza Supreme*

Congeladas, Frescas, Gruesas o Delgadas...

A nosotros nos encanta tanto hornear pizza en el NuWave Oven que hemos creado estos utensilios para que usted hornee pizza con el mejor sabor siempre. Obtenga una pizza caliente y recién hecha mejor aún que las de entrega a casa...

¡TAN FÁCIL COMO EN UN DOS POR TRES cuando utiliza su NuWave Oven y el Kit Pizza Supreme! Como sea que prefiera su pizza; delgada, regular o muy gruesa... ¡su NuWave Oven junto con su Kit Pizza Supreme harán magia!

El Servidor de Acero Inoxidable para Pizza NuWave

¡Dos grandes utensilios en uno! El Servidor para Pizza NuWave le permitirá rebanar y servir su pizza fácilmente por sus múltiples superficies cortantes de acero inoxidable y su mango de fácil agarre.

La Tabla para Cortar 100% de Bambú NuWave

La exclusiva tabla para cortar de bambú evitará daños a su barra, le ahorrará dinero y ayudará a proteger el medio ambiente. Esta tabla es multifuncional con un lado plano para rebanar pizzas y pan y un lado acanalado para cortar frutas, verduras u otros alimentos jugosos.

La Pinza de Acero Inoxidable para Pizza NuWave

La pinza de acero inoxidable de 10 pulgadas cerrados, ¡permitiéndole voltear sus pizzas, calzones, quesadillas y muchos más de forma segura!

La Funda de Silicón para Pizza NuWave

Hornee la costra de su pizza primero para no cocinar de más el queso o sus ingredientes favoritos. La superficie suave no se pegará al queso y también atraerá la grasa no deseada (cumple con las normas FDA).

* Su orden puede incluir sólo algunos de los productos arriba mencionados. Para adquirir este producto llame a Servicio a Clientes de NuWave, LLC al 1-877-689-2838 u ordene en línea en www.NuWaveNow.com

Cómo utilizar la Pinza y la Funda para Pizza en su NuWave Oven

Nota

Asegúrese de que la rejilla reversible esté en la posición de 3 pulgadas dentro el NuWave Oven.

1. Coloque la Funda encima de su pizza.

2. Coloque la pizza boca abajo sobre la rejilla de 3 pulgadas. Cocine a 350°F hasta que la costra de la pizza obtenga un color café claro.



3. Cuando utilice la Pinza comience abriéndola y luego deslícela por debajo de la Funda y sobre la costra.



4. Cierre la Pinza utilizando el mango hasta que la pizza quede bien sujeta.

5. Sujetando el mango voltee la pizza con la Funda completamente y coloque la pizza de vuelta en la rejilla con la costra hacia abajo. La pizza deberá estar ahora boca arriba.



6. Quite la Funda para Pizza y cocine a 350°F por 3-5 minutos o hasta que el queso se derrita de acuerdo a su preferencia.

Uso y Cuidado

La Pinza, Funda, Servidor y Tabla de Bambú deberán ser lavados con jabón neutro y agua. No utilice limpiadores cáusticos. Deje secar los utensilios completamente antes de usarlos o guardarlos.

Rebanando y Sirviendo con el Servidor de Acero Inoxidable para Pizza NuWave

Rebanador Rodante

Tome el mango de tal forma que el Servidor esté arriba, permitiéndole así usar el Cortador de Pizza.



Rebanador de Sierra

Tanto el Cortador como el Servidor pueden ser usados para rebanar otros alimentos como quesadillas, panini, sándwiches, quiche y muchos otros.



Servidor

Para usar el Servidor simplemente apunte la orilla de la espátula separada de usted y con un movimiento de cuchareo levante la pizza o alimento y colóquelos en un plato de servir.



¡Pizza Perfecta Siempre!

Tanto el Cortador como el Servidor pueden ser usados para rebanar otros alimentos como quesadillas, panini, sándwiches, quiche y muchos otros.

PRECAUCIÓN

Los bordes de la espátula y el cortador de pizza son filosos. Siempre corte separado de su cuerpo. Los bordes de sierra son filosos y no deberán ser usadas como apoyo.



