



**Beef & Lamb**

	Rack Height	Internal Temp.	Fresh	Frozen
Roasts 2-10 lbs	1-inch	125-130°F/51-54°C 130-135°F/54-57°C 135-140°F/57-60°C 155°F/68°C+	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 1/2-in thick	3-inch	160°F/71°C+	5-7 min/side	8-9 min/side
Steaks 1-in thick	3-inch	125-130°F/51-54°C 130-135°F/54-57°C 135-140°F/57-60°C 155°F/68°C+	5-6 min/side Rare 6-7 min/side Med. Rare 7-8 min/side Medium 9+ min/side Well Done	10-11 min/side Rare 11-12 min/side Med. Rare 12-13 min/side Medium 14+ min/side Well Done

**Pork**

Ham (Precooked)	1-inch	145°F/63°C+	16-18 min/lb	20-22 min/lb
Sausage	3-inch	160°F/71°C+	5-8 min/side	8-10 min/side
Bacon	3-inch	160°F/71°C+	5-6 min/side	N/A
Italian, Bratwurst, Etc.	3-inch	160°F/71°C+	5-9 min/side	10-12 min/side
Chops	3-inch	145°F/62°C+	5-6 min/side	7-8 min/side
Roasts 3-7 lbs	1-inch	145°F/62°C+	17-19 min/side	22-25 min/side
Tenderloin 2-4 lbs	3-inch	145°F/62°C+	12-14 min/side	18-22 min/side
Spare Ribs	1-inch	160°F/71°C+	18-22 min/side	22-24 min/side

**Poultry**

Chicken, (Bone-in) Pieces	3-inch	165°F/73°C+	13-14 min/side	15-17 min/side
Chicken, 1/2-in Boneless/Skinless Breasts (Thicker add 2 mins per 1/2 in)	3-inch	165°F/73°C+	11-12 min/side	14-15 min/side
Chicken, Whole 2-3 lbs	1-inch	165°F/73°C+	17-21 min/lb	22-24 min/lb
Turkey, Whole 8-12 lbs	1-inch	165°F/73°C+	10-12 min/lb	14-16 min/lb
Turkey, Whole 11-14 lbs	1-in neck, 3-in 22 wing	165°F/73°C+	10-12 min/lb	14-16 min/lb
Turkey, Breasts 3-7 lbs	1-inch	165°F/73°C+	10-12 min/lb	14-16 min/lb
Eggs	1-inch	160°F/71°C+	13 min at 300°F	N/A

**Seafood**

Fish, Steaks & Filets 1/2 lb	3-inch	145°F/62°C+	5-6 min/side	7-9 min/side
Shrimp & Scallops	3-inch	145°F/62°C+	3-4 min/side	4-6 min/side
Lobster Tails 4 oz (Small)	3-inch	145°F/62°C+	4-5 min/side	6-8 min/side
Crab Legs	3-inch	145°F/62°C+	4-6 min/side	6-13 min/side

**Vegetables**

Home Fries (1/2-in thick)	3-inch	140°F/60°C+	10 min/side	N/A
Potato, Whole Med. Size	3-inch	140°F/60°C+	30-40 min	N/A
Steamed Broccoli & Cauliflower (Cover-Safe Dish with Glass Lid or Foil)	1-inch	140°F/60°C+	10-15 min	N/A
Squash, Acorn, Butternut & Spaghetti	1-inch	140°F/60°C+	25-35 min	35-40 min
Roasted, Onion, Garlic, Peppers, Zucchini, and Yellow Squash	1-inch	140°F/60°C+	15-20 min	N/A

**Frozen Ready-Made Foods**

Chicken Wings, Tenders & Nuggets	3-inch	165°F/73°C+		8-9 min/side
Frozen Vegetables (in Cover-Safe Dish)	3-inch			8-9 min/side
Onion Rings	3-inch			8-9 min/side
Mozzarella Sticks	3-inch			8-9 min/side

**TIP:** Flip larger food items halfway through cooking.

Consuming raw or undercooked meats, poultry, seafood, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

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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Model No. 20001 NuWave

