Please make sure to read the enclosed Ninja® Owner’s Guide prior to using your unit.

Ninja®
Foodi™
DIGITAL AIR FRY OVEN
The oven that crisps and flips up & away™

15 mouthwatering recipes plus charts for unlimited possibilities
Your guide to cooking like a Foodi

Welcome to the Ninja® Foodi™ Digital Air Fry Oven recipe book. From here, you’re just a few pages away from recipes, tips and tricks, and helpful hints that will give you the confidence to be creative in the kitchen without having to use numerous appliances or wait for your traditional oven to preheat.

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Digital Crisp Control Technology

Precision-controlled temperature, heat source, and air flow for ultimate versatility and optimum cooking performance.

### Air Fry
- High heat from top and bottom
- Fast, extra-crispy results with little to no oil.
- Best for chicken wings, French fries (frozen or hand cut), and vegetables
- Use air fry basket with or without sheet pan*

### Air Roast
- Even heat from top and bottom
- Crispy outside, juicy inside.
- Best for sheet pan meals, whole proteins, and vegetables
- Use sheet pan

### Air Broil
- High heat from top
- Top-down heat for a crispy finish.
- Best for steaks, fish, and nachos, and for finishing casseroles
- Use sheet pan

### Bake
- High, even heat from top and bottom
- Overall even cooking with light browning.
- Best for cakes, cookies, and frozen pizza
- Use sheet pan

### Toast
- Even heat from top and bottom
- Quick, even browning on both sides.
- Best for bread, English muffins, and frozen waffles
- Use wire rack

### Bagel
- Slightly lower heat from top than bottom
- Quick, even browning.
- Best for bagels and artisan breads
- Use wire rack

### Dehydrate
- Low heat
- Remove moisture for jerky and dried fruit.
- Best for jerky and dried fruit
- Use air fry basket with or without sheet pan*

*NOTE: Dehydrate is not included on all models.

*If ingredients are fatty, oily, or marinated, place the sheet pan under the basket first.
For sheet pan meals, cut ingredients to the same size for optimal results.

Place ingredients in 1 layer when using the basket for air frying and dehydrating.

For greasy or battered items in the air fry basket, place the pan underneath it on the wire rack.

Spray air fry basket with nonstick cooking spray to minimize sticking.

Halfway through cooking, rotate air fry basket 180° or flip ingredients for crispier results.

When using the Bagel function, place bagels cut-side up on the rack.

Tips & Tricks

The unit preheats quickly, so prep all ingredients before preheating. Time will start counting down immediately after the unit is preheated. To add time simply turn the dial.

Food cooks faster with Air Roast so for traditional oven recipes, lower the cook time and temperature.

For marinades containing sugar, honey, or other sweeteners, brush onto proteins halfway through broiling to avoid burning.

Tips & Tricks

Spray air fry basket with nonstick cooking spray to minimize sticking.

Halfway through cooking, rotate air fry basket 180° or flip ingredients for crispier results.

When using the Bagel function, place bagels cut-side up on the rack.

Master sheet pan meal making

Cook a family-sized, full breakfast, lunch, or dinner all in one pan in as little as 20 minutes.

Enjoy quick cooking and easy cleanup.

Tips & Tricks
How to build a sheet pan meal

Using the Air Roast function and some guidelines below, create your own masterpieces in the Foodi™ Digital Air Fry Oven.

<table>
<thead>
<tr>
<th>Pick a Protein</th>
<th>Pick a Vegetable/Starch</th>
<th>Season/Marinade</th>
<th>Toss It Up</th>
<th>Cook</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 uncooked bone-in chicken thighs (6–8 ounces each)</td>
<td>2 bunches asparagus, cut in 1-inch pieces, ends trimmed</td>
<td>Barbecue</td>
<td>Toss ingredients with seasonings or marinade, then spread them evenly in 1 layer on the sheet pan.</td>
<td>Air Roast at 400°F for 10–20 minutes for seafood and 20–30 minutes for poultry and red meat, or until proteins reach food-safe internal temperatures and your desired level of crispiness: Chicken - 165°F Fish - 145°F Red meat - 160°F</td>
</tr>
<tr>
<td>6 uncooked salmon fillets, 1 inch thick (6 ounces each)</td>
<td>3 medium bell peppers, cut in 1-inch pieces</td>
<td>Teriyaki</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 pound uncooked shrimp (fresh or frozen, thawed)</td>
<td>2 medium heads broccoli, cut in 1-inch florets</td>
<td>Hoisin</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4 uncooked boneless skinless chicken breasts, cut in 1-inch pieces</td>
<td>4 cups brussels sprouts, cut in half, ends trimmed</td>
<td>Cajun blend</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 pound uncooked flank steak, cut in 1/2-inch thick strips</td>
<td>4 cups butternut squash, cut in 2-inch pieces</td>
<td>Mexican blend</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>4 cups carrots, cut in 1-inch pieces</td>
<td>Rosemary lemon marinade</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>3 cups russet potatoes, cut in 1-inch pieces</td>
<td>Olive oil</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Your favorite marinade or spice blend</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
**Kickstarter Recipe**