Tabla de Preparación Rápida y Fácil en Inglés



Quick & Easy Cooking Guide

All cooking times are based on a temperature of 350°F



Beef & Lamb

	Rack Height	Internal Temp.	Fresh	Frozen
Roasts 2-10 lbs	1-in	125-130° 130-135° 135-140° 155+°	15-17 min/lb Rare 17-19 min/lb Med. Rare 19-20 min/lb Medium 21+ min/lb Well Done	20-21 min/lb Rare 21-22 min/lb Med. Rare 22-23 min/lb Medium 24+ min/lb Well Done
Burgers ½-in thick	3-in	160+°	5-7 min/side	8-9 min/side
Steaks 1-in thick	3-in	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-in	140+°	16-18 min/lb	20-23 min/lb
Sausage	3-in	140+°	5-8 min/side	8-10 min/side
Bacon	3-in	180+°	5-6 min/side	N/A
Italian, Bratwurst, Etc.	3-in	160+°	8-9 min/side	10-12 min/side
Chops	3-in	145+°	5-6 min/side	7-9 min/side
Roasts 3-7 lbs	1-in	145+°	17-19 min/side	22-25 min/side
Tenderloin 2-4 lbs	3-in	145+°	12-14 min/side	18-22 min/side
Spare Ribs	1-in	180+°	18-22 min/side	22-24 min/side

Poultry

Chicken, [Bone-in] Pieces	3-in	165+°	13-14 min/side	15-17 min/side
Chicken, ½-in Boneless/Skinless Breasts [Thicker add 2 mins per ½ in]	3-in	165+°	11-13 min/side	14-15 min/side
Chicken, Whole 2-5 lbs	1-in	165+°	17-21 min/lb	22-24 min/lb
Turkey, Whole 8-10 lbs	1-in	165+°	10-12 min/lb	14-16 min/lb
Turkey, Whole 11-16 lbs	1-in rack, 3-in SS Ring	165+°	10-12 min/lb	14-16 min/lb
Turkey, Breasts 5-7 lbs	1-in	165+°	10-12 min/lb	14-16 min/lb
Eggs	1-in		13 min at 300°F	N/A

Seafood

Fish, Steaks & Fillets ½ lb	3-in	145+°	5-6 min/side	7-9 min/side
Shrimp & Scallops	3-in	145+°	3-4 min/side	4-5 min/side
Lobster Tails 4 oz [Small]	3-in	145+°	4-5 min/side	6-8 min/side
Crab Legs	3-in	145+°	4-6 min/side	8-13 min/side

Vegetables

Home Fries [½-in thick]	3-in	140+°	10 min/side	N/A
Potato, Whole Med. Size	3-in	140+°	30-40 min	N/A
Steamed Broccoli & Cauliflower [Oven-Safe Dish with Glass Lid or Foil]	1-in	140+°	10-15 min	N/A
Squash, Acorn, Butternut & Spaghetti	1-in	140+°	25-35 min	35-40 min
Roasted, Onion, Garlic, Peppers, Zucchini, and Yellow Squash	1-in	140+°	15-20 min	N/A

Frozen Ready-Made Foods

Chicken Tenders & Nuggets	3-in			6-8 min/side
Frozen Vegetables [In Oven-Safe Dish]	3-in			6-8 min/side
Onion Rings	3-in			6-8 min/side
Mozzarella Sticks	3-in			6-8 min/side
Hot Wings	3-in			6-8 min/side

TIP: Flip larger food items over halfway through cooking.

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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Tabla de Preparación Rápida y Fácil en Español



Tabla de Preparación Rápida y Fácil 350°F para todos los alimentos



Res & Cordero

	Altura de la Parrilla	Temp. Interno	Fresca	Congelada
Roasts 2-10 lbs	1-pulg	125-130° 130-135° 135-140° 155+°	15-17 min/lb Rare 17-19 min/lb Med. Rare 19-20 min/lb Medium 21+ min/lb Well Done	20-21 min/lb Rare 21-22 min/lb Med. Rare 22-23 min/lb Medium 24+ min/lb Well Done
Hamburguesas de ½-pulgada de grueso	3-pulg	160+°	5-7 c/lado	8-9 c/lado
Bistec de 1-pulgada de grueso	3-pulg	125-130° 130-135° 135-140° 155+°	5-6 c/lado Rare 6-7 c/lado Med. Rare 7-8 c/lado Medium 9+ c/lado Well Done	10-11 c/lado Rare 11-12 c/lado Med. Rare 12-13 c/lado Medium 14+ c/lado Well Done

