nuwave®
LIVE WELL FOR LESS

RECIPES INCLUDED!

NuWave Pro Plus
Infrared Oven

Owner's Manual

IMPORTANT SAFEGUARDS

When using electrical products, especially when children are present, basic safety precautions should always be followed, including the following:

READ ALL INSTRUCTIONS BEFORE USING

DANGER – To reduce the risk of electrocution:

- Read all instructions, safeguards, and warnings before using the appliance.
- Do not place appliance where it can fall or be pulled into water or other liquids.
- Do not reach for an appliance that has fallen into water. Unplug immediately!
- Do not immerse cord, plug, or power head in water or other liquids.

WARNING – To reduce the risk of burns, electrocution, fire or injury:

- This appliance should not be used by children. Close supervision is necessary when this product is used near children.
- Use this appliance for its intended purpose as described in this brochure.
- Do not use any other accessories or attachments not recommended by the manufacturer. They may result in fire, electrical shock, or personal injury.
- Never operate this appliance if it has a damaged cord or plug; not working properly; has been dropped or damaged; or dropped into water. Return the appliance to an authorized customer service center for inspection, repair, or adjustment. Any other servicing should be performed by an authorized service representative.
- Keep the cord away from heated surfaces.
- Unplug from outlet when not in use and before cleaning. Allow to cool before putting on or taking off parts.
- Always unplug power cord by pulling on the plug. DO NOT unplug by pulling on cord.
- Never force the plug into an outlet.
- Do not use outdoors.
- Do not use or operate where aerosol (spray) products are being used or where oxygen is being administered.
- Do not let cord hang over edge of table or counter, or touch hot surfaces.
- Do not place on or near a hot gas or electric burner or in a heated oven.
- Extreme caution must be used when moving an appliance containing hot oil or other hot liquids.
- Use extreme caution when removing hot Liner Pan or Cooking Rack.
- To disconnect, press the Pause/Clear Button twice before unplugging.
- Do not use this appliance for anything other than it is intended.
- Check all electrical wiring. Beware of damaged cord or plug.

This appliance is for household use only; it is designed to process normal household quantities. It is not suitable for continuous or commercial operation.

- Do not disassemble the product. There are no user serviceable parts.
- Do not leave the appliance unattended while in use.
- Use the handles when lifting the Dome from the Base.
- Do not touch hot surfaces. Use the handles provided or use oven mitts.
- Stop or pause cooking before removing the Dome to check or turn food. The Dome and power head should be placed on the Dome holder.
- Always remove the Dome away from you so the escaping steam is channeled away from your face.
- If the power cord is damaged, it should be replaced by a special cord or assembly from the manufacturer or its service agent.
- Use caution when disposing of hot grease.
- Keep this manual handy for easy future reference.

SAVE THESE INSTRUCTIONS

Electrical Information:

The cord length of this appliance was selected to reduce Safety Hazards that may occur with a long cord. Extension cords are available and may be used if care is exercised in their use. If an extension cord is used: (1) the marked electrical rating of the extension cord should be at least as great as the electrical rating of the appliance, and (2) the longer cord should be arranged so that it does not drape over the counter or table top where it could be accidentally pulled off the counter or table or tripped over.

Certain models of the appliance may have a polarized plug (one blade is wider than the other). This plug is intended to fit into a polarized outlet only one way. if the plug does not fit fully into the outlet, reverse the plug. If it still does not fit properly, contact a qualified electrician. Do not attempt to modify the plug in any way.

WARNING

Electric shock hazard. Use with adequate electrical system. Do not use if cord or plug is damaged.

WARNING: All metal items in the oven, such as the Liner Pan and Cooking Rack, can get very hot during cooking. Please be careful when removing these items from a hot oven. Always wear oven mitts or use pot holders. Allow Liner Pan and Cooking Rack to cool completely before cleaning. The Dome opening may expand slightly when hot. In rare instances, the power head could detach itself from the Dome completely, thereby causing hot air to escape from between the Dome and the power head.

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Welcome to the NuWave of Cooking

Congratulations on the purchase of your NuWave Oven Pro Plus! This book contains detailed instructions and images to help you get started using this revolutionary product, designed to help individuals and families "Live Well for Less®." It is also filled with great recipes and time-saving tips that empower you to prepare delicious gourmet meals in half the time it would take when using a regular oven.

Cooking is fast and easy with the NuWave Oven Pro Plus from NuWave, LLC. This versatile countertop appliance combines infrared, conduction and convection heat to save time and energy, while creating healthier meals by allowing fats and oils to drip away from the food. Cooking in the NuWave requires neither preheating nor defrosting. Just place frozen food in the oven and press the buttons to program time and temperature. For added convenience, the oven utilizes a layered cooking system that enables multiple foods to cook at the same time without mixing or mingling flavors.

We invite you to visit www.NuWaveCookingClub.com for more cooking tips and shared recipes from the NuWave culinary team, as well as for information on parts and accessories for your NuWave. Our mission is to exceed expectations by developing innovative new products, using the most advanced technology, that allow consumers to "Live Well for Less®."

NUWAVE COOKING CLUB

We value every NuWave Oven customer. You've purchased your oven because you want to save time, money and energy while enjoying healthier, great tasting meals. To show our gratitude and lifetime commitment to you, we have created NuWaveCookingClub.com exclusively for our customers. This site is hosted by our Executive Chef and features recipes, step-by-step instructional cooking videos and more. You can also visit www.NuWaveNow.com to see more innovative products developed by the makers of the NuWave Oven. We hope you enjoy using your NuWave Oven Pro Plus.

Parts for the NuWave® Oven Pro Plus

Power Head - Easy-to-use, programmable digital controls

Dome - Transparent & lightweight

Cooking Rack - Reversible to heights of 1-inch or 3-inch

Enamel Liner Pan - Easy clean, eco-friendly, enamel, no PTFE, and no PFOA

Base - Cool to the touch so it can also be used as a serving tray

Dome Holder - Uniquely designed to securely hold your NuWave Pro Plus Dome and Power Head assembly

NuWave® Oven Pro Plus Parts

Digital Power Head 26001
Black with Silver Accents

Cool to Touch Base 26004
Black with Silver Accents

Dome 22049

12-inch Enamel
Liner Pan 26010

1-inch/3-inch Reversible
Cooking Rack 26008

Power Dome 22050

Dome Holder 22020

English Quick & Easy
Cooking Guide
BQ20600

Spanish Quick & Easy
Cooking Guide
BQ20600

Complete Cookbook
& Manual BM20600

NuWave® Pro Plus Oven Accessories

Extender Ring Kit

3-PC Kit includes (26012):

10-inch Enamel Baking Pan	22047
2-inch Cooking Rack	26007
3-inch Stainless Steel Extender Ring	26011

2-PC Kit includes (26009):

2-inch Cooking Rack	26007
3-inch Stainless Steel Extender Ring	26011

NuWave® Pro Plus Oven Accessories

NuWave Supreme Pizza Kit 22104

Kit includes:

Stainless Steel Pizza Flipper	22042
Silicone Pizza Liner	22105
Stainless Steel Pizza Server	22106
100% Bamboo Cutting Board	22107

NuWave Pro Plus Baking Kit 26019

Kit includes:

8x8-inch Silicone Baking Pan	22111
Silicone Baking Divider	22112
Silicone Cupcake Liner (set of 12)	22113
Silicone Baking Ring	22114
Stainless Steel Whisk	22115
NuWave Pro Plus Baking Book	BC20600

NuWave Twister 22093

NuWave Party Mixer 22193

NuWave Pro Plus Carrying Case 26016

To order, call our Customer Service Line at: 1.877.689.2838, or order online at www.NuWaveNow.com. Please provide the item name and number to ensure that your purchase is processed accurately.

NuWave® Oven Pro Plus
Assembly Guide

Connecting Power Head to Dome

1. Place Power Head on rim of the Dome
2. Lock it into place by rotating the Power Head clockwise until the locking lugs are engaged.

Assembling the Full NuWave Oven

Place Base Tray on a firm, stable surface, but never on a stovetop.

Place Liner Pan inside Base Tray. When doing so, make sure the handles are in the dropped down position. If the handles are not fully dropped, the Dome may not fit over the Base properly.

Place dual level Cooking Rack in the Liner Pan according to cooking requirements.

Place food on Rack.

Place Dome with Power Head over food, connecting to the Base Tray. The Dome should fit evenly onto the Base.

Set cook time and temperature according to recipe requirements.

BEFORE USING:
Prior to the first use of your NuWave Oven, wash Dome, Liner Pan, Base, and Cooking Rack in warm soapy water or run through a dishwasher cycle.

IMPORTANT - Do not wash or immerse Power Head in water or cycle through dishwasher. The outer surface may be cleaned by wiping carefully with a damp dishcloth or sponge.

How to Install and Use Dome Holder

Make sure the Power Head is tightly locked onto the Dome. The whole assembly can be easily lifted and put aside as shown in steps 1, 2 and 3.

Step 1

Place Dome Holder under either side of Base handle.

Step 2

Make sure both feet of the Dome Holder are situated inside the handle, and the Dome Holder is resting horizontally on a flat surface.

Step 3

Place the assembled Power Head and Dome at a 45° angle on the holder as shown.

Note: Do not leave Dome in Dome Holder for an extended period of time.

Cooking Instructions

Only lift Dome by the handles on the Power Head. Once the Power Head and the Dome are assembled, the handles will allow you to lift both together when removing or checking food. When removing Liner Pan after cooking, be extremely careful and always use oven mitts.

For best results, follow the time, temperature, and Cooking Rack height instructions provided in the cooking chart and recipe book.
No preheating required.

Models Containing 3-inch Extender Ring

If your NuWave Oven included a 3-inch Extender Ring, the Ring can be used for multi-level cooking or for oversized food items that may not fit under the standard Dome. Generally, foods (such as a ham or turkey) that exceed 10 pounds would require the use of the Extender Ring for optimal cooking.

Directions

The Extender Ring should be positioned between the original Dome and the Base. The addition of the Extender Ring will expand the NuWave Oven's available cooking space by approximately 440 cubic inches when using the 3-inch Ring. When adding the Extender Ring to the NuWave Oven, make sure it fits snugly onto the Dome. When the Ring is placed under the Dome incorrectly, the overlapping edges will not fit together properly. Please use caution when using the Ring. If improperly used, heat or steam could escape from Oven which could cause burns or alter the necessary cooking times of your foods. The Extender Ring should only be used as an accessory item with the NuWave Oven. It is not intended to serve as a replacement for the Dome, Base, or any other components of the NuWave Oven.

General Rules

• Place foods that require the longest cooking time on the rack closest to the heating element (ex. potatoes, carrots), and place soft vegetables on the lower racks (ex. mushrooms, tomatoes).

• When choosing the multi-level cooking option, use food combinations that take roughly the same amount of time to prepare. Examples: pork or chicken and potato wedges; fish and stewed tomatoes; or frozen beef with baked potatoes.

• If top layer foods finish cooking earlier, remove rack(s) from above and continue cooking bottom foods until done.

• Use shallow or oven-safe dishes for cooking.

• To warm bread, place it on the bottom rack or Liner Pan and cover. To bake bread, place bread on the top rack.

Models Containing Extender Ring Kit

2-inch Rack
The 2-inch Rack for the NuWave Oven Pro Plus can be used in a variety of ways.

• It can be the primary rack with or without the Extender Ring.

• With the Extender Ring, it can be positioned on top of or under the 3-inch rack for more multi-level cooking space.

• Without the Extender Ring, the 2-inch rack can also facilitate multi-level cooking by creating a third cooking surface between the Liner Pan and the bottom of the 3-inch rack.

• You may use two extra 2-inch racks above and below the 3-inch rack, which is especially useful for dehydrating.

10-inch Enamel Baking Pan

2-inch Cooking Rack

3-inch Stainless Steel Extender Ring

Note: The 2-inch rack is only to be used in the positions and purposes shown below. Any other uses may affect cooking time and quality.

Care and Use
The Stainless Steel Extender Ring should not be cleaned with any harsh abrasive, but it is dishwasher safe.

3-inch Cooking Rack

1-inch Cooking Rack

2-inch & 1-inch Cooking Rack

2-inch & 3-inch Cooking Rack

3-inch & 2-inch Cooking Rack

⚠ CAUTION

Do not touch the Dome or any surface on the cooking area during operation. The air inside the Dome can reach 350°F (177°C) which makes the surface very hot and may cause burns. Do not open the Dome or remove the power head while the NuWave Oven is operating. Turn off the power before removal.

General Use Instructions

- Do not place the Pro Plus or any associated parts directly on your stove top, inside a conventional oven or in contact with any other direct heat source. Damage may result.
- Make sure the unit is plugged into a properly grounded outlet and that the cord is not touching any heated objects.
- Be certain that Liner Pan has been properly placed within the Base.
- Metal, glass or silicone dishes and pans, and all other oven-safe materials used in a conventional oven may be utilized in the NuWave Pro Plus.
- Always place the Dome back onto the Base when finished cooking.

Directions for the NuWave® Oven Pro Plus

Control Panel in Power Source

"0" should appear on LCD display when program is clear.

Quick Start

To start cooking, press the Cook Time Button, enter time as desired, then press Start. Default is programed at 350°F. If cooking at any other temperature, Cook Temp Button will be needed.

Start Cooking

Set appropriate temperature and time, then press Start to begin cooking. The remaining cooking time will appear in the display panel, and the colon symbol between the hours and minutes will blink. The oven will automatically stop cooking when the time has expired, and a "beep" will alert you to that fact.

Pause/Clear Cooking

To pause the Oven, press the Pause/Clear Button once. The remaining cooking time will stay listed on the display panel but the colon will not blink. To stop or to clear cooking time, press the Pause/Clear Button twice. Cooking functions will cease immediately, remaining time will be fully cleared, and a "0" will appear.

˚F/˚C Conversion

The default temperature setting is Fahrenheit (˚F) but the NuWave Oven Pro Plus can display Celsius (˚C) as well.

1. Press and hold Cook Temp for 3 seconds to activate ˚F/˚C conversion mode. The LED Display will display “350” and TEMP will be flashing.
2. The LED Display will display ˚F, beep once and TEMP will be illuminated for 5 seconds. If no further action is taken, the Oven will automatically exit ˚F/˚C conversion mode.
3. While in ˚F/˚C conversion mode, press 0 to change the LED display to ˚C at which point the Oven will give off one single long beep.
4. Press 0 once more to change back to ˚F, if desired.
5. Once the desired temperature setting is set, do not press any buttons for 5 seconds or press Clear to exit ˚F/˚C conversion mode.
6. The new temperature setting (˚F or ˚C) will become the default setting until changed, even if the Oven is powered off.

Cook Time Function

1. Press the Cook Time Button. The TIME indicator will flash in the right corner of the display panel and "0" will be illuminated on the LED display.
2. Enter the time in hours and minutes by pressing the corresponding numerals then press Start. For example, 1 hour and 30 minutes would be entered by pressing 1,3,0 and the display panel will show 1:30. For 5 minutes just push 5; for 46 minutes, push 4, 6. If the number needs to be corrected, clear the entry by pressing the Pause/Clear button twice. Then re-enter the correct numbers and press Start.
3. While cooking, you may change the cooking time at anytime by pressing Cook Time, TIME will begin flashing. Enter the desired cooking time, the LED display will show the remaining cooking time, TIME will be illuminated and the colon will be flashing.

NOTE: When cooking at temperatures between 100°F and 324°F, the maximum cooking time is 9 hours and 59 minutes. When cooking at temperatures between 325°F and 350°F, the maximum cooking time is 2 hours. If a cooking time longer than 2 hours is entered when cooking in this temperature range, the NuWave Oven Pro Plus will default back to 2 hours.

Cook Temp Function

1. The default cooking temperature is 350°F (177°C).
2. To change the cooking temperature, press Cook Temp. The LED Display will display 350°F (177°C) and TEMP will be flashing.
3. Select your desired cooking temperature. The temperature can be adjusted by 1 degree within the NuWave Oven Pro Plus’s temperature range. The minimum temperature is 100°F (38°C) and the maximum temperature is 350°F (177°C). TEMP will continue to flash on the LED Display.
4. While cooking, you may change the cooking temperature at any time by pressing Cook Temp. The colon in the LED Display will disappear, TIME will be illuminated and TEMP will be flashing. The current cooking temperature will be displayed for 3 seconds. During that time, you may enter a new cooking temperature of your choice.
5. While cooking, only Cook Time, Cook Temp and Pause/Clear buttons can be used.
6. The cooking temperature cannot be changed after pressing Delay or Reheat.

Delay Function

After setting your temperature and time, you can delay the program before cooking starts. When entering Delay function, it will always be the first function. The delay function is only for cook time and delaying start time. When you enter in desired cook time, cook temperature, then Delay, Delay will be illuminated and Time will blink on the LCD display. Input delay time and press Start. Delay stops blinking and remains on until time expires. It is possible to delay a program for up to 9 hours and 59 minutes. If the delay countdown reaches 0, the Oven will beep to signal the end.

Reheat Function

The default setting is programmed at 350ºF for 4 minutes. This function is perfect for reheating single portion-sized foods. To activate the reheat function, make sure programming is clear. The LCD display will read 0. Press the Reheat Button. This will activate the default setting. Press Start. Oven will “beep” 3 times once time has expired. For example, if you are warming leftover pizza, simply place the slice on the 3-inch rack, press Reheat, then Start. If you are warming a rice or noodle dish, place a single-serving amount in an oven-safe container (glass, metal, silicone). For softer rice or noodles, add a sprinkle of water and cover with foil.

Warm Function

After the initial cooking time is complete, you may keep foods warm. When entering Warm function, it will always be the last function. The default setting is programmed at 155° for 2 hours. In “WARM mode, only the TIME can be adjusted.

- If you wish to adjust the time BEFORE the “WARM” function is operating, you can do this by simply pressing “WARM”, and then enter the desired time on the numeric keypad, then press “start”.
- If you wish to adjust the time DURING the “WARM” function, press “WARM”, then enter the desired time on the numeric keypad. The Pro Plus Oven will automatically begin countdown.

You may program the oven to keep foods warm for up to 9 hours and 59 minutes. Once the initial cooking cycle is finished, the oven will “beep” twice before switching to the Warm function.

CLEANING AND CARE INSTRUCTIONS

Unplug the unit before cleaning. The Dome and all other parts, except the Power Head, are dishwasher safe. Protect the metal and plastic surfaces; do not use abrasive cleaners or scouring pads. Clean after each use. The outer surface of the Power Head can be cleaned by wiping with a damp cloth.

IMPORTANT - Do not wash or immerse Power Head in water or cycle through dishwasher. The outer surface may be cleaned by wiping carefully with a damp dishcloth or sponge.

IMPORTANT TIPS:

1. Check the power outlet to ensure proper operation. NuWave Oven uses up to 1500 watts/12.5 amps. Do not operate the unit simultaneously with other major appliances plugged into the same outlet.
2. Check the cooking temperature if Oven is cooking too slowly.
3. The electrical plug must be properly inserted into the outlet.
4. Always turn off and unplug the oven before washing.
5. Moisture may accumulate inside Dome if food is not promptly removed once cooking time has expired. Steam/moisture buildup can be avoided through prompt removal of cooked foods.
6. Do not rest Dome in Dome Holder for extended period of time, as it could warp. Always replace Dome on Base Tray promptly after removing food.

From the NuWave Chef:

For best results, we recommend that the food (meats, poultry, and fish) is removed immediately from the oven after cooking to rest. Resting prevents overcooking, and taking the time to let the food rest will ensure that it is moist, tender, and juicy at the desired doneness. Remove the food from the oven; place it on a plate or serving platter; and cover it loosely with a foil. This will allow the juices that were driven to the center of the food during cooking to be redistributed throughout the food and reabsorbed. Be careful not to wrap the food too tightly as that may result in sweating and will lead to loss of moisture you want to keep in the food. Resting times will vary depending on the size of the food. As a general rule, roasts and whole chickens should rest 15 to 30 minutes before carving. Steaks, chops, and chicken breasts should rest at least 5 minutes. A good rule of thumb is rest 1 minute for every 3.5 oz.

THE NUWAVE® OVEN PRO PLUS COOKING SYSTEM

To obtain warranty service, contact the service department
at this toll free number: 1-877-689-2838
NuWave, LLC
1755 N. Butterfield Rd.
Libertyville, IL 60048, U.S.A.
www.NuWaveNow.com | help@nuwavenow.com

THE MANUFACTURER WARRANTS

The infrared cooking system including power head, Dome, Cooking Rack, Liner Pan, Base, and all electrical components are to be free from defects and workmanship under normal household use, when operated in accordance with the Manufacturer's written instructions provided with each unit for one (1) year from date of purchase. The Manufacturer will provide the necessary parts and labor to repair any part of the infrared cooking system at NuWave, LLC Service Department. After the expiration of the warranty, the cost of the labor and parts will be the sole responsibility of the owner.

THE WARRANTY DOES NOT COVER

The non-stick coating (if applicable) on any part of the cooking system. The Limited Warranty is voided if repairs are made by an unauthorized dealer or the serial number data plate is removed or defaced. Normal deterioration of finish due to use or exposure is not covered by this Warranty. This Limited Warranty does not cover failure, damages or inadequate performance due to accident, acts of God (such as lightning), fluctuations in electric power, alterations, abuse, misuse, misapplications, corrosive type atmospheres, improper installation, failure to operate in accordance with the Manufacturer's written instructions, abnormal use or commercial use.

TO OBTAIN SERVICE

The owner shall have the responsibility to: Pay for all services and parts not covered by the warranty; Prepay the freight to and from Service Department for any part or system returned under this warranty; Carefully package the product using adequate padding material to prevent damage in transit. The original container is ideal for this purpose. Include in the package the owner's name, address, daytime telephone number, a detailed description of the problem, and your "RGA number." (Call 1-877-689-2838) or e-mail help@nuwavenow.com to obtain the RGA (Return Goods Authorization number). Provide the cooking system model & serial number and proof of date of purchase (a copy of the receipt) when making claims under this warranty.

MANUFACTURER'S OBLIGATION

The Manufacturer's obligation under this Limited Warranty is limited to repairing or replacing any part of the infrared cooking system expressly covered by this Limited Warranty which upon examination is found to be defective under normal use. The Limited Warranty is applicable only within the continental United States and only to the original purchaser of the manufacturer's authorized channels of distribution. THE LIMITED WARRANTY MAY NOT BE ALTERED, VARIED OR EXTENDED EXCEPT BY A WRITTEN INSTRUMENT EXECUTED BY THE MANUFACTURER. THE REMEDY OF REPAIR OR REPLACEMENT AS PROVIDED UNDER THIS LIMITED WARRANTY IS EXCLUSIVE. IN NO EVENT SHALL THE MANUFACTURER BE LIABLE FOR ANY CONSEQUENTIAL OR INCIDENTAL DAMAGES TO ANY PERSON, WHETHER OR NOT OCCASIONED BY NEGLIGENCE OF THE MANUFACTURER, INCLUDING WITHOUT LIMITATION, DAMAGES FOR LOSS OF USE, COSTS OF SUBSTITUTION, PROPERTY DAMAGE, OR OTHER MONEY LOSS.

Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation exclusions may not apply. This Limited Warranty gives specific legal rights, and there may also be other rights which vary from state to state. EXCEPT AS OTHERWISE EXPRESSLY PROVIDED ABOVE, THE MANUFACTURER MAKES NO WARRANTIES EXPRESSED OR IMPLIED ARISING BY LAW OR OTHERWISE, INCLUDING WITHOUT LIMITATION, THE IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE TO ANY OTHER PERSON. READ YOUR OWNER'S MANUAL. IF YOU STILL HAVE ANY QUESTIONS ABOUT OPERATION OR WARRANTY OF THE PRODUCT, PLEASE CONTACT NuWave, LLC

1-877-689-2838 Monday
email: help@nuwavenow.com

At NuWave, LLC, we have taken a great amount of care in ensuring that our products are safe and secure for every household. All NuWave Ovens are built and manufactured in strict compliance with RoHS* standards. Although US manufacturers are not bound by law to follow RoHS standards, NuWave, LLC has made a conscious decision to voluntarily follow this directive to preserve the safety of its consumers and the quality of our environment.

RoHS Restricted Materials

Material & Toxicological Profile	Maximum Concentration
Lead (Pb)	0.1% by weight
Mercury (Hg)	0.1% by weight
Cadmium (Cd)	0.01% by weight
Hexavalent Chromium (Cr-VI)	0.1% by weight
Polybrominated Biphenyls (PBB)	0.1% by weight
Polybrominated Diphenyl Ethers (PBDE)	0.1% by weight

*RoHS stands for “the Restriction Of the use of certain Hazardous Substances in electrical and electronic equipment”.

If you want to find out more about the RoHS Directive, please visit www.rohsguide.com/rohs-faq.htm

The NuWave Supreme Pizza Kit*

Frozen, Fresh, Thick or Thin…

We love baking pizza in the NuWave Oven so much we've created these tools so you can bake the best tasting pizza ever! Achieve hot, fresh, better-than-just-delivered pizza at home...

AS EASY AS 1 - 2 - 3 when you use your NuWave Oven and the Supreme Pizza Kit! Whether you prefer your pizza thin, regular or deep dish...your NuWave Oven, along with the Supreme Pizza Kit, will do the trick!

The NuWave Stainless Steel Pizza Server

Two great utensils rolled into one! The NuWave Pizza Server, with multiple stainless steel cutting surfaces and easy grip handle, will have you slicing and serving your pizza with ease.

The NuWave 100% Bamboo Cutting Board

The unique bamboo cutting board will spare damage to your countertops and help protect the environment. This board is multi-functional with a flat side for cutting pizzas and breads and a grooved side for cutting fruits, vegetables and other foods with juices.

The NuWave Stainless Steel Pizza Flipper

The spring-loaded, easy grip handle allows you to securely clamp the 10-inch stainless steel rings shut, safely letting you flip your pizzas, calzones, quesadillas and much more!

The NuWave Silicone Pizza Liner

Bake your pizza crust first without overcooking your cheese or favorite toppings. The slick surface will not stick to cheese, and also collects unwanted grease (complies with FDA regulations).

*Your order may contain only some of the above items. To purchase this product, call NuWave, LLC Customer Service at 1-877-689-2838 or order online at www.NuWaveNow.com

How to Use the NuWave Pizza Flipper & Pizza Liner with your NuWave® Oven

Note:
Make sure the reversible rack is positioned as the 3-inch rack in the NuWave Oven.

1. Place the Pizza Liner over the top of your pizza.

2. Place pizza upside down on the 3-inch rack. Cook at 350°F, until crust of pizza is a light brown in color.

3. When using Pizza Flipper, start with the Pizza Flipper open and slide under the Pizza Liner and over the top of the crust.

4. Using the handle, close the Pizza Flipper until pizza is securely held.

5. While gripping the handle, rotate the pizza and Pizza Liner completely around and set pizza back on the rack crust side down. The pizza should now be right side up.

6. Remove the Pizza Liner and cook at 350°F for 3-5 minutes or until cheese is melted to your preference.

Care & Use

The Pizza Flipper, Pizza Liner, Pizza Server and Bamboo Cutting board should be washed with mild soap and water. It should not be cleaned with harsh abrasives. Allow utensils to dry completely before using or storing.

Caution

The edges of the spatula and pizza cutter are sharp. Always cut away from your body. Serrated edges are sharp, and should not be used for support.