**Chicken Stir Fry**

**BEGINNER RECIPE**

**PREP:** 20 MINUTES | **AIR ROAST:** 18-20 MINUTES | **MAKES:** 4 SERVINGS

**INGREDIENTS**

- 1 pound uncooked boneless, skinless chicken breasts, cut in cubes
- 1 red bell pepper, thinly sliced
- 1 yellow bell pepper, thinly sliced
- 1 orange bell pepper, thinly sliced
- 2 carrots, thinly sliced
- ½ cup stir fry sauce
- 1 head broccoli, cut in florets
- 1 teaspoon sesame seeds, for garnish

**DIRECTIONS**

In a large bowl, toss chicken, peppers, and carrots with stir fry sauce until evenly coated.

Arrange chicken, peppers, and carrots on the Ninja® Sheet Pan in a single layer.

Select AIR ROAST, set temperature to 400°F, and set time to 18 minutes. Press START/PAUSE to begin preheating.

When unit has preheated, place pan in oven.

After 10 minutes, press START/PAUSE to pause the unit. Add broccoli to pan, return pan to oven, and press START/PAUSE to resume cooking for 8 more minutes.

Cooking is complete when chicken’s internal temperature reaches 165°F. If necessary, return pan to oven and cook for 2 more minutes. When cooking is complete, remove pan from oven. Garnish with sesame seeds and allow to cool for 2 minutes before serving.
In a bowl, stir together all ingredients, except chicken wings.

Coat chicken wings with half the sauce in a large resealable plastic bag; reserve remaining sauce. Let marinate in the refrigerator for at least 1 hour and up to 24 hours.

Select AIR FRY, set temperature to 400°F, and set time to 25 minutes. Press START/STOP to begin preheating.

Place the airy fry basket on the sheet pan. Then arrange wings in basket, making sure they are not crowding each other.

When unit has preheated, slide both the basket and pan into the oven at the same time. The basket will slide into the top rail while the pan fits directly on top of the wire rack to catch any grease during cooking.

After 10 minutes, use tongs to flip the wings. Return pan to oven and cook for an additional 10 to 15 minutes, until desired level of crispiness is achieved.

When cooking is complete, toss wings in reserved sauce and serve immediately.
BREAKFAST HASH

PREP: 10 MINUTES | BAKE: 20 MINUTES | MAKES: 4–6 SERVINGS

INGREDIENTS
1 3/4 cups russet potatoes, peeled, cut in 1/2-inch pieces
1/4 cup precooked kielbasa, cut in 1/2-inch pieces
1 small yellow onion, peeled, cut in 1/2-inch pieces
1/2 cup mixed frozen vegetables (carrots, green beans, corn)
1/2 stick (1/4 cup) unsalted butter, melted
1 teaspoon paprika
1 teaspoon kosher salt

DIRECTIONS
1. Place potatoes, kielbasa, onion, and frozen vegetables in a large bowl. Add melted butter, paprika and salt. Toss ingredients to coat.
2. Place ingredients on Ninja® Sheet Pan, spreading out evenly.
3. Select BAKE, set temperature to 400°F, and set time to 20 minutes. Press START/PAUSE to begin preheating.
4. When unit has preheated, place pan in oven. After 10 minutes, remove pan and mix ingredients with a wooden spoon or spatula. Return pan to oven and cook for 10 more minutes.
5. When cooking is complete, remove pan from oven and cool for 5 minutes before serving.
AIR-FRIED FRENCH TOAST STICKS

BEGINNER RECIPE

PREP: 10 MINUTES  |  AIR FRY: 12 MINUTES  |  MAKES: 4-6 SERVINGS

DIRECTIONS

1. In a small bowl, whisk together eggs, milk, vanilla extract, cinnamon, and sugar.
2. Coat air fry basket liberally with cooking spray. Working one at a time, dip each piece of bread in the egg mixture, then transfer to the basket.
3. Select AIR FRY, set temperature to 400°F, and set time to 12 minutes. Press START/PAUSE to begin preheating.
4. When unit has preheated, slide basket into the upper rails of the oven.
5. After 7 minutes, press START/PAUSE to pause the unit. Remove basket from oven. Using tongs, flip each piece of bread. Then rotate basket 180 degrees. Return basket to oven, and press START/PAUSE to resume cooking for 5 more minutes.
6. When cooking is complete, remove basket from oven. Drizzle maple syrup over French toast sticks and serve.

