



Quick & Easy Cooking Guide



All cooking times are based on a temperature of 350°

| | Rack Height | Internal Temp. | Fresh | Frozen |
|---|-------------|---|--|--|
| Beef & Lamb | | | | |
| Roasts 2-10 lbs | 1-inch | 125-130° 130-135° 135-140° 155+° | 15-17 min/lbs Rare 17-19 min/lbs Med. Rare 19-20 min/lbs Medium 21+ min/lbs Well Done | 20-21 min/lbs Rare 21-22 min/lbs Med. Rare 22-23 min/lbs Medium 24+ min/lbs Well Done |
| Burgers 1/2-inch thick | 3-inch | 160+° | 5-7 min/side | 8-9 min/side |
| Steaks 2-inch thick | 3-inch | 125-130° 130-135° 135-140° 155+° | 5-6 min/side Rare 6-7 min/side Med. Rare 7-8 min/side Medium 9+ min/side Well Done | 10-11 min/side Rare 11-12 min/side Med. Rare 12-13 min/side Medium 14+ min/side Well Done |
| Pork | | | | |
| Ham (Precooked) | 1-inch | 140+° | 16-18 min/lb | 20-23 min/lb |
| Sausage | 3-inch | 140+° | 5-8 min/side | 8-10 min/side |
| Bacon | 3-inch | 180+° | 5-6 min/side | N/A |
| Italian, Bratwurst, Etc. | 3-inch | 160+° | 8-9 min/side | 10-12 min/side |
| Chops | 3-inch | 145+° | 5-6 min/side | 7-9 min/side |
| Roasts 3-7 lbs | 1-inch | 145+° | 17-19 min/side | 22-23 min/side |
| Tenderloins | 3-inch | 145+° | 12-14 min/side | 18-22 min/side |
| Spare Ribs | 1-inch | 180+° | 18x22 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 |
| Chickens, 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, Onion, Garlic, Peppers, Zucchini, and Yellow Squash | 1-inch | 140+° | 15-20 min | N/A |
| Frozen Ready-Made Foods | | | | |
| Chicken Tenders & Nuggets | 3-inch | 140+° | | 6-8 min/side |
| Frozen Vegetables (In Oven-Safe Dish) | 3-inch | 140+° | | 6-8 min/side |
| Onion Rings | 3-inch | 140+° | | 6-8 min/side |
| Mozzarella Sticks | 3-inch | 140+° | | 6-8 min/side |
| Hot Wings | 3-inch | 140+° | | 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 Quick Reference Guide

Amy Whitelegge



Nuwave Oven Quick Reference 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 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 Complete Guide for Your Nuwave Oven Judy Preston,2018-05-11 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 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

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Complete Guide for Your Nuwave Oven Judy Preston,2018-05-07 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

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NuWave Oven Cookbook Shanet Cunanan,2017-08-14 Nuawave Oven Cookbook Your Guide to a Fast and Delicious Way of Cooking was made to help you know more about your NuWave Oven and maximize its usage This cookbook also provides you with 80 delicious recipes that are divided into eight different categories to complete your experience with your NuWave Oven Here is a Preview of What to See Inside Advantages in cooking with the NuWave Oven Temperature Conversion Guide Tips for Cooking and Cleaning your NuWave Oven Specific Recipes All that and more when you buy this NuaWave Oven Cookbook

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

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

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Complete NuWave Cookbook Sara Parker, 2019-12. You don't need to be an expert in the kitchen to cook delightful meals for your loved ones. With this Complete NuWave Oven Cookbook, you can start cooking healthy, low-fat, delicious meals right now. Just grab this Useful Guide with shopping list and nutrition facts inside and surprise your family and friends. In this book, you'll discover over 50 amazing recipes under various sections such as Breakfast Recipes, Poultry Recipes, Beef/Lamb Recipes, Seafoods Recipes, Vegetarian Recipes, Desserts. **BONUS INSIDE:** Buy a paperback copy of this book NOW and you will receive the Kindle version Absolutely Free via Kindle Matchbook. Scroll on the top of the page, click Add to Cart button, and grab your copy asap.

NuWave Air Fryer Oven Cookbook Amy Whitelegge, 2020-12-02. Nuwave Air Fryer Oven Cookbook 2020: The best of Nuwave Air Fryer Oven Cookbook You Will Need in Your Kitchen. What will you look for in this book? An Nuwave Air Fryer Oven Cookbook for Beginners. Follow detailed instructions on how to start using your Nuwave Air Fryer Toaster Oven; you will find mouth-watering recipes that are very easy and quick to make. Just get your Nuwave Air Fryer Toaster Oven ready and open the cookbook; it will guide you cook your like meal through the simplified steps. About Nutritional Information: All meals included nutritional information which will be useful if you are following a diet or simply want to check your daily calorie intake. Also, keep track of your healthy state. A variety of recipes for all tastes. In this book, included 500 recipes you will never get tired of the daily meals; also, you can cook it use different ways such as crisp, bake, roaster, and so on. I hope you will enjoy this Nuwave Air Fryer Oven Cookbook for your daily meals. Now start cooking.