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Quick & Easy Cooking Guide

All cooking times are based on a temperature of 350˚F/176˚C

	Rack Height	Internal Temp.	Fresh	Frozen
Beef & Lamb				
Roasts 2-10 lbs	1-inch	125-130˚F/51-54˚C	15-17 min/lb Rare	20-21 min/lb Rare
		130-135˚F/54-57˚C	17-19 min/lb Med. Rare	21-22 min/lb Med. Rare
		135-140˚F/57-60˚C	19-20 min/lb Medium	22-23 min/lb Medium
		155˚F/68˚C+	21+ min/lb Well Done	24+ min/lb Well Done
Burgers ½-in thick	3-inch	160˚F/71˚C+	5-7 min/side	8-9 min/side
Steaks 1-in thick	3-inch	125-130˚F/51-54˚C	5-6 min/side Rare	10-11 min/side Rare
		130-135˚F/54-57˚C	6-7 min/side Med. Rare	11-12 min/side Med. Rare
		135-140˚F/57-60˚C	7-8 min/side Medium	12-13 min/side Medium
		155˚F/68˚C+	9+ min/side Well Done	14+ min/side Well Done
Pork				
Ham [Precooked]	1-inch	145˚F/63˚C+	16-18 min/lb	20-23 min/lb
Sausage	3-inch	160˚F/71˚C+	5-8 min/side	8-10 min/side
Bacon	3-inch	160˚F/71˚C+	5-6 min/side	N/A
Italian, Bratwurst, Etc.	3-inch	160˚F/71˚C+	8-9 min/side	10-12 min/side
Chops	3-inch	145˚F/62˚C+	5-6 min/side	7-9 min/side
Roasts 3-7 lbs	1-inch	145˚F/62˚C+	17-19 min/side	22-25 min/side
Tenderloin 2-4 lbs	3-inch	145˚F/62˚C+	12-14 min/side	18-22 min/side
Spare Ribs	1-inch	160˚F/71˚C+	18-22 min/side	22-24 min/side
Poultry				
Chicken, [Bone-in] Pieces	3-inch	165˚F/73˚C+	13-14 min/side	15-17 min/side
Chicken, ½-in Boneless/Skinless Breasts [Thicker add 2 mins per ½ in]	3-inch	165˚F/73˚C+	11-13 min/side	14-15 min/side
Chicken, Whole 2-5 lbs	1-inch	165˚F/73˚C+	17-21 min/lb	22-24 min/lb
Turkey, Whole 8-10 lbs	1-inch	165˚F/73˚C+	10-12 min/lb	14-16 min/lb
Turkey, Whole 11-16 lbs	1-in rack, 3-in SS Ring	165˚F/73˚C+	10-12 min/lb	14-16 min/lb
Turkey, Breasts 5-7 lbs	1-inch	165˚F/73˚C+	10-12 min/lb	14-16 min/lb
Eggs	1-inch	160˚F/71˚C+	13 min at 300˚F	N/A
Seafood				
Fish, Steaks & Fillets ½ lb	3-inch	145˚F/62˚C+	5-6 min/side	7-9 min/side
Shrimp & Scallops	3-inch	145˚F/62˚C+	3-4 min/side	4-5 min/side
Lobster Tails 4 oz [Small]	3-inch	145˚F/62˚C+	4-5 min/side	6-8 min/side
Crab Legs	3-inch	145˚F/62˚C+	4-6 min/side	8-13 min/side
Vegetables				
Home Fries [½-in thick]	3-inch	140˚F/60˚C+	10 min/side	N/A
Potato, Whole Med. Size	3-inch	140˚F/60˚C+	30-40 min	N/A
Steamed Broccoli & Cauliflower [Oven-Safe Dish with Glass Lid or Foil]	1-inch	140˚F/60˚C+	10-15 min	N/A
Squash, Acorn, Butternut & Spaghetti	1-inch	140˚F/60˚C+	25-35 min	35-40 min
Roasted, Onion, Garlic, Peppers, Zucchini, and Yellow Squash	1-inch	140˚F/60˚C+	15-20 min	N/A
Frozen Ready-Made Foods				
Chicken Wings,Tenders & Nuggets	3-inch	165˚F/73˚C+		6-8 min/side
Frozen Vegetables [In Oven-Safe Dish]	3-inch			6-8 min/side
Onion Rings	3-inch			6-8 min/side
Mozzarella Sticks	3-inch			6-8 min/side

TIP: Flip larger food items halfway through cooking.

Consuming raw or undercooked meats, poultry, seafood, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions

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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Item No. 20600-05-OG • 01-11-18

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Tabla de Preparación Rápida y Fácil

350°F/176°C para todos los alimentos

	Altura de la Parrilla	Temp. Interno	Fresca	Congelada
Res & Cordero				
Roasts 2-10 libra	1-pulgada	125-130°F/51-54°C	15-17 min/lb Rare	20-21 min/lb Rare
		130-135°F/54-57°C	17-19 min/lb Med. Rare	21-22 min/lb Med. Rare
		135-140°F/57-60°C	19-20 min/lb Medium	22-23 min/lb Medium
		155°F/68°C+	21+ min/lb Well Done	24+ min/lb Well Done
Hamburguesas de ½-pulgada de grueso	3-pulgadas	160°F/71°C+	5-7 c/lado	8-9 c/lado
Bistec de 1-pulgada de grueso	3-pulgadas	125-130°F/51-54°C	5-6 c/lado Rare	10-11 c/lado Rare
		130-135°F/54-57°C	6-7 c/lado Med. Rare	11-12 c/lado Med. Rare
		135-140°F/57-60°C	7-8 c/lado Medium	12-13 c/lado Medium
		155°F/68°C+	9+ c/lado Well Done	14+ c/lado Well Done
Puerco				
Jamón	1-pulgada	145°F/63°C+	16-18 min/lb	20-23 min/lb
Salchicha	3-pulgadas	160°F/71°C+	5-8 c/lado	8-10 c/lado
Tocino	3-pulgadas	160°F/71°C+	5-6 c/lado	N/A
Salchica Italiana, Bratwurst, Etc.	3-pulgadas	160°F/71°C+	8-9 c/lado	10-12 c/lado
Chuleta	3-pulgadas	145°F/62°C+	5-6 c/lado	7-9 c/lado
Asada 3-7 libra	1-pulgada	145°F/62°C+	17-19 c/lado	22-25 c/lado
Lomo 2-4 libra	3-pulgadas	145°F/62°C+	12-14 c/lado	18-22 c/lado
Costilla al gusto	1-pulgada	160°F/71°C+	18-22 c/lado	22-24 c/lado
Aves				
Pollo, [Con Hueso] Piezas	3-pulgadas	165°F/73°C+	13-14 c/lado	15-17 c/lado
Pollo, ½-pulgada Sin Hueso/Sin Piel [Si es mas gruesa agregue 2 min. por ½ pulg]	3-pulgadas	165°F/73°C+	11-13 c/lado	14-15 c/lado
Pollo, Completo 2 libra	1-pulgada	165°F/73°C+	17-21 min/lb	22-24 min/lb
Pavo, Completo 8-10 libra	1-pulgada	165°F/73°C+	10-12 min/lb	14-16 min/lb
Pavo, Completo 11-16 libra	1-in Altura de la Parrilla, 3-pulg Anillo Extendor	165°F/73°C+	10-12 min/lb	14-16 min/lb
Pavo, Pechuga 5-7 libra	1-pulgada	165°F/73°C+	10-12 min/lb	14-16 min/lb
Huevos	1-pulgada	160°F/71°C+	13 min a 300°F	N/A
Mariscos				
Pescado, Steaks & Fillets 1-pulgada de grueso	3-pulgadas	145°F/62°C+	5-6 min/lado	7-9 min/lado
Camarones & Vieiras	3-pulgadas	145°F/62°C+	3-4 c/lado	4-5 c/lado
Cola de Langosta 4 onzas [Pequeño]	3-pulgadas	145°F/62°C+	4-5 c/lado	6-8 c/lado
Patas de Cangrejo	3-pulgadas	145°F/62°C+	4-6 c/lado	8-13 c/lado
Vegetales				
Papas Fritas	3-pulgadas	140°F/60°C+	10 c/lado	N/A
Papas, Entera Mediana	3-pulgadas	140°F/60°C+	30-40 min	N/A
Broccoli y Coliflor al Vapor [Un plato apto para horno con tapa de vidrio o lámina]	1-pulgada	140°F/60°C+	10-15 min	N/A
Calabaza	1-pulgada	140°F/60°C+	25-35 min	35-40 min
Asado, Cebolla, Ajo, Chile Morron Rojo, Calabacín, y Calabacín Amarillo	1-pulgada	140°F/60°C+	15-20 min	N/A
Alimentos Congelados ya Preparados				
Alitas de Pollo, Tenders, y Nuggets	3-pulgadas	165°F/73°C+		6-8 min/lado
Vegetales Frisados [En un Plato para Horno]	3-pulgadas			6-8 min/lado
Cebolla Empanizada	3-pulgadas			6-8 min/lado
Palitos de mozzarella	3-pulgadas			6-8 min/lado

Sugerencia: Volteé alimentos más grandes a la mitad de la cocción.

El consumo de carnes crudas o poco cocidas, aves, mariscos, o huevos puede aumentar el riesgo de enfermedades transmitidas por alimentos, especialmente si usted tiene ciertas condiciones médicas

LEA EL INSTRUCTIVO PARA INSTRUCCIONES COMPLETAS. Estas son instrucciones únicamente. No utilizar como rectas. Las instrucciones pueden variar.

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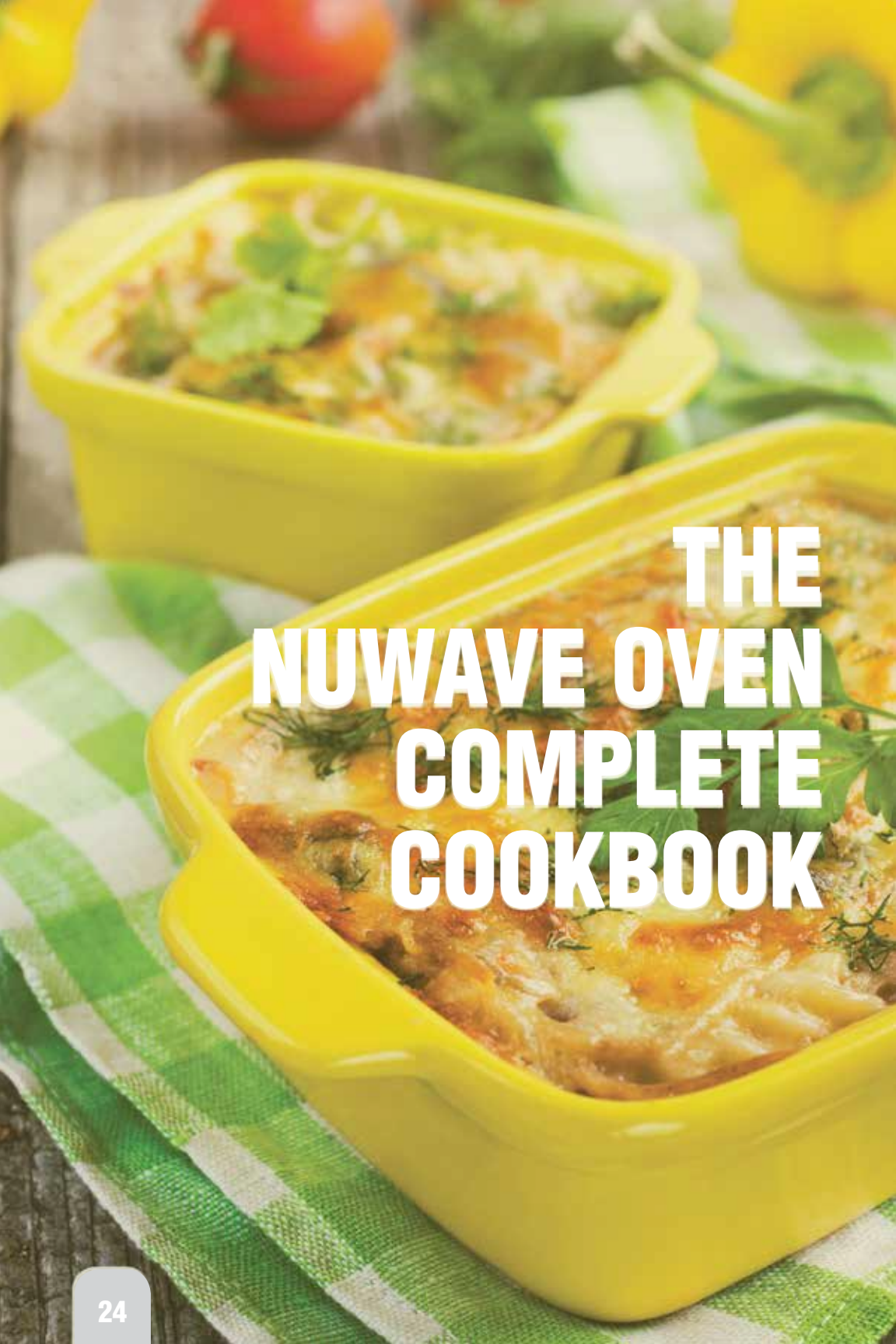
Item No. 20600 Rev.04



THE NUWAVE OVEN COMPLETE COOKBOOK

General Tips

This recipe book contains valuable information that will help you start incorporating the NuWave Oven Pro Plus into your daily life. We've provided easy-to-prepare recipes, along with helpful tips at the beginning of each section that will help you achieve perfect cooking results every time. Also visit NuWaveCookingClub.com for other great tips and instructional videos.

Metal containers, aluminum foil or any oven-safe dish can be used in the NuWave Oven Pro Plus. The infrared rays will not penetrate through these materials. Lightweight aluminum foil works best for lining shallow dishes and pans. Cover food loosely with aluminum foil to protect from browning more than preferred. Keep in mind that heat will still circulate, but the foil may slow the cooking time of the food beneath.

Steam buildup can occur when cooking foods that contain a lot of moisture, like vegetables or fish. When your cooking cycle is complete, please remember to lift the Dome so that steam is channeled away from your face. To keep prepared foods crisp, such as egg rolls, chicken tenders or pizza, remove the Dome immediately after cooking.

Timing is the key to perfection with the NuWave Oven Pro Plus. Keep in mind that all cooking guidelines are just that, and may need to be adjusted depending on the specific situation.
When cooking larger dishes such as roasts or other foods with varying thickness, suggested cooking times may need to be extended. Cook in 3-minute increments and check after each interval.

Using a meat thermometer is always essential for checking the internal temperature of the meat.

Tips for Breakfast

Bacon: Cook at 350˚F on the 3-inch rack for 5-6 minutes per side. Sprinkle on brown sugar 5 minutes before finished for a sweet taste. For easy cleanup, place aluminum foil in the Liner Pan. Once the grease solidifies, discard the foil.

Egg substitutes can be used in any recipe. 1 egg equals ¼ cup egg substitute.

To warm pre-made muffins, breads or pastries, simply wrap in aluminum foil and place in the Liner Pan during the last 2 minutes of cooking time.

Toast bagels, English muffins or bread by placing on the 3-inch rack and cook at 350˚F for about 3-5 minutes.

Easy Quiche Pie

Serves: 6

1 cup ham, chopped
4 large mushrooms, medium chopped
1 cup loosely packed spinach
1 cup Swiss cheese, shredded
½ cup Bisquick
1 cup milk
⅓teaspoon pepper
2 eggs

Directions:
1. Place ham, mushrooms and spinach in oven-safe dish, silicone liner or foil and place on 3-inch rack.
2. Cook at 350°F for 6-8 minutes.
3. While ham mixture is cooking, mix Bisquick, milk, pepper and eggs.
4. Pour egg mixture in 8x8-inch silicone baking pan.
5. Stir cooked ham, mushroom, and spinach into baking pan.
6. Sprinkle cheese on top.
7. Place pan on 1-inch rack and bake at 350°F for 18-20 minutes, or until knife can be inserted and center comes out clean.
8. Let stand for 5 minutes before serving.

Cinnamon Breakfast Twists

Serves: 4

1 (11-ounce) package frozen breadsticks
1 cup sugar
2 teaspoons cinnamon

Directions:
1. Mix sugar and cinnamon in medium bowl; set aside.
2. Place breadsticks in sugar mixture one at a time; toss to coat.
3. Hold breadstick by each end and twist.
4. Set on 3-inch rack and bake at 350°F for 12 minutes, turning once.

Tip: If you prefer softer twists, bake for 9 minutes.
Tip: For different flavors, brush a beaten egg onto breadsticks and sprinkle with sesame seeds, poppy seeds, or grated cheese.
Tip: Use butter to add more cinnamon sugar onto breadsticks.

Oven Omelette

Serves: 4

10 eggs
½ cup milk
6 ounces Cheddar cheese, shredded
1 cup ham or bacon, finely chopped
½ cup green pepper, chopped
¼ cup onion, chopped
1 tablespoon parsley

Directions:
1. In medium bowl, beat eggs and milk until fluffy.
2. Stir in cheese, meat, green pepper and onion.
3. Pour egg mixture into 8x8-inch silicone baking pan.
4. Bake on 1-inch rack at 350°F for 12-15 minutes.
5. Let sit inside Dome for 1 minute and then cut into desired sizes (Do not cut directly in silicone pan).

Tip: You can add any type of meat to this dish. Just finely chop it and drain the grease.

NuWave Muffin Sandwich

Serves: 2

2 large eggs
2 English muffins, split in half
2 slices Canadian bacon
2 slices American cheese
Salt & pepper to taste

Directions:
1. Spray two large custard cups with oil.
2. Crack one egg into each cup.
3. Gently break yolk.
4. Season with salt & pepper.
5. Place English muffin halves in Liner Pan and place eggs on 3-inch rack.
6. Cook at 350°F for 5-6 minutes.
7. When timer goes off, place Canadian bacon on rack next to eggs.
8. Place cheese on muffins and cook for additional 2 minutes.
9. Assemble sandwiches & enjoy!

Tip: Replace Canadian bacon with frozen breakfast sausage patties.

Low-Cal French Toast

Serves: 6

½ loaf bread
1 (16-ounce) container egg substitute
1 cup corn flakes, crumbed

Directions:
1. Soak favorite bread in egg substitute.
2. Coat in corn flake crumbs.
3. Place bread on 3-inch rack and bake at 350°F for 10-12 minutes.

Tip: Top with low-calorie syrup or fruit and you can have a crispy, healthy, and delicious breakfast!

Steak & Eggs

Serves: 1

1 (4-ounce) sirloin steak
Seasoned salt to taste
½ tomato, seeds removed
2 tablespoons Parmesan cheese, grated
1 tablespoon butter
2 large eggs
1 scallion, thinly sliced

Directions:
1. Crack eggs in shallow, oven-safe dish.
2. Break yolks and place in liner pan.
3. Cut ¼ tomato from top, and sliver from bottom, so tomato can stand upright.
4. Season steak and add cheese to tomatoes.
5. Place steak and tomatoes on 3-inch rack.
6. Cook at 350°F for 8-9 minutes per side for medium doneness.

Tip: When cooking from frozen, place frozen steak on 3-inch rack and cook at 350°F for 14-15 minutes. Add eggs and tomato and cook another 10 minutes.

Ham & Cheese Strata

Serves: 6-8

10 bread slices
1½ cups ham, cubed
6 ounces Swiss cheese, shredded
6 ounces Cheddar cheese, shredded
4 eggs
½ teaspoon salt
1 teaspoon onion powder

1½ cups milk
1 teaspoon dry mustard
¼ teaspoon red bell pepper
1½ cups corn flakes
4 tablespoons butter, melted

Directions:
1. Trim crust from bread and layer 10-inch baking pan, or 8x8-inch silicone baking pan.
2. Layer ham and cheeses, alternating layers.
3. Mix eggs, milk and seasonings together.
4. Pour egg mixture over layers.
5. Let liquid soak into bread for 2 minutes.
6. Mix cornflakes and melted butter; sprinkle on top.
7. Bake on 1-inch rack at 350°F for 20 minutes to form crust.
8. When strata starts to brown, cover loosely with foil and finish cooking for an additional 10 more minutes.
9. When done, let sit for 1-2 minutes.

Ham & Eggs Scramble

Serves: 1

2 large eggs
3 ounces ham, chopped
2 tablespoons parsley, chopped
2 ounces Cheddar cheese, shredded
Salt & pepper to taste

Directions:
1. Mix all ingredients together in shallow dish.
2. Place dish on 3-inch rack.
3. Cook at 350°F for 7-9 minutes.
4. Stir and continue to cook for 2 minutes.

Tip: For a spicy kick, add 3 ounces crumbled chorizo sausage.

Nest Egg with Manchego

Serves: 1

1 bread slice
1 teaspoon butter or cooking spray
1 egg
3 tablespoons Manchego cheese

Directions:
1. Cut round large enough to fit an egg from bread.
2. Flatten and press back into hole.
3. Butter both bread sides.
4. Place bread in oven-safe baking pan on 3-inch rack.
5. Crack egg into hole and top with black pepper and Manchego cheese.
6. Bake at 350°F for 10-11 minutes.
7. Serve with sliced bacon and fresh fruit.

Tip: You can substitute any kind of cheese.
Tip: Use bottom of a juice glass, can or round cutters to cut bread.

Tips for Appetizers

Prepared foods from your grocer's freezer section make great, easy snacks for appetizers or entertaining. These items are prepared to perfection on the 3-inch rack at 350˚F for about 6-10 minutes per side. Some of the most popular choices include:

Hot wings
Corn dogs
Bagel bites
Chicken tenders
Poppers
Potato skins
Egg rolls
Pot stickers
French fries

For the best grilled cheese sandwich, use the 3-inch rack and cook at 350°F for 3-4 minutes per side. Add some ham or turkey for extra protein!

Sweet Party Mix

Yield: 6 cups

2 cups bite-size corn square cereal
2 cups bite-size rice square cereal
1 cup pretzel knots
½ cup sliced almonds
¼ cup packed brown sugar
1½ tablespoons butter
1½ tablespoons light-colored corn syrup
¼ teaspoon baking soda
½ cup dried cranberries

Directions:
1. In large bowl, combine corn cereal, rice cereal, pretzels and almonds; set aside.
2. In 3-quart sauce pan, combine brown sugar, butter and corn syrup.
3. Cook sugar mixture on Medium (275°F) heat and stir until mixture boils.
4. Continue boiling at moderate, steady rate, without stirring, for 3 additional minutes.
5. Remove saucepan from heat and stir in baking soda.
6. Pour sugar mixture over cereal mixture; gently stir to coat.
7. Pour cereal mixture into Liner Pan.
8. Bake at 350°F for 8-9 minutes.
9. Stir and cook for 5 additional minutes.
10. Lay hot party mix on large buttered foil.
11. Once cool, break up pieces and stir in dried fruit.
12. Store in an air-tight container.

Stuffed Potato Bites

Serves: 2

2 medium baked potatoes
¼ cup low-fat sour cream
1 packet ranch seasoning
1 cup Cheddar cheese, shredded
Green onions (optional)
Bacon pieces, cooked (optional)

Directions:
1. Bake potatoes on 1-inch rack at 350°F for 35-45 minutes.
2. Let cool for 5-10 minutes.
3. Cut potatoes lengthwise and scoop out filling from skins.
4. Combine potato filling with sour cream and seasoning mix.
5. Fill skins with mixture and sprinkle with cheese.
6. Place skins on 3-inch rack and bake at 350°F for 6-7 minutes, or until cheese is melted.
7. Add green onions and bacon.

Shrimp Rumaki

Serves: 6

6 slices bacon
24 small shrimp or 12 jumbo shrimp, cut in half
¼ cup sliced water chestnuts

Directions:
1. Cut bacon into 4 equal pieces.
2. Lay each bacon piece onto shrimp and chestnut slice.
3. Roll and secure with a toothpick.
4. Place shrimp on 3-inch rack and cook at 350°F for 6-8 minutes per side.

Tip: Replace shrimp with tofu, chicken livers or mussels.

Sweet & Sour Cocktail Meatballs

Serves: 20

4 slices hearty white sandwich bread, torn into pieces
½ cup milk
2 large eggs
½ pound ground pork
½ cup fresh parsley, finely chopped
2 garlic cloves, minced
1 teaspoon salt
2 teaspoons pepper
2½ pounds lean ground beef
1 tablespoon vegetable oil
1 onion, minced
1 (28-ounce) can tomato sauce
2½ cups apricot preserves
¼ cup packed dark brown sugar
3 tablespoons Worcestershire sauce
2 tablespoons Dijon mustard
¼ teaspoon red pepper flakes

Directions:
1. Using fork, mash bread, milk and egg yolks in large bowl until smooth.
2. Add pork, parsley, garlic, salt and pepper; mix until incorporated.
3. Add beef and knead until combined.
4. Form mixture into 1¼-inch meatballs (makes about 80).
5. Place meatballs on 3-inch rack and bake at 350°F for 7-8 minutes per side.
6. While meatballs bake, place tomato sauce, apricot preserves, brown sugar, Worcestershire sauce, mustard and red pepper flakes in 3-quart sauce pan and mix well.
7. Heat sauce at 275˚F to achieve simmer.
8. Let simmer for 15-20 minutes.
9. Place meatballs in sauce to coat, then place in chafing dish or in Liner Pan to serve.

Tip: Unless you have the Extender Ring Kit, you will need to bake the meatballs in stages. With the Extender Ring Kit, both the 1-inch and 2-inch racks to place the meatballs on each layer.

Skinny Pigs in a Blanket

Yield: 16 pigs in blankets

2½ cups reduced-fat all-purpose baking mix
¾ cup low-fat milk
8 reduced-fat chicken or turkey hot dogs, cut in half

Directions:
1. Spray Liner Pan with non-stick spray.
2. Combine baking mix and milk in bowl until soft dough forms.
3. Turn onto surface, lightly sprinkled with baking mix, and knead.
4. Roll dough into 8x12-inch rectangle.
5. Cut dough into 8 squares.
6. Cut each square in half to form 2 triangles.
7. Starting from narrow end, wrap each triangle around hot dog half.
8. Place in Liner Pan.
9. Bake at 350°F for 15-17 minutes.

Tip: You can serve with spicy mustard for added flavor.
Tip: You can make this using premade crescent dinner rolls.

Grilled Cheese

Serves: 1

2 slices wheat or white bread
1 tablespoon margarine or butter
2 slices American cheese

Directions:
1. Spread butter or margarine on both sides of bread.
2. Place one piece on 3-inch rack, buttered side down.
3. Place cheese atop bread and top with remaining slice, buttered side up.
4. Grill at 350°F for 3-4 minutes per side.

Tip: Add your favorite meat such as ham, salami or turkey.

Baked Party Sweet Onion Dip

Yield: 6 cups

2 large onions, medium diced
2 cups Parmesan cheese, shredded
2 cups low-fat mayonnaise
½ teaspoon black pepper

Directions:
1. Mix all ingredients together in 10-inch baking pan.
2. Smooth ingredients flat and place on 1-inch rack.
3. Bake at 350°F for 12-14 minutes, or until the dish turns brown and bubbly.
4. Serve with your favorite crackers or bread.

Tip: You can substitute the ingredients with low fat cheese and mayonnaise.
Tip: Vidallia onions work the best and are available year-round.

Tangy Mild Wings

Serves: 2-4

2 pounds chicken wings
1 cup ketchup
¼ bead molasses
¼ cup soy sauce
½ teaspoon red pepper flakes
½ teaspoon cayenne pepper
½ teaspoon black pepper
½ teaspoon salt
3 tablespoons Worcestershire sauce
3 tablespoons white vinegar

Directions:
1. Mix all ingredients except chicken.
2. Add wings to sauce and coat well. Reserve extra sauce for dipping.
3. Place chicken on 3-inch rack and cook on 350°F for 7-9 minutes per side for fresh or 8-10 minutes per side for frozen.
4. Serve with carrots, celery and Ranch or Blue cheese dressing.

Tip: Add more cayenne pepper if desired.

Prosciutto-Wrapped Shrimp Sticks

Yield: 6 skewers

48 medium shrimp, uncooked
¾ pound thinly sliced prosciutto
3 tablespoons olive oil
8 (6-inch) bamboo skewers

Directions:
1. Peel, devein, wash and remove tails from shrimp.
2. Uncurl shrimp and wrap small slice prosciutto neatly and snugly around each to cover.
3. Place shrimp on bamboo skewers; place skewers on 3-inch rack.
4. Using pastry brush, brush oil to coat each side.
5. Cook at 350°F for 5-7 minutes per side.
6. Sprinkle with black pepper.

Savory Lil' Smokies

Yield: 50 sausages

¾ cup chili sauce
¾ cup grape jelly
4 teaspoons red wine
2 teaspoons dry mustard
1½ teaspoons soy sauce
½ teaspoon ground ginger
½ teaspoon ground cinnamon
½ teaspoon ground nutmeg
1 pound little smoky sausages

Directions:
1. Combine all ingredients, except sausages, into bowl and mix well until smooth.
2. Add sausages to sauce; coat well.
3. Pour sauce and sausages into Liner Pan.
4. Bake at 350°F for 6-7 minutes per side.
5. Serve with toothpicks.

Ham & Cheese Pitas

Serves: 4

4 (8-inch) pita bread rounds
4 thin slices ham, cut in half
4 slices sharp Cheddar or Swiss cheese, cut in half
1 red onion, very thinly sliced
2 ripe tomatoes, very thinly sliced
1 tablespoon melted butter
Paprika

Directions:
1. Cut pita rounds across center, making 8 half circles.
2. Stuff each half with ham, cheese, onions and tomatoes.
3. Using pastry brush, lightly butter each piece.
4. Sprinkle with paprika.
5. Place directly on 3-inch rack and cook at 350°F for 7 minutes per side, or until cheese has melted.

Taco-Flavored Chicken Wings

Yield: 30 wings

4 pounds chicken wings
1 pack taco seasoning
3 tablespoons extra virgin olive oil
2 tablespoons red wine vinegar
2 teaspoons hot pepper sauce
1 cup guacamole or salsa (optional)

Directions:
1. In large, resealable plastic bag, combine taco seasoning, oil and vinegar with hot pepper sauce.
2. Add chicken to sauce.
3. Seal bag and turn over to coat.
4. Let mixture sit in refrigerator for 30 minutes.
5. Place chicken on 3-inch rack and cook at 350°F for 8-10 minutes per side.

Tip: Serve with either guacamole or salsa.

Spicy Grilled Shrimp Skewers

Serves: 4

1½ pounds extra-large shrimp, peeled and deveined
4 tablespoons unsalted butter, melted and divided
¼ teaspoon cayenne pepper
½ teaspoon salt
½ cup hot pepper jelly
1 teaspoon grated zest
2 tablespoons lime juice
4 wooden skewers

Directions:
1. Wash and dry shrimp with paper towel.
2. Thread shrimp on skewers and brush with 1 tablespoon melted butter.
3. Season shrimp with salt and cayenne pepper.
4. Warm jelly in saucepan over Medium (275°F) heat until bubbling.
5. Remove jelly from heat and whisk in remaining butter, lime zest and lime juice.
6. Cover sauce and keep warm.
7. Place shrimp on 3-inch rack and cook at 350°F for 5-6 minutes per side for fresh or 7-8 minutes per side for frozen.

Tip: Adding fresh lime juice helps cut through the spice and sugar of hot pepper jelly for a tangy, balanced glaze.
Tip: Soak wooden skewers in oil, to prevent burning.

Jumbo Lump Crab Cakes

Yield: 4 large crab cakes

16 ounces jumbo lump crab meat
⅛ cup fresh or canned white bread crumbs
2 teaspoons Dijon mustard
2 tablespoons mayonnaise
2 tablespoons chopped chives
2 tablespoons chopped parsley
1 tablespoon lemon juice
½ teaspoon cayenne pepper
1 teaspoon crab seasoning
Salt & pepper for taste

Directions:
1. Mix all ingredients except crab meat.
2. Gently fold in crab meat, leaving meat in chunks. Add more bread crumbs if desired.
3. Form into desired crab cake sizes.
4. Place on 3-inch rack and cook at 350 °F for 8-9 minutes.

Tip: Place over gourmet greens or with your favorite sauce.

Hot Artichoke Dip

Yield: 4 cups

1 cup mayonnaise
¼ cup minced fresh garlic clove
1 (8-ounce) package cream cheese, softened
1 cup Parmesan cheese, grated and divided
2 cups Monterey Jack cheese, shredded
2 (6-ounce) jars artichokes hearts, drained, divided and chopped

Directions:
1. In medium bowl, mix garlic, mayonnaise, cream cheese, ¾ cup Parmesan cheese, 1 cup Monterey Jack cheese and artichokes.
2. Place in oven-safe dish.
3. Place on 1-inch rack and sprinkle remaining Parmesan and Monterey Jack cheese over top.
4. Bake at 350°F for 28-30 minutes, or until golden brown.

Italian Purses

Yield: 16 purses

2 (8-ounce) canned crescent rolls
½ pound Italian sausage or ground beef, cooked and crumbled
½ cup Mozzarella cheese, shredded
½ cup onions, sliced
1 tablespoon Italian herb seasoning
1 medium tomato, diced
⅛ teaspoon garlic powder

Directions:
1. Mix meat, cheese, onions, Italian seasoning, tomato and garlic powder in a small bowl; set aside.
2. Separate dough into 8 triangles.
3. Place mixture by spoonful into each triangle.
4. Take each end of triangle and overlap top.
5. Pinch edges to seal in mixture.
6. Place 8 crescent roll purses on Liner Pan.
7. Bake at 350°F for 16-18 minutes.
8. Repeat for remaining eight purses.

Crab & Parmesan Wontons

Serves: 4

24 wonton wrappers
4 ounces lump crab meat, pre-cooked
3 tablespoons Vidalia onion, grated
2 tablespoons Parmesan cheese, grated
2 tablespoons parsley, chopped
¼ teaspoon black pepper
Small bowl warm water

Directions:

1. In bowl, mix crab meat, onion, Parmesan, parsley and pepper.
2. Lay 3 single wonton wrappers on dry, clean surface and place tablespoon crab mixture into wrapper.
3. Using your finger or pastry brush, lightly spread water on wonton edges.
4. Fold into envelope, making sure points match up.
5. Press together and place on 3-inch rack.
6. Repeat process until all 24 are done.
7. Cook in batches at 350°F for 6-8 minutes per side.

Chicken Nachos

Serves: 2

2 chicken breasts, pounded to 1-inch thickness
½ cup red or green peppers, chopped
½ cup onions, sliced
1 large tomato, chopped
1 (7-ounce) can green chiles, drained and diced
1 can small black olives, sliced

Directions:

1. Place chicken breast on 3-inch rack.
2. Cook at 350°F for 10-12 minutes per side for fresh or 14-16 minutes per side for frozen.
3. Shred chicken.
4. Spray Liner Pan with non-stick cooking spray.
5. Place tortilla chips in Liner Pan and layer with shredded chicken, cheese and vegetables.
6. Top with second cheese layer.
7. Cook chips at 350°F for 11-12 minutes or until cheese is melted.
8. Serve with salsa.

Tips for Dehydration & Nuts

Roasting Nuts:
Use pan on 3-inch rack and cook at 350˚F.
Pecan or almond pieces, 3-4 minutes.
Coconut, unsweetened and shredded, 1-2 minutes.
Whole nuts can be roasted in two layers: For example, start one layer in Liner Pan for 6 minutes and then place another pan, filled with nuts, on 3-inch rack and continue for another 5 minutes. This doubles the capacity!

Dehydrating:
Alternate all foods when dehydrating.
Non-stick cooking spray will help avoid sticking. When dehydrating, keep Dome open slightly to let moisture escape. Remove Dome promptly once your cycle has completed to ensure that moisture does not build up.

Adding foods to the 3-inch rack as well can increase amounts made.
You need to alternate racks occasionally for even dehydrating times.
Store all dehydrated foods in air-tight container in cool pantry.
Fruits should be washed (minus bananas) and patted dry.
Rub fresh lemon over apples to avoid browning.

Dehydrating Fruits

Bananas - ¼-inch thick, 150˚F for 4 hours
Pineapple - ¼-inch thick, 120˚F for 8 hours
Apples - ¼-inch thick, 150˚F for 4 hours
Apricots - Pit and halve, 150˚F for 4½ - 5 hours
Strawberries - Cut in half, 150˚F for 2½ - 3 hours

Dehydrating Vegetables

Asparagus - Dehydrate at 120˚F for 4½ hours
Green Beans - Dehydrate at 120˚F for 5½ hours
Mushrooms - Dehydrate at 120˚F for 4 - 5½ hours
Summer squash - Cut ¼-inch slices, dehydrate at 120˚F for 4½ - 5 hours
Tomatoes - Halve and removes seeds, dehydrate at 120˚F for 7½ - 8 hours
Sweet Peppers - Cut into ½-inch long strips, dehydrate at 120˚F for 7 hours

Herbs - Wash and dry. Leave on stems and place on racks. Place herbs on racks and dehydrate at 120˚F for 1 hour for more delicate herbs like thyme, and cook for 1½ hours for hardier herbs like rosemary. Place rack over herbs to prevent herbs from flying around.

Spiced Pecans

Yield: 2 cups

1 package taco seasoning mix
5 tablespoons sugar, divided
¼ teaspoon cayenne pepper, divided
2 teaspoons cinnamon
¼ cup orange juice
2 cups pecan halves

Directions:

1. Spray Liner Pan with oil.
2. In small saucepan, combine 1 tablespoon seasoning mix, 4 tablespoons sugar, ⅛ teaspoon cayenne pepper and cinnamon; mix well.
3. Stir in orange juice.
4. Bring to boil over Medium (275°F) heat.
5. Once boil is reached, remove pan from heat.
6. Add pecans; stir until pecans are well coated.
7. Spread pecans evenly in Liner Pan.
8. Cook at 350°F for 7-8 minutes.
9. Immediately remove Dome and stir pecans.
10. Continue cooking at 350°F for additional 7-8 minutes.
11. While pecans cook, in small bowl, combine remaining seasoning mix, 1 tablespoon sugar and ⅛ teaspoon cayenne pepper.
12. Remove pecans from Oven.
13. Place pecans in bowl with seasoning mixture and toss. If pecans stick together, gently break them apart; continue to toss.
14. Spread pecans out on cooling rack.
15. Gently shake to remove any residual seasoning mixture.
16. Store in airtight container.

Beef Jerky

Yield: 1 pound

1 pound lean beef sliced thin (sliced lengthwise with the grain)
¼ cup soy sauce
3 tablespoons Worcestershire sauce
1 tablespoon garlic powder
3 tablespoons liquid smoke
Cayenne pepper to taste

Directions:
1. Place all ingredients in plastic bag and marinate overnight.
2. Place beef pieces in Liner Pan and 3-inch rack, ensuring that no pieces are touching.
3. Dehydrate at 175°F for about 3 hours.
4. Tent Dome during last 5 minutes.
5. Pat jerky with paper towel to remove excess moisture.
6. Cool, and store.

Trail Mix

Yield: 11 cups

1 cup dried cranberries
1 cup dried blueberries
1 cup dried pineapple
1 cup dried apple pieces
1 cup peanuts
1 cup cashews
1 cup almonds
1 cup mini marshmallows
1 cup chocolate chips
1 cup peanut butter chips
1 cup white chocolate chips

Directions:
1. Dehydrate berries at 150°F for 2½-3 hours.
2. Dehydrate pineapple at 120°F for 8 hours.
3. Dehydrate apples at 150°F for 4 hours.
4. Mix all ingredients together in large bowl.
5. To store, place in sandwich bags or airtight containers.

Tips for Pizza

To cook a regular crust frozen pizza, place the pizza upside down inside the NuWave Silicone Pizza Liner and then cook according to directions. You can also use parchment paper instead of the Silicone Pizza Liner. To finish, flip the pizza so it is cheese side up and cook for an additional 3-5 minutes, until the cheese melts.

• Thin Crust
Cook on 3-inch rack at 350°F for 18-20 minutes upside down, and right side up for 3-4 minutes.

• Regular Crust
Cook on 3-inch rack at 350°F for 20-22 minutes upside down, and right side up for 5-7 minutes.

• Thick Crust
Cook on 3-inch rack at 350°F for 22-26 minutes upside down, and right side up for 5-7 minutes.

• Deep Dish
Cook on 3-inch rack at 350°F for 30 minutes upside down, and right side up for 15 minutes.

Italian Pizza Burger

Serves: 5-6

½ cup pizza sauce, divided
1 egg, beaten
½ cup dry bread crumbs
2 teaspoons onion, dried & minced
½ teaspoon dried oregano
¼ teaspoon salt
⅛ teaspoon pepper
1½ pounds ground beef
3 slices Mozzarella cheese, cut into half moons
6 Kaiser rolls, cut into half moons

Directions:
1. In bowl, mix egg, breadcrumbs, onion, oregano, salt, pepper and ground beef.
2. Form beef mixture into ½-inch thick patties.
3. Place patties on 3-inch rack and cook at 350°F for 7-8 minutes.
4. Flip burgers and cook at 350°F for additional 4 minutes.
5. Add cheese to burgers and cook for 1 minute.
6. Assemble burgers by placing each on bottom roll, pizza sauce on top and top roll.

Goat Cheese Pizza

Serves: 1-2

1 (8–10-inch) pizza crust, pre-baked
3 tablespoons tomato sauce
1 tablespoon basil, freshly chopped
2 ounces goat cheese, crumbled
2 ounces four cheese Italian blend, crumbled

Directions:
1. Cook crust on 3-inch rack at 350°F for 5 minutes.
2. Spread sauce, cheese and basil onto crust.
3. Cook at 350°F for 8-10 minutes.

Gorgonzola Pizzettas

Serves: 4

4 (7-inch) flatbreads or pita breads
1½ cups part-skim ricotta cheese
16 grape or cherry tomatoes, halved
¼ cup sliced basil
½ cup Gorgonzola cheese, crumbled

Directions:
1. Place 1 pita on 3-inch rack.
2. Top pita with tomatoes, basil and cheese.
3. Cook on 350°F for 8-10 minutes.
4. Repeat for remaining pita.

Tip: Get creative and add broiled shrimp, chicken or other vegetables.

Mexican Pizza

Serves: 1

1 (8-9-inch) flour tortilla
2 tablespoons tomato sauce
½ teaspoon taco seasoning or Mexican spice blend
⅛ cup fresh scallions, chopped
½ cup shredded Cheddar cheese
Jalapeño peppers to taste

Directions:
1. Place tortilla on 3-inch rack.
2. Mix sauce together with spice blend and spread onto tortilla.
3. Arrange jalapeños and scallions over sauce.
4. Top with cheese.
5. Cook at 350°F for 8-10 minutes.

Pizza Boats

Serves: 3-4

4 (6-inch long) slices French bread
¾ cup pizza sauce
½ cup Parmesan cheese, grated
4 slices provolone or Mozzarella cheese

Directions:
1. Spray bread with oil and add pizza sauce.
2. Place bread on 1-inch rack and toast at 350°F for 6 minutes.
3. Add cheese and any desired toppings.
4. Cook at 350°F for 8-10 minutes, or until cheese is melted and slightly browned.

Tip: Replace French bread with English muffins.
Tip: Change up the flavor by adding sliced pepperoni, mushrooms, black olives, chopped bell peppers, etc.

Calzones

Serves: 2

1 tube refrigerated pizza dough
1 cup Mozzarella or Monterey Jack cheese, shredded
½ cup premade spaghetti sauce
¾ pound cooked Italian sausage or pepperoni
⅛ cup onions, diced
⅛ cup tomatoes, diced

Directions:
1. Roll dough and cut into 2 (6-inch) disks.
2. Spray 2 (10-inch) square aluminum foil sheets with oil and lay dough onto foil.
3. Place remaining ingredients in equal amounts onto each disk.
4. Fold over to form half moon shaped packets.
5. Wrap in foil and place on 1-inch rack.
6. Cook at 350°F for 10-12 minutes per side, or until the crust is crispy and brown.

Tip: If made in advance and frozen, add 3-4 minutes to cooking time.

Mini Spinach Calzones

Serves: 12

1 (5-ounce) package frozen spinach, thawed and well-drained
1 (4-ounce) package reduced-fat cream cheese, softened
3 tablespoons Parmesan cheese, grated and divided
2 tablespoons green onion, chopped
¼ teaspoon ground black pepper
1 (13.8-ounce) package refrigerated pizza dough
1 egg white
1 tablespoon water
Non-stick cooking spray

Directions:
1. Spray 1-inch rack with non-stick spray.
2. Stir together spinach, cream cheese, 2 tablespoons Parmesan cheese, green onion and pepper in medium bowl; set aside.
3. Unroll pizza dough on lightly floured surface.
4. Roll dough into 15-inch square.
5. Using pizza cutter or sharp knife, cut dough into 25 (3-inch) squares.
6. Spoon filling by teaspoonful onto each square.
7. In small bowl, whisk together egg white and water.
8. Lift corner of each square and stretch dough over to opposite corner, making a triangle.
9. Press edges together with fork tine.
10. Arrange calzones on prepared 1-inch rack.
11. Prick calzones with fork.
12. Brush calzones with egg white mixture.
13. Cook at 350°F for 12 minutes or until browned.

Tip: If prepared in advance and frozen, add 3-4 minutes to cooking time.

Pita Pizza

Serves: 1

1 package (8-9-inch) soft pita bread
2 tablespoons tomato sauce
¼ cup parsley, freshly chopped
6-8 slices pepperoni
½ cup shredded Mozzarella cheese

Directions:
1. Place pita on 3-inch rack and spread tomato sauce on top.
2. Top with parsley and pepperoni.
3. Sprinkle cheese over pita.
4. Cook at 350°F for 8-10 minutes.

Tips for Vegetables

Glass, oven-safe dishes are denser than metal, foil and silicone. Metal and foil also reflect heat so this will heat faster than glass, which absorbs heat. Silicone will absorb the heat instead of reflect, however it is thinner than oven-safe glass, so silicone will decrease the cooking time compared to an oven-safe glass dish.

Keep in mind that cooking times may vary by several minutes depending on the size of the vegetables.

Always select the freshest produce. Always wash vegetables thoroughly.

Different types of cooking vessels will affect cooking times in different ways. Foods cooked in denser dishes require longer cooking times. Foods cooked in larger, shallow dishes require shorter cooking times. Foods cooked in deeper dishes require longer cooking times.

Mexican Elote

Serves: 2-4

4 ears of corn
¼ cup melted butter
¼ cup mayonnaise
½ cup Cotija cheese or Queso Fresco, grated
Chili powder or paprika to taste
Salt & pepper to taste
4 lime wedges (optional)

Directions:
1. Place corn on 3-inch rack and roast at 350°F for 7-8 minutes per side.
2. Remove corn and immediately pour butter on each ear.
3. Spread mayonnaise on corn.
4. Sprinkle corn with cheese, chili powder, salt and pepper to taste.
5. Serve with lime wedges.

Haricots Almondine

Serves: 6-8

12 ounces French green beans, trimmed and rinsed
2 tablespoons olive oil
¼ cup lemon juice
½ cup almonds, sliced
2 tablespoons butter, melted
1 cup crispy fried onion ringlets

Directions:
1. Place green beans in 8x8-inch oven-safe dish and place dish on 1-inch rack.
2. Drizzle oil and lemon juice over beans.
3. Cook at 350°F for 8-10 minutes.
4. Top beans with almonds and onions.
5. Cook at 350°F for additional 3-4 minutes.
6. Serve immediately.

Zucchini & Onions Au Gratin

Serves: 2-4

1 large yellow onion, cut into ½-inch pieces
1 medium zucchini, cut into ½-inch slices
1 tablespoon olive oil
½ cup Cheddar cheese, shredded
Salt & pepper to taste

Directions:
1. Place onion in Liner Pan and drizzle with olive oil.
2. Cook at 350°F for 10-11 minutes, stirring halfway through cooking process.
3. Layer zucchini onto onions.
4. Season with salt and pepper.
5. Cook at 350°F for 4-5 minutes.
6. Sprinkle with cheese and cook at 350°F for additional 2 minutes.

Asparagus with Parmesan Crust

Serves: 6

1 pound asparagus
1 tablespoon extra virgin olive oil
1 ounce Parmesan cheese, shaved
¼ cup balsamic vinegar
Black pepper to taste

Directions:
1. Wash and trim asparagus.
2. Toss asparagus in olive oil and place on 3-inch rack.
3. Sprinkle cheese on asparagus and cook at 350°F for 7-8 minutes.
4. Drizzle balsamic vinegar over asparagus and enjoy.

Tip: Cooking time may vary depending on the size of the vegetables.

Sweet Potato Casserole with Streusel Topping

Serves: 4-6

4 sweet potatoes
⅓ cup and 3 tablespoons butter
½ cup sugar
½ cup brown sugar
2 eggs, slightly beaten
½ teaspoon salt
1 teaspoon vanilla
¼ cup and 1 teaspoon flour
¼ cup pecans, chopped

Directions:
1. Place sweet potatoes on 3-inch rack and cook at 350°F for 40 minutes.
2. Let sweet potatoes cool for about 15 minutes.
3. Peel sweet potatoes.
4. Place them in medium bowl and mash.
5. Add ⅓ cup butter, sugar, eggs, salt, vanilla and flour; mix well.
6. Place mixture in 1½-quart casserole dish.
7. Place dish on 1-inch rack and bake at 350°F for 20-22 minutes.
8. Combine ¼ cup flour, 3 tablespoons butter, brown sugar and pecans; mix well.
9. Remove Dome and stir casserole.
10. Spread streusel topping on casserole.
11. Continue to bake for additional 12 minutes.

Artichoke Feta Tortilla Wraps with Chive Sauce

Yield: 24 Rolls

1 (14-ounce) can artichoke hearts, drained and finely chopped
½ cup cream cheese
3 green onions, thinly chopped
⅓ cup Parmesan or Romano cheese, grated
¼ cup feta cheese, crumbled
3 tablespoons pre-made pesto
8 (8-inch) whole tortillas
1 (7-ounce) jar sweet red peppers, drained and cut into strips
1 (8-ounce) carton plain fat-free yogurt
1 tablespoon chives, roughly chopped

Directions:
1. Coat 8x8-inch silicone pan with cooking spray; set aside.
2. In large bowl, stir together artichoke hearts, cream cheese, green onions, Parmesan cheese, feta cheese and pesto.
3. Place 2 tablespoons filling onto each tortilla.
4. Top with red pepper strips and roll up.
5. Arrange rolls in prepared baking dish. If desired, lightly coat rolls with cooking spray.
6. Place silicone pan on 3-inch rack cook at 350°F for 10-12 minutes, or until heated through.
7. While wraps are cooking, mix yogurt and chives in separate bowl; set aside.
8. Once cooked, cut each roll into thirds and arrange on serving platter.
9. Serve with yogurt and chive sauce.

Stuffed Peppers with Tofu

Serves: 4

1 cup brown rice
1 (12-ounce) package extra firm tofu, drained and diced
1¾ cups marinara sauce, divided
Salt & pepper to taste
4 bell peppers, ¼ tops cut off and seeds removed
2 cups Mozzarella cheese, shredded and divided
8 (½-inch) slices tomato

Directions:
1. Cook brown rice per package directions.
2. Arrange peppers in baking dish.
3. Using wooden spoon or spatula, press ¼ cup rice into each pepper half.
4. Layer with marinara sauce and 1 cup Mozzarella cheese.
5. Press 3 tablespoons tofu into pepper halves.
6. Place 1 tomato slice on each pepper.
7. Top peppers with remaining cheese.
8. Place baking dish on the 1-inch rack.
9. Cover and bake at 350°F for 18 minutes.
10. Uncover and bake at 350°F for 2-3 minutes or until tops are brown.

Tip: If cheese becomes too brown, tent with foil or parchment paper.
Tip: You can also place remaining cheese on the last 4 minutes of baking.
Tip: If you want to add meat to this dish, simply add ½ pound cooked and crumbled Italian sausage.

Roasted Spaghetti Squash

Serves: 4-5

1 spaghetti squash, cut in half crosswise and seeds removed
2 teaspoons sugar
2 teaspoons salt
Extra-virgin olive oil as needed

Directions:
1. Prepare squash; set aside.
2. Drizzle with olive oil.
3. Evenly divide sugar and salt between both halves.
4. Bake spaghetti squash on 1-inch rack at 350°F for 25 minutes.
5. To assemble, use fork to gently remove stands.
6. Transfer to serving platter.
7. Drizzle with olive oil for garnish.

Tip: Cut ¼-inch thick sliver off end of the spaghetti squash so it can stand upright.
Tip: Pour a small amount of olive oil, about ⅛ teaspoon, in the bulb of the squash. Using your finger, spread the oil along the stem and around the bulb. Pour off any remaining oil.
Tip: Depending on the size of the squash, you may have to bake in batches.
Tip: Hold spaghetti squash warm on serving platter with foil.

Roasted Vegetables Sandwich

Serves: 4

1 cup plain fat-free Greek-style yogurt
1½ tablespoons tahini
1 tablespoon fresh lemon juice
½ teaspoon ground cumin
1 teaspoon garlic, minced
½ teaspoon salt, divided
3 tablespoons olive oil
½ teaspoon Spanish smoked paprika
12 large button mushrooms
2 tomatoes, halved horizontally
1 (1½-pound) eggplant, cut lengthwise into 8 wedges
1 head of radicchio, quartered
1 medium onion, quartered
¼ teaspoon black pepper
Fresh parsley, chopped (optional)
4 Kaiser Rolls

1. Combine yogurt, tahini, lemon juice, cumin, garlic and ¼ teaspoon salt in bowl and stir with whisk; set aside in refrigerator.
2. Combine oil and paprika in separate bowl.
3. Brush oil mixture evenly over mushrooms, tomatoes, eggplant, radicchio and onion.
4. Grill vegetables at 350˚F on 1-inch rack for 18-20 minutes.
5. Stir vegetables halfway through cooking process.
6. Place vegetables on platter; sprinkle with chopped parsley if desired.
7. Add sauce and serve with Kaiser rolls or Greek pita bread.

Roasted Herb Potatoes

Serves: 6

2 pounds small new potatoes
2 tablespoons olive oil
1 tablespoon salt
½ teaspoon black pepper
2 tablespoons fresh rosemary, coarsely chopped
4 cloves garlic, thinly sliced

Directions:
1. Cut potatoes into 1-inch pieces (if potatoes are small, leave whole).
2. Place in large bowl and toss with olive oil, salt, pepper, herbs and garlic.
3. Place potatoes on 3-inch rack and cook at 350°F for 20-22 minutes.
4. Pause halfway through cooking process and turn potatoes.
5. Finish cooking process by hitting Start Button.

Tip: You can use 1 teaspoon of your favorite dried herb.

Roasted Cauliflower, Chickpeas, & Olives

Serves: 4-6

5½ cups cauliflower florets
1 cup Spanish green olives, pitted
8 cloves garlic, coarsely chopped
1 (15-ounce) can chickpeas (garbanzo beans), rinsed and drained
3 tablespoons olive oil
½ teaspoon crushed red pepper
¼ teaspoon salt
3 tablespoons fresh flat leaf parsley

Directions:
1. Toss all ingredients in large bowl and mix evenly to coat.
2. Place ingredients in Liner Pan.
3. Roast at 350°F for 20-22 minutes.