INGREDIENTS

- 4 eggs
- 1/2 cup milk
- 1/4 teaspoon vanilla extract
- 1/4 teaspoon ground cinnamon
- 1/3 cup granulated sugar
- 6 slices white bread, cut in thirds
- Cooking spray
- Maple syrup, for serving
CHEESY CHICKEN NACHOS

INTERMEDIATE RECIPE

PREP: 15 MINUTES | AIR ROAST: 25 MINUTES | MAKES: 4–6 SERVINGS

DIRECTIONS

1. In a large bowl, toss chicken with olive oil and nacho seasoning ingredients until evenly coated.
2. Select AIR ROAST, set temperature to 350°F, and set time to 15 minutes. Press START/PAUSE to begin preheating.
3. When unit has preheated, place pan in oven.
4. After 15 minutes, remove chicken from the pan; set aside.
5. Arrange tortilla chips on the pan in a single layer. Layer cooked chicken, black beans, and cheeses on top of the chips.
6. Select AIR ROAST, set temperature to 350°F, and set time to 10 minutes. Press START/PAUSE to begin preheating.
7. When unit has preheated, place pan in oven.
8. When cooking is complete, remove pan from oven. Garnish with avocado and sour cream. Serve immediately.

TIP: No meat? No problem. Swap in your favorite chopped or sautéed veggies for the chicken.

INGREDIENTS

1 pound uncooked boneless, skinless chicken breasts, cut in cubes
1 tablespoon olive oil
1/2 bag (8 ounces) tortilla chips
1 can (15.5 ounces) black beans
2 cups shredded cheddar cheese
1 cup shredded Mexican blend cheese
Avocado, sliced, for garnish
Sour cream, for garnish

NACHO SEASONING

1 tablespoon fresh lemon juice
1 tablespoon fresh lime juice
1 teaspoon ground cumin
1/4 cup fresh cilantro, finely chopped
1 teaspoon onion powder
2 teaspoons chili powder
1 teaspoon kosher salt

Questions? ninjakitchen.com

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GREEK-STYLE LOADED TATER TOTS

INTERMEDIATE RECIPE

PREP: 15 MINUTES  |  AIR FRY: 25 MINUTES  |  MAKES: 4–6 SERVINGS

INGREDIENTS
2 pounds frozen tater tots
1/2 cup crumbled feta cheese
1/2 cup tomato, diced
1/4 cup red onion, peeled, diced
1/4 cup black olives, sliced
Fresh dill, for garnish

TZATZIKI SAUCE
1 cup Greek whole milk yogurt
1 English cucumber, grated
3 cloves garlic, peeled, minced
2 tablespoons fresh lemon juice
3 tablespoons fresh dill, chopped, plus more for garnish
1 teaspoon kosher salt
1 teaspoon cracked black pepper

DIRECTIONS
1. Select AIR FRY, set temperature to 450°F, and set time to 25 minutes. Press START/PAUSE to begin preheating.
2. Place tater tots in a single layer in the air fry basket.
3. When unit has preheated, slide basket into the upper rails of the oven.
4. After 15 minutes, press START/PAUSE to pause the unit. Remove basket from oven and transfer tots to a large bowl. Toss with feta cheese, tomatoes, red onion, and olives. Spread mixture out on the Ninja® Sheet Pan. Place pan in oven, and press START/PAUSE to resume cooking for 10 more minutes.
5. While tots are cooking, whisk together all tzatziki sauce ingredients in a medium bowl. Set aside.
6. When cooking is complete, remove pan from oven and transfer tots to a serving bowl. Top with tzatziki sauce and garnish with fresh dill.