Puerco

Jamón	1-pulg	140+°	16-18 min/lb	20-23 min/lb
Salchicha	3-pulg	140+°	5-8 c/lado	8-10 c/lado
Tocino	3-pulg	180+°	5-6 c/lado	N/A
Salchicha Italiana, Bratwurst, Etc.	3-pulg	160+°	8-9 c/lado	10-12 c/lado
Chuleta	3-pulg	145+°	5-6 c/lado	7-9 c/lado
Asada 3-7 lbs	1-pulg	145+°	17-19 c/lado	22-25 c/lado
Lomo 2-4 lbs	3-pulg	145+°	12-14 c/lado	18-22 c/lado
Costilla al gusto	1-pulg	180+°	18-22 c/lado	22-24 c/lado

Aves

Pollo, [Con Hueso] Piezas	3-pulg	165+°	13-14 c/lado	15-17 c/lado
Pollo, ½-pulgada Sin Hueso/Sin Piel [Si es mas gruesa agregue 2 min. por ½ pulg]	3-pulg	165+°	11-13 c/lado	14-15 c/lado
Pollo, Completo 2 lbs	1-pulg	165+°	17-21 min/lb	22-24 min/lb
Pavo, Completo 8-10 lbs	1-pulg	165+°	10-12 min/lb	14-16 min/lb
Pavo, Completo 11-16 lbs	1-in Altura de la Parrilla, 3-pulg Anillo Extensor	165+°	10-12 min/lb	14-16 min/lb
Pavo, Pechuga 5-7 lbs	1-pulg	165+°	10-12 min/lb	14-16 min/lb
Huevos	1-pulg		13 min a 300°F	N/A

Mariscos

Pescado, Steaks & Filets 1-pulgada de grueso	3-pulg	145+°	5-6 min/lado	7-9 min/lado
Camarones & Vieiras	3-pulg	145+°	3-4 c/lado	4-5 c/lado
Cola de Langosta 4 onzas [Pequeño]	3-pulg	145+°	4-5 c/lado	6-8 c/lado
Patas de Cangrejo	3-pulg	145+°	4-6 c/lado	8-13 c/lado

Vegetales

Papas Fritas	3-pulg	140+°	10 c/lado	N/A
Papas, Entera Mediana	3-pulg	140+°	30-40 min	N/A
Broccoli y Coliflor al Vapor [Un plato apto para horno con tapa de vidrio o lámina]	1-pulg	140+°	10-15 min	N/A
Calabaza	1-pulg	140+°	25-35 min	35-40 min
Asado, Cebolla, Ajo, Chile Morron Rojo, Calabacin, y Calabacin Amarillo	1-pulg	140+°	15-20 min	N/A

Alimentos Congelados ya Preparados

Chicken Tenders & Nuggets	3-pulg			6-8 min/lado
Vegetales Frisados [En un Plato para Horno]	3-pulg			6-8 min/lado
Onion Rings	3-pulg			6-8 min/lado
Mozzarella Sticks	3-pulg			6-8 min/lado
Hot Wings - Alitas de Pollo	3-pulg			6-8 min/lado

Sugerencia: Volteé alimentos más grandes a la mitad de la cocción.

LEA EL INSTRUCTIVO PARA INSTRUCCIONES COMPLETAS.
Estas son instrucciones únicamente. No utilizar como recetas. Las instrucciones pueden variar.
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LIBRO DE COCINA COMPLETO DEL HORNO NUWAVE



Consejos Generales

Este libro de recetas contiene información valiosa que te ayudará a empezar a incorporar el Horno Infrarrojo de NuWave Pro Plus en tu vida diaria. Hemos provisto recetas fáciles de preparar, junto con consejos útiles en el comienzo de cada sección que te ayudarán a lograr los resultados perfectos de cocción en todo momento. También visitar NuWaveCookingClub.com para otros excelentes consejos y videos instructivos.

Los contenedores metálicos, papel de aluminio o cualquier plato apto para el horno pueden ser usados en el Horno Infrarrojo NuWave Pro Plus. Los rayos infrarrojos no penetrarán a través de estos materiales. El papel de aluminio de peso liviano trabaja mejor para proteger platos poco profundos y ollas. Cubrir la comida con papel de aluminio para proteger del oscurecimiento más que preferido. Tener en cuenta que el calor circulará de todas maneras, pero el aluminio hará que el tiempo de cocción de la comida abajo sea más lento.

Consejos Generales

Puede generarse la acumulación de vapor al cocinar comida que contenga mucha humedad, como verduras o pescado.

Cuando tu ciclo de cocción está completo, por favor acordarse de levantar la cúpula para que el vapor se canalice lejos de tu cara.

Para mantener crujiente la comida preparada, tales como rollos de huevo, pollo o pizza, remover la cúpula inmediatamente después de la cocción.