Roasted Butternut Squash

Serves: 4-5

1 butternut squash, cut in half lengthwise and seeds removed
2 teaspoons sugar
2 teaspoons salt
Extra-virgin olive oil as needed

Directions:
1. Prepare squash; set aside.
2. Drizzle with olive oil.
3. Evenly divide sugar and salt between both halves.
4. Bake butternut squash on 1-inch rack at 350°F for 35 minutes.
5. To assemble, medium dice cooked squash.
6. Transfer to serving platter.
7. Drizzle with olive oil for garnish.

Tip: Pour a small amount of oil, about ⅛ teaspoon, in the bulb of the squash. Using your finger, spread the oil along the stem and around the bulb. Pour off any remaining oil.
Tip: Depending on the size of the squash, you may have to bake in batches.
Tip: Hold spaghetti squash warm on serving platter with foil.

Roasted Asparagus

Serves: 4

1 pound trimmed asparagus
2 tablespoons extra-virgin olive oil
½ teaspoon kosher salt
½ teaspoon black pepper

Directions:
1. Toss trimmed asparagus in olive oil, salt and pepper.
2. Place asparagus on 3-inch rack.
3. Roast at 350°F for 6-8 minutes.

Stuffed Baked Potatoes with Bacon

Serves: 6

6 medium baking potatoes, washed and dried
1 cup milk, slightly heated
1 cup sharp Cheddar cheese, grated
3 tablespoons butter or margarine
Salt & pepper to taste
2 tablespoons green onions, chopped
6 slices bacon, fried and crumbled

Directions:
1. Punch holes in potatoes with fork.
2. Bake potatoes on 1-inch rack at 350˚F for 35-45 minutes.
3. Remove potatoes from oven and cool for about 15 minutes, until you can handle them comfortably.
4. Slice off top of each potato and scoop out inside.
5. Mash well. Add butter, cheese, salt, pepper and milk; mix thoroughly.
6. Spoon potato mixture back into potato skins.
7. Bake on 1-inch rack at 350°F for 6-8 minutes.
8. Garnish with bacon and green onions.

Tip: Cook bacon on 3-inch rack at 350°F for 5-6 minutes per side.
Tip: Larger potatoes will take longer.

Parmesan Basil Tomatoes

Serves: 4

4 red tomatoes
2 tablespoons Parmesan cheese, grated
3 tablespoons fresh basil, chopped
2 tablespoons olive oil
Cracked black pepper to taste

Directions:
1. Trim top third from tomatoes just to remove vine pit.
2. Trim thin slices from bottoms so tomatoes can stand upright.
3. Mix remaining ingredients together.
4. Divide mixture evenly into tomatoes.
5. Place tomatoes on foil on 3-inch rack.
6. Cook at 350°F for 8-10 minutes, or until cheese bubbles and tomatoes are warm.

Double Stuffed Cheesy Potatoes

Serves: 4

4 russet potatoes, thoroughly washed
2 tablespoons butter
½ teaspoon salt
⅛ teaspoon pepper
¼ cup sour cream
½ cup Cheddar cheese, shredded and divided

Directions:
1. Cook potatoes on 3-inch rack at 350°F for 35-45 minutes.
2. Cool potatoes for 15 minutes, or until you can handle them comfortably.
3. Cut potatoes in half, lengthwise.
4. Carefully scoop centers into medium bowl, leaving a durable shell.
5. Smash scooped potato centers.
6. Add butter, salt, pepper, sour cream and ¼ cup cheese; stir with spoon.
7. Fill each potato shell with filling in equal amounts.
8. Place on 1-inch rack and cook at 350°F for 8-10 minutes.
9. Sprinkle with remaining cheese and bake at 350°F for additional 1-2 minutes.

Ricotta Spinach Rolls

Serves: 4-6

8 lasagna noodles, cooked and drained
1 medium onion, finely chopped
2 cloves garlic, minced
1 tablespoon butter
3 cups tomato sauce
1 teaspoon oregano
½ teaspoon thyme leaves
½ teaspoon basil
¼ cup mushrooms, chopped (optional)
1 (10-ounce) package frozen chopped spinach
1 cup ricotta or cottage cheese
2 tablespoons Parmesan cheese
Dash black pepper

Directions:
1. Prepare noodles as per directions on package.
2. Sauté onion and garlic in butter until vegetables are tender.
3. Add tomato sauce, seasonings, mushrooms and simmer for 7-8 minutes or until it starts to bubble; set aside.
4. Cook spinach according to package directions. Drain and squeeze out excess water.
5. Blend together spinach, cheeses and pepper.
6. Place spinach mixture evenly at one end of each noodle.
7. Roll each noodle and place on its side in lightly greased liner.
8. Cover noodles with prepared sauce.
9. Bake at 350°F for 15-20 minutes or until heated through.

Gratin Dauphinois

Serves: 6

6 cups small red potatoes, washed and thinly sliced
½ cup white onion, finely diced
2 cloves garlic, finely minced
4 tablespoons butter
½ cup Parmesan cheese, shredded
½ cup heavy cream
3 tablespoons fresh parsley, finely chopped
Salt & pepper to taste

Directions:
1. Wash, slice, and place potatoes in bowl.
2. Add onion and cheese to potatoes.
3. In 10-inch baking pan, layer potato mixture so that entire baking pan is covered.
4. In sauce pan, heat butter, cream, salt and pepper; pour mixture over potatoes.
5. Gently shake baking pan to release any bubbles.
6. Place pan on 1-inch rack and cook at 350°F for 35-45 minutes.
7. Let pan sit for 2 minutes inside Dome.

Tip: Substitute fresh parsley with 1½ tablespoons dried parsley.
Tip: If necessary, cover the dish with foil towards the end of the cooking process to prevent overbrowning.
Tip: Change the flavor by adding nutmeg and grated Gruyere cheese.

Eggplant, Zucchini, & Tomato Tian

Serves: 6

½ cup fresh or dry bread crumbs
½ cup Parmesan cheese, grated
2 tablespoons flat leaf parsley
1½ teaspoons fresh oregano, chopped
2 cloves garlic
1 small Japanese eggplant, cut diagonally into ¼-inch slices
2 medium zucchinis, cut diagonally into ¼-inch thick slices
2 large plum tomatoes cut into ¼–inch slices
1½ tablespoons extra-virgin olive oil, divided
¼ teaspoon kosher salt
¼ teaspoon black pepper
¼ cup vegetable stock or chicken

Directions:
1. In blender, blend bread crumbs, cheese, garlic and herbs.
2. Layer eggplant, zucchini and tomatoes in tian.
3. Top with bread crumb mixture.
4. Pour stock over bread topping.
5. Bake at 300°F on 1-inch rack for 20 minutes.

Tip: Tian is a French word referring to a shallow cooking vessel. A glass, ceramic or silicone baking dish can also work well for this recipe.
Tip: Try to find eggplant, zucchinis, and plum tomatoes that all have the same diameter. This makes it easy to layer them in an even circle in the Tian.

Roasted Asparagus, Mushrooms & Potatoes

Serves: 2-3

10 stalks asparagus, woody ends of stalks broken
3 large portabello mushroom caps, woody stems removed
3 Yukon Gold potatoes, cut in crosswise in ¼-inch thick rounds
½ cup Parmesan cheese, grated
2 tablespoons fresh rosemary, roughly chopped
Extra-virgin olive oil as needed
Kosher salt & black pepper as needed

Directions:
1. Grab asparagus stalk and apply pressure to bottom. It will naturally snap where woody part ends.
2. Grab remaining asparagus and cut all ends at same length.
3. In large bowl, add asparagus, oil, salt and black pepper; toss to coat.
4. Place asparagus on 3-inch rack.
5. Brush off any dirt clinging to mushrooms.
6. Grasp stem and pull it free from cap with your thumbs.
7. Place portabello mushrooms on clean surface.
8. Lightly drizzle mushrooms with oil, salt and pepper; rub to coat.
9. Fill each cap with 2 tablespoons cheese.
10. Place caps on 3-inch rack, next to asparagus.
11. In same bowl, add potatoes, oil, salt, pepper and rosemary; toss to coat.
12. Place potatoes on 3-inch rack, next to asparagus and mushrooms.
13. Cook at 350°F for 26-28 minutes, pausing every 8 minutes to remove cooked vegetables.
14. Remove asparagus after 8 minutes. Remove mushrooms after 16 minutes. Cook potatoes for entire 24 minutes.
15. Hold vegetables in warm place, covered with foil, until all vegetables have cooked.

Tip: You can clean out the gills of the mushrooms by scraping it out using a tip of a spoon.
Tip: Use a small amount of olive oil because the mushrooms absorb it.
Tip: You can cut potatoes in any shape you choose. Keep in mind cooking times will vary depending on the cut size you use. They can be cut in wedges, halves or quarters.

Eggplant Parmesan Casserole

Serves: 4-6

1 large eggplant, outer skin removed and thinly sliced
1 tablespoon olive oil
1 cup Parmesan cheese, shredded
2-3 basil leaves, sliced
1½ tablespoons garlic, minced
1 large tomato, thinly sliced
Dash sea salt
1 cup Mozzarella cheese

Directions:
1. Spread olive oil over 9-inch or 10-inch oven-safe baking pan.
2. Using at least 2 layers, layer all ingredients in order listed above.
3. Place dish on 1-inch rack and cook at 350°F for 18-22 minutes.
4. Let sit for 5 minutes. Serve in slices.

Caramelized Onions

Serves: 4

1 (½-pound) Vidalia onion, halved and cut into slices
2 tablespoons extra virgin olive oil
3 tablespoons garlic cloves, minced
1 teaspoon brown sugar

Directions:
1. Place all ingredients in oven-safe baking dish.
2. Bake at 350°F on 3-inch rack for 8-10 minutes.

Parmesan Fries

Serves: 2-4

2 large baking potatoes, with ½ inch removed from each end
½ cup Parmesan cheese, grated
Olive oil to taste
Salt & pepper to taste

Directions:
1. Cut potatoes (rinsed in water then drained), lengthwise, into ½-inch fries.
2. Toss with olive oil, salt and pepper.
3. Lay fries onto 3-inch rack and cook at 325°F for 12-14 minutes, flipping halfway through cooking process.
4. Toss with cheese and serve.

Cheese Stuffed Tomatoes

Serves: 6

3 Roma tomatoes
1 cup Mozzarella cheese
½ cup Parmesan cheese
1 tablespoon fresh thyme
1 tablespoon fresh basil
¼ cup onion, chopped
1 tablespoon garlic, chopped
¼ teaspoon black pepper

Directions:
1. Cut thin slice off bottom of each tomato.
2. Cut ¾-inch slice off stem of each tomato.
3. Scoop out pulp, leaving ½-inch thick shell.
4. Arrange tomatoes right side up in single layer on 3-inch rack.
5. Mix remaining ingredients.
6. Distribute stuffing evenly and fill each tomato.
7. Bake at 350°F for 7-8 minutes.

Corn Soufflé

Serves: 8

1 package cornbread mix
1 (15-ounce) can regular corn, drained
1 (15-ounce) can cream-style corn, drained
1½ cups Cheddar cheese, shredded
1 teaspoon salt
4 eggs, beaten
¼ cup sugar

Directions:
1. Mix all ingredients together.
2. Pour into 10-inch baking pan that has been sprayed with non-stick spray.
3. Place pan on 1-inch rack.
4. Cook at 350°F for 25-30 minutes.
5. When timer goes off, let soufflé sit inside Dome for 2 minutes.
6. Serve and enjoy.

Tip: If you use a larger pan, you will need less cooking time.
Tip: If possible, use freshly sliced corn off of the cob.

Mixed Vegetable Casserole

Serves: 8

1 (15-ounce) can mixed vegetables, drained
1 (8-ounce) can water chestnuts, sliced and drained
1 cup sharp Cheddar cheese, grated
1 cup celery, finely chopped
¾ cup mayonnaise
1 small onion, finely chopped
20 Ritz® crackers, crushed
2 tablespoons melted butter

Directions:
1. In large bowl, mix vegetables, chestnuts, cheese, celery, mayonnaise and onion.
2. Transfer mixture to 10-inch greased baking pan or casserole pan that will fit into NuWave Oven.
3. Place pan on 1-inch rack and cook at 350°F for 15-17 minutes.
4. Combine crackers and butter.
5. 2 minutes before casserole is done, sprinkle with cracker mixture.
6. Continue to cook until brown.
7. Let casserole sit inside Dome for 1-2 minutes before removing.

Broiled Zucchini Slices

Serves: 12

2 cloves garlic, minced
2 tablespoons olive oil
1 tablespoon fresh rosemary, roughly chopped
⅛ teaspoon black pepper
⅛ teaspoon salt
3 zucchinis or yellow squashes, cut lengthwise into ¼-inch slices

Directions:
1. In 9-inch fry pan, cook garlic in hot oil over Medium (275°F) heat for 30 seconds or until fragrant.
2. Stir in rosemary, pepper and salt.
3. Drizzle mixture over zucchini; toss to coat.
4. Arrange zucchini on 3-inch rack.
5. Cook at 350°F for 8-10 minutes per side.

Balsamic Glazed Carrots

Serves: 6

1 pound fresh carrots, washed and cut into thin round slices
2 tablespoons olive oil
1 teaspoon salt
½ teaspoon black pepper
2 tablespoons balsamic vinegar
1 tablespoon brown sugar

Directions:
1. Place all ingredients in bowl and add carrots.
2. Season with salt and pepper.
3. Place in oven-safe dish on 1-inch rack.
4. Cook at 350°F for 11-12 minutes.
5. Stir carrots and continue cooking at 350°F for 2 minutes.

Tips for Poultry

Poultry should be turned halfway through the cooking process for even browning. When adding your favorite dry seasonings to frozen poultry, lightly brush with oil or sprinkle cold water on it beforehand; this will allow seasonings to adhere.

Brush sauces onto fresh poultry so the seasonings bake right in.

To save time and to add extra flavor, marinate poultry in a sealed bag or container and freeze into separate servings. When ready to prepare, refer to the Quick & Easy Cooking Guide for appropriate cooking times.

To prevent poultry from browning too fast, place aluminum foil over the top. Be sure to secure the aluminum foil to the sides of the Cooking Rack or extend the aluminum foil outside of the oven. This will prevent the internal fan from blowing the aluminum foil around during the cooking process.

Turkey Tip: Start cooking the turkey, breast side down, for the first half of the cooking process. When you flip the turkey breast side up, if there are giblets inside the turkey, they should be thawed enough for easy removal at this time. During the last 20-30 minutes of the cooking process, stuff the cavity with your favorite stuffing and resume cooking. Poultry: When completely cooked, white meat will be white; thigh meat near the bone will have no pink color, and the juices will run clear.

*Using a meat thermometer is essential for checking the internal temperature of the meat to ensure that it has been thoroughly cooked to 165˚F.

Spicy Buffalo Chicken Sandwiches

Serves: 4

3 tablespoons butter, melted
½ cup buffalo-style hot sauce, divided
4 hoagie rolls, split
⅓ cup ranch dressing
½ teaspoon Creole seasoning
1½ cups carrots, matchstick cut
1½ cups celery, diagonally sliced
¼ cup onion, finely chopped
12 large deli-fried chicken strips (1¼ pounds)
1 (4-ounce) package Blue cheese, crumbled

Directions:
1. Stir together butter and 2 teaspoons hot sauce.
2. Brush butter mixture onto cut sides of rolls.
3. Place rolls cut side up in Liner Pan.
4. Stir together ranch dressing, 2-3 teaspoons hot sauce and Creole seasoning.
5. Add carrots, celery and onion; toss to coat.
6. Arrange chicken on bottom halves of rolls.
7. Drizzle remaining hot sauce onto rolls.
8. Layer chicken evenly with carrot mixture and cheese.
9. Top with remaining roll halves.
10. Cook at 300°F for 10-12 minutes
11. Serve with additional hot sauce.

Tip: You can change flavors by adding shredded Parmesan cheese, Swiss cheese or Blue cheese dressing.

Oven-Fried Chicken

Serves: 4

½ cup buttermilk
1 tablespoon Dijon mustard
2 cloves garlic, minced
1 teaspoon hot sauce
2-3½ pounds chicken, fresh, skin removed and cut into legs, breast, thighs and wings
½ cup all-purpose flour
1½ teaspoons paprika
1 teaspoon dried thyme
1 teaspoon baking powder
⅛ teaspoon salt (optional)
⅛ teaspoon pepper to taste
Non-stick cooking spray

Directions:
1. Whisk butter, mustard, garlic and hot sauce in shallow glass dish until well blended.
2. Add chicken. Mix to make sure meat is thoroughly coated.
3. Cover and marinate in refrigerator for at least 30 minutes, or up to 8 hours.
4. Put flour, paprika, thyme, baking powder, salt and pepper in large sealable plastic bag.
5. Shaking off excess marinade, place one or two chicken parts at a time in bag; shake to coat.
6. Shake off excess flour mixture.
7. Place chicken parts on 1-inch rack that has been sprayed with cooking spray.
8. Cook chicken at 350°F for 13-14 minutes per side.

Tip: If you do not have buttermilk, try mixing 1 teaspoon vinegar for every 1 quart of the milk that you already have.

Chicken Tenders with Wasabi Dipping Sauce

Serves: 4

3 (1-pound) boneless, skinless chicken breasts, cut crosswise into ½-inch strips
⅔ cup white flour
1 teaspoon baking soda
½ cup Parmesan cheese
½ teaspoon garlic salt
½ teaspoon paprika
½ teaspoon black pepper
1 egg, slightly beaten
3 tablespoons extra-virgin olive oil
½ cup mayonnaise
2 teaspoons wasabi

Directions:
1. Spray 3-inch rack with non-stick cooking spray.
2. In 1-gallon food storage plastic bag, mix flour, baking soda, cheese, garlic salt and paprika.
3. Dip chicken strips into egg and place in bag.
4. Seal bag; shake to coat chicken.
5. Place chicken on 3-inch rack.
6. Repeat coating process until all chicken pieces are coated.
7. Drizzle olive oil over chicken.
8. Cook at 350°F for 12-14 minutes, turning chicken halfway through cooking process.
9. Let chicken rest for 1 minute before serving.
10. Mix mayonnaise and wasabi for dipping sauce.

Tip: If using thicker chicken, you will need to add a few more minutes per side.
Tip: For a spicier dipping sauce, add more wasabi. You can also use honey mustard or BBQ sauce.

Thai Chicken

Serves: 1

1 (4 – 6-ounce) chicken breast, cut into bite size pieces
2 tablespoons Thai green curry paste
2 tablespoons fresh ginger, grated
2 tablespoons garlic, minced
2 tablespoons olive oil
¼ cup raw coconut, unsweetened and shredded

Directions:
1. Mix all ingredients in shallow bowl.
2. Place chicken mixture on 3-inch rack.
3. Cook at 350°F for 11-13 minutes.
4. Stir and serve.

BBQ Chicken

Serves: 4

1 whole fryer chicken (2 breasts, 2 thighs, 2 wings, 2 legs)
1 cup BBQ sauce
2 tablespoons honey mustard
1 tablespoon soy sauce
1 tablespoon Worcestershire sauce
1 clove garlic, minced

Directions:
1. Place chicken pieces on 3-inch rack.
2. Mix remaining ingredients in bowl and baste onto chicken.
3. Grill at 350°F for 11-13 minutes per side.
4. When flipping chicken pieces, baste on remaining sauce.

Tip: If cooking from frozen, grill for 14-15 minutes per side.

Creamy Chicken Breast with Mushrooms & Peppers

Serves: 1

1 (4 – 6-ounce) chicken breast
2 large mushrooms, sliced
½ bell pepper, cut into 1-inch pieces
½ cup sour cream
Salt & pepper to taste

Directions:
1. Place chicken in oven-safe dish.
2. Add mushrooms and peppers alongside chicken.
3. Spread sour cream over all ingredients.
4. Season with salt and pepper.
5. Place dish on 3-inch rack and cook at 350°F for 11-13 minutes per side.

Tip: If chicken is frozen, cook for 14-15 minutes per side.

Breaded Chicken Breast

Serves: 1

1 cup seasoned bread crumbs
2 tablespoons butter
1 egg, beaten
1 (4 – 6-ounce) boneless chicken breast
2 tablespoons parsley, chopped

Directions:
1. Place bread crumbs in shallow oval dish.
2. Dip chicken in egg and roll in bread crumbs.
3. Place chicken on 3-inch rack.
4. Place butter on chicken and cook at 350°F for 11-13 minutes per side.
5. Sprinkle with parsley and serve.

Cornish Game Hens with Artichokes & Potatoes

Serves: 4

2 tablespoons lemon juice
3 cloves garlic
2 tablespoons extra-virgin olive oil
1 teaspoon oregano
1 teaspoon thyme
½ teaspoon kosher salt
¼ teaspoon black pepper
2 cans artichoke hearts, drained
8 ounces small potatoes, quartered
2 (1½-pound) Cornish game hens, washed and dried with paper towel

Directions:

1. In large bowl combine lemon juice, garlic, oil, oregano, thyme, salt and black pepper.
2. Add artichoke hearts and potatoes; toss to coat.
3. Using slotted spoon, transfer artichokes to bowl.
4. With reserved marinade, brush game hens.
5. Twist wing tips under back.
6. Place hens on 1-inch rack and spread potatoes and artichokes around birds.
7. Cook at 350°F for 15-18 minutes per side (28-32 minutes per side if frozen).
8. Let hens rest for 5 minutes.
9. Cut hens down middle and serve with potato and artichokes.

Cilantro Garlic Chicken Breast

Serves: 6

6 (6-ounce) boneless, skinless chicken breasts
4 cloves garlic, peeled
1 small onion, peeled
1 cup loosely packed fresh cilantro leaves
1 tablespoon granulated sugar
1 tablespoon soy sauce
1 teaspoon black pepper
¼ cup lemon or lime juice

Directions:

1. Place one chicken breast between parchment paper sheets or on plastic wrap.
2. With meat pounder or rolling pin, flatten chicken to be about ½-inch thick.
3. Place chicken in large plastic bag. Repeat with remaining chicken breasts.
4. Using blender, finely chop garlic, onions and cilantro.
5. Blend in lemon juice, sugar, soy sauce and pepper.
6. Pour sauce over chicken.
7. Refrigerate for 1-4 hours.
8. Arrange chicken on 3-inch rack.
9. Cook at 350°F for 11-13 minutes per side.

Buttery Chicken Breast

Serves: 1

1 (4 – 6-ounce) boneless chicken breast
2 tablespoons butter
4 tablespoons parsley, chopped
Salt & pepper to taste

Directions:
1. Place chicken in 8x8-inch silicone baking pan.
2. Add butter, parsley, salt and pepper to pan and place on 3-inch rack.
3. Cook at 350°F for 11-13 minutes per side.

Chicken Curry

Serves: 1

1 (4 – 6-ounce) chicken breast, cut into bite size pieces
1 scallion, cut into ½-inch pieces
½ green bell pepper, small diced
2 cloves garlic, minced
2 tablespoons fresh ginger, grated
1 tablespoon curry powder or paste
¼ cup sour cream
1 teaspoon coriander leaves, chopped
Salt & pepper to taste

Directions:
1. Mix chicken, scallion, green pepper, garlic, ginger, curry, salt and pepper in small bowl.
2. Place chicken on 3-inch rack and cook at 350°F for 11-13 minutes.
3. Stir in cream and sprinkle with coriander and serve.

Caraway Duck with Raspberry Sauce

Serves: 2-3

1 whole duck (2 legs, 2 thighs, 2 wings, 2 breasts, all cut in half)
1 tablespoon caraway seed, crushed
Salt & pepper to taste
1 pint fresh raspberries
1 tablespoon lime juice
¼ teaspoon ground ginger
Cayenne pepper to taste
Sugar to taste

Directions:
1. Using fork or knife, pierce skin of each duck piece several times.
2. Season duck on all sides with caraway.
3. Lay duck on 1-inch rack and cook at 350°F for 30-35 minutes per side, upside down first.
4. While duck cooks, purée raspberries in blender.
5. Using flexible spatula, push berries through mesh strainer to remove seeds.
6. Mix raspberry puree, lime juice, ginger and cayenne until well blended.
7. Add sugar as desired.
8. Simmer sauce on Low (100°F), being careful not to overcook.
9. Serve immediately with duck.

Tip: If you cook the sauce for too long, it will taste more like jam.

Nutty Breading Chicken Breast

Serves: 1

1 egg, beaten
½ cup pecans, ground
1 tablespoon wheat germ
1 teaspoon Italian seasoning blend, dried
1 (4 – 6-ounce) boneless chicken breast
2 tablespoons parsley, chopped
Salt & pepper to taste

Directions:
1. Mix pecans, wheat germ and seasonings in shallow oval dish.
2. Dip chicken in egg and roll in nut mixture.
3. Place chicken on 3-inch rack and cook at 350°F for 11-13 minutes per side.
4. Sprinkle with parsley and serve.

Tip: You can substitute real eggs with ¼ cup egg substitute.

Low-Fat Crunchy Filled Chicken

4 boneless chicken breasts
3 ounces low-fat Cheddar cheese, sliced
1 tablespoon Dijon mustard
1 cup corn flakes, crushed
1 teaspoon parsley flakes, dried
½ cup non-fat buttermilk

Directions:
1. Cut deep 2-inch slit into meaty portion of chicken.
2. Slice cheese into 4 portions and brush with mustard.
3. Place 1 cheese slice into each slit and secure with wooden toothpicks.
4. Combine cereal, seasoning and parsley.
5. Dip chicken into buttermilk and roll in cereal mixture.
6. Place chicken in 8x8-inch silicone baking pan.
7. Place pan on 1-inch rack and cook at 350°F for 27-29 minutes.

Tip: Save the leftover cornflakes from the bottom of the cereal box for this recipe to cut down on waste.

Air-Fried Honey Ginger Crusted Chicken

Serves: 4

4 (4-ounce) boneless, skinless chicken breasts
1 tablespoon honey
1 tablespoon orange juice
½ teaspoon ground ginger
¼ teaspoon black pepper
Dash red pepper flakes (optional)
¾ cup crushed corn flakes
½ teaspoon dried parsley flakes

Directions:
1. Spray shallow 10-inch baking pan with non-stick spray.
2. In small bowl, combine honey, orange juice, ginger, black pepper and red pepper flakes.
3. Brush mixture over chicken breasts.

4. Combine corn flakes and parsley and pat onto chicken.
5. Place chicken in prepared baking dish and place on 3-inch rack.
6. Cook at 350°F for 11-13 minutes per side.

Tip: If chicken is frozen, cook for 14-15 minutes per side.
Tip: Chicken is completely cooked when juices run clear.
Tip: These are approximate times. Actual time will vary, depending on the size of the chicken.

Italian-Style Chicken

Serves: 4-6

8 tablespoons olive oil, divided
1 teaspoon kosher salt
1 teaspoon cracked black pepper
salt
1 (3-pound) whole chicken
2 tablespoons chopped rosemary
2 tablespoons chopped thyme
2 tablespoons chopped oregano
4 large cloves garlic, minced

Directions:
1. Rub chicken with 2 tablespoons olive oil, salt and pepper.
2. Run a chopstick or spatula handle between the skin and flesh of the chicken.
3. Mix rosemary, garlic, thyme, oregano and remaining olive oil in separate bowl.
4. Place herb mixture underneath chicken skin and massage chicken, ensuring herbs reach all parts of the chicken.
5. Place chicken, breast side down, on 1-inch rack and cook at 350°F for 30 minutes.
6. Turn chicken over and baste with juices from Liner Pan.
7. Cook at 350°F for additional 30 minutes.

Tips for Beef

Turning beef halfway through cooking time allows for even browning. To use your favorite dry seasonings on frozen meat, sprinkle cold water on it beforehand; this will allow seasonings to adhere.

Brush sauces on fresh meats to infuse flavors. Rub with olive oil to achieve maximum browning.