TIP Not in the mood for tots? Swap them out for French fries or hash browns.
**ROASTED GREEN BEANS WITH PROSCIUTTO & ONIONS**

**BEGINNER RECIPE**

**PREP:** 10 MINUTES  |  **AIR FRY:** 4 MINUTES  |  **AIR ROAST:** 12 MINUTES  |  **MAKES:** 4–6 SERVINGS

**INGREDIENTS**
- 4 slices prosciutto
- 1 pound green beans, ends trimmed
- 1 small yellow onion, peeled, thinly sliced
- 1 tablespoon canola oil

**DIRECTIONS**
1. Arrange prosciutto slices in air fry basket.
2. Select AIR FRY, set temperature to 390°F, and set time to 4 minutes. Press START/PAUSE to begin preheating.
3. When unit has preheated, slide basket into the upper rails of the oven.
4. When cooking is complete, remove basket from oven. Using a spatula, transfer green beans and onions from the pan into a serving dish. Crumble prosciutto on top of roasted green beans and serve immediately.

**TIP**
For a meat-free option, swap out the steak for mushrooms.
SPICY CHICKEN, SWEET POTATOES & BROCCOLI

BEGINNER RECIPE  ●  ○ ○

PREP: 15 MINUTES  |  AIR ROAST: 20–22 MINUTES  |  MAKES: 4 SERVINGS

INGREDIENTS
1 pound uncooked boneless, skinless chicken breasts, cut in cubes
3 tablespoons oil, divided
1 tablespoon Cajun seasoning
2 medium sweet potatoes, peeled, cut in cubes
1 head broccoli, cut in florets
1 teaspoon kosher salt
1 teaspoon ground black pepper

DIRECTIONS
1 In a large bowl, toss chicken with 1 tablespoon oil and Cajun seasoning.
2 Place chicken, sweet potatoes, and broccoli on the Ninja® Sheet Pan. Drizzle sweet potatoes and broccoli with remaining olive oil and season with salt and pepper.
3 Select AIR ROAST, set temperature to 415°F, and set time to 20 minutes. Press START/PAUSE to begin preheating.
4 When unit has preheated, place pan in oven.
5 After 20 minutes, check chicken for doneness. Cooking is complete when internal temperature of chicken reaches 165°F and sweet potatoes are fork tender. If cooking is not complete, return pan to oven and cook for 2 more minutes.
6 When cooking is complete, remove pan from oven and allow to cool for 2 minutes before serving.

TIP: Save prep time by buying pre-cut vegetables.
HOMEMADE PIZZA

PREP: 15 MINUTES | REST: 10 MINUTES | AIR ROAST: 15 MINUTES | MAKES: 4–6 SERVINGS

INGREDIENTS
DOUGH
2 teaspoons dry yeast
1 cup warm water
2 1/2 cups flour, plus more for coating
2 tablespoons olive oil
1 teaspoon sugar
1 teaspoon kosher salt

TOPPINGS
Pizza sauce
1/4 package (10 ounces) shredded mozzarella cheese
Pepperoni slices
1 tablespoon olive oil
Fresh basil, chopped, for garnish

DIRECTIONS
1. In a medium bowl, stir together yeast and warm water until dissolved. Add remaining dough ingredients and stir vigorously to combine, then allow to rest for 10 minutes.
2. Lightly coat a rolling pin with flour, then roll dough into a 10x10-inch square.
3. Lightly grease the Ninja® Sheet Pan. Press rolled dough onto the pan and top with pizza sauce, cheese, and pepperoni. Using a brush or your fingers, gently rub olive oil onto outer edge of crust.
4. Select AIR ROAST, set temperature to 450°F, and set time to 15 minutes. Press START/PAUSE to begin preheating.
5. When unit has preheated, place pan in oven. After 10 minutes, remove pan and stir with a wooden spoon or spatula. Return pan to oven and cook for 2 more minutes.
6. When cooking is complete, remove pan from oven and pour alfredo sauce over pasta. Stir to combine, then sprinkle Parmesan over the top.
7. Select AIR BROIL-HI and set time to 5 minutes.
8. After 3 minutes, check on gnocchi. Cooking is complete when top is lightly brown and sauce and cheese are fully melted. If necessary, cook up to 2 more minutes.
9. When cooking is complete, transfer pasta to a serving dish and garnish with fresh basil. Serve immediately.