NuWave Oven Cookbook Dylanna Press, 2016-07-23. Many people are excited when they first purchase a NuWave Oven but aren't really sure what to do with it. While the NuWave Oven is great for roasting chicken and other meats, it has the potential to be used for so much more. This book contains a plethora of recipes that can all be made quickly and easily right in your NuWave Oven.

The Ultimate Nuwave Air Fryer Oven Cookbook Cory J. Gresham, 2020-11-25. The Nuwave Air Fry Oven made easy: Your Ultimate Guide to Getting Started. 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. A great choice for new owners and dietary experts, this cookbook offers a complete introduction to the Air Fry Oven. From 30 minutes fast prepping to big batch cooking, discover new ways to take your meals to the next level. This NuWave Air Fry Oven cookbook includes easy and healthy dishes. It will show you 600 ways to make dishes for everything from family dinners to party platters. NuWave mastery in no time. Serve up perfection with straightforward guides that teach you how to take advantage of all your Air Fry Oven's unique capabilities. Air fryer temperature and time table to turn food perfect and crispy. Recipe index to find your most favorite recipes to repeat again. There's never been a more convenient appliance than NuWave Air Fry Oven or a better cookbook to pair with it.

NuWave Oven Ultimate Cookbook Riley Addams, 2017-12-06 CS Description New Meals With The NuWave Tips and Tons of Recipes to Get You Started New technology for tasty meals. Fat is killing us. The records for obesity in the world are being shattered every day. Everything today seems to be deep fried, even salads. The result is a population that relies on fat for taste. There is a better way though. NuWave ovens are just one of the things that have come out in the past year to help people cook meals quickly and easily without resorting to fatty or processed foods. The result is better tasting and healthier options for the whole family or just yourself. This book takes you through basic recipes with big taste. It's not enough to eat healthy if the food tastes like cardboard. The recipes found in this book are designed to be easy enough that anyone could make them but pack a big punch in the flavor department. From breakfast to dinner, there's something in here that can appeal to nearly every taste without complicated preparations and ingredients that are nearly impossible to find. This is truly the right book for you as a companion to your NuWave Oven. Here's just a few things you'll learn about: Easy to follow instructions. Breakfast options that are quick and easy. Air fried foods that cut the fat. Meals that everyone in the family will love. This Complete NuWave Recipes book has something for everyone. Get yourself a copy today and start creating amazing meals with your NuWave Oven. Download Your Copy Today. Scroll Up and Buy NOW with One Click.

[Nuwave Oven Cookbook](#) Jesse Adler, 2017-01-29 Welcome to the world of the NuWave Oven. This ingenious new idea is designed to save you time and effort and uses a unique combination of three types of heat: convection, conduction, and infrared. No pre-heating and no need to defrost food before placing it in the oven. All you have to do is take the food from the freezer and place it into your NuWave oven. Once you've set the timer, you don't have to do anything else other than enjoy your meal. And it's healthy. No extra fat is needed for cooking in a NuWave oven, making this new idea a healthy choice for your family. The unique design also ensures that all the excess fat from your food drains away, leaving you with succulent and delicious low-fat food. The advantages don't stop there. The NuWave Oven also saves you time, makes meat and fish irresistible, saves energy, and reheats leftovers to their original standard. NuWave Oven Cookbook also provides you with dozens of great recipes to get you started making this the only book you will ever need for the complete experience with your new

NuWave Oven Get your copy now **The Ultimate Nuwave Air Fryer Oven Cookbook** Cory J. Gresham,2020-11-25 The Nuwave Air Fry Oven made easy Your Ultimate Guide to Getting Started 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 A great choice for new owners and dietary experts this cookbook offers a complete introduction to the Air Fry Oven From 30 minutes fast prepping to big batch cooking discover new ways to take your meals to the next level This Nuwave Air Fry Oven cookbook includes Easy and health dishes It will show you 600 ways to make dishes for everything from family dinners to party platters Nuwave mastery in no time Serve up perfection with straightforward guides that teach you how to take advantage of all your Air Fry Oven s unique capabilities Air fryer temperature and time table to turn food perfect and crispy Recipe index to find your most favorite recipes to repeat again There s never been a more convenient appliance than Nuwave Air Fry Oven or a better cookbook to pair with it

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