To save time, marinate in a sealed bag or container and freeze into separate servings.

For appropriate cooking times, refer to the Quick & Easy Cooking Guide.

* Using a meat thermometer is essential for checking the internal temperature of the meat.

Glazed Beef Ribs

Serves: 2

1 rack beef ribs, cut in half
Salt & pepper to taste
½ cup orange marmalade
2 teaspoons Dijon mustard
1 teaspoon lemon juice
1 tablespoon Worcestershire sauce

Directions:
1. Mix marmalade, mustard, lemon juice and Worcestershire sauce together in bowl.
2. Baste ribs with sauce.
3. Place ribs on 1-inch rack and cook at 350°F for 20-25 minutes per side.
4. Let meat rest under Dome for 5 minutes.

Tip: Bottled BBQ sauce may be substituted for glaze.
Tip: Melt marmalade by keeping it at room temperature for 30 minutes.

Honey Citrus Glazed Veal Chops

Serves: 4

3 tablespoons fresh lime juice
2 tablespoons fresh ginger root, grated
½ teaspoon lime zest
4 (8-ounce) veal rib chops, cut 1-inch thick

Directions:
1. Stir together lime juice, honey, ginger and lime zest in small bowl.
2. Place veal chops in glass dish.
3. Brush lime mixture onto veal.
4. Refrigerate for 1 hour, covered.
5. Place veal on the 3-inch rack, cook at 350°F for 12-15 minutes per side for fresh or 15-20 minutes for frozen.

Foolproof Standing Rib Roast

Serves: 6-8

1 (5-pound) standing rib roast, thawed
1 teaspoon onion powder
1 teaspoon kosher salt
1 teaspoon black pepper

Directions:
1. Rub roast with seasonings.
2. Place on 1-inch rack with rib side down.
3. Cook at 350°F for 15-17 minutes per pound for rare doneness.
4. Flip roast halfway through cooking process.
5. Let stand for 10 minutes before slicing.

Tip: For medium-rare doneness, cook for 17-19 minutes per pound.
Tip: For medium doneness, cook for 20-22 minutes per pound.
Tip: For well-done roast, cook for 27 minutes, or more, per pound.

London Broil

Serves: 1

1 (6-ounce) sirloin steak sliced, cut into ½-inch strips
2 large white mushrooms, sliced
1 tablespoon Worcestershire sauce
1 tablespoon butter
Salt & pepper to taste

Directions:
1. Place all ingredients in shallow oven-safe dish.
2. Cook on 1-inch rack at 325°F for 15 minutes.

Grilled Cheeseburgers

Serves: 4

1 pound lean ground beef
1 tablespoon Worcestershire sauce
1 egg
½ cup dry bread crumbs
½ package dry onion soup mix
4 hamburger buns
4 slices American cheese

Directions:
1. Place ground beef in large mixing bowl.
2. Add Worcestershire sauce, egg, bread crumbs and onion soup mix.
3. Mix together with hands. Be careful not to over mix, as this will result in tough burgers.
4. Divide meat mixture into four equal amounts.
5. Form beef into round patties approximately ¼-inch thick.
6. Place hamburger patties on 3-inch rack and cook at 350°F for 5-7 minutes per side for fresh patties or 10-11 minutes per side for frozen patties.
7. Place one cheese slice on each hamburger and cook for one additional minute to melt cheese.
8. Remove cheeseburgers and place on buns.
9. Add desired condiments.

Tip: You may substitute ground turkey for ground beef.
Tip: If burgers are thicker than ¼-inch, add 2 minute increments to cooking time until desired tenderness is achieved.

Yankee Pot Roast

Serves: 4-6

2½-3 pounds chuck or shoulder roast
3 large potatoes, cleaned and peeled into quarters
4 large carrots, cut on bias
1 large onion, cut in wedges
2-3 sprigs rosemary
1 teaspoon black pepper
½ cup red wine
1 teaspoon pepper
1 teaspoon salt
1 oven roasting bag

Directions:
1. Place all vegetables in oven bag.
2. Place meat on vegetables and season with wine, salt, pepper and rosemary.
3. Close bag with provided tie and make small slit on top.
4. With slit facing up, roast on 1-inch rack at 275°F for 4 hours.
5. Remove bag and place on tray.
6. Cut open to serve.

Japanese Style Steak

Serves: 1

1 (4 – 6-ounce) sirloin steak
¼ cup miso paste
2 tablespoons sake or dry white wine
2 tablespoons pickled ginger slices

Directions:
1. Mix miso and sake and spread over steak.
2. Let steak marinate for 1 hour in shallow dish.
3. Cook on 3-inch rack at 350°F for 6-7 minutes per side to achieve medium-rare.
4. Serve with ginger slices.

Tip: You can get miso paste at your local international supermarket.

Beef & Andouille Burgers with Caramelized Onions & Spicy Mayonnaise

Serves: 6

½ pound Andouille sausage, cut into ¼-inch cubes
½ pound ground 20% fat beef chuck or ground beef
¾ cup pecans, toasted and chopped
1 teaspoon salt
¼ teaspoon black pepper
½ pound sweet onion
3 tablespoons extra virgin olive oil, divided
3 tablespoons garlic cloves, minced
1 teaspoon brown sugar
¾ cup mayonnaise
1 tablespoon fresh lemon juice
1 teaspoon Cajun or Creole seasoning blend
¼ teaspoon hot pepper sauce

Directions:

1. Mix sausage, beef, pecans, salt and black pepper together and shape into 6 (½-inch thick) patties.
2. Store burgers in refrigerator while preparing remaining ingredients.
3. Place sweet onion, 2 tablespoons olive oil, garlic and brown sugar in Liner Pan.
4. Cook onion mixture at 350°F for 10-11 minutes.
5. Remove and keep warm.
6. Place burgers on 3-inch rack and cook at 350°F for 5-7 minutes per side.
7. While burgers are cooking, mix together mayonnaise, lemon juice, Creole seasoning, hot pepper sauce and 1 tablespoon olive oil and place in refrigerator.
8. Place burgers on bun, add caramelized onions and top with spicy mayonnaise.

Tip: Your local butcher should carry Andouille sausage. They should also be able to cut it to the specific size.

Tip: You can make these burgers ahead of time and freeze them. Just add 2-3 minutes to the cooking time.

Homestyle Meatloaf

Serves: 8

1 tablespoon olive oil
1 medium onion, chopped
3 garlic cloves, finely chopped
1½ pounds lean ground beef
1 large egg
½ cup dry bread crumbs
1 tablespoon Worcestershire sauce
1 tablespoon dried Italian seasonings
½ cup ketchup or chili sauce
1 tablespoon Dijon mustard

Directions:
1. In small skillet, heat oil over Medium-High (375°F) heat.
2. Add onion and garlic to skillet.
3. Cook for 3 minutes, or until onion softens.
4. In large bowl, combine beef, egg, bread crumbs, Worcestershire sauce and Italian seasoning. Mix well.
5. Pack mixture into 4x8-inch loaf pan.
6. In separate small bowl, combine ketchup and mustard.
7. Spread topping over loaf.
8. Place loaf on 1-inch rack and cook at 350°F for 45-50 minutes.

Tip: If the meat starts to brown too quickly, loosely cover with foil.

Classic NuWave Pot Roast

Serves: 4-6

2½ pounds chuck or shoulder roast
1 tablespoon olive oil
Fajita seasoning mix
2 potatoes, peeled and cut into quarters
1 cup small carrots
1 large yellow onion, peeled and cut into quarters

Directions:
1. Brush roast with olive oil and add fajita seasoning.
2. Cook at 300°F for 1 hour.
3. Brush remaining vegetables with oil and sprinkle fajita seasoning mix.
4. Turn roast and add vegetables around edges.
5. Cook at 325°F for 45 minutes or until vegetables are done.
6. Allow roast to sit for 5-10 minutes.

Pepper Steak

Serves: 4-6

1-2 pounds sirloin steak
Salt for taste
½ cup peppercorns, crushed

Directions:
1. Salt steak and press peppercorns into both sides.
2. Lay steak on 3-inch rack and cook at 350°F for 8-10 minutes per side for medium doneness.

Corned Beef Brisket

Serves: 4-6

1 (3½ – 4-pound) corned beef brisket
6 small red potatoes, cut in half
1 head cabbage, cut in wedges
1 cup water
1 bouillon cube
1 oven roasting bag

Directions:
1. Rinse meat and place corned beef fatty side up in cooking bag.
2. Add seasoning packet, water, bouillon cube and potatoes.
3. Secure bag with twist tie.
4. Lay bag on 1-inch rack.
5. Cook at 325°F for 1 hour.
6. Carefully turn bag over and cook at 350°F for additional 30 minutes or until meat is tender.

Tip: Making slits in the cooking bag will result in juices escaping. Gather the open end of the bag and leave a thumb-size hole and tie with string.
Tip: Serve with potatoes, cabbage and rye bread for that St. Patrick's Day touch!
Tip: Add ⅛ teaspoon cloves and 10 peppercorns if it is not included in the seasoning pack.

Three-Meat Fajita Dinner

Serves: 2

10 ounces meat (flank steak, chicken or pork)
1 large Spanish onion
1 green pepper
1 red pepper
1 yellow pepper
1 package taco or fajita seasoning mix
1 (8-ounce) package shredded Mexican or Cheddar cheese
1 package ready-made tortillas
1 (8-ounce) ready-made salsa mix
Salt & pepper for taste

Directions:
1. Cut all vegetables and meats into 3 x ¼-inch strips.
2. Sprinkle seasoning mix onto meats.
3. On 3-inch rack, place vegetables around outside and meats on inside.
4. Cook pork and chicken at 350˚F for 10-15 minutes per side. Cook flank steak at 350˚F for 6-7 minutes per side for medium doneness.
5. Remove Dome and flip vegetables and meats.
6. Wrap tortillas in aluminum foil and place in Liner Pan.
7. Replace Dome; cook at 350°F for another 10-12 minutes until meats are done.
8. Carefully open foil and place meats and vegetables on warmed tortillas.
9. Top with cheese and salsa.
10. Roll up tortillas and enjoy.

Beef & Corn Casserole with Noodles

Serves: 4

1 (12-ounce package) macaroni noodles
1 pound ground beef
½ cup onions, small diced
1 (11-ounce) can tomato soup
1 (8-ounce) can tomato sauce
1 (15-ounce) can cream-style corn
1 (11-ounce) can corn niblets, drained

Directions:
1. Cook noodles according to package directions. Drain and rinse.
2. Brown beef and onions until onions are cooked through.
3. Add soup, tomato sauce and corn to beef mixture.
4. Mix noodles with beef and sauce mixture.
5. Pour into Liner Pan.
6. Bake at 350°F for 20-25 minutes.

Baked Reuben Sandwich

Serves: 1

2-4 tablespoons butter, softened
2 slices rye bread
2 ounces corned beef, thinly sliced
¼ cup sauerkraut, squeezed dry
1 slice Swiss or Gruyere cheese
1 tablespoon Thousand Island dressing

Directions:
1. Lightly butter each slice of bread on one side.
2. Place corned beef, sauerkraut and cheese on unbuttered bread slice side.
3. Spread dressing onto corned beef.
4. Top with second bread slice, buttered side up.
5. Cook at 350°F for 7-9 minutes per side.

Boneless Rump Roast

Serves: 4-6

4 – 5-pound boneless rump roast
4-6 cloves whole garlic
1 teaspoon fresh cracked peppercorns
1 large onion cut in slices
4 large russet potatoes, quartered
3 carrots peeled, cut into sticks
½ cup beef broth
½ cup dry red wine (optional)

Directions:

1. Make small slits in roast and place garlic in slits (a little portion will show).
2. Season roast with fresh cracked peppercorns.
3. Place sliced onions on 1-inch rack.
4. Place roast, garlic side down, on onions.
5. Roast at 350°F for 15 minutes per pound to achieve medium-rare; 18 minutes per pound for medium and 22 minutes per pound for well-done.
6. Flip roast halfway through cooking process.
7. Place carrots and potatoes around roast and pour red wine and beef broth over roast and potatoes.
8. Continue to roast remaining half to achieve desired level of tenderness.
9. Pause the machine and turn carrots and potatoes (optional).
10. Let meat rest for 10 minutes before slicing.

Tips for Pork

For even browning, turn pork halfway through cooking process.
To use your favorite dry seasonings on frozen meat, sprinkle cold water on it beforehand; this will allow seasonings to adhere.

Brush sauces onto fresh meats to infuse flavors.

To save time, and to add extra flavor, marinate pork in a sealed bag or container and freeze into separate servings. For appropriate cooking times, refer to the Quick & Easy Cooking Guide.

Place aluminum foil or parchment paper loosely over the pork to prevent overbrowning. Be sure to secure foil to sides of rack or extend it outside the oven to prevent the NuWave Pro Plus Infrared Oven's internal fan from blowing the foil around during the cooking process.

To Cook a Ham
The NuWave Pro Plus Infrared Oven can cook up to an 8-pound boneless ham, or a 14-pound ham if using the NuWave® Extender Ring.

Place ham on the 1-inch rack. Add glaze during the last 10 minutes. If the ham is over browning, place aluminum foil or parchment paper over the top. Cook at 300°F for 12-14 minutes per pound.

• Using a meat thermometer is essential for checking the internal temperature of the meat to ensure that it has been thoroughly cooked.

Today's pork is very lean and should not be overcooked. To check accurate doneness, use a digital cooking thermometer. The National Pork Board follows the guidance of the U.S. Department of Agriculture, which recommends cooking roasts, tenderloins and chops to an internal temperature of 145°F, followed by a three-minute rest time, resulting in a flavorful, tender and juicy eating experience. Ground pork, like all ground meat, should be cooked to 160°F. Pre-cooked ham can be reheated to 140°F or enjoyed cold.

Baked Ham in Cola

Serves: 25

1 (10-pound) bone-in ham
1 can cola
1 cup brown sugar

Directions:
1. Place ham on 1-inch rack, fat side down.
2. Add half can cola to cover ham.
3. Cook at 300°F for 12-14 minutes per pound.
4. Pat sugar on ham and add remaining cola, pouring slowly.
5. Bake for additional 15 minutes.
6. Let ham rest inside Dome for 5 minutes.

Tip: For frozen ham, cook for 18-20 minutes per pound.
Tip: With the Extender Ring, you can make up to a 14-pound ham.
Tip: If you like your ham breaded, add 2 teaspoons dry mustard, 1 teaspoon fresh ground pepper and 1½ cups plain breadcrumbs along with sugar and remaining cola. The cooking times will not change when adding extra ingredients.

Asian Marinated Pork Chops with Pineapple Relish

Serves: 4

4 (1 – 1½-inch thick) pork chops
1 teaspoon ground ginger
¼ teaspoon black pepper
¼ cup soy sauce
¼ cup extra virgin olive oil
3 cloves garlic, chopped
1 tablespoon brown sugar
1 cup fresh or canned pineapple
¼ cup red onion, sliced
3 tablespoons flat leaf parsley, chopped
Salt & pepper to taste

Directions:
1. Mix ginger, black pepper, soy sauce, oil, garlic and brown sugar in freezer-safe bag.
2. Place pork in marinade.
3. Let pork marinate in freezer or refrigerator for 2 hours.
4. Place pork on 3-inch rack and cook at 350°F for 8-10 minutes per side.
5. While pork cooks, mix pineapple, onion, parsley, salt and pepper together to make pineapple relish.
6. When pork is finished, top with pineapple relish.

Pork Chops with Mustard Sauce: 1

1 (4 – 6-ounce) pork chop
2 tablespoons butter
1 tablespoon prepared mustard
1 tablespoon cream
½ teaspoon dried tarragon
Salt & pepper to taste

Directions:
1. Mix butter, mustard, cream, tarragon, salt and pepper; spread mixture over pork.
2. Place chop in oven-safe dish and place dish on 3-inch rack.
3. Cook at 350°F for 10-12 minutes per side, or until juices run clear.

Adobo Cutlets

Serves: 1

1 (4-6 ounce) pork cutlet
1 tablespoon white vinegar
Adobo seasoning
Chopped radishes

Directions:
1. Place cutlet in oven-safe dish and season with adobo and vinegar.
2. Place dish on 3-inch rack and cook at 350°F for 12-14 minutes, or until juices run clear.
3. Sprinkle with radishes and serve.

Thai Pork Tenderloin

Serves: 6

2 (12-ounce) pork tenderloins
2 cloves garlic, minced
1 tablespoon ginger root, chopped
2 tablespoons fresh cilantro, chopped
3 tablespoons hoisin sauce
2 tablespoons lime or lemon juice
1 tablespoon soy sauce
1 tablespoon sesame oil
2 tablespoons sweet Asian chili sauce

Directions:
1. In small bowl, combine all ingredients except for pork.
2. Arrange tenderloins in single layer in dish just large enough to hold them.
3. Pour sauce over meat, turning to coat.
4. Cover and refrigerate for 1-4 hours.
5. Place tenderloins on 3-inch rack and cook at 350°F for 12-14 minutes per side if fresh or 18-22 minutes per side if frozen.
6. Let meat rest for 5 minutes before cutting. Slice meat diagonally.

Tip: You can substitute 1 teaspoon dried ginger root for fresh.
Tip: For a less spicy version, use 1 tablespoon Asian chili sauce.

Kielbasa Casserole with Rice & Vegetables

Serves: 4-6

1 (10½-ounce) can condensed cream of celery soup, undiluted
¾ cups water
1 tablespoon butter or margarine
1½ cups instant rice
1 pound sausage, sliced into ½-inch pieces
1 (10-ounce) package frozen peas, thawed
1 (10-ounce) package frozen corn, thawed
1 cup Cheddar cheese, shredded

Directions:
1. In 3-quart saucepan, combine soup, water and butter.
2. Bring to boil on Medium-High (375°F), mixing until smooth.
3. Stir rice into soup mixture; cover and let stand for 5 minutes.
4. Stir in sausage, peas and corn.
5. Place mixture in oven-safe dish and place in Liner Pan.
6. Cook at 350°F for 20-22 minutes.
7. Top with cheese and cook for additional 1-2 minutes, or until cheese melts.

Avocado BLTs

Serves: 4

½ pound bacon slices
1 whole baguette, cut into 4 equal pieces and split open
4 tablespoons extra-virgin olive oil
1 garlic clove, crushed
1 cup salad greens
4 plum tomatoes, cut lengthwise
2 avocados, halved, pitted and thinly sliced
Salt & pepper to taste

Directions:
1. Cook bacon on 3-inch rack at 350°F for 10 minutes.
2. Brush bread crust with olive oil and rub garlic inside bread.
3. Lay bread, crust side up, onto 3-inch rack at 350˚F and grill for 3-4 minutes.
4. Remove bread and build sandwich with greens, tomatoes and avocados.
5. Season with salt and pepper.

Italian Sausage with Peppers

Serves: 1

4 ounces Italian sausage
1 red bell pepper, stem and seeds removed and sliced
3 scallions, cut into 1-inch crosscut slices
2 cloves garlic, minced
1 tablespoon olive oil

Directions:
1. Place all ingredients in shallow oven-safe dish and set on 3-inch rack.
2. Cook at 350°F for 5-8 minutes per side.

Tip: If sausage is frozen, cook for 8-10 minutes per side.

Hot Dogs

Serves: 4

4 Hot dogs
4 Hot dog buns

Directions:
1. Place hot dogs on 3-inch rack and cook at 350°F for 6 minutes per side.
2. Place hot dog in hot dog bun and add desired condiments.

Tip: If hot dogs are frozen, cook for 10 minutes per side.

Chilied Pork Chops

Serves: 4

4 (1-inch) loin pork chops
6 tablespoons extra virgin olive oil
2 cloves garlic, minced
1 teaspoon oregano
1 teaspoon cumin
1½ teaspoons salt
2 tablespoons chili powder
2 tablespoons green chilies
2 tablespoons fresh cilantro

Directions:
1. Place oil, herbs and seasonings into bowl and mix.
2. Place pork chops in mixture for 1 hour or overnight.
3. Place chops on 3-inch rack and cook at 350°F for 10-12 minutes per side.
4. Let meat rest for 5 minutes before cutting.

Tip: Cook for 14-16 minutes per side if frozen.

Glazed Spareribs

Serves: 4

1 rack pork spareribs
1 cup orange marmalade, melted
2 teaspoons Dijon mustard
1 teaspoon lemon juice
1 tablespoon Worcestershire sauce
Salt & pepper to taste

Directions:
1. Melt marmalade by keeping it at room temperature for 30 minutes.
2. Add mustard, lemon juice and Worcestershire sauce to marmalade.
3. Baste ribs and place on 3-inch rack.
4. Cook at 350°F for 18-22 minutes per side.
5. Let meat sit inside Dome for 5 minutes.
6. Season with salt and pepper.

Tip: For frozen ribs, cook for 22-24 minutes per side.

Tips for Seafood

Place fish fillets presentation side down, flipping halfway through cooking time.

To use your favorite dry seasonings on frozen fish, sprinkle cold water on it beforehand; this will allow seasonings to adhere.

Brush sauces on fresh fish to infuse flavors.

To steam fish, place aluminum foil or parchment paper over the top. Be sure to secure the foil to the sides of the rack or extend it outside the oven to prevent the NuWave Pro Plus Infrared Oven's internal fan from moving foil around during the cooking process.

Roll lemon on countertop to loosen juices and render the most juice from your lemon.

Tuna Noodle Casserole

Serve: 4-6

2 (5-ounce) cans tuna, drained
2 cups egg noodles, cooked
1 (10½-ounce) can cream of mushroom soup
½ cup water
1 cup frozen peas or green beans, thawed
½ cup sour cream
1 cup Cheddar cheese, shredded and divided
¼ cup bread crumbs

Directions:
1. Cook noodles according to directions; drain.
2. In medium bowl, add tuna, soup, sour cream, peas or green beans, ¾ cup cheese and noodles.
3. Place tuna mixture in 10-inch baking pan.
4. Cook on 1-inch rack at 350°F for 20-22 minutes.
5. Once cooking time is complete, place remaining ¼ cup cheese and bread crumbs on top.
6. Cook for another 2 minutes.
7. Let casserole cool for 5-10 minutes.

Tip: Substitute oven-fried onions for bread crumbs.

Simple Sole

Serves: 1

1 (5-ounce) filet of sole
1 tablespoon lemon juice
2 tablespoons butter
Salt & pepper to taste

Directions:
1. Place all ingredients in oven-safe dish.
2. Place dish on 3-inch rack.
3. Cook at 350°F for 7-9 minutes.

Shrimp with Lemon

Serves: 2

12 large shrimp, peeled and deveined
1 tablespoon lemon juice
2 tablespoons olive oil
1 teaspoon lemon pepper

Directions:
1. Place all ingredients in shallow oven-safe dish.
2. Set dish on 3-inch rack.
3. Cook at 350°F for 6-8 minutes, stirring halfway through cooking process.

Shellfish Medley

Serves: 2

4 littleneck clams
4 large shrimp
4 mussels
2 squids, cleaned and cut into 1-inch rings
2 cloves garlic, minced
2 tablespoons olive oil
¼ cup clam juice
1 tablespoon hot sauce
Dash parsley, minced

Directions:
1. Scrub clams and mussels.
2. Mix all ingredients in oven-safe dish and place on 3-inch rack.
3. Cook at 350°F for 12-14 minutes, or until clams and mussels open.

Tip: Pause halfway through cooking process and shake seafood in baking dish. This will help open the clams and mussels.
Tip: If clams and mussels have not opened, do not eat.

Sweet Chili Scallops

Serves: 4

16-18 ounces sea scallops
⅛ cup olive oil
1 tablespoon soy sauce
1 tablespoon sweet chili powder
1 tablespoon ground cumin

Directions:
1. Rinse scallops and drain on paper towel.
2. Mix together olive oil, soy sauce, chili powder and cumin.
3. Just prior to cooking, toss scallops in marinade.
4. Place scallops on 3-inch rack.
5. Cook at 350°F for 3-4 minutes per side.

Tip: If scallops are frozen, cook at 350°F for 4-5 minutes per side.

Clams & Sausage

Serves: 1

1 sausage, crumbled
8 littleneck clams, cleaned
1 clove garlic, minced
Chopped cilantro to taste
Lemon slices as needed
Hot sauce to taste

Directions:
1. Mix clams with sausage, garlic, cilantro and hot sauce.
2. Place lemon slices in shallow bowl; set aside.
3. Place clams in Liner Pan and cook at 350°F for 10-12 minutes, or until clams open and sausage is cooked.
4. Serve with lemon slices.

Tip: If you can't find littleneck clams, substitute 1 (8-ounce) can whole clams.

Lemon Salmon with Mango Salsa

Serves: 4

Salmon Ingredients:
4 (6-ounce) salmon fillets
2 tablespoons lemon juice
1 tablespoon olive oil
1 tablespoon grated lemon zest
2 teaspoon Dijon mustard
½ teaspoon black pepper

Salsa Ingredients:
1 ripe mango, peeled and diced
2 green onions, finely chopped
¼ cup red bell pepper, chopped
2 tablespoons fresh cilantro, chopped
2 tablespoons lime juice

Directions:
1. In small bowl, whisk together lemon juice, olive oil, lemon zest, mustard and pepper.
2. Place fish in baking dish and pour marinade over fish.
3. Marinate and refrigerate for 20 minutes.
4. While fish is marinating, mix all salsa ingredients together in small bowl; refrigerate until ready to serve.
5. Place salmon on 3-inch rack and cook at 350°F for 5-6 minutes per side.
6. Pour mango salsa over salmon and serve.

Tip: For frozen salmon, cook for 7-9 minutes per side.
Tip: For well-done salmon, add 2 minutes to cooking time.

Grilled Salmon & Fresh Basil

Serves: 4

3 tablespoons lemon juice
¼ cup fresh basil leaves, minced
1 tablespoon olive oil
1 tablespoon soy sauce
1 teaspoon Worcestershire sauce
1 garlic clove, minced
¼ teaspoon black pepper
4 (6-ounce) pounds salmon filets

Directions:
1. Combine lemon juice, basil, olive oil, soy sauce, Worcestershire sauce, garlic and pepper in resealable plastic bag; mix well.
2. Add salmon to marinade and seal bag.
3. Marinate in refrigerator for 30-60 minutes.
4. Remove salmon from bag; discard excess marinade.
5. Place salmon on 3-inch rack.
6. Cook at 350°F for 5-6 minutes.

Lobster Thermidor

Serves: 1

1 (4-6 ounce) lobster tail, shell removed and cut into 1-inch pieces
2 tablespoons butter
2 tablespoons heavy cream
2 tablespoons shallot, minced
½ teaspoon dry mustard
Chopped parsley

Directions:
1. Mix all ingredients in oven-safe dish.
2. Place dish on 3-inch rack.
3. Cook at 350°F for 10-11 minutes.

Peppered Tuna with Hoisin Sauce

Serves: 4

Tuna Ingredients:
4 (5–6-ounce) tuna steaks, ½-inch thick
1 teaspoon peppercorns, crushed
2 tablespoons soy sauce
3 tablespoons sesame oil
1 tablespoon lemon juice

Sauce Ingredients:
2 tablespoons soy sauce
2 tablespoons Hoisin Sauce
1 tablespoon honey or molasses
1 clove garlic, minced
2 tablespoons fresh lime juice
½ teaspoon fresh ginger, grated
½ teaspoon chili paste
2 tablespoons peanut oil or sesame oil

Directions:
1. Mix all tuna ingredients and spread over tuna.
2. Place tuna pieces on 3-inch rack.
3. Cook at 350°F for 5-6 minutes per side.
4. In small bowl, mix all sauce ingredients.
5. Place sauce in small dipping bowl and serve with tuna.