TIP No time to make your own dough? Buy it pre-made at the supermarket for a fast weeknight meal.
TURKEY MEATLOAF, MASHED POTATOES & GREEN BEANS

PREP: 20 MINUTES  |  AIR ROAST: 30–32 MINUTES  |  MAKES: 4 SERVINGS

DIRECTIONS
1 Coat a large piece of aluminum foil with cooking spray. Place potatoes in the center of the foil, then pour water over potatoes and season with salt. Wrap foil packet along the side of the Ninja® Sheet Pan.
2 In a large bowl, combine turkey, bread crumbs, onion, garlic, egg, cheese, and half the ketchup. Season with salt and pepper and mix to combine.
3 Shape turkey mixture into 4 mini meatloaves and place on the pan, in front of the foil packet. Spread remaining ketchup on top of meatloaves.
4 Select AIR ROAST, set temperature to 400°F, and set time to 30 minutes. Press START/PAUSE to begin preheating.
5 When unit has preheated, place pan in oven, with the foil packet closer to the back of the oven.
6 In a large bowl, toss green beans in olive oil and season with salt and pepper.
7 After 15 minutes, press START/PAUSE to pause the unit. Remove pan from oven and place green beans around the meatloaves. Return pan to oven, and press START/PAUSE to resume cooking for 15 more minutes.
8 Check meatloaves for doneness. Cooking is complete when internal temperature of meatloaves reaches 165°F. If necessary, return pan to oven and cook for 2 more minutes.
9 When cooking is complete, transfer potatoes from the foil packet to a bowl. Add milk and butter. Season with salt and pepper. Mash with a potato masher to desired consistency. Serve with meatloaves and green beans.

INGREDIENTS
Cooking spray
2 large russet potatoes, peeled, cut in 1-inch pieces
⅛ cup water
Kosher salt, as desired
1 pound uncooked ground turkey
⅓ cup panko bread crumbs
1 yellow onion, peeled, grated
1 clove garlic, peeled, grated
1 egg
⅛ cup Colby-Jack cheese, diced
⅛ cup ketchup, divided
Ground black pepper, as desired
1 package (12 ounces) fresh green beans
1 tablespoon olive oil
⅛ cup whole milk
1 tablespoon butter

TIP: Use ground beef instead of ground turkey for a heartier meatloaf.
STUFFED SHELLS

PREP: 20 MINUTES  |  BAKE: 20 MINUTES  |  AIR BROIL: 2 MINUTES  |  MAKES: 3–4 SERVINGS

INGREDIENTS
2 tablespoons olive oil
1 package (12 ounces) dry pasta jumbo shells, cooked according to package directions
2 pounds ricotta cheese
1/2 bag (about 3 ounces) fresh spinach
1 jar (24 ounces) marinara sauce
1/2 cup grated Parmesan cheese

DIRECTIONS
1. Grease an 8x8-inch baking pan with olive oil. Stuff each cooked shell with ricotta cheese and arrange in the pan cheese-side up.
2. In a bowl, stir together marinara and spinach. Pour over stuffed shells.
3. Select BAKE, set temperature to 375°F, and set time to 20 minutes. Select START/STOP to begin preheating.
4. When unit has preheated, place pan in oven.
5. After 20 minutes, remove pan from oven. Sprinkle Parmesan cheese on top of shells.
6. Return pan to oven. Select AIR BROIL-HI and set time to 2 minutes. Press START/PAUSE to begin.
7. When cooking is complete, remove pan from oven and serve.
PORK SAUSAGE ENCHILADAS

INTERMEDIATE RECIPE
PREP: 15 MINUTES | AIR ROAST: 25 MINUTES | AIR BROIL: 3 MINUTES | MAKES: 2–3 SERVINGS

INGREDIENTS
1 onion, peeled, thinly sliced
4 uncooked pork sausage links (1/4 pound each)
1/2 cup sour cream
1 tablespoon fresh cilantro leaves, plus more for garnish
6 tortillas (8 inches each)
1 can (19 ounces) enchilada sauce
1 cup shredded taco cheese

DIRECTIONS
1. Place sliced onion in an 8x8-inch baking pan. Place sausage links on top.
2. Select AIR ROAST, set temperature to 400°F, and set time to 10 minutes. Press START/PAUSE to begin preheating.
3. When unit has preheated, place pan in oven and cook for 10 minutes.
4. After 10 minutes, remove pan from oven. Allow to cool, then remove sausage meat from casings. Place meat in a bowl and stir with roasted onion slices, sour cream, and cilantro until combined.
5. Lay out tortillas. Fill each with 1/4 cup meat mixture.
6. Roll up tortillas and arrange in pan. Pour enchilada sauce on top.
7. Return pan to oven. Select AIR ROAST, set temperature to 400°F, and set time to 15 minutes. Press START/PAUSE to begin cooking.
8. After 15 minutes, remove pan from oven. Sprinkle cheese on top of enchiladas.
9. Return pan to oven. Select AIR BROIL-HI and set time to 3 minutes. Press START/PAUSE to begin.
10. When cooking is complete, remove pan from oven. Garnish with remaining cilantro, if desired, and serve.