# Mini Nuwave Quick And Easy Cooking Guide

**Gina Homolka, Heather K. Jones, R.D.**

### **Mini Nuwave Quick And Easy Cooking Guide:**

The Complete NuWave Oven Cookbook Julia Scott, 2016-07-24 The Complete NuWave Oven Cookbook will help you get the most out of your NuWave Oven Includes recipes for breakfast lunch and dinner as well as snacks appetizers and baked goods Instructions provide both power level and temperature conversion **Skinnytaste One and Done** Gina Homolka, Heather K. Jones, R.D., 2018-10-09 NEW YORK TIMES WALL STREET JOURNAL AND USA TODAY BESTSELLER IACP AWARD FINALIST NAMED ONE OF THE BEST COOKBOOKS OF THE YEAR BY THE KITCHN AND MINDBODYGREEN For your Instant Pot electric pressure cooker air fryer slow cooker multi cooker Dutch oven sheet pan skillet and more 140 healthy and delicious recipes that are big on flavor and low on calories and cleanup Skinnytaste One and Done is the perfect resource for busy home cooks looking for easy good for you dinnertime solutions 1 New York Times bestselling author Gina Homolka incorporates her healthy flavor forward recipes with everyone s favorite way to cook in one vessel whether a sheet pan or multi cooker and everything in between No matter if you d like to lose weight or just eat a little healthier this book will make your weeknight dinner routine even simpler with satisfying all in one recipes Cooking in a single vessel means streamlined dinners with minimal fuss and cleanup a huge plus after a long day The cookbook is organized by vessels that include everyday cooking equipment such as an Instant Pot a sheet pan a Dutch oven a skillet a slow cooker and an air fryer As always the recipes are big on flavor and light on calories and now more convenient than ever With 140 healthy family friendly recipes 120 full color photos nutritional information for every recipe and Gina s signature cooking tips Skinnytaste One and Done will be a weeknight game changer Even if you don t own all of the appliances Gina gives alternative cooking directions using everyday cooking equipment where possible so you won t miss out Please note that nutritional information is provided with every recipe but the most up to date Weight Watchers points can be found online on the Skinnytaste website

**The Essential Vegetarian Air Fryer Cookbook** Linda Larsen, 2020-06-16 75 veggie favorites with a crispy twist the definitive vegetarian air fryer cookbook Just because you ve switched to a meat free diet doesn t mean you can t enjoy deep fried delicacies You can still feast on fantastic fried food while staying healthy The Essential Vegetarian Air Fryer Cookbook shows you how Featuring more than 75 delicious recipes this is your go to guide for whipping up your favorite veggie based meals using one appliance your air fryer Forget about the stove and oven You can use your air fryer to saut steam simmer stir fry bake and so much more Loaded with yummy favorites like Apple Fritters and Crispy Buffalo Cauliflower Bites this is the air fryer cookbook you need to add a little versatility to your kitchen game The Essential Vegetarian Air Fryer Cookbook includes Air fryer 101 If you re new to the air fryer game this book teaches you all the basics for getting the most out of this ultimate cooking machine Simple and fast All of the recipes in this air fryer cookbook include easy to find ingredients and helpful cooking tips that get your meals on the table faster Veggie alternative Discover dozens of recipes designed for pure vegetarians flexitarians and even multiple diet households Change the way you cook and eat with The Essential Vegetarian

Air Fryer Cookbook *Best Nuwave Cookbook* Judy Preston,2018-05-08 This book will completely change your understanding of healthy food From now on you will know that fried food can be useful Take the dust off your NuWave Oven and start to create amazing oil free fried food for two Delicious quick and healthy budget friendly meals with the help of the most popular kitchen appliance NuWave Oven When you hear about NuWave Oven you probably don t think about Low Fat Granola Rib Roast Bacon Wrapped Chicken and etc But it sounds not crazy at all with the help of this cookbook you will be able to prepare all these tasty meals Moreover this NuWave Oven Cookbook will help provide you main advantages of air fryer cooking To help you get all benefits from Nuwave Oven Cooking we designed this Cookbook where Collected most valuable breakfast poultry seafood and dessert recipes You will enrich your life with healthy meals Your cooking level will increase You will cook delicious oil free meals and lose your weight Under the cover of this book you ll find Savory recipes for your family for any occasion Most delicious NuWave Oven Recipes Preparation cooking time Complete list of ingredients for each recipe Only simple and tasty recipes which can be applied to any experience level in cooking Go ahead and grab you valuable copy right away