Tip: For thicker tuna, cook for 6-7 minutes per side.
Tip: Serve on top of Wonton crisps with sliced tuna and sauce.

Tuna with Fresh Orange Salsa

Serves: 4

4 (5–6-ounce) tuna steaks, ½-inch thick
½ teaspoon ground cumin
1 tablespoon olive oil
½ teaspoon salt
¼ teaspoon black pepper

Salsa Ingredients:
1 teaspoon orange peel, finely shredded
4 medium oranges, peeled, sectioned, and coarsely chopped
1 large tomato, seeded and chopped
¼ cup fresh cilantro, snipped
2 tablespoons green onion, chopped
2 tablespoons walnuts, chopped and toasted
1 tablespoon lime juice
¼ teaspoon salt
¼ teaspoon black pepper

Directions:
1. In small bowl, combine cumin, salt and pepper.
2. Brush fish with olive oil and sprinkle with cumin mixture.
3. Place fish on 3-inch rack and cook at 350°F for 5-6 minutes per side.
4. While fish cooks, mix all salsa ingredients in medium bowl.
5. Spoon salsa over fish, and serve.

Tip: For frozen tuna, cook for 7-9 minutes per side.
Tip: Fish should break apart with a fork easily when tested for doneness.

Artichoke Topped Tilapia

Serves: 4

4 (6 – 8-ounce) tilapia filets
2 tablespoons olive oil
1 tablespoon Italian herb seasoning
1 teaspoon soy sauce
1 cup prepared artichoke antipasto from jar, drained
½ cup grated Parmesan cheese

Directions:
1. Mix together olive oil, Italian herb seasoning and soy sauce; set aside.
2. Mix together artichoke and cheese; set aside.
3. Place filets on silicone pizza liner.
4. Brush each filet on exposed side with olive oil mixture.
5. Spread artichoke mixture in even layer over each filet.
6. Place filets on 3-inch rack cook at 350°F for 10-12 minutes.

Tip: If cooking from frozen, cook at 350°F for 13-15 minutes.

Bass with Fennel

Serves: 1

6 ounces stripped or black bass, 1-inch thick
1 teaspoon fennel seeds, crushed
1 tablespoon olive oil
1 tablespoon lemon juice
Salt & pepper to taste

Directions:
1. Mix fennel, olive oil, lemon juice, salt and pepper.
2. Place bass on 3-inch rack and spread fennel mixture onto fish.
3. Cook at 350°F for 8-10 minutes per side in an oven-safe dish.

Tip: Bones can be removed with needle nose pliers.
Tip: Filets can be cooked with or without the skin. If skin-on, make two shallow slices in the skin to reduce shrinkage while fish is cooking.

Cheesy Crab Melts

Serves: 6

7 ounces jumbo lump crab meat
½ cup Cheddar or Asiago cheese, shredded
¼ cup celery, finely chopped
¼ cup red bell pepper, finely chopped
¼ cup green onion, finely chopped
¼ cup mayonnaise
1 teaspoon Russian-style mustard or Dijon mustard
½ teaspoon salt
¼ teaspoon black pepper
3 English muffins, cut in half

Directions:
1. Pick through crab to ensure there are no shells.
2. Squeeze out any extra liquid from crab meat.
3. Combine all ingredients except English muffins; gently fold mixture together.
4. Pre-toast English muffins on 3-inch rack.
5. Spread crab mixture evenly over muffins.
6. Bake at 350°F for 6-8 minutes per side, or until cheese is bubbly.

Tip: Substitute crab meat with 7 ounces tuna.

Ancho Chili Crusted Salmon Tacos

Serves: 4

4 (6-ounce) salmon filets
1 tablespoon canola oil
1 teaspoon ground ancho chili powder
1 tablespoon cumin
2 tablespoons brown sugar
1 teaspoon soy sauce
6 ounces cabbage, shredded
½ cup jalapeño ranch dressing
8-12 corn tortillas

Directions:
1. Place salmon on parchment paper on 3-inch rack.
2. Brush salmon with oil on both sides.
3. Cook at 350°F for 5-6 minutes.
4. Meanwhile, stir together chili powder, cumin and brown sugar.
5. After 5 minutes, flip salmon and drizzle with soy sauce.
6. Sprinkle brown sugar mixture onto salmon.
7. Cook at 350°F for 5-6 minutes, or to desired tenderness.
8. While salmon cooks, toss together cabbage and dressing.
9. Wrap tortillas in foil and warm in Liner Pan for last 5 minutes of cooking process.
10. Serve salmon with warm tortillas and cabbage salad.

Tips for Lamb

To use your favorite dry seasonings on frozen meat, sprinkle cold water on it or lightly brush oil on beforehand; this will allow seasonings to adhere. Brush sauces on fresh meats to infuse flavors. To save time, marinate in a sealed bag or container and freeze into separate servings. When ready to use, refer to the cooking guide. Soak lamb in 1 cup milk, to tone down gaminess.
Use a meat thermometer to ensure lamb is properly cooked.

Roasting Recommendations
(Temperatures listed below are based on internal temperatures)

Lamb Cuts	135°-145°F (63°C)
Lamb Roasts	145°-150°F (66°C)

(Boneless)	
Rare	120°-140°F (60°C)
Medium-Rare	140°-150°F (66°C)
Medium-Well	150°-160°F (71°C)

* Using a meat thermometer is essential for checking the internal temperature of the meat.

Herb Stuffed Lamb Chops

Yield: 6 lamb chops

6 (2-inch) lamb chops
1 stick soft, unsalted butter
3 cloves garlic, minced
1 tablespoon fresh parsley, chopped
1 tablespoon fresh tarragon, chopped
1 large shallot, chopped
¼ teaspoon ground black pepper
1 teaspoon salt

Directions:
1. Mix garlic, herbs, shallots, salt and pepper with butter.
2. Place butter mixture inside lamb pockets.
3. Secure with toothpicks.
4. Place lamb chops on 3-inch rack.
5. Cook at 350°F for 8-10 minutes per side for medium-rare doneness.

Tip: You can use 1½ teaspoons dry tarragon instead of fresh.

Tip: Have your butcher cut a 2-inch pocket into side of lamb. You can also cut pocket yourself. Lay meat down and cut a ¾-inch pocket through the side.

Lamb Chops with Feta & Tomatoes

Serves: 4

2 tablespoons olive oil
1 clove garlic
1 tablespoon lemon juice
4 (1-inch) lamb chops
4 ounces feta cheese, crumbled
¼ cup chopped ripe tomatoes
4-6 kalamata olives, pitted
1 tablespoon parsley, chopped
Salt & pepper to taste

Directions:
1. In shallow dish, mix olive oil, garlic and lemon juice.
2. Add lamb chops, turning to coat all sides.
3. Place in refrigerator for 15 minutes.
4. In small bowl, mix feta, tomatoes, olives and parsley; set aside.
5. Place lamb chops directly on 3-inch rack and sprinkle with salt and pepper.
6. Cook at 350°F for 8-10 minutes, flipping halfway through cooking process.
7. When chops are done, spoon feta mixture in equal portions onto each chop.
8. Cook at 350°F for 1-3 minutes, or until cheese melts.

Lamb with Pesto

Serves: 1

1 (6-ounce) sirloin chop
½ cup packed fresh basil leaves
1 tablespoon toasted pine nuts
2 cloves garlic
½ cup olive oil
Salt to taste

Directions:
1. Place basil, nuts and garlic in blender.
2. Slowly pour in oil until it forms into thick paste.
3. Add salt and blend until sauce reaches desired thickness.
4. Place steak on 3-inch rack and cover with half pesto sauce.
5. Cook at 350°F for 4 minutes.
6. Flip steak and add remaining sauce.
7. Cook for additional 4 minutes.

Tip: Add more oil if sauce is too thick.

Lamb & Ham

Serves: 1

6 ounces leg of lamb, cut into 1-inch cubes
2 ounces smoked ham, diced
½ green pepper, cored and chopped
1 clove garlic, minced
2 tablespoons olive oil
Salt & pepper to taste

Directions:
1. Mix everything in oven-safe dish and place on 3-inch rack.
2. Cook at 350°F for 8-10 minutes.
3. Stir and cook for additional 8-10 minutes.

Lamb Kabob

Serves: 4

2 pounds leg of lamb, trimmed and cut into 2-inch cubes
1 large green bell pepper, cored and cut into 8 equal pieces
1 red onion, quartered
8 large white mushrooms
4 Roma tomatoes, cut in half and seeded
Barbeque sauce

Directions:
1. Divide ingredients into four servings and slide onto metal or bamboo skewers, alternating meat and vegetables.
2. Place kabobs on 3-inch rack and brush with sauce or seasoning.
3. Cook at 350°F for 10-12 minutes.
4. Flip kabobs and brush other side with sauce or seasoning.
5. Cook for additional 7-8 minutes.

Curried Lamb

Serves: 1

6 ounces leg of lamb, cut into 1-inch cubes
½ green pepper, thickly sliced
2 cloves garlic, minced
2 tablespoons fresh ginger, grated
2 tablespoons curry paste
1 tablespoon lemon juice
4 tablespoons sour cream

Directions:
1. Mix lamb, pepper, garlic, ginger and curry paste in oven-safe dish.
2. Place dish on 1-inch rack and cook at 350°F for 10-12 minutes.
3. Stir and cook for another 8 minutes.
4. Stir in juice and sour cream and serve.

Tips for Dessert

Many recipes in this section call for the use of the Silicone Baking Ring, 8x8-inch Silicone Baking Pan, and Silicone Cupcake Liners, all of which can be found in the NuWave Baking Kit. If you'd like to purchase the NuWave Baking Kit and take your baking to the next level, visit www.NuWaveNow.com.

When converting your own recipe to NuWave Pro Plus Oven methods, it is recommended to use the Extender Ring, 1-inch rack and bake at 300˚F the first time. You can always adjust from there.

The use of glass and ceramic pans will increase the required cooking time. Recipes in this book have been tested in silicone and metal pans.

For multi-layer baking, use the Silicone Baking Ring. Recipe temperatures will typically need to be set at 250˚F rather than 300˚F. Remember to adjust accordingly when using your own recipes.

Because the NuWave retains the moisture in baked goods, your recipe will stay fresh longer than recipes made in conventional ovens when stored properly.

For converting recipes requiring a 9x13-inch pan, you can usually substitute two pans using our 8x8-inch square silicone baking pan, with divider in place, slicing into finger size bars.

For cakes, cookies, muffins and more, adding the Extender Ring will control even browning. Depending on recipe directions, place cookies around perimeter of the Liner Pan (avoid placing cookies directly under Power Head).

For bottom crust pies, bake crust alone at 350˚F for 15-20 minutes. Add pie filling and cook remaining time as directed.

If a recipe calls for a glaze, spread it on during the last 5 minutes to prevent overcooking.

Always check for doneness with a toothpick or fork. If additional time is needed only use 3-5 minutes increments.

The Silicone Baking Ring can be used for any foods you want to prevent from sticking to the rack.

Recipes that call for baking in our NuWave Silicone 8x8-inch Pan will require more time if you are using a smaller pan. Check for doneness with toothpick and 3-5 minutes at a time until desired doneness is reached.

Pumpkin Whoopie Cookies

Yields: 24 cookies

1 cup vegetable oil
2 cups packed light brown sugar
2 large eggs
1 cup pumpkin puree, canned or fresh
1 tablespoon pumpkin pie spice
1 teaspoon pure vanilla extract
1 teaspoon baking powder
1 teaspoon baking soda
1 teaspoon salt
3 cups all-purpose flour

Directions:

1. Spray Liner Pan with non-stick cooking spray.
2. In large bowl, mix together vegetable oil and brown sugar until smooth.
3. Add in eggs until blended. Add in pumpkin puree, pumpkin pie spice, vanilla, baking powder, baking soda and salt. Whip until light and fluffy.
4. Gently fold in flour with rubber spatula. Be careful not to over mix.
5. Using small cookie scoop, drop pieces on Liner Pan about 2 inches apart.
6. Place Extender Ring on Base.
7. Bake at 350˚F for 12-14 minutes, or until cookies spring back when lightly touched.
8. Cool completely before filling.

Cream Cheese Filling Ingredients:

1 (8-ounce package) cream cheese, softened
1 cup butter, softened
4½ cups powdered sugar
2 teaspoons pure vanilla extract

Cream Cheese Filling Directions:

1. In large bowl of electric mixer, cream butter and cream cheese on medium speed, scraping sides of bowl.
2. Mix on low speed and add powdered sugar and vanilla, then beat until light and fluffy.
3. Spread flat side of the cookies with cookies filling. Top with another pumpkin cookie, pressing down very lightly to seal.

Tip: If you don't have pumpkin pie spice on hand, mix:

1½ teaspoon cinnamon
1 teaspoon nutmeg
1 teaspoon ginger
½ teaspoon allspice

Store in single layers and keep refrigerated.

Pound Cake

Yield: 1 Cake

3 cups all-purpose flour
½ teaspoon baking powder
½ teaspoon salt
1 cup (2 sticks) unsalted butter, softened
3 cups sugar
2 teaspoons pure vanilla extract
6 large eggs
1 cup heavy cream

Directions:

1. Sift together flour, baking powder and salt; set aside.
2. Cream butter and sugar together until fluffy on medium-high speed.
3. Mix in vanilla extract and add eggs one at a time, beating well after each addition.
4. Gradually add flour mixture to butter mixture alternating with heavy cream.
5. Pour batter into silicone bundt pan.
6. Place Extender Ring on Base.
7. Place bundt pan on 1-inch rack.
8. Bake at 300˚F for 30 minutes.
9. Reduce temperature to 275˚F and bake for 45 minutes without opening the NuWave.
10. Check for doneness with a knife. If more time is needed, do not add more than 5 minutes at a time.
11. Remove from NuWave; let cool in pan for 15 minutes.
12. Invert cake onto cake plate.

Tip: Replace vanilla extract with almond or lemon extract to change it up.

Latin Lace Florentine Cookies

Yield: 48 Cookies

¾ cup quick-cooking oats
¾ cup all-purpose flour
¾ cup granulated sugar
1 teaspoon ground cinnamon
¾ teaspoon chili powder
½ teaspoon baking soda
½ teaspoon salt
1½ cups sliced almonds
10 tablespoons (1 ¼ sticks) unsalted butter, melted
¼ cup half-and-half cream or whole milk
¼ cup light corn syrup
1 teaspoon pure vanilla extract
4 ounces fine-quality bittersweet chocolate, chopped (look for bittersweet chocolate with a minimum of 60% cocoa solids)

Directions:

1. In large bowl, whisk together oats, flour, sugar, cinnamon, chili powder, baking soda and salt.
2. Stir in almonds; set aside.
3. In separate bowl, combine butter, half-and-half (or milk), corn syrup and vanilla extract.
4. Add wet ingredients to dry ingredients a little at a time until combined.
5. Place heaping teaspoons of batter onto Liner Pan 3 inches apart.
6. Bake at 300˚F for 14 minutes or until crisp around the edges.
7. Transfer cookies to cooling rack.
8. Place wax paper below rack to catch chocolate drizzle.
9. While cookies are cooling, melt chocolate in metal bowl set over pan of simmering water.
10. Drizzle chocolate in zigzag pattern over tops of cooled cookies.

Easy Lemon Cookies

Yield: 36 Cookies

1 package (18¼ ounces) lemon cake mix
1 egg
½ cup butter (softened)
1 tablespoon lemon juice
Grated zest from 1 lemon
Powdered sugar for decoration

Directions:
1. Pour cake mix into large bowl.
2. Mix in egg, butter, lemon juice and lemon zest until well blended.
3. Refrigerate dough for at least 15 minutes, or overnight if desired.
4. Roll heaping teaspoons of dough into balls and roll in powdered sugar.
5. Place cookie dough around perimeter of Liner Pan, with pieces about 1 inch apart.
6. Bake at 300˚F for 10 minutes.
7. Once cookies have cooled completely, dust with powdered sugar one more time.

For multi-level baking:
1. Place Extender Ring on NuWave Oven Base.
2. Place cookies in Liner Pan as directed above.
3. Place 1-inch rack over cookies in Liner Pan.
4. Place Silicone Baking Ring on Cooking Rack.
5. Arrange cookies on Silicone Baking Ring.
6. Bake at 300˚F for 15 minutes.

Tip: Do not place cookies directly under heating element.

Country Road Bar Cookies

Serves: 12

2 cups graham cracker crumbs
⅓ cup melted butter
¼ cup granulated sugar
½ cup chopped macadamia nuts
½ cup white chocolate chips
½ cup sweetened flaked coconut
1 (14-oz.) can sweetened condensed milk

Directions:
1. Combine first 3 ingredients in medium bowl.
2. Press mixture onto bottom of 8x8-inch silicone baking pan.
3. Place 3-inch Extender Ring on Base Tray. Place pan on 1-inch rack.
4. Bake at 300˚F for 15 minutes.
5. Remove from oven.
6. Sprinkle macadamia nuts, white chocolate morsels and coconut over hot crust.
7. Pour condensed milk evenly over top.
8. Bake additional 20-25 minutes, or until lightly browned and edges are bubbly.
9. Let cool for 1 hour on wire rack. Slice each loaf into finger size bars.

Tip: Place silicone divider in 8x8-inch pan and slice into finger size bars. If macadamia nuts are not available, try butter toffee peanuts.

Bread Pudding with Whiskey Sauce

Serves: 6

10 slices day old white bread
4 tablespoons white sugar
3½ cups milk
4 eggs, separated
1 tablespoon vanilla
½ teaspoon salt
2 sticks butter
1 cup raisins

Whiskey Sauce Ingredients:
½ cup sugar
¼ cup water
¼ cup butter
1 shot glass Whiskey

Directions:
1. Break bread into oven-safe casserole dish, no bigger than 1½ quarts.
2. Soften bread with small amount of milk.
3. Beat sugar and egg yolks.
4. Add milk and stir well.
5. Add vanilla and salt.
6. Pour milk mixture over bread. Fold in raisins.
7. Cut butter into chunks and fold in.
8. Place pan on 1-inch rack and bake at 350˚F for 30 minutes.
9. Check by sticking knife in center; if it comes out clean, it's done.

Whiskey Sauce Directions:
1. Mix all ingredients and heat until dissolved.
2. Remove from heat and add a spoonful of Whiskey Sauce to each pudding serving.

Almond Tart

Serves: 8

10-12 ounces ginger snaps, broken into pieces
1 stick unsalted butter, cut into cubes
12 ounces chopped almonds
4 eggs
¾ cup light corn syrup
¼ cup honey
½ cup sugar
1 tablespoon rum
1 teaspoon pure vanilla extract
dash of salt

Directions:
1. Process cookie pieces and butter pieces together in food processor, fitted with steel blade, until crumbs begin to soften together.
2. Press into 9-inch tart pan, along sides and bottom.
3. Sprinkle almonds evenly over bottom of crust.
4. In medium bowl, beat together eggs, corn syrup and honey until pale in color.
5. Mix in sugar, rum, vanilla and salt.
6. Pour mixture over almonds and place pan on 1-inch rack.
7. Bake at 350˚F for 5 minutes.
8. Tent tart with foil, continue baking for 30 minutes.
9. Remove foil tent, continue to bake at 350˚F for additional 15 minutes.

Angel Food Cake (Box)

Serves: 10-12

1 cake mix box (prepared)
1 metal tube pan
Water

Directions:
1. Prepare mix as directed on package.
2. Pour batter into ungreased pan.
3. Cut through batter with sharp knife to remove large air bubbles.
4. Place Extender Ring on base tray.
5. Place tube pan on 1-inch rack.
6. Bake at 300˚F for 20 minutes.
7. Lower temperature to 250˚F and bake for additional 20 minutes.
8. Remove pan from oven and hang upside down on top of wine bottle until completely cool.
9. Loosen cake from tube and sides of pan using a knife or spatula with up-and-down strokes.
10. Gently remove cake.

Apple Crisp

Serves: 10-12

4 apples, peeled & cored
⅛-inch thick
½ cup flour
½ cup brown sugar, firmly packed
½ cup quick cooking oatmeal
¼ cup butter, softened
¼ cup granulated sugar
¾ teaspoon cinnamon

1. Slice apples into ⅛-in slices and place in lightly buttered 8x8-inch baking dish.
2. In medium bowl, combine flour, brown sugar, oatmeal, and butter until well mixed; set aside.
3. In small dish, mix granulated sugar and cinnamon.
4. Sprinkle sugar mixture evenly over apples.
5. Pat oatmeal mixture onto apples.
6. Place pan on 1-inch rack and bake at 300˚F for 25 minutes, or until apples are tender and juices are bubbly.
7. Cool on wire rack.

Golden Ginger Nut Lemon Bars

Serves: 8-10

2 cups all-purpose flour
½ cup powdered sugar
½ teaspoon baking soda
¼ teaspoon salt
¾ cup cold butter
½ cup golden raisins
1½ cups white chocolate chips
1 cup coarsely ground almonds, divided
3 tablespoons finely chopped crystallized ginger
10 ounces lemon curd

Lemon Curd Ingredients:
½ cup fresh lemon juice
1 tablespoon grated lemon zest
½ cup sugar
2 eggs
½ cup unsalted butter, cubed

Lemon Curd Directions:
1. In 2-quart saucepan, combine lemon juice, lemon zest, sugar, eggs and butter.
2. Cook over medium-low heat until thick enough to hold marks from whisk and first bubble appears on surface.

Ginger Bar Directions:
1. Prepare lemon curd and set aside.
2. Combine flour, sugar, baking soda and salt in a large bowl; cut in butter with a pastry blender until crumbly.
3. Toss in half the almonds.
4. Reserve 1 cup flour mixture.
5. Press remaining flour mixture onto bottom of 8x8-inch silicone baking pan and press evenly.
6. Place Extender Ring on Base.
7. Place pan on 1-inch rack.
8. Bake at 350˚F for 15-18 minutes or until lightly browned.
9. Remove from oven.
10. Spread lemon curd over crust, leaving ¼-inch border.
11. Mix raisins, almonds and ginger with reserved flour mixture and sprinkle evenly over the top.
12. Bake additional 12-15 minutes, or until lightly browned.
13. Open Dome and remove promptly when time is completed.
14. Allow to cool slightly and cut into squares.

Tip: Make lemon curd ahead of time and store up to one week.

Blueberry Streusel Coffee Cake

Serves: 8-10

Cake Ingredients:
2 cups and 3 tablespoons all-purpose flour
¾ cup sugar
2 teaspoons baking powder
¼ teaspoon salt
1 egg
½ cup milk
½ cup butter, softened
1 cup fresh or frozen blueberries
1 cup chopped pecans

Streusel Topping Ingredients:
½ cup sugar
⅓ cup all-purpose flour
¼ cup cold butter

Streusel Directions:
1. Combine sugar and flour in bowl.
2. Cut in butter until crumbly; set aside.

Cake Directions:
1. In large mixing bowl, combine the flour, sugar, baking powder and salt.
2. Add egg, milk and butter.
3. Beat mixture well.
4. Fold in blueberries and pecans.
5. Spread into greased 9-inch spring form baking pan.
6. Sprinkle streusel topping over batter.
7. Place Extender Ring on NuWave Oven Base.
8. Place 1-inch rack in Base Tray.
9. Place baking pan on 1-inch rack.
10. Bake at 300˚F for 30 minutes.
11. Cool for 15 minutes and serve warm.

nuwave®

LIVE WELL FOR LESS

HORNO INFRARROJO DE NUWAVE® PRO PLUS

Libro de Recetas & Manual Completos

IMPORTANTES MEDIDAS DE SEGURIDAD

Cuando utilice productos eléctricos, especialmente cuando haya niños presentes, se deben tomar precauciones básicas, incluyendo las siguientes:

LEA TODAS LAS INSTRUCCIONES ANTES DE USARSE

PELIGRO – Para reducir el riesgo de electrocución:

• Lea todas las instrucciones, medidas de seguridad y advertencias antes de utilizar el electrodoméstico.

• No coloque el aparato donde se pueda caer o sumergir en agua u otros líquidos.

• No trate de sacarlo si se ha sumergido en agua. ¡Desconéctelo inmediatamente!

• No sumerja el cable, la clavija o la fuente de potencia en agua u otros líquidos.

ADVERTENCIA – Para reducir el riesgo de quemaduras, electrocución, fuego o lesiones:

• Este electrodoméstico no deberá ser utilizado por niños. Tenga más cuidado cuando utilice el producto cerca de niños.

• Utilice este electrodoméstico para su propósito planeado como se describe en su folleto.

• No utilice cualquier otro accesorio o aditamento no recomendado por el fabricante. Podrían ocasionar fuego, descarga eléctrica o lesiones personales.

• Nunca opere este electrodoméstico si tiene el cable o la clavija dañados, si no funciona adecuadamente, si ha sido dañado o si se ha sumergido en agua. En cualquiera de estos casos, devuelva el electrodoméstico a un centro de servicio al cliente autorizado para su revisión, reparación o ajuste. Cualquier otro servicio deberá ser realizado por un representante de servicio autorizado.

• Mantenga el cable alejado de superficies calientes.

• Desconecte del contacto cuando ya no esté en uso y hágalo antes de limpiarlo. Déjelo enfriar antes de abrirlo o desarmarlo.

• Siempre desconecte el aparato jalando la clavija. NO lo desconecte jalando el cable.

• Nunca force la clavija en un enchufe.

• No lo utilice al aire libre.

• No lo utilice donde se estén usando productos aerosoles, así como en lugares donde el oxígeno sea reducido.

• No deje el cable colgando en la orilla de una mesa o una barra, o tocando superficies calientes.

• No colocar sobre o cerca de un calentador de gas o eléctrico o dentro de un horno caliente.

• Extreme precauciones cuando mueva el electrodoméstico si contiene aceite u otros líquidos calientes.

• Tome especial precaución cuando saque la cacerola o la rejilla calientes.

• Para desconectar el aparato presione el botón Pause/Clear dos veces antes de hacerlo.

• No utilice este electrodoméstico para otro uso que no sea para el que está diseñado.

• Revise todo el cableado. Tenga cuidado con cables o clavijas dañados.

• Este electrodoméstico es para uso doméstico únicamente; está diseñado para procesar cantidades normales de una casa. No es conveniente para un uso continuo u operación comercial.

• No desarme el producto. Las partes no sirven por sí solas.
• No deje el electrodoméstico desatendido si está en uso.
• Use las asas cuando levante el domo de la base.
• No toque las superficies calientes. Utilice las asas o use guantes para hornear.
• Detenga o pause el horno antes de quitar el domo para revisar o voltear la comida. El domo y la fuente de potencia deberán colocarse en el sujetador del domo.
• Siempre quite el domo lejos de usted para que el vapor que escape se mantenga alejado de su cara.
• Si el cable está dañado, deberá ser cambiado por uno especial del fabricante o su agente de servicio.
• Tenga cuidado con la grasa caliente.
• Mantenga este manual a la mano para su fácil consulta en el futuro.

GUARDE ESTAS INSTRUCCIONES

Información Eléctrica

El largo del cable de este electrodoméstico fue seleccionado para reducir los Riesgos de Seguridad que puedan ocurrir con un cable largo. Existen cables de extensión disponibles, los cuales pueden ser utilizados si esto se hace con cuidado. Si un cable de extensión es utilizado: (1) la clasificación eléctrica marcada deberá ser al menos tan grande como la del aparato y (2) el cable más largo deberá ser arreglado para que no se doble sobre la mesa o barra donde podría ser accidentalmente jalado o tropezarse.

Ciertos modelos de electrodomésticos pueden tener una clavija polarizada (una cuchilla es más gruesa que la otra). Esta clavija está diseñada para ser usada en una entrada polarizada de una sola forma. Si la clavija no entra completamente en el contacto, voltéela. Si aún así no cabe apropiadamente, contacte a un electricista capacitado. No intente modificar la clavija de ninguna manera.