TIP Feel free to replace the sausage links with your favorite non-meat options, such as sweet potatoes or black beans.

BROILED BANANAS

BEGINNER RECIPE
PREP: 5 MINUTES | AIR BROIL: 6–8 MINUTES | MAKES: 2–4 SERVINGS

INGREDIENTS
2 tablespoons dark brown sugar
1 teaspoon ground cinnamon
2 firm medium-sized bananas, cut in half lengthwise

TOPPINGS
Walnuts, chopped
Whipped cream
Sprinkles
Chocolate syrup

DIRECTIONS
1. In a small bowl, stir together brown sugar and cinnamon. Rub mixture onto bananas, then place bananas on Ninja® Sheet Pan. Place pan in oven.
2. Select AIR BROIL-LO and set time to 6 minutes. Press START/PAUSE to begin.
3. After 6 minutes, check bananas for doneness. Tops of bananas should be caramelized. If necessary, return pan to oven for 2 more minutes.
4. When cooking is complete, remove pan from oven and allow to cool for 5 minutes. Add desired toppings and serve immediately.

TIP Serve with ice cream and any desired toppings to create a banana split kids will love!
## Air Fry Cooking Chart

<table>
<thead>
<tr>
<th>INGREDIENT</th>
<th>AMOUNT</th>
<th>PREPARATION</th>
<th>OIL</th>
<th>TEMP</th>
<th>COOK TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>FROZEN FOOD</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chicken nuggets</td>
<td>2 boxes (24 oz)</td>
<td>None</td>
<td>None</td>
<td>400°F</td>
<td>26–30 mins</td>
</tr>
<tr>
<td>Fish fillets (breaded)</td>
<td>1 package (10 fillets)</td>
<td>None</td>
<td>None</td>
<td>400°F</td>
<td>16–18 mins</td>
</tr>
<tr>
<td>Fish sticks</td>
<td>1 box (16 oz)</td>
<td>None</td>
<td>None</td>
<td>400°F</td>
<td>14–16 mins</td>
</tr>
<tr>
<td>French fries</td>
<td>16 oz</td>
<td>None</td>
<td>None</td>
<td>375°F</td>
<td>28–30 mins</td>
</tr>
<tr>
<td>Mozzarella sticks</td>
<td>2 boxes (16 oz)</td>
<td>None</td>
<td>None</td>
<td>375°F</td>
<td>12–15 mins</td>
</tr>
<tr>
<td>Pizza Rolls</td>
<td>1 bag (24.8 oz, 50 count)</td>
<td>None</td>
<td>None</td>
<td>375°F</td>
<td>11–13 mins</td>
</tr>
<tr>
<td>Popcorn shrimp</td>
<td>1 box (16 oz)</td>
<td>None</td>
<td>None</td>
<td>390°F</td>
<td>10–15 mins</td>
</tr>
<tr>
<td>Pot stickers</td>
<td>3 bag (30 count)</td>
<td>Toss with 1 Tbsp canola oil</td>
<td>None</td>
<td>390°F</td>
<td>18–20 mins</td>
</tr>
<tr>
<td>Tater tots</td>
<td>2 lbs</td>
<td>None</td>
<td>None</td>
<td>360°F</td>
<td>20–25 mins</td>
</tr>
<tr>
<td><strong>MEAT, POULTRY, FISH</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bacon</td>
<td>1/2 package (8 oz)</td>
<td>None</td>
<td>None</td>
<td>390°F</td>
<td>7–10 mins</td>
</tr>
<tr>
<td>Burgers</td>
<td>5 1/4-lb patties, 80% lean</td>
<td>1 inch thick</td>
<td>None</td>
<td>375°F</td>
<td>10–12 mins</td>
</tr>
<tr>
<td>Chicken drumsticks</td>
<td>6 drumsticks</td>
<td>Pat dry</td>
<td>None</td>
<td>400°F</td>
<td>22–25 mins</td>
</tr>
<tr>
<td>Chicken thighs</td>
<td>5 thighs (4–6 oz each)</td>
<td>Pat dry</td>
<td>Brush with oil</td>
<td>390°F</td>
<td>22–28 mins</td>
</tr>
<tr>
<td>Chicken wings</td>
<td>2 lbs</td>
<td>Pat dry</td>
<td>1 Tbsp</td>
<td>400°F</td>
<td>29–30 mins</td>
</tr>
<tr>
<td>Crab cakes</td>
<td>6 cakes (6–8 oz each)</td>
<td>None</td>
<td>Brush with oil</td>
<td>390°F</td>
<td>15–18 mins</td>
</tr>
<tr>
<td>Salmon fillets</td>
<td>5 fillets (6–8 oz each)</td>
<td>None</td>
<td>Brush with oil</td>
<td>390°F</td>
<td>18–20 mins</td>
</tr>
<tr>
<td>Sausage</td>
<td>12 sausages, whole</td>
<td>None</td>
<td>None</td>
<td>390°F</td>
<td>12–14 mins</td>
</tr>
<tr>
<td>Shrimp</td>
<td>2 lbs</td>
<td>Pat dry</td>
<td>None</td>
<td>390°F</td>
<td>7–10 mins</td>
</tr>
<tr>
<td><strong>VEGETABLES</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Asparagus</td>
<td>2 bunches</td>
<td>Cut in half, trim stems</td>
<td>2 Tbsp</td>
<td>420°F</td>
<td>12–15 mins</td>
</tr>
<tr>
<td>Beets</td>
<td>1.5 lbs</td>
<td>Peel, cut in 1/2-inch cubes</td>
<td>1 Tbsp</td>
<td>390°F</td>
<td>28–30 mins</td>
</tr>
<tr>
<td>Bell peppers (for roasting)</td>
<td>4 peppers</td>
<td>Cut in quarters, remove seeds</td>
<td>1 Tbsp</td>
<td>400°F</td>
<td>15–20 mins</td>
</tr>
<tr>
<td>Broccoli</td>
<td>1 large head</td>
<td>Cut in 1-2-inch florets</td>
<td>1 Tbsp</td>
<td>400°F</td>
<td>15–20 mins</td>
</tr>
<tr>
<td>Brussels sprouts</td>
<td>1 lb</td>
<td>Cut in half, remove stems</td>
<td>1 Tbsp</td>
<td>425°F</td>
<td>15–20 mins</td>
</tr>
<tr>
<td>Carrots</td>
<td>1 lb</td>
<td>Peel, cut in 1/4-inch rounds</td>
<td>1 Tbsp</td>
<td>425°F</td>
<td>10–15 mins</td>
</tr>
<tr>
<td>Cauliflower</td>
<td>1 head</td>
<td>Cut in 1-2-inch florets</td>
<td>2 Tbsp</td>
<td>400°F</td>
<td>20–22 mins</td>
</tr>
<tr>
<td>Corn on the cob</td>
<td>7 ears</td>
<td>Whole ears, remove husks</td>
<td>1 Tbsp</td>
<td>400°F</td>
<td>14–17 mins</td>
</tr>
</tbody>
</table>