El tiempo es la clave para la perfección con el Horno NuWave. Tener en cuenta que todas las pautas son solamente pautas, y puede ser necesario ajustarlas dependiendo de la situación específica. Al cocinar platos más grandes tales como asado u otros tipos de comida con grosor variante, los tiempos sugeridos de cocción pueden necesitar ser extendidos. Cocinar con incrementos de 3-4 minutos y revisar después de cada intervalo.



Huevos con Chorizo

2 huevos grandes
3 onzas de chorizo
2 cucharadas de salsa
2 onzas de queso Monterrey jack rayado
salsa picante al gusto

Comprima el chorizo en las orillas de un plato. Rompa los huevos al centro y añada la salsa y el queso en la parte de arriba. Coloque el plato en la rejilla de 1-pulgada y cocine a 350°F por 10 minutos o hasta que los huevos estén listos.

(1 porción)



Pollo al Romero

4 cucharadas de romero
4 cabezas grandes de ajo, molidas
4 cucharadas de mantequilla
un pollo de 3 libras
sal y pimienta al gusto

Afloje el pellejo utilizando un palillo chino o una espátula de plástico, introduciéndola entre la piel y la carne. Mezcle el romero, el ajo y la mantequilla hasta que se derrita. Vierta la mezcla de mantequilla debajo del pellejo y de masaje a todo el pollo. Colóquelo, con la pechuga boca abajo, en la rejilla de 1-pulgada y cocine a nivel a 350°F por 20 minutos. Después volteé y bañe con el jugo, colóquelo en la cacerola y cocine por otros 25 minutos.

Alternativa

Para derretir mantequilla en el NuWave colóquela en un recipiente apto para hornear y póngalo en la cacerola o en la rejilla de 1-pulgada. Hornee a 350°F por alrededor de 3-4 minutos.
(4-6 porciones)

Enchiladas de Pechuga de Pavo

4.4 onzas de chuletas de pechuga de pavo
4 rebanadas de queso Mozzarella o queso blanco mexicano, alrededor de 4 onzas
sazonador estilo mexicano al gusto
½ taza de salsa preparada
½ taza de crema agria
cilantro picado

Aplane las chuletas hasta alcanzar un grosor de 3/8" y coloque sobre ellas el queso y el sazón. Enróllelas y colóquelas, con la abertura hacia abajo, alrededor de la orilla de un plato para pay. Rocíe con aceite de cocina, coloque en la rejilla de 3" y cocine a 350°F por 10 minutos. Mientras tanto, caliente la salsa por un minuto. Vierta la salsa sobre el pavo y espolvoree el cilantro.
(4 porciones)

Pechuga de Pollo a la Mantequilla

4-6 onzas de pechuga
2 cucharadas de mantequilla
4 cucharaditas de perejil picado
sal y pimienta al gusto

Coloque el pollo en un plato ovalado no profundo y agregue los otros ingredientes. Coloque el plato en la rejilla de 3-pulgada y cocine a 350°F por 8 minutos.

(1 porción)

Pollo al Limón

4 pechugas o muslos de pollo
jugo de un limón
1 taza de vermouth seco o vino blanco
sazonador de pimienta limón
sal y pimienta al gusto
1 cucharada de maizena

Coloque el pollo en un recipiente de tamaño adecuado sobre la rejilla de 3-pulgada. Agregue el vino y el jugo de limón sobre él. Espolvoree con el sazón. Hornee a 350°F por 35 minutos volteándolo una vez. Para hacer la salsa ponga los jugos en un tazón y revuelva con la maizena. Caliente por 1-2 minutos o hasta que espese.
(4 porciones)

Muslos de Pollo Fritos

4 muslos grandes u 8 pequeños
⅓ taza de leche descremada
½ taza de pan rallado
2-4 cucharadas de margarina

Sumerja cada muslo en la leche y luego páselo por el pan. Colóquelos expandidos en una cacerola engrasada y rocíe con mantequilla. Coloque la cacerola en la rejilla de 1-pulgada y hornee a 350°F por 15 minutos. Voltee el pollo y cocine por otros 15 minutos o hasta que el jugo se seque.
(4 porciones)

Camarones a la Cerveza

1 libra de camarones crudos*
4 dientes de ajo machacados
1 taza de cerveza
1 cucharada de sazón Old Bay

Coloque todos los ingredientes en un plato para pay y póngalo en la rejilla de 3-pulgadas. Hornee a 350°F por 7 minutos. Congelado: 12 minutos.