**Nuwave Oven Cookbook** Judy Preston,2018-04-26 This book will completely change your understanding of healthy food From now on you will know that fried food can be useful Take the dust off your NuWave Oven and start to create amazing oil free fried food for two Delicious quick and healthy budget friendly meals with the help of the most popular kitchen appliance NuWave Oven When you hear about NuWave Oven you probably don t think about Low Fat Granola Rib Roast Bacon Wrapped Chicken and etc But it sounds not crazy at all with the help of this cookbook you will be able to prepare all these tasty meals Moreover this NuWave Oven Cookbook will help provide you main advantages of air fryer cooking To help you get all benefits from Nuwave Oven Cooking we designed this Cookbook where Collected most valuable breakfast poultry seafood and dessert recipes You will enrich your life with healthy meals Your cooking level will increase You will cook delicious oil free meals and lose your weight Under the cover of this book you ll find Savory recipes for your family for any occasion Most delicious NuWave Oven Recipes Preparation cooking time Complete list of ingredients for each recipe Only simple and tasty recipes which can be applied to any experience level in cooking Go ahead and grab you valuable copy right away

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Allow You to Fry Food in a Healthy Way Who said that pizza doughnuts and chicken wings can't be a part of a healthy diet With the help of an air fryer you can give your food a crispy fried texture without deep frying it actually NuWave Oven has become incredibly popular once people became aware of their potential This appliance works by circulating super hot air which cooks the food giving it a nice golden brown color and making the food crispy The greatest thing about NuWave Oven is that you can use them to make practically anything from heating frozen foods and making chicken wings to baking donuts and extra crispy cookies an air fryer is a perfect choice But what if you're not experienced in using an NuWave Oven or you're not that good at cooking Well that's what this NuWave Oven cookbook for beginners will help you out with It contains many delicious recipes that are written in a beginner friendly way The book will guide you step by step through the cooking process Just carefully follow the instructions and there is no way that you will make a mistake The end result will be perfectly prepared food every single time Here's what you can learn from our cookbook How to use an NuWave Oven like a pro The right way to prepare appetizers and snacks NuWave recipes for cooking poultry pork beef and lamb and seafood the healthy way Tasty vegetable recipes that can be served on any occasion Using a NuWave Oven is an excellent way to cook food the healthy way since it doesn't require much oil These recipes will allow you to get all the great tastes you love in your favorite fried foods without the fat Oh and if you have any dietary restrictions don't worry This cookbook has plenty of great recipes that cater to all your specific needs With the help of this cookbook you can impress your friends and family with your new cooking skills Numerous pages of mouth watering recipes are just one click away Scroll up click on Buy Now with 1 Click and Get Your Copy Now Click and Get Your Copy Now

**The Nuwave Oven Cookbook** Lorraine Benedict,2013-04 The NuWave oven is one of the world's most amazing countertop cooking devices By combining the power of conduction convection and infrared cooking the NuWave Oven cooks foods thoroughly and quickly You may have purchased one of these ovens as a result of the many tantalizing infomercials you've seen on TV but if you have one you know it includes only a small pamphlet of recipes well now there is a cookbook of 101 fantastic mouth watering recipes that allows you really maximize the versatility of your Nu Wave oven The Nu Wave oven allows you to cook delicious meals in half the time of a regular oven You'll be amazed at what you can cook in your Nu Wave oven recipes you never before dreamed possible The Nu Wave Oven Cookbook covers it all Beef Lamb Pork Chicken Turkey Seafood Casseroles Vegetarian Pastry Breakfast Biscuits Puddings and Desserts Muffins even Pizza So treat yourself to this wonderful cookbook that will serve you and your family for years to come with 101 tried and tested recipes that will put you in culinary heaven About The Author Lorraine Benedict is a well known chef and a graduate of the prestigious Le Cordon Bleu Academy Testimonials A comprehensive and delicious collection of recipes for an amazing device Jacques Pepin [Nuwave Air Fryer Cookbook for Beginners](#) Air Fryer Lab,2021-05-20 55% OFF for Bookstores NOW at 14.82 instead of 26.95 DISCOVER DELICIOUS TIME SAVING AND EASY TO COOK NUWAVE AIR FRYER RECIPES Your Customers Will Never Stop to Use This Cookbook Would you like to eat your favorite foods like