*We recommend frequently checking your food and shaking, rotating, or flipping it to ensure desired results. Use these cook times as a guide, adjusting to your preference.*

Remove food immediately after cook time is complete and your desired level of doneness is achieved. We recommend using an instant-read thermometer to monitor the internal temperature of proteins.

**Shake your food AND**

Toss or flip with silicone-tipped tongs

Questions? ninjakitchen.com
Air Fry Cooking Chart – Continued

<table>
<thead>
<tr>
<th>INGREDIENT</th>
<th>AMOUNT</th>
<th>PREPARATION</th>
<th>OIL</th>
<th>TEMP</th>
<th>COOK TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>VEGETABLES</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Green beans</td>
<td>1 bag (12 oz)</td>
<td>Trim</td>
<td>1 Tbsp</td>
<td>420°F</td>
<td>18–20 mins</td>
</tr>
<tr>
<td>Kale (for chips)</td>
<td>4 oz</td>
<td>Tear into pieces, remove stems</td>
<td>None</td>
<td>325°F</td>
<td>5–8 mins</td>
</tr>
<tr>
<td>Mushrooms</td>
<td>16 oz</td>
<td>Rinse, slice thinly</td>
<td>1 Tbsp</td>
<td>390°F</td>
<td>26–30 mins</td>
</tr>
<tr>
<td>Potatoes, russet</td>
<td>1.5 lbs</td>
<td>Cut in 1-inch wedges</td>
<td>1 Tbsp</td>
<td>390°F</td>
<td>25–30 mins</td>
</tr>
<tr>
<td>Potatoes, russet</td>
<td>1 lb</td>
<td>Hand-cut fries, soak 30 mins in cold water, then pat dry</td>
<td>3/4–1 Tbsp</td>
<td>400°F</td>
<td>25–28 mins</td>
</tr>
<tr>
<td>Potatoes, sweet</td>
<td>1 lb</td>
<td>Hand-cut fries, soak 30 mins in cold water, then pat dry</td>
<td>1 Tbsp</td>
<td>400°F</td>
<td>25–28 mins</td>
</tr>
<tr>
<td>Zucchini</td>
<td>1 lb</td>
<td>Cut in eighths lengthwise, then cut in half</td>
<td>1 Tbsp</td>
<td>400°F</td>
<td>15–20 mins</td>
</tr>
</tbody>
</table>