*El tiempo de cocción puede variar de acuerdo al tamaño de los camarones. Camarones grandes: pelados y limpios. Sírvalos calientes o fríos. Camarones pequeños para pelarse y comerse: Sin pelar, sírvalos frescos.
(4 porciones)

Camarones con Limón

12 camarones grandes, pelados y limpios
jugo de medio limón
2 cucharadas de aceite de oliva
1 cucharadita de pimienta-limón

Coloque todo en un tazón y póngalo en la rejilla de 3-pulgada. Cocine a 350°F por 6 minutos, revuelva levemente.
(2 porciones)

Cangrejo Fundido

2 tazas de cangrejo cocido (atún o camarón)
¼ taza de mayonesa
½ taza de apio picado
¼ taza de cebollitas picadas
1 cucharadita de jugo de limón
sal y pimienta al gusto
4 rebanadas de pan blanco ligeramente tostadas
½ taza de queso Monterey gratinado

Mezcle el cangrejo, la mayonesa, el apio, las cebollitas y el jugo de limón. Agregue sal y pimienta al gusto. Divida la mezcla entre las 4 rebanadas de pan y ponga también el queso encima de cada una de ellas. Coloquelas directamente en la rejilla de 3-pulgadas y hornee a 350°F por 4 minutos o hasta que se calienten bien y el queso se derrita.
(4 porciones)

Elote Estilo Mexicano

4 elotes
 ¼ taza de mantequilla derretida
 ¼ taza de mayonesa
 ½ taza de queso Cotija rallado o queso fresco
 4 cuartos de limón (opcional)
 chile en polvo o pimentón dulce al gusto
 sal y pimienta al gusto

Coloque los elotes en la rejilla de 3-pulgada yáselos a 350°F por 5 minutos de cada lado. Saque los elotes e inmediatamente únteles la mantequilla y la mayonesa. Espolvoree el queso, el chile en polvo, sal y pimienta al gusto. Sirva con trozos de limón.
 (2-4 porciones)



Papas a la Parmesana

2 papas para hornear grandes
 aceite de oliva al gusto
 sal y pimienta al gusto
 ½ taza de queso Parmesano

Corte ½ pulgada a los cuatro extremos de las papas para hacerlas en forma rectangular. Corte (a lo largo) papas de ½-pulgada y agrégueles aceite de oliva, sal y pimienta. Colóquelas en la rejilla de 3-pulgada y hornee a 350°F por 20 minutos o hasta que queden crujientes (voltee las a la mitad del tiempo). Antes de servir las agrégueles el queso Parmesano.
 (2-4 porciones)

Tacos de Salmón Cubierto con Chile Ancho

24 onzas de filete de salmón
 1 cucharada de aceite canola
 1 cucharadita de chile ancho en polvo
 1 cucharada de comino
 2 cucharadas de azúcar morena
 1 cucharadita de salsa de soya
 6 onzas de col rayada
 ½ taza de aderezo ranch con jalapeño
 8 a 12 tortillas de maíz

Enjuague los filetes de salmón y séquelos con una toalla de papel. Cepíllelos con el aceite por ambos lados. Coloque los filetes sobre papel pergamino en la rejilla de 3-pulgadas con la piel hacia arriba. Cocine por 5 minutos a 350°F. Mientras tanto, revuelva el chile en polvo con el comino y el azúcar. Voltee el salmón cuando pasen los 5 minutos y agregue la salsa de soya encima. Rocíe encima la mezcla de azúcar y cocine a potencia alta nuevamente hasta el que alcance el cocimiento que se desee, alrededor de 8 ó 10 minutos más. Mientras el salmón se cocina, mezcle la col con el aderezo. Caliente las tortillas envueltas en papel aluminio colocándolas en la parte de abajo del horno en los últimos 5 minutos de cocción del salmón. Sirva el salmón con las tortillas y la mezcla de col.
 (4 porciones)

Albóndigas

1 libra de carne molida
 1 taza de crutones
 ½ taza de salsa de spaghetti preparada
 2 dientes de ajo picados
 ½ cebolla amarilla mediana, picada
 1 cucharada de hierbas italianas secas
 2 huevos grandes
 ¼ taza de queso Parmesano rayado

Mezcle todos los ingredientes y forma bolitas de 1-pulgada. Colóquelas en la rejilla de 3-pulgada y hornee a 350°F por 10-12 minutos (volteándolas si lo desea).
 (6-8 porciones)