ADVERTENCIA

Riesgo de descarga eléctrica. Úsese con un sistema eléctrico adecuado. No se use si el cable o la clavija están dañados.

ADVERTENCIA: Todos los productos metálicos en el horno, como la cacerola y la rejilla, se pueden calentar mucho durante el uso. Por favor tenga cuidado cuando retire estas partes de un horno caliente. Siempre utilice guantes para hornear o agarraderas de ollas. Deje enfriar la cacerola y la rejilla por completo antes de limpiarlas. Al abrir el domo, éste se puede expandir ligeramente cuando está caliente. En raras ocasiones, la fuente de potencia podría separarse por sí sola del domo completamente, causando así el escape de aire caliente entre esas partes.

Bienvenido a la Cocina con el NuWave

¡Felicidades por la compra de su NuWave Pro Plus Infrared Oven! Este libro contiene instrucciones detalladas e imágenes que le ayudarán a comenzar a usar este revolucionario producto, diseñado para ayudar a las personas y las familias a "Vivir Bien por Menos®". También está lleno de grandes recetas y consejos para ahorrar tiempo que lo facultaran para preparar deliciosas comidas gourmet en la mitad de tiempo que le llevaría utilizando un horno convencional.

Cocinar es rápido y fácil con el NuWave Pro Plus Infrared Oven de NuWave, LLC. Este versátil electrodoméstico de barra combina el calor del infrarrojo, de la conducción y de la convección para ahorrar tiempo y energía, mientras crea comidas más saludables permitiendo que las grasas y aceites goteen lejos de la comida. Cocinar en el NuWave no requiere de precalentar o descongelar. Sólo coloque la comida congelada en el horno y presione los botones para programar el tiempo y la temperatura. Para mayor comodidad, el horno utiliza un sistema de cocción por capas que permite cocinar varios platillos al mismo tiempo sin mezclar sabores.

Lo invitamos a visitar www.NuWaveCookingClub.com para encontrar más consejos y recetas de los chefs de NuWave equipo culinario de todo el mundo, así como información de partes y accesorios de su NuWave. Nuestra misión es exceder las expectativas desarrollando productos innovadores, utilizando la tecnología más avanzada que permita a los consumidores "Vivir Bien por Menos®".

NUWAVE COOKING CLUB

Nosotros valoramos a cada cliente NuWave Oven. Usted ha adquirido su horno porque desea ahorrar tiempo, dinero y energía mientras disfruta de platillos con gran sabor y más saludables. Para mostrarle nuestra gratitud y nuestro compromiso vitalicio con usted hemos creado NuWaveCookingClub.com exclusivamente para nuestros clientes. Este sitio es presentado por nuestro Chef Ejecutivo e incluye recetas, videos instructivos de cocina paso a paso y más. Usted también puede visitar www.NuWaveNow.com para ver más productos innovadores desarrollados por los creadores del NuWave Oven. Esperamos que usted disfrute utilizando su NuWave Pro Plus Infrared Oven.

Partes del NuWave® Pro Plus Infrared Oven

Fuente de Potencia - Fácil de usar, controles digitales programables

Domo - Domo transparente y ligero

Rejilla para Cocinar - Ajustable a alturas de 1ó 3 pulgadas

Cacerola Esmaltada - Fácil de limpiar, ecológica, esmaltada, sin PTFE o PPOA

Base - Fresca al contacto así que también puede usarse como bandeja

Asa para el Domo - Con diseño único para sujetar de forma segura el domo y el ensamble de la fuente de potencia de su NuWave Oven

Partes del NuWave® Pro Plus Infrared Oven

Fuente de Potencia Digital
Negra con Detalles Plateados 26001

Base Fresca al Contacto
Negro con Detalles Plateados 26004

Domo 22049

Cacerola Esmaltada de 12
pulgadas 26010

Rejilla para Cocinar
Ajustable 1 ó 3 pulgadas
26008

Domo de Poder 22050

Asa para el Domo 22020

Guía de Cocina Rápida
y Fácil en Inglís
BQ 20600

Guía de Cocina Rápida y
Fácil en Español
BQ 20600

Manual y Recetario
Completo BM 20600

Accesorios para el NuWave® Pro Plus Infrared Oven

Kit del Aro Extensor

El Kit incluye (26012):

Cacerola Esmaltada de 10 pulgadas	22047
Rejilla para cocinar de 2 pulgadas	26007
Aro Extensor de Acero Inoxidable de 3 pulgadas	26011

El Kit incluye (26009):

Rejilla para cocinar de 2 pulgadas	26007
Aro Extensor de Acero Inoxidable de 3 pulgadas	26011

Accesorios para el NuWave®
Pro Plus Infrared Oven

Kit Pizza Supreme del NuWave 22104

El Kit incluye:

Pinza de Acero Inoxidable para Pizza	22042
Funda de Silicón para Pizza	22105
Servidor de Acero Inoxidable para Pizza	22106
Tabla para Cortar 100% de Bambú	22107

Kit para Hornear del NuWave Pro Plus 26019

El Kit incluye:

Molde para Hornear de Silicón de 8x8 pulgadas	22111
Divisor para Hornear de Silicón	22112
Moldes de Silicón para Panquecillos (juego de 12)	22113
Batidor	22115
Aro de Silicón para Hornear	22115
Libro para Hornear del NuWave Pro Plus	BC20600

Estuche Portátil del
NuWave Pro Plus 26016

NuWave Twister 22091

NuWave Party Mixer 22191

Para ordenar llame a nuestra Línea de Atención al Cliente al 1.877.689.2838
u ordene en línea en www.NuWaveNow.com. Favor de proporcionar el nombre y el
número del producto para asegurar que su compra sea procesada correctamente.

Guía de Ensamble del NuWave®
Pro Plus Infrared Oven

Uniendo la Fuente de Potencia al Domo

1. Coloque la Fuente de Potencia en el borde del Domo
2. Asegúrelos girando la Fuente de Potencia en sentido de las manecillas del reloj hasta que los seguros embonen.

Ensamblando el NuWave Oven Completo

Coloque la Base sobre una superficie firme y estable.

Coloque la Cacerola dentro de la Base. Cuando lo haga asegúrese de que las asas estén en la posición hacia abajo. Si las asas no están completamente abajo, el Domo podría no embonar adecuadamente en la base.

Coloque la Rejilla para Cocinar de nivel dual sobre la cacerola en la forma en la que se necesite.

Coloque la comida en la rejilla.

Coloque el Domo y Fuente de Potencia al Domo sobre la comida, uniéndolo a la Base. El Domo deberá embonar suavemente en la base.

Programe el tiempo de cocinado y la temperatura de acuerdo a las indicaciones de la receta.

ANTES DE USARSE:

Antes de usar su NuWave Oven por primera vez, lave el domo, la cacerola, la base y la rejilla con agua tibia con jabón o lávelos en el lavavajillas.

IMPORTANTE- No lave ni sumerja la Fuente de Potencia en agua ni utilice el lavavajillas. La superficie externa puede ser limpiada cuidadosamente con un paño húmedo o una esponja.

Cómo Instalar y usar el Asa para el Domo

Asegúrese de que la Fuente de Potencia esté firmemente asegurada en el Domo. Entonces el ensamble completo podrá ser levantado fácilmente y separado como se muestra en los pasos 1, 2 y 3.

Paso 1

Coloque el Asa para el Domo debajo de cualquiera de los agarres de la base.

Paso 2

Asegúrese de que ambas puntas del Asa para el Domo estén puestas dentro del agarre y que el Asa para el Domo esté apoyada horizontalmente en una superficie plana

.

Paso 3

Coloque el ensamble de la Fuente de Potencia y el Domo en un ángulo de 45° sobre el asa como se muestra.

Nota: No deje el Domo sujetado a la Asa por un periodo de tiempo prolongado.

Instrucciones para Cocinar

Levante el Domo solamente de los agarres de la Fuente de Potencia. Una vez que la Fuente de Potencia y el Domo estén ensamblados, los agarres le permitirán levantar ambos juntos para quitarlos o revisar la comida. Cuando quite la cacerola después de cocinar sea extremadamente cuidadoso y siempre utilice guantes para hornear.
Para mejores resultados, siga las instrucciones acerca del tiempo, nivel de potencia y altura de la Rejilla proporcionadas en la tabla de preparación y el libro de recetas. **No requiere de precalentamiento.**

Modelos que contienen el Aro Extensor de 3 pulgadas

Si su NuWave Oven incluye un Aro Extensor de 3 pulgadas, éste puede ser utilizado para cocinar en multiniveles o para piezas de comida demasiado grandes que no cabrían dentro del domo estándar. Generalmente las piezas (como jamón o pavo) que excedan las 10 libras requerirán de usar el Aro Extensor para cocinarlas óptimamente.

Instrucciones

El Aro Extensor deberá ser colocado entre el domo original y la base. La incorporación del Aro Extensor ampliará el espacio disponible para cocinar del NuWave Oven aproximadamente 440 pulgadas cúbicas cuando utilice el Aro de 3 pulgadas. Cuando añada el Aro Extensor al NuWave Oven asegúrese de que se ajuste bien al domo. Si el Aro es puesto en el domo incorrectamente, las orillas no se ajustarán adecuadamente. Por favor sea cuidadoso cuando use el Aro, ya que si se utiliza inadecuadamente, el calor o el vapor podrían escapar del horno lo cual podría provocar quemaduras o alterar los tiempos de cocinado necesarios para sus alimentos. El Aro Extensor sólo deberá ser utilizado como un accesorio para el NuWave Oven, no está diseñado para servir como un reemplazo del domo, la base u otro componente del NuWave Oven.

Reglas Generales

• Coloque los alimentos que requieran de mayor tiempo de cocción en la rejilla que esté más cerca del elemento de calor (como papas o zanahorias) y coloque las verduras suaves en las rejillas inferiores (como champiñones o tomates).

• Cuando elija la opción de cocinar en multiniveles, use combinaciones de alimentos que tomen aproximadamente el mismo tiempo para prepararse. Ejemplos: cerdo o pollo y rodajas de papa; pescado y tomates guisados; o carne de res congelada con papas al horno.

• Si los alimentos del nivel superior terminan de cocinarse más rápido, quite la rejilla(s) de arriba y continúe cocinando los alimentos de la parte inferior hasta que estén listos.

• Para cocinar utilice platos poco profundos o recipientes aptos para horno.

• Para calentar pan, colóquelo en la rejilla inferior o en la cacerola y cúbralo. Para tostarlo colóquelo en la rejilla superior.

Modelos que contienen el Kit del Aro Extensor

Rejilla de 2 pulgadas
La Rejilla de 2 pulgadas para el NuWave Pro Plus Oven puede ser usada en una variedad de formas.

• Puede ser la rejilla principal con o sin el Aro Extensor.

• Con el Aro Extensor puede ser colocada encima o debajo de la rejilla de 3 pulgadas para dar más espacio para cocinar en multiniveles.

• Sin el Aro Extensor la rejilla de 2 pulgadas puede también facilitar el cocinar en multiniveles creando una tercera superficie para cocinar entre la cacerola y la parte inferior de la rejilla de 3 pulgadas.

• Usted puede utilizar dos rejillas de 2 pulgadas extras sobre y debajo de la rejilla de 3 pulgadas, la cual es especialmente útil para deshidratar.

Cacerola Esmaltada de 10 pulgadas

Rejilla para Cocinar de 2 pulgadas

Aro Extensor de Acero Inoxidable de 3 pulgadas

Nota: La rejilla de 2 pulgadas sólo se puede usar en las posiciones y para los propósitos mostrados abajo. Cualquier otro uso podría afectar la calidad y tiempo de la cocción.

Cuidado y Uso

El Aro Extensor de Acero Inoxidable no debe ser limpiado con ningún limpiador cáustico, pero es seguro para lavar en el lavavajillas.

Rejilla para Cocinar de 3 pulgadas

Rejilla para Cocinar de 1 pulgada

Rejillas para Cocinar de 2 y 1 pulgadas

Rejillas para Cocinar de 2 y 3 pulgadas

Rejillas para Cocinar de 3 y 2 pulgadas

⚠ PRECAUCIÓN

No toque el domo ni alguna otra superficie del área de cocinar mientras esté funcionando. El aire dentro del domo puede alcanzar una temperatura de Pro Plus 350˚F (182˚C), por lo que la superficie se encuentra muy caliente y puede causar quemaduras. No abra el domo o quite la fuente de potencia mientras el NuWave Oven esté funcionando. Apáguelo antes de retirarlo.

Panel de Control Digital en la Fuente de Potencia

Instrucciones Generales de Uso

- No coloque el Pro Plus o cualquier otra parte relacionada directamente en su estufa, dentro de un horno convencional o en contacto con alguna otra fuente de calor, ya que se puede dañar.
- Asegúrese de que la unidad esté bien conectada a una salida de tierra y que el cable no esté en contacto con ningún objeto caliente.
- Asegúrese de que la cacerola haya sido colocada correctamente dentro de la base.
- Los platos de metal, vidrio o silicón, así como las cacerolas y cualquier material apto para hornear que sea usado en un horno convencional, podrán también ser utilizados en el NuWave Pro Plus.
- Siempre coloque pronto nuevamente el domo en la base después de retirar la comida.

Instrucciones para el NuWave® Pro Plus Infrared Oven

Panel de Control en la Fuente de Potencia
Debe aparecer “0” en el display LCD cuando el programa esté borrado.

Inicio Rápido
Para comenzar a cocinar, presione el botón COOK TIME, ingrese el tiempo deseado y presione Start. Automáticamente está programado a 350°F. Si va a cocinar a otra temperatura se necesitará utilizar el botón COOK TEMP.

Comience a Cocinar
Ajuste el tiempo y temperatura apropiados, luego presione Start para comenzar a cocinar. El tiempo de cocinar restante aparecerá en el panel display y el símbolo de dos puntos entre las horas y los minutos parpadeará. El horno parará de cocinar automáticamente cuando el tiempo se haya terminado y “sonará” para avisar sobre esta acción.

Pausa/Borrar
Para pausar el Horno, presione el botón Pause/Clear una vez. El tiempo restante permanecerá exhibido en el panel display pero los dos puntos no parpadearán. Para detener o borrar el tiempo de cocinar, presione el botón Pause/Clear dos veces. Las funciones se interrumpirán inmediatamente, el tiempo restante será borrado completamente y un “0” aparecerá.

Conversión ˚F/˚C

La temperatura automática está en Fahrenheit (˚F) pero el NuWave Oven Pro Plus puede mostrar Centígrados (˚C) también.

1. Mantenga presionado Cook Temp por 3 segundos para activar el modo de conversión ˚F/˚C. El Display LED mostrará “350” y aparecerá TEMP.
2. El display LED mostrará ˚F, sonará una vez y se iluminará TEMP por 5 segundos. Si no realiza alguna acción, el Horno automáticamente abandonará el modo de conversión ˚F/˚C.
3. Una vez que se encuentre en el modo de conversión ˚F/˚C, presione 0 para cambiar el display LED a ºC, en ese momento el horno producirá un sonido largo.
4. Presione 0 una vez más para regresar a ˚F, si así lo desea.
5. Una vez que haya elegido el tipo de grados deseado, no presione ningún botón por 5 segundos o presione Clear para salir del modo de conversión ˚F/˚C.
6. El nuevo ajuste de temperatura (˚F o ˚C) será ahora el automático hasta que se cambie otra vez, aún cuando el Horno sea apagado.

Función de Tiempo

1. Presione el botón de Cook Time. El indicador de tiempo se iluminará en la esquina derecha del display LED.
2. Ingrese el tiempo en horas y minutos presionando los números correspondientes, luego presione Start. Por ejemplo, 1 hora y 30 minutos se ingresaría presionando 1,3 y 0, el panel display mostrará 1:30. Para 5 minutos sólo presione 5; para 46 minutos presione 4 y 6. Si necesita corregir el número, borre el que ingresó presionando el botón de Pause/Clear dos veces. Después ingrese nuevamente los números correctos y presione Start.
3. Usted podrá cambiar el tiempo en cualquier momento mientras cocina al presionar Cook Time. TIME se iluminará. Ingrese el tiempo deseado, el display LED mostrará el tiempo restante. TIME estará iluminado y aparecerán los dos puntos (:).

NOTA: Cuando se cocine a una temperatura entre 100°F y 324°F, el tiempo máximo podrá ser de 9 horas y 59 minutos. Cuando se cocine a una temperatura entre 325°F y 350°F, el tiempo máximo podrá ser de 2 horas. Si se ingresa un tiempo mayor a 2 horas cuando se cocine en este último rango de temperatura, el NuWave Oven Pro Plus regresará automáticamente a 2 horas.

Función de Temperatura

1. La temperatura automática es de 350°F (177°C).
2. Para cambiar la temperatura presione Cook Temp. El display LED mostrará 350°F (177°C) y aparecerá TEMP.
3. Seleccione la temperatura deseada. La temperatura puede ser ajustada por 1 grado dentro del rango del NuWave Oven Pro Plus. La temperatura mínima es de 100°F (38°C) y la máxima es de 350°F (177°C). TEMP seguirá mostrándose en el display LED.
4. Usted podrá cambiar la temperatura en cualquier momento mientras cocina al presionar Cook Temp. Los dos puntos (:) en el display LED desaparecerán, se iluminará TIME y aparecerá TEMP. La temperatura actual se mostrará por 3 segundos, durante ese tiempo, usted podrá ingresar una nueva temperatura a su elección.
5. Mientras esté cocinando sólo podrá utilizar los botones Cook Time, Cook Temp y Pause/Clear.
6. La temperatura no podrá ser cambiada una vez que presione Delay o Reheat.

Función de Demora

Después de ajustar la temperatura y el tiempo, usted puede demorar el programa antes de comenzar a cocinar. Cuando se introduce en el tiempo de cocción, la temperatura cocinar, el Delay, Delay se iluminará y la hora parpadeará en la pantalla LCD. Tiempo de Delay de entrada y pulse Iniciar. Cuando el botón Delay sea presionado, se iluminará Delay y parpadeará Time en el display LCD. Ingrese el tiempo de demora y presione Start. Delay dejará de parpadear y permanecerá encendido hasta que el tiempo concluya. Es posible demorar un programa hasta por 9 horas y 59 minutos. Cuando la cuenta regresiva llegue a 0, el horno sonará para avisar del fin.

Función de Recalentado

Automáticamente está programado a 350°F por 4 minutos. Esta función es perfecta para recalentar porciones individuales de alimentos. Para activar la función de recalentado, asegúrese de que la programación previa haya sido borrada. El Display LCD se leerá en 0. Presione el botón Reheat y se activará el programa automático. Presione Start. El Horno “sonará” 3 veces cuando haya terminado. Por ejemplo, si usted desea recalentar sobrantes de pizza, solamente coloque la rebanada en la rejilla de 3 pulgadas, presione Reheat y luego Start. Si desea calentar un plato de arroz o fideos, coloque una porción individual en un recipiente apto para horno (de vidrio, metal o silicón). Para que su arroz o fideos queden más suaves, rocíelos con un poco de agua y cúbralos con papel aluminio.

FUNCIÓN CALIENTE “WARM”

Después de que se completa el tiempo de cocción inicial, puede mantener los alimentos calientes. Al entrar en la función caliente “WARM”, siempre va hacer la última operación. La configuración por defecto está programado a 155°F durante 2 horas. En modo de calentamiento “WARM”, sólo el tiempo puede ser ajustado.

- Si desea ajustar el tiempo antes de que la función de calentar está funcionando, puede hacerlo pulsando simplemente "WARM”, a continuación, introduzca el tiempo deseado en el teclado numérico, y finalmente pulse “START” para comenzar.
- Si desea ajustar el tiempo durante la función de calentar, pulse "WARM", a continuación, introduzca el tiempo deseado en el teclado numérico. El Pro Plus horno comenzará automáticamente la cuenta atrás.

Es posible programar el horno para mantener los alimentos calientes hasta 9 horas y 59 minutos. Una vez finalizado el ciclo inicial de cocción, el horno hará un ruido pitido "bip" dos veces antes de cambiar a la función de calentar.

INSTRUCCIONES DE CUIDADO Y LIMPIEZA

Desconecte la unidad antes de limpiarla. El Domo y todas las otras partes, excepto la Fuente de Potencia, son aptos para el lavavajillas. Proteja las superficies de metal y plástico no utilizando limpiadores cáusticos o fibras. Limpie después de cada uso. La superficie exterior de la Fuente de Potencia puede ser limpiada con un paño húmedo.

IMPORTANTE- No lave ni sumerja la Fuente de Potencia en agua ni utilice el lavavajillas. La superficie externa puede ser limpiada cuidadosamente con un paño húmedo o una esponja.

CONSEJOS IMPORTANTES:

1. Revise el contacto de electricidad para un buen funcionamiento. El NuWave Oven utiliza hasta 1500 vatios/12.5 amperios. No opere la unidad simultáneamente con otros electrodomésticos más grandes en el mismo contacto.
2. Revise la temperatura si la unidad cocina demasiado lento.
3. La clavija debe estar conectada correctamente en el contacto.
4. Siempre apague y desconecte el aparato antes de limpiarlo.
5. Se puede acumular vapor dentro del domo si no se retira pronto una vez que el tiempo de cocinar haya terminado. El vapor y empañamiento se pueden evitar sacando la comida pronto.

Se Lo Recomienda Nuestro Chef:

Para mejor resultados, recomendamos que la comida (carne, pollo, y pescado) se retire inmediatamente del horno después de la cocción para que descanse. Esto evita la cocción excesiva, y tomarse el tiempo para dejar que el resto de la comida y se asegure de que esté húmeda, tierna, jugosa y en el punto de cocción deseado. Retire el alimento del horno; colóquelo en un plato o una bandeja para servir; y cúbralo con un papel de aluminio. Esto permitirá que los jugos sean redistribuidos por todo el alimento y reabsorbidos después que fueron conducidos al centro de los alimentos durante la cocción. Tenga cuidado de no envolver la comida con demasiada fuerza por que puede dar lugar a la sudación y dará lugar a la pérdida de humedad que desea mantener en la comida. Tiempos de reposo pueden variar dependiendo del tamaño de la comida. Como regla general, los asados y pollos enteros deben descansar de 15 a 30 minutos antes de cortarlo. Filetes, chuletas y pechugas de pollo deben descansar por lo menos 5 minutos. Una buena regla general es 1 minuto de descanso por cada 3,5 oz.

EL NUWAVE® PRO PLUS OVEN CON SISTEMA DE COCCIÓN POR INFRARROJO

Para obtener el servicio de garantía contacte al departamento de servicio a su número gratuito:
1-877.689.2838
NuWave, LLC
1755 N. Butterfield Rd.
Libertyville, IL 60048 U.S.A
www.NuWaveNow.com | help@nuwave.com

LA GARANTÍA DEL FABRICANTE

El sistema para cocinar mediante luz infrarroja incluye una fuente de potencia, domo, rejilla para cocinar, cacerola, base, y todos los componentes eléctricos se encuentran libres de defectos y manufactura bajo un uso doméstico normal, siempre y cuando sea manejado de acuerdo a las instrucciones escritas del Fabricante incluidas con cada unidad para un (1) año a partir de la fecha de compra. El fabricante proporcionará las partes necesarias y la mano de obra para reparar cualquier parte del sistema para cocinar mediante luz infrarroja en el Departamento de Servicio de NuWave, LLC Después de la fecha de caducidad de la garantía, el costo de las partes o mano de obra será exclusivo responsabilidad del dueño.

LA GARANTÍA NO CUBRE

La cubierta anti-adherible (si aplica) de cualquier parte del sistema. La Garantía Limitada será inválida si alguien no autorizado realiza una reparación o la placa del número de serie es retirada o estropeada. . **(Continúa en la página siguiente)**

El deterioro normal del acabado por el uso o la exposición no está cubierto por esta garantía. La Garantía Limitada no cubre fallas, daños o funciones inadecuadas causadas por accidentes, fenómenos naturales (cómo relámpagos), irregularidades en la energía eléctrica, alteraciones, abuso, malversación, mal empleo, ambientes corrosivos, instalación inapropiada, falla de operación de acuerdo con las instrucciones escritas del Fabricante, uso anormal o comercial

PARA OBTENER EL SERVICIO

El propietario tendrá la obligación y responsabilidad de: Pagar todos los servicios y partes no cubiertas por la garantía; Prepagar el costo de envío redondo al Departamento de Servicio para cualquier parte o sistema devuelto bajo esta garantía; Empacar cuidadosamente el producto utilizando material de relleno adecuado para prevenir daños durante el tránsito. El empaque original es ideal para este propósito. Incluya en este empaque el nombre del propietario, dirección, teléfono para localizarlo durante el día, una descripción detallada del problema y su "Número RGA". (Llame al 1-877-689-2838 o envíe un correo electrónico a help@nuwavenow.com para obtener su Número RGA (Autorización de Devolución de Productos)).
Proporcione el modelo y número de serie del sistema para cocinar, así como prueba del día de compra (copia del recibo) cuando reclame bajo esta garantía.

OBLIGACIONES DEL FABRICANTE

La obligación del Fabricante bajo esta Garantía Limitada se restringe a reparar o reemplazar cualquier parte del sistema para cocinar mediante luz infrarroja expresamente cubierta por esta Garantía Limitada bajo previa revisión y detección de que el defecto surgió bajo un uso normal. La Garantía Limitada es aplicable únicamente dentro de los Estados Unidos y sólo para los compradores originales dentro de los canales de distribución autorizados por el Fabricante.
LA GARANTÍA LIMITADA NO PUEDE SER ALTERADA, CAMBIADA O RENOVADA EXCEPTO QUE SE HAGA MEDIANTE UN INSTRUMENTO ESCRITO HECHO POR EL FABRICANTE. EL REMEDIO PARA REPARAR O REEMPLAZAR PROPORCIONADO POR ESTA GARANTÍA LIMITADA ES EXCLUSIVO. BAJO NINGUNA CIRCUNSTANCIA EL FABRICANTE SERÁ RESPONSABLE POR ALGUNA CONSECUENCIA O DAÑO CAUSADO A ALGUNA PERSONA, AÚN SI ESTE ES CAUSADO POR NEGLIGENCIA DEL FABRICANTE, INCLUYENDO NO LIMITES, DAÑOS POR PERDIDA DE USO, COSTOS DE SUSTITUCIÓN, DAÑOS A LA PROPIEDAD U OTRAS PÉRDIDAS DE DINERO.
Algunos estados no permiten la exclusión o limitación de daños incidentales o consiguientes, así que la limitación arriba mencionada podría no aplicar. Esta Garantía Limitada otorga derechos legales específicos, y puede haber también otros derechos que pueden variar de acuerdo al estado.
EXCEPTO POR LO QUE SE EXPRESE DE LO CONTRARIO ARRIBA, EL FABRICANTE NO GARANTIZA EXPRESA O IMPLÍCITAMENTE ALGO QUE SURJA DE LA LEY O DE LO CONTRARIO, INCLUYE SIN LIMITACIÓN, LAS GARANTÍAS IMPLICADAS DE MERCANTILISMO Y BUENA FORMA PARA UN PROPÓSITO PARTICULAR PARA CUALQUIER OTRA PERSONA. LEA SU MANUAL DE USUARIO. SI USTED AÚN TIENE DUDAS SOBRE EL FUNCIONAMIENTO O LA GARANTÍA DEL PRODUCTO, POR FAVOR CONTACTE A NUWAVE, LLC.