Dehydrate Chart

<table>
<thead>
<tr>
<th>INGREDIENTS &amp; VEGETABLES</th>
<th>PREPARATION</th>
<th>TEMP</th>
<th>DEHYDRATE TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>FRUITS &amp; VEGETABLES</td>
<td>Cut in 1/4-inch slices, remove core, rinse in lemon water, pat dry</td>
<td>135°F</td>
<td>7–8 hrs</td>
</tr>
<tr>
<td>Apples</td>
<td>Cut in 1-inch pieces, blanch</td>
<td>135°F</td>
<td>6–8 hrs</td>
</tr>
<tr>
<td>Asparagus</td>
<td>Peel, cut in 3/8-inch slices</td>
<td>135°F</td>
<td>8–10 hrs</td>
</tr>
<tr>
<td>Bananas</td>
<td>Peel, pat dry, remove stems</td>
<td>135°F</td>
<td>4–6 hrs</td>
</tr>
<tr>
<td>Beets</td>
<td>Cut in 1/4-inch slices</td>
<td>135°F</td>
<td>6 hrs</td>
</tr>
<tr>
<td>Eggplant</td>
<td>Peel, cut in 1/4-inch slices, blanch</td>
<td>135°F</td>
<td>6–8 hrs</td>
</tr>
<tr>
<td>Fresh herbs</td>
<td>Rinse, pat dry</td>
<td>135°F</td>
<td>6–8 hrs</td>
</tr>
<tr>
<td>Ginger root</td>
<td>Cut in 1/4-inch slices</td>
<td>135°F</td>
<td>6–8 hrs</td>
</tr>
<tr>
<td>Mangoes</td>
<td>Peel, cut in 1/4-inch slices, remove pit</td>
<td>135°F</td>
<td>6–8 hrs</td>
</tr>
<tr>
<td>Mushrooms</td>
<td>Cleaned with soft brush (do not wash)</td>
<td>135°F</td>
<td>6–8 hrs</td>
</tr>
<tr>
<td>Pineapple</td>
<td>Peel, cut in 3/8 to 1/2-inch slices, remove core</td>
<td>135°F</td>
<td>6–8 hrs</td>
</tr>
<tr>
<td>Strawberries</td>
<td>Cut in half or in 1/4-inch slices</td>
<td>135°F</td>
<td>6–8 hrs</td>
</tr>
<tr>
<td>Tomatoes</td>
<td>Cut in 1/4-inch slices or grate; steam if planning to rehydrate</td>
<td>135°F</td>
<td>6–8 hrs</td>
</tr>
</tbody>
</table>

MEAT, POULTRY, FISH

<table>
<thead>
<tr>
<th>INGREDIENT</th>
<th>AMOUNT</th>
<th>PREPARATION</th>
<th>TEMP</th>
<th>COOK TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beef jerky</td>
<td>Cut in 1/4-inch slices, remove all fat, marinate 8-24 hours</td>
<td>150°F</td>
<td>5–7 hrs</td>
<td></td>
</tr>
<tr>
<td>Chicken jerky</td>
<td>Cut in 1/4-inch slices, marinate overnight</td>
<td>150°F</td>
<td>5–7 hrs</td>
<td></td>
</tr>
<tr>
<td>Salmon jerky</td>
<td>Cut in 1/4-inch slices, marinate overnight</td>
<td>150°F</td>
<td>5–7 hrs</td>
<td></td>
</tr>
<tr>
<td>Turkey jerky</td>
<td>Cut in 1/4-inch slices, marinate overnight</td>
<td>150°F</td>
<td>5–8 hrs</td>
<td></td>
</tr>
</tbody>
</table>