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chocolate cake cookbook      *Nuwave Air Fryer Oven Cookbook for Beginners* Katie Banks,2020-10-03 Nuwave Air Fryer Oven Cookbook 2020 The Only Nuwave Air Fryer Oven Cookbook You Will Need in Your Kitchen New to Cosori Air Fryer Toaster Oven Cooking Well here you will find the detailed instructions summarized to understand the basics of your favourite kitchen tool Whether you are a complete beginner or an advanced user you will make great use of this cookbook and the recipes in it What will you find it this cookbook A guide for total beginners on how to use the Cosori Air Fryer Toaster Oven and its basic functions Delicious recipes organized by Ingredient A fantastic layout that will make you feel at ease reading your cookbook 1000 Days of Nuwave Air Fryer Oven Meal Schedules Cosori Air Fryer Toaster Oven recipes that work for complete beginners and advanced users An Nuwave Air Fryer Oven Cookbook for Beginners vTogether with detailed instructions on how to start using your Cosori Air Fryer Toaster Oven you will find mouth watering recipes that are very simple to make Just get your Cosori Air Fryer Toaster Oven ready and let my cookbook guide y our through the simplified steps required to cook each meal Detailed Nutritional Information All meals included nutritional information which will make it ideal to organize how many serves you want to cook depending on how many people are going to enjoy the delicious meals included in this Cosori Air Fryer Toaster Oven Recipe Book The in depth nutritional information will be useful also if you are following a diet or simply want to check your daily calorie intake in check A wide variety or recipes for all tastes vYou will never get tired of the variety of recipe included in the cookbook here below you can find some examples but the diversity and variety are not limited to it v Maple Chicken Thighs Buffalo Chicken Parmesan Pork Chops Roasted Turkey Legs Juicy Turkey Korean BBQ Beef Meatloaf Turkey Breast with Herb Butter Herbed Lamb BBQ rack of lamb Shortbread I hope you will enjoy this ideal Nuwave Air Fryer Oven Cookbook for Cosori Air Fryer Toaster Oven Beginners and Advance users Now get to the kitchen and start cooking      **Nuwave Air Fryer Oven Cookbook for Beginners** Clifton P. Maddox,2021-06-05 Air Fryer Oven is an amazing tool to save time and money cooking delicious meals that otherwise would take hours to make However sometimes we get bored preparing the same meals every day In this best seller you ll learn how to cook 2021 s most affordable 1000 Days of Quick And Easy Budget Friendly Recipes for beginners You will learn An Nuwave Air Fryer Oven Cookbook for Beginners Together with detailed instructions on how to start using your Air Fryer Oven you will find mouth watering recipes that are very simple to make Just get your Air Fryer Oven ready and let my cookbook guide your through the simplified steps required to cook each meal Nutritional Information All meals included nutritional information which will make it ideal to organize how many serves you want to cook depending on how many people are going to enjoy the delicious meals included in this Air Fryer Oven Cookbook A wide variety or recipes for all tastes You will never get tired of the variety of recipe included in the cookbook So don t wait get it now start your healthy lifestyle      **Braby's East London Directory and Buyer's Guide** ,1989      **The Best Nuwave Air Fryer Oven Cookbook** Mike S. Angel,2021-06-08 This book will completely change your understanding of healthy food From now on you will know that fried food can be useful This book

contains 550 recipes that can easily be made using the Nuwave Air Fryer Oven These are regular and familiar recipes like Shepherd s Pie that have been adapted to the NuWave style of cooking As you read through the recipes notice that not much has changed by the way of prepping or cooking ingredients The only thing different is the temperature and the cooking time which is reduced to almost half Let s take the dust off your Nuwave Air Fryer Oven and start to create amazing oil free fried food Delicious quick and healthy budget friendly meals with the help of the most popular kitchen appliance Nuwave Air Fryer Oven

**The Effortless NuWave Air Fryer Oven Cookbook** James Salter,2021-02-12 The Nuwave Air Fry Oven the oven that crisps and flips up and away is here and there s never been a simpler way to master its many features Here s a cookbook that s bursting with hot tips and tasty recipes for cooking with this incredible appliance With this cookbook you ll be able to Try 600 recipes for breakfast lunch and dinner made in the air fryer oven Learn to make healthy versions of the foods you crave and love Feel less guilty about eating your favorite foods because you know they aren t cooked in oil Impress your family and friends when you make them delicious meals that reduced in fat and calories Spend less time cooking healthy meals and trying to make vegetables taste good Much More Stop wasting your time trying to find delicious and healthy recipes Get Your Copy Today

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