1-877-689-2838,
correo electrónico: help@nuwavenow.com

En NuWave, LLC hemos tenido un gran cuidado en asegurarnos de que nuestros productos sean seguros y confiables para todo hogar. Todos los NuWave® Pro Plus Infrared Oven están hechos y fabricados bajo estricto cumplimiento de las normas RoHS. Aunque los fabricantes estadounidenses no están obligados por ley a seguir las normas RoHS, NuWave LLC ha tomado una decisión consciente al seguir voluntariamente esta directiva para mantener la seguridad de sus clientes y la calidad de nuestro medio ambiente.

Materiales Restringidos de RoHS

Material & Perfill Toxicológico	Concentración Máxima
Plomo (Pb)	0.1% por peso
Mercurio (Hg)	0.1% por peso
Cadmio (Cd)	0.01% por peso
Cromo Hexavalente (Cr-VI)	0.1% por peso
Bifeniles Polibrominados (PBB)	0.1% por peso
Éteres Difenílicos Polibrominados (PBDE)	0.1% por peso

*RoHS representa “la Restricción Del uso de ciertas Substancias Peligrosas en equipos eléctricos y electrónicos”.

Si desea saber más acerca de la directiva RoHS, por favor visite www.rohsguide.com/rohs-faq.htm

El Kit NuWave Pizza Supreme*

Congeladas, Frescas, Gruesas o Delgadas…

A nosotros nos encanta tanto hornear pizza en el NuWave Oven que hemos creado estos utensilios para que usted hornee pizza con el mejor sabor siempre. Obtenga una pizza caliente y recién hecha mejor aún que las de entrega a casa…

¡TAN FÁCIL COMO EN UN DOS POR TRES cuando utiliza su NuWave Oven y el Kit Pizza Supreme! Como sea que prefiera su pizza; delgada, regular o muy gruesa… ¡su NuWave Oven junto con su Kit Pizza Supreme harán magia!

El Servidor de Acero Inoxidable para Pizza NuWave

¡Dos grandes utensilios en uno! El Servidor para Pizza NuWave le permitirá rebanar y servir su pizza fácilmente por sus múltiples superficies cortantes de acero inoxidable y su mango de fácil agarre.

La Tabla para Cortar 100% de Bambú NuWave

La exclusiva tabla para cortar de bambú evitará daños a su barra, le ahorrará dinero y ayudará a proteger el medio ambiente. Esta tabla es multifuncional con un lado plano para rebanar pizzas y pan y un lado acanalado para cortar frutas, verduras u otros alimentos jugosos.

La Pinza de Acero Inoxidable para Pizza NuWave

El resorte y mango de fácil agarre le permitirán sujetar de forma segura los aros de acero inoxidable de 10 pulgadas cerrados, ¡permitiéndole voltear sus pizzas, calzones, quesadillas y muchos más de forma segura!

La Funda de Silicón para Pizza NuWave

Hornee la costra de su pizza primero para no cocinar de más el queso o sus ingredientes favoritos. La superficie suave no se pegará al queso y también recopilar la grasa no deseada (cumple con las normas FDA).

* Su orden puede incluir sólo algunos de los productos arriba mencionados. Para adquirir este producto llame a Servicio a Clientes de NuWave, LLC al 1-877-689-2838 u ordene en línea en www.NuWaveNow.com

Cómo utilizar la Pinza y la Funda para Pizza en su NuWave® Oven

Nota

Asegúrese de que la rejilla reversible esté en la posición de 3 pulgadas dentro el NuWave Oven.

1. Coloque la Funda encima de su pizza.

2. Coloque la pizza boca abajo sobre la rejilla de 3 pulgadas. Cocine a 350°F hasta que la costra de la pizza obtenga un color café claro.

3. Cuando utilice la Pinza comience abriéndola y luego deslícela por debajo de la Funda y sobre la costra.

4. Cierre la Pinza utilizando el mango hasta que la pizza quede bien sujeta.

5. Sujetando el mango voltee la pizza con la Funda completamente y coloque la pizza de vuelta en la rejilla con la costra hacia abajo. La pizza deberá estar ahora boca arriba.

6. Quite la Funda para Pizza y cocine a 350°F por 3-5 minutos o hasta que el queso se derrita de acuerdo a su preferencia.

Uso y Cuidado

La Pinza, Funda, Servidor y Tabla de Bambú deberán ser lavados con jabón neutro y agua. No utilice limpiadores cáusticos. Deje secar los utensilios completamente antes de usarlos o guardarlos.

Tabla de Preparación Rápida y Fácil en Inglés

nuwave
LIVE WELL FOR LESS

Quick & Easy Cooking Guide

All cooking times are based on a temperature of 350˚F/176˚C

	Rack Height	Internal Temp.	Fresh	Frozen
Beef & Lamb				
Roasts 2-10 lbs	1-inch	125-130˚F/51-54˚C	15-17 min/lb Rare	20-21 min/lb Rare
		130-135˚F/54-57˚C	17-19 min/lb Med. Rare	21-22 min/lb Med. Rare
		135-140˚F/57-60˚C	19-20 min/lb Medium	22-23 min/lb Medium
		155˚F/68˚C+	21+ min/lb Well Done	24+ min/lb Well Done
Burgers ½-in thick	3-inch	160˚F/71˚C+	5-7 min/side	8-9 min/side
Steaks 1-in thick	3-inch	125-130˚F/51-54˚C	5-6 min/side Rare	10-11 min/side Rare
		130-135˚F/54-57˚C	6-7 min/side Med. Rare	11-12 min/side Med. Rare
		135-140˚F/57-60˚C	7-8 min/side Medium	12-13 min/side Medium
		155˚F/68˚C+	9+ min/side Well Done	14+ min/side Well Done
Pork				
Ham [Precooked]	1-inch	145˚F/63˚C+	16-18 min/lb	20-23 min/lb
Sausage	3-inch	160˚F/71˚C+	5-8 min/side	8-10 min/side
Bacon	3-inch	160˚F/71˚C+	5-6 min/side	N/A
Italian, Bratwurst, Etc.	3-inch	160˚F/71˚C+	8-9 min/side	10-12 min/side
Chops	3-inch	145˚F/62˚C+	5-6 min/side	7-9 min/side
Roasts 3-7 lbs	1-inch	145˚F/62˚C+	17-19 min/side	22-25 min/side
Tenderloin 2-4 lbs	3-inch	145˚F/62˚C+	12-14 min/side	18-22 min/side
Spare Ribs	1-inch	160˚F/71˚C+	18-22 min/side	22-24 min/side
Poultry				
Chicken, [Bone-in] Pieces	3-inch	165˚F/73˚C+	13-14 min/side	15-17 min/side
Chicken, ½-in Boneless/Skinless Breasts [Thicker add 2 mins per ½ in]	3-inch	165˚F/73˚C+	11-13 min/side	14-15 min/side
Chicken, Whole 2-5 lbs	1-inch	165˚F/73˚C+	17-21 min/lb	22-24 min/lb
Turkey, Whole 8-10 lbs	1-inch	165˚F/73˚C+	10-12 min/lb	14-16 min/lb
Turkey, Whole 11-16 lbs	1-inch rack, 3-in SS Ring	165˚F/73˚C+	10-12 min/lb	14-16 min/lb
Turkey, Breasts 5-7 lbs	1-inch	165˚F/73˚C+	10-12 min/lb	14-16 min/lb
Eggs	1-inch	160˚F/71˚C+	13 min at 300˚F	N/A
Seafood				
Fish, Steaks & Fillets ½ lb	3-inch	145˚F/62˚C+	5-6 min/side	7-9 min/side
Shrimp & Scallops	3-inch	145˚F/62˚C+	3-4 min/side	4-5 min/side
Lobster Tails 4 oz [Small]	3-inch	145˚F/62˚C+	4-5 min/side	6-8 min/side
Crab Legs	3-inch	145˚F/62˚C+	4-6 min/side	8-13 min/side
Vegetables				
Home Fries [½-in thick]	3-inch	140˚F/60˚C+	10 min/side	N/A
Potato, Whole Med. Size	3-inch	140˚F/60˚C+	30-40 min	N/A
Steamed Broccoli & Cauliflower [Oven-Safe Dish with Glass Lid or Foil]	1-inch	140˚F/60˚C+	10-15 min	N/A
Squash, Acorn, Butternut & Spaghetti	1-inch	140˚F/60˚C+	25-35 min	35-40 min
Roasted, Onion, Garlic, Peppers, Zucchini, and Yellow Squash	1-inch	140˚F/60˚C+	15-20 min	N/A
Frozen Ready-Made Foods				
Chicken Wings,Tenders & Nuggets	3-inch	165˚F/73˚C+		6-8 min/side
Frozen Vegetables [In Oven-Safe Dish]	3-inch			6-8 min/side
Onion Rings	3-inch			6-8 min/side
Mozzarella Sticks	3-inch			6-8 min/side

TIP: Flip larger food items halfway through cooking.

Consuming raw or undercooked meats, poultry, seafood, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions

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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Tabla de Preparación Rápida y Fácil en Español

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LIVE WELL FOR LESS®

Tabla de Preparación Rápida y Fácil

350°F/176°C para todos los alimentos

	Altura de la Parrilla	Temp. Interno	Fresca	Congelada
Res & Cordero				
Roasts 2-10 libra	1-pulgada	125-130°F/51-54°C	15-17 min/lb Rare	20-21 min/lb Rare
		130-135°F/54-57°C	17-19 min/lb Med. Rare	21-22 min/lb Med. Rare
		135-140°F/57-60°C	19-20 min/lb Medium	22-23 min/lb Medium
		155°F/68°C+	21+ min/lb Well Done	24+ min/lb Well Done
Hamburguesas de ½-pulgada de grueso	3-pulgadas	160°F/71°C+	5-7 c/lado	8-9 c/lado
Bistec de 1-pulgada de grueso	3-pulgadas	125-130°F/51-54°C	5-6 c/lado Rare	10-11 c/lado Rare
		130-135°F/54-57°C	6-7 c/lado Med. Rare	11-12 c/lado Med. Rare
		135-140°F/57-60°C	7-8 c/lado Medium	12-13 c/lado Medium
		155°F/68°C+	9+ c/lado Well Done	14+ c/lado Well Done
Puerco				
Jamón	1-pulgada	145°F/63°C+	16-18 min/lb	20-23 min/lb
Salchicha	3-pulgadas	160°F/71°C+	5-8 c/lado	8-10 c/lado
Tocino	3-pulgadas	160°F/71°C+	5-6 c/lado	N/A
Salchica Italiana, Bratwurst, Etc.	3-pulgadas	160°F/71°C+	8-9 c/lado	10-12 c/lado
Chuleta	3-pulgadas	145°F/62°C+	5-6 c/lado	7-9 c/lado
Asada 3-7 libra	1-pulgada	145°F/62°C+	17-19 c/lado	22-25 c/lado
Lomo 2-4 libra	3-pulgadas	145°F/62°C+	12-14 c/lado	18-22 c/lado
Costilla al gusto	1-pulgada	160°F/71°C+	18-22 c/lado	22-24 c/lado
Aves				
Pollo, [Con Hueso] Piezas	3-pulgadas	165°F/73°C+	13-14 c/lado	15-17 c/lado
Pollo, ½-pulgada Sin Hueso/Sin Piel [Si es mas gruesa agregue 2 min. por ½ pulg]	3-pulgadas	165°F/73°C+	11-13 c/lado	14-15 c/lado
Pollo, Completo 2 libra	1-pulgada	165°F/73°C+	17-21 min/lb	22-24 min/lb
Pavo, Completo 8-10 libra	1-pulgada	165°F/73°C+	10-12 min/lb	14-16 min/lb
Pavo, Completo 11-16 libra	1-in Altura de la Parrilla, 3-pulg Anillo Extendor	165°F/73°C+	10-12 min/lb	14-16 min/lb
Pavo, Pechuga 5-7 libra	1-pulgada	165°F/73°C+	10-12 min/lb	14-16 min/lb
Huevos	1-pulgada	160°F/71°C+	13 min a 300°F	N/A
Mariscos				
Pescado, Steaks & Fillets 1-pulgada de grueso	3-pulgadas	145°F/62°C+	5-6 min/lado	7-9 min/lado
Camarones & Vieiras	3-pulgadas	145°F/62°C+	3-4 c/lado	4-5 c/lado
Cola de Langosta 4 onzas [Pequeño]	3-pulgadas	145°F/62°C+	4-5 c/lado	6-8 c/lado
Patas de Cangrejo	3-pulgadas	145°F/62°C+	4-6 c/lado	8-13 c/lado
Vegetales				
Papas Fritas	3-pulgadas	140°F/60°C+	10 c/lado	N/A
Papas, Entera Mediana	3-pulgadas	140°F/60°C+	30-40 min	N/A
Broccoli y Coliflor al Vapor [Un plato apto para horno con tapa de vidrio o lámina]	1-pulgada	140°F/60°C+	10-15 min	N/A
Calabaza	1-pulgada	140°F/60°C+	25-35 min	35-40 min
Asado, Cebolla, Ajo, Chile Morron Rojo, Calabacín, y Calabacín Amarillo	1-pulgada	140°F/60°C+	15-20 min	N/A
Alimentos Congelados ya Preparados				
Alitas de Pollo, Tenders, y Nuggets	3-pulgadas	165°F/73°C+		6-8 min/lado
Vegetales Frisados [En un Plato para Horno]	3-pulgadas			6-8 min/lado
Cebolla Empanizada	3-pulgadas			6-8 min/lado
Palitos de mozzarella	3-pulgadas			6-8 min/lado

Sugerencia: Volteé alimentos más grandes a la mitad de la cocción.

El consumo de carnes crudas o poco cocidas, aves, mariscos, o huevos puede aumentar el riesgo de enfermedades transmitidas por alimentos, especialmente si usted tiene ciertas condiciones médicas

LEA EL INSTRUCTIVO PARA INSTRUCCIONES COMPLETAS. Estas son instrucciones únicamente. No utilizar como rectas. Las instrucciones pueden variar.

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Item No. 20600 Rev.04

LIBRO DE COCINA COMPLETO DEL HORNO NUWAVE

Consejos Generales

Este libro de recetas contiene información valiosa que te ayudará a empezar a incorporar el Horno Infrarrojo de NuWave Pro Plus en tu vida diaria. Hemos provisto recetas fáciles de preparar, junto con consejos útiles en el comienzo de cada sección que te ayudarán a lograr los resultados perfectos de cocción en todo momento. Tambien visitar NuWaveCookingClub.com para otros excelentes consejos y vídeos instructivos.

Los contenedores metálicos, papel de aluminio o cualquier plato apto para el horno pueden ser usados en el Horno Infrarrojo NuWave Pro Plus. Los rayos infrarrojos no penetrarán a través de estos materiales. El papel de aluminio de peso liviano trabaja mejor para proteger platos poco profundos y ollas. Cubrir la comida con papel de aluminio para proteger del oscurecimiento más que preferido. Tener en cuenta que el calor circulará de todas maneras, pero el aluminio hará que el tiempo de cocción de la comida abajo sea más lento.

Puede generarse la acumulación de vapor al cocinar comida que contenga mucha humedad, como verduras o pescado.

Cuando tu ciclo de cocción está completo, por favor acordarse de levantar la cúpula para que el vapor se canalice lejor de tu cara.

Para mantener crujiente la comida preparada, tales como rollos de huevo, pollo o pizza, remover la cúpula inmediatamente después de la cocción.

El tiempo es la clave para la perfección con el Horno NuWave. Tener en cuenta que todas las pautas son solamente pautas, y puede ser necesario ajutarlas dependiendo de la situación específica. Al cocinar platos más grandes tales como asado u otros tipos de comida con grosor variante, los tiempos sugeridos de cocción pueden necesitar ser extendidos. Cocinar con incrementos de 3-4 minutos y revisar después de cada intervalo.

Huevos con Chorizo

2 huevos grandes
3 onzas de chorizo
2 cucharadas de salsa
2 onzas de queso Monterrey jack rayado
salsa picante al gusto

Comprima el chorizo en las orillas de un plato. Rompa los huevos al centro y añada la salsa y el queso en la parte de arriba. Coloque el plato en la rejilla de 1-pulgada y cocine a 350˚F por 10 minutos o hasta que los huevos estén listos.
(1 porción)

Pollo al Romero

4 cucharadas de romero
4 cabezas grandes de ajo, molidas
4 cucharadas de mantequilla
un pollo de 3 libras
sal y pimienta al gusto

Afloje el pellejo utilizando un palillo chino o una espátula de plástico, introduciéndola entre la piel y la carne. Mezcle el romero, el ajo y la mantequilla hasta que se derrita. Vierta la mezcla de mantequilla debajo del pellejo y de masaje a todo el pollo. Colóquelo, con la pechuga boca abajo, en la rejilla de 1-pulgada y cocine a nivel a 350˚F por 20 minutos. Después voltee y bañe con el jugo, colóquelo en la cacerola y cocine por otros 25 minutos.

Alternativa
Para derretir mantequilla en el NuWave coloquela en un recipiente apto para hornear y póngalo en la cacerola o en la rejilla de 1-pulgada. Hornee a 350˚F por alrededor de 3-4 minutos.
(4-6 porciones)

Enchiladas de Pechuga de Pavo

4.4 onzas de chuletas de pechuga de pavo
4 rebanadas de queso Mozzarella o queso blanco mexicano, alrededor de 4 onzas
sazonador estilo mexicano al gusto
½ taza de salsa preparada
½ taza de crema agria
cilantro picado

Aplane las chuletas hasta alcanzar un grosor de 3/8 pulgadas y coloque sobre ellas elqueso y el sazonador. Enróllelas y colóquelas, con la abertura hacia abajo, alrededor de la orilla de un plato para pay. Rocíe con aceite de cocina, coloque en la rejilla de 3" y cocine a 350˚F por 10 minutos. Mientras tanto, caliente la salsa por un minuto. Vierta la salsa sobre el pavo y espolvoree el cilantro.
(4 porciones)

Pechuga de Pollo a la Mantequilla

4-6 onzas de pechuga
2 cucharadas de mantequilla
4 cucharaditas de perejil picado
sal y pimienta al gusto

Coloque el pollo en un plato ovalado no profundo y agregue los otros ingredientes. Coloque el plato en la rejilla de 3-pulgada y cocine a 350˚F por 8 minutos.
(1 porción)

Pollo al Limón

4 pechugas o muslos de pollo
jugo de un limón
1 taza de vermouth seco o vino blanco
sazonador de pimienta limón
sal y pimienta al gusto
1 cucharada de maizena

Coloque el pollo en un recipiente de tamaño adecuado sobre la rejilla de 3-pulgada. Agregue el vino y el jugo de limón sobre él. Espolvoree con el sazonador. Hornee a 350˚F por 35 minutos volteándolo una vez. Para hacer la salsa ponga los jugos en un tazón y revuelva con la maizena. Caliente por 1-2 minutos o hasta que espese.
(4 porciones)

Muslos de Pollo Fritos

4 muslos grandes u 8 pequeños
⅓ taza de leche descremada
½ taza de pan rallado
2-4 cucharadas de margarina

Sumerja cada muslo en la leche y luego páselo por el pan. Colóquelos expandidos en una cacerola engrasada y rocíe con mantequilla. Coloque la cacerola en la rejilla de 1-pulgada y hornee a 350˚F por 15 minutos. Voltee el pollo y cocine por otros 15 minutos o hasta que el jugo se seque.
(4 porciones)

Camarones a la Cerveza

1 libra de camarones crudos*
4 dientes de ajo machacados
1 taza de cerveza
1 cucharada de sazonador Old Bay

Coloque todos los ingredientes en un plato para pay y póngalo en la rejilla de 3-pulgads. Hornee a 350˚F por 7 minutos. Congelado: 12 minutos.

*El tiempo de cocción puede variar de acuerdo al tamaño de los camarones. Camarones grandes: pelados y limpios. Sírvalos calientes o fríos. Camarones pequeños para pelarse y comerse: Sin pelar, sírvalos frescos.
(4 porciones)

Camarones con Limón

12 camarones grandes, pelados y limpios
jugo de medio limón
2 cucharadas de aceite de oliva
1 cucharadita de pimienta-limón

Coloque todo en un tazón y póngalo en la rejilla de 3-pulgada. Cocine a 350˚F por 6 minutos, revuelva levemente.
(2 porciones)

Cangrejo Fundido

2 tazas de cangrejo cocido (atún o camarón)
¼ taza de mayonesa
½ taza de apio picado
¼ taza de cebollitas picadas
1 cucharadita de jugo de limón
sal y pimienta al gusto
4 rebanadas de pan blanco ligeramente tostadas
½ taza de queso Monterey gratinado

Mezcle el cangrejo, la mayonesa, el apio, las cebolletas y el jugo de limón. Agregue sal y pimienta al gusto. Divida la mezcla entre las 4 rebanadas de pan y ponga también el queso encima de cada una de ellas. Coloquelas directamente en la rejilla de 3-pulgadas y hornee a 350˚F por 4 minutos o hasta que se calienten bien y el queso se derrita.
(4 porciones)

Elote Estilo Mexicano

4 elotes
¼ taza de mantequilla derretida
¼ taza de mayonesa
½ taza de queso Cotija rallado o queso fresco
4 cuartos de limón (opcional)
chile en polvo o pimentón dulce al gusto
sal y pimienta al gusto

Coloque los elotes en la rejilla de 3-pulgada yáselos a 350˚F por 5 minutos de cada lado. Saque los elotes e inmediatamente únteles la mantequilla y la mayonesa. Espolvoree el queso, el chile en polvo, sal y pimienta al gusto. Sirva con trozos de limón.
(2-4 porciones)

Papas a la Parmesana

2 papas para hornear grandes
aceite de oliva al gusto
sal y pimienta al gusto
½ taza de queso Parmesano

Corte ½ pulgada a los cuatro extremos de las papas para hacerlas en forma rectangular. Corte (a lo largo) papas de ½-pulgada y agrégueles aceite de oliva, sal y pimienta. Colóquelas en la rejilla de 3-pulgada y hornee a 350˚F por 20 minutos o hasta que queden crujientes (voltéelas a la mitad del tiempo). Antes de servirlas agrégueles el queso Parmesano.
(2-4 porciones)

Tacos de Salmón Cubierto con Chile Ancho

24 onzas de filete de salmón
1 cucharada de aceite canola
1 cucharadita de chile ancho en polvo
1 cucharada de comino
2 cucharadas de azúcar morena
1 cucharadita de salsa de soya
6 onzas de col rayada
½ taza de aderezo ranch con jalapeño
8 a 12 tortillas de maíz

Enjuague los filetes de salmón y séquelos con una toalla de papel. Cepíllelos con el aceite por ambos lados. Coloque los filetes sobre papel pergamino en la rejilla de 3-pulgadas con la piel hacia arriba. Cocine por 5 minutos a 350˚F. Mientras tanto, revuelva el chile en polvo con el comino y el azúcar. Voltee el salmón cuando pasen los 5 minutos y agregue la salsa de soya encima. Rocíe encima la mezcla de azúcar y cocine a potencia alta nuevamente hasta el que alcance el cocimiento que se desee, alrededor de 8 ó 10 minutos más. Mientras el salmón se cocina, mezcle la col con el aderezo. Caliente las tortillas envueltas en papel aluminio colocándolas en la parte de abajo del horno en los últimos 5 minutos de cocinado del salmón. Sirva el salmón con las tortillas y la mezcla de col.
(4 porciones)

Albóndigas

1 libra de carne molida
1 taza de crutones
½ taza de salsa de spaghetti preparada
2 dientes de ajo picados
½ cebolla amarilla mediana, picada
1 cucharada de hierbas italianas secas
2 huevos grandes
¼ taza de queso Parmesano rayado

Mezcle todos los ingredientes y forma bolitas de 1-pulgada. Colóquelas en la rejilla de 3-pulgada y hornee a 350˚F por 10-12 minutos (volteándolas si lo desea).
(6-8 porciones)

Carnitas

2 (4 onzas) de chuletas de cerdo o bistec de paleta
1 cucharadita de orégano en polvo
1 cucharadita de sal de ajo
1 cucharadita de comino en polvo

Unte las chuletas con las especies y colóquelas dentro de un plato no profundo en la rejilla de 3-pulgada. Hornee a 350˚F por 15 minutos. Pase la carne a una tabla de cortar y macháquela con un mazo hasta que queden como tiritas. Regrese la carne al plato y cocine por otros 8 minutos.
(2 porciones)

Cerdo en Mole

1 chuleta de cerdo de 4-6 onzas
2 cucharadas de mole
2 cucharadas de semillas de ajonjolí

Puede encontrar el mole en tiendas de comida mexicana, éste da un suculento e interesante sabor a la carne de cerdo y a las recetas de pollo. Extienda el mole sobre la superficie de la chuleta y espolvoree el ajonjolí. Colóquela en la rejilla de 3-pulgada y cocine a 350˚F por 5 minutos, voltee y cocine por otros 5 minutos.
(1 porción)

Cena Mexicana

1 onzas de arrachera, pollo o cerdo
1 cebolla española grande
1 pimiento verde
1 pimiento rojo
1 pimiento amarillo
sal y pimienta al gusto
1 paquete de sazonador mezclado para tacos o fajitas
8 onzas de queso Mexicano o Cheddar rayado
1 paquete de tortillas
salsa de su elección

Corte todos los vegetales y la carne en tiras de 3-pulgada x ¼-pulgada. Espolvoree la carne con el sazonador. Coloque en la rejilla de 3-pulgadas los vegetales alrededor y la carne al centro, puede encimarlos un poco. Hornee a 350˚F por 8 minutos. Quite el domo y voltee las verduras y la carne. Coloque las tortillas debajo en la cacerola bien envueltas en papel aluminio. Hornee nuevamente a 350˚F por otros 8 minutos o hasta que la carne esté lista. Con cuidado abra el papel aluminio y coloque las verduras y la carne en las tortillas calientes, agregue queso y salsa. Enróllelas y disfrute.

Alternativa
Las Quesadillas se pueden preparar de forma similar: Coloque la tortilla en papel aluminio y ponga encima los ingredientes de la receta que más le gusten. Ponga otra tortilla encima y cierre el papel aluminio. Coloque en la cacerola o en la rejilla de 1-pulgada y hornee a 350˚F por 8 minutos. Si desea preparar más al mismo tiempo, vaya cambiando paquetes de tortillas en los diferentes niveles durante el tiempo de cocción.
(2 porciones)

Helado de Piña Caramelizado

4 rebanadas de piña fresca sin hueso (de 1" de grosor)
½ taza de azúcar morena
½ cucharadita de canela
2 cucharadas de crema espesa
4 bolas de helado de vainilla o de yogurt de vainilla
1 taza de salsa de caramelo tibia

Coloque la piña en la rejilla de 3-pulgada. Espolvoree cada rebanada con azúcar y canela. Ponga un poco de crema sobre ellas. Cocine a 350˚F por 4 ó 5 minutos o hasta que el azúcar burbujee y se dore. Coloque las rebanadas en platos para servir y póngales encima el helado y la salsa de caramelo.
(4 porciones)

Manzana Crujiente

4 manzanas peladas, sin hueso y rebanadas a un grosor de □-pulgada
½ taza de harina
½ taza de azúcar morena
½ taza de avena instantánea
¼ taza de mantequilla suavizada
¼ taza de azúcar granulada
¾ cucharadita de canela

Engrase un recipiente redondo para pastel de 9" y coloque en él las rebanadas de manzana. En un tazón mediano ponga la harina, el azúcar morena, la avena y la mantequilla y mezcle bien. Por otro lado, en otro plato pequeño mezcle el azúcar granulada y la canela y espolvoréelas sobre las manzanas. Coloque la mezcla de avena encima. Ponga el recipiente en la rejilla de 1-pulgada y hornee a 350˚F por 40 minutos o hasta que las manzanas queden suaves y el jugo esté burbujeante.
(8 porciones)

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