Carnitas

2 (4 onzas) de chuletas de cerdo o bistec de paleta
 1 cucharadita de orégano en polvo
 1 cucharadita de sal de ajo
 1 cucharadita de comino en polvo

Unte las chuletas con las especias y colóquelas dentro de un plato no profundo en la rejilla de 3-pulgada. Hornee a 350°F por 15 minutos. Pase la carne a una tabla de cortar y macháquela con un mazo hasta que queden como tiritas. Regrese la carne al plato y cocine por otros 8 minutos.
 (2 porciones)

Cerdo en Mole

1 chuleta de cerdo de 4-6 onzas
 2 cucharadas de mole
 2 cucharadas de semillas de ajonjolí

Puede encontrar el mole en tiendas de comida mexicana, éste da un succulento e interesante sabor a la carne de cerdo y a las recetas de pollo. Extienda el mole sobre la superficie de la chuleta y espolvoree el ajonjolí. Colóquela en la rejilla de 3-pulgada y cocine a 350°F por 5 minutos, voltee y cocine por otros 5 minutos.
 (1 porción)

Cena Mexicana

1 onzas de arrachera, pollo o cerdo
 1 cebolla española grande
 1 pimiento verde
 1 pimiento rojo
 1 pimiento amarillo
 sal y pimienta al gusto
 1 paquete de sazónador mezclado para tacos o fajitas
 8 onzas de queso Mexicano o Cheddar rayado
 1 paquete de tortillas
 salsa de su elección

Corte todos los vegetales y la carne en tiras de 3-pulgada x ¼-pulgada. Espolvoree la carne con el sazónador. Coloque en la rejilla de 3-pulgadas los vegetales alrededor y la carne al centro, puede encimarlos un poco. Hornee a 350°F por 8 minutos. Quite el domo y voltee las verduras y la carne. Coloque las tortillas debajo en la cacerola bien envueltas en papel aluminio. Hornee nuevamente a 350°F por otros 8 minutos o hasta que la carne esté lista. Con cuidado abra el papel aluminio y coloque las verduras y la carne en las tortillas calientes, agregue queso y salsa. Enróllelas y disfrute.

Alternativa

Las Quesadillas se pueden preparar de forma similar: Coloque la tortilla en papel aluminio y ponga encima los ingredientes de la receta que más le gusten. Ponga otra tortilla encima y cierre el papel aluminio. Coloque en la cacerola o en la rejilla de 1-pulgada y hornee a 350°F por 8 minutos. Si desea preparar más al mismo tiempo, vaya cambiando paquetes de tortillas en los diferentes niveles durante el tiempo de cocción.
 (2 porciones)

Helado de Piña Caramelizado

4 rebanadas de piña fresca sin hueso (de 1" de grosor)
½ taza de azúcar morena
½ cucharadita de canela
2 cucharadas de crema espesa
4 bolas de helado de vainilla o de yogurt de vainilla
1 taza de salsa de caramelo tibia

Coloque la piña en la rejilla de 3-pulgada. Espolvoree cada rebanada con azúcar y canela. Ponga un poco de crema sobre ellas. Cocine a 350°F por 4 ó 5 minutos o hasta que el azúcar burbujee y se dore. Coloque las rebanadas en platos para servir y póngales encima el helado y la salsa de caramelo.
(4 porciones)

Manzana Crujiente

4 manzanas peladas, sin hueso y rebanadas a un grosor de ¼-pulgada
½ taza de harina
½ taza de azúcar morena
½ taza de avena instantánea
¼ taza de mantequilla suavizada
¼ taza de azúcar granulada
¾ cucharadita de canela

Engrase un recipiente redondo para pastel de 9" y coloque en él las rebanadas de manzana. En un tazón mediano ponga la harina, el azúcar morena, la avena y la mantequilla y mezcle bien. Por otro lado, en otro plato pequeño mezcle el azúcar granulada y la canela y espolvoréelas sobre las manzanas. Coloque la mezcla de avena encima. Ponga el recipiente en la rejilla de 1-pulgada y hornee a 350°F por 40 minutos o hasta que las manzanas queden suaves y el jugo esté burbujeante.
(8 porciones)





FOR HOUSEHOLD USE ONLY

For patent information please go to: www.nuwarennow.com/legal/patent

Model 20601-20604: 120V, 60Hz, 1500Watts

Model 20611-20699: 120V, 60Hz, 1500Watts

Model 20605-20610: 230V, 50Hz, 1500Watts

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