

nuwave

LIVE WELL FOR LESS



NUWAVE[®] PRO PLUS INFRARED OVEN

Manual & Complete Cookbook

nuwave

Live Well For Less

Quick & Easy Cooking Guide

All cooking times are based on a temperature of 300°F



Beef & Lamb

Roasts 2-10 lbs

Roast Height

Internal Temp

Fresh

Frozen

1-2"

125-130°

15-17 minutes

20-25 minutes

130-135°

17-19 minutes

25-30 minutes

135-140°

19-21 minutes

30-35 minutes

140°+

21+ minutes

35+ minutes

Burgers 1/2-in thick

3-4"

160°+

5-7 minutes

8-9 minutes

Steaks 1-in thick

3-4"

125-130°

5-6 minutes

10-11 minutes

130-135°

6-7 minutes

11-12 minutes

135-140°

7-8 minutes

12-13 minutes

140°+

8+ minutes

14+ minutes

Pork

Ham (Precooked)

1-2"

160°+

15-18 minutes

20-25 minutes

Sausage

3-4"

160°+

5-6 minutes

8-10 minutes

Bacon

3-4"

160°+

5-6 minutes

8-10

Salisbury, Braised, Etc.

3-4"

160°+

5-6 minutes

10-12 minutes

Chops

3-4"

160°+

5-6 minutes

7-8 minutes

Roasts 3-7 lbs

1-2"

145°+

17-19 minutes

20-25 minutes

Tenderloin 2-4 lbs

3-4"

140°+

12-14 minutes

15-20 minutes

Spare Rib

1-2"

160°+

15-20 minutes

20-24 minutes

Poultry

Chicken, Boneless Breast

3-4"

160°+

12-14 minutes

15-17 minutes

Chicken, 1/2-in Boneless/Breast

3-4"

160°+

11-13 minutes

14-16 minutes

(Chicken add 2 mins per 1/2 lb)

Chicken, whole 3-4 lbs

1-2"

160°+

17-20 minutes

20-25 minutes

Turkey, whole 8-14 lbs

1-2"

160°+

15-17 minutes

18-20 minutes

Turkey, whole 15-18 lbs

1-2"

160°+

15-17 minutes

18-20 minutes

Turkey, Breast 3-7 lbs

1-2"

160°+

15-17 minutes

18-20 minutes

Eggs

Seafood

Fish, Steaks & Fillets 1/2 in

Shrimp & Scallops

Lobster Tails 4 oz (small)

Crab Legs

Vegetables

Roast Potatoes (1/2-in thick)

Potatoes, whole med. size

Steamed Broccoli & Cauliflower

(Steam 1/2-lb pot with 1/2 cup water for 10 min)

Squash, Acorn, Butternut & Spaghetti

Roasted

Onion, Garlic, Peppers

Carrots, and Yellow Squash

Frozen Ready-Made Foods

Chicken Tenders & Nuggets

Frozen Vegetables 3/4-cup (1/2-lb bag)

Onion Rings

Mozzarella Sticks

Hot Wings

TIP: Flip larger food items over halfway through cooking.



New Wave Oven Manual

Karen Dwyer



New Wave Oven Manual:

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