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

NINJA® Foodi™

DIGITAL AIR FRY OVEN

The oven that crisps and flips up & away™

15 mouthwatering recipes
plus charts for unlimited possibilities

Your guide to cooking like a Foodi

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

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Digital Crisp Control Technology

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

KEY: Maximum fan speed · Medium fan speed · No fan

Air Fry

+ High heat from top and bottom

Fast, extra-crispy results with little to no oil.

Best for chicken wings, French fries (frozen or hand cut), and vegetables

Use air fry basket with or without sheet pan*

Air Roast

+ Even heat from top and bottom

Crispy outside, juicy inside.

Best for sheet pan meals, whole proteins, and vegetables

Use sheet pan

Air Broil

+ High heat from top

Top-down heat for a crispy finish.

Best for steaks, fish, and nachos, and for finishing casseroles

Use sheet pan

*Place ingredients in the air fry basket. If ingredients are fatty, oily, or marinated, place the sheet pan under the basket first.

Bake

+ High, even heat from top and bottom

Overall even cooking with light browning.

Best for cakes, cookies, and frozen pizza

Use sheet pan

Toast

+ Even heat from top and bottom

Quick, even browning on both sides.

Best for bread, English muffins, and frozen waffles

Use wire rack

Bagel

+ Slightly lower heat from top than bottom

Quick, even browning.

Best for bagels and artisan breads

Use wire rack

Tips & Tricks

PREHEAT

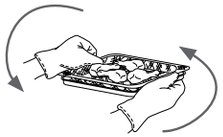
The unit preheats quickly, so prep all ingredients before preheating. Time will start counting down immediately after the unit is preheated. To add time simply turn the dial.

-30% TIME + -25°F TEMP

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

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

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



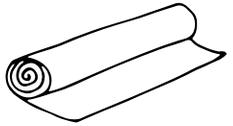
Halfway through cooking, rotate air fry basket 180° or flip ingredients for crispier results.

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

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

For sheet pan meals, cut ingredients to the same size for optimal results.

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



For best results with baked goods such as cookies, line the Ninja® Sheet Pan with parchment paper.

Master sheet pan meal making

Cook a family-sized, full breakfast, lunch, or dinner all in one pan in as little as 20 minutes. Enjoy quick cooking and easy cleanup.

How to build a sheet pan meal

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

Pick a Protein

- 4 uncooked bone-in chicken thighs (6–8 ounces each)
- 6 uncooked salmon fillets, 1 inch thick (6 ounces each)
- 1 pound uncooked shrimp (fresh or frozen, thawed)
- 4 uncooked boneless skinless chicken breasts, cut in 1-inch pieces
- 1 pound uncooked flank steak, cut in 1/2-inch thick strips

Pick a Vegetable/Starch

- 2 bunches asparagus, cut in 1-inch pieces, ends trimmed
- 3 medium bell peppers, cut in 1-inch pieces
- 2 medium heads broccoli, cut in 1-inch florets
- 4 cups brussels sprouts, cut in half, ends trimmed
- 4 cups butternut squash, cut in 2-inch pieces
- 4 cups carrots, cut in 1-inch pieces
- 3 cups russet potatoes, cut in 1-inch pieces

Season/Marinate

- Barbecue
- Teriyaki
- Hoisin
- Cajun blend
- Mexican blend
- Rosemary lemon marinade
- Olive oil
- Your favorite marinade or spice blend

Toss It Up

Toss ingredients with seasonings or marinade, then spread them evenly in 1 layer on the sheet pan.

Cook

Air Roast at 400°F for 10–20 minutes for seafood and 20–30 minutes for poultry and red meat, or until proteins reach food-safe internal temperatures and your desired level of crispiness:

Chicken – 165°F
Fish – 145°F
Red meat – 160°F

Kickstarter Recipe
Chicken Stir Fry

BEGINNER RECIPE ●○○

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

INGREDIENTS

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

DIRECTIONS

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

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

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

When unit has preheated, place pