



# Quick & Easy Cooking Guide

All cooking times are based on a temperature of 350°



## Beef & Lamb

Roasts 2-10 lbs

Rack Height

1-inch

Internal Temp.

125-130°

130-135°

135-140°

155+°

Fresh

15-17 min/lbs Rare

17-19 min/lbs Med. Rare

19-20 min/lbs Medium

21+ min/lbs Well Done

Frozen

20-21 min/lbs Rare

21-22 min/lbs Med. Rare

22-23 min/lbs Medium

24+ min/lbs Well Done

Burgers 1/2-inch thick

3-inch

160+°

5-7 min/side

8-9 min/side

Steaks 2-inch thick

3-inch

125-130°

130-135°

135-140°

155+°

5-6 min/side Rare

6-7 min/side Med. Rare

7-8 min/side Medium

9+ min/side Well Done

10-11 min/side Rare

11-12 min/side Med. Rare

12-13 min/side Medium

14+ min/side Well Done

## Pork

Ham (Precooked)

1-inch

140+°

16-18 min/lb

20-23 min/lb

Sausage

3-inch

140+°

5-8 min/side

8-10 min/side

Bacon

3-inch

180+°

5-6 min/side

N/A

Italian, Bratwurst, Etc.

3-inch

160+°

8-9 min/side

10-12 min/side

Chops

3-inch

145+°

5-6 min/side

7-9 min/side

Roasts 3-7 lbs

1-inch

145+°

17-19 min/side

22-25 min/side

Tenderloins

3-inch

145+°

12-14 min/side

18-22 min/side

Spare Ribs

1-inch

180+°

18-22 min/side

22-24 min/side

## Poultry

Chicken, (Bone-In) Pieces

3-inch

165+°

13-14 min/side

15-17 min/side

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

3-inch

165+°

11-13 min/side

14-15 min/side

Chicken, Whole 2-5 lbs

1-inch

165+°

17-21 min/lb

22-24 min/lb

Turkey, Whole 8-10 lbs

1-inch

165+°

10-12 min/lb

14-16 min/lb

Turkey, Whole 11-14 lbs

3-inch Ring

165+°

10-12 min/lb

14-16 min/lb

Turkey, Breasts 5-7 lbs

1-inch

165+°

10-12 min/lb

14-16 min/lb

## Seafood

Fish, Steaks & Fillets 1/2 lb

3-inch

145+°

5-6 min/side

7-9 min/side

Shrimp & Scallops

3-inch

145+°

3-4 min/side

4-5 min/side

Lobster Tails 4 oz (Small)

3-inch

145+°

4-5 min/side

6-8 min/side

Crab Legs

3-inch

145+°

4-6 min/side

8-13 min/side

## Vegetables

Home Fries (1/2-inch thick)

3-inch

140+°

10 min/side

N/A

Potato, Whole Med. Size

3-inch

140+°

30-40 min

N/A

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

1-inch

140+°

10-15 min

N/A

Squash, Acorn, Butternut & Spaghetti

1-inch

140+°

25-35 min

35-40 min

Roasted,

1-inch

140+°

15-20 min

N/A

Onion, Garlic, Peppers,

Zucchini, and Yellow Squash

## Frozen Ready-Made Foods

Chicken Tenders & Nuggets

3-inch

140+°

6-8 min/side

6-8 min/side

Frozen Vegetables (In Oven-Safe Dish)

3-inch

140+°

6-8 min/side

6-8 min/side

Onion Rings

3-inch

140+°

6-8 min/side

6-8 min/side

Mozzarella Sticks

3-inch

140+°

6-8 min/side

6-8 min/side

Hot Wings

3-inch

140+°

6-8 min/side

6-8 min/side

PLEASE READ BOOKLET FOR COMPLETE INSTRUCTIONS.

General Guidelines Only. These are not meant to be recipes. All cooking guidelines may vary.  
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# Nuwave Oven Cooking Guide

**Lorraine Benedict**



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