



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	22-25 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, 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 Cooking Guide

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Table of Contents Nuwave Oven Cooking Guide

1. Understanding the eBook Nuwave Oven Cooking Guide
 - The Rise of Digital Reading Nuwave Oven Cooking Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying Nuwave Oven Cooking Guide
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Nuwave Oven Cooking Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from Nuwave Oven Cooking Guide
 - Personalized Recommendations
 - Nuwave Oven Cooking Guide User Reviews and Ratings
 - Nuwave Oven Cooking Guide and Bestseller Lists
5. Accessing Nuwave Oven Cooking Guide Free and Paid eBooks

- Nuwave Oven Cooking Guide Public Domain eBooks
- Nuwave Oven Cooking Guide eBook Subscription Services
- Nuwave Oven Cooking Guide Budget-Friendly Options
- 6. Navigating Nuwave Oven Cooking Guide eBook Formats
 - ePub, PDF, MOBI, and More
 - Nuwave Oven Cooking Guide Compatibility with Devices
 - Nuwave Oven Cooking Guide Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Nuwave Oven Cooking Guide
 - Highlighting and Note-Taking Nuwave Oven Cooking Guide
 - Interactive Elements Nuwave Oven Cooking Guide
- 8. Staying Engaged with Nuwave Oven Cooking Guide
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Nuwave Oven Cooking Guide
- 9. Balancing eBooks and Physical Books Nuwave Oven Cooking Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Nuwave Oven Cooking Guide
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Nuwave Oven Cooking Guide
 - Setting Reading Goals Nuwave Oven Cooking Guide
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Nuwave Oven Cooking Guide
 - Fact-Checking eBook Content of Nuwave Oven Cooking Guide
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development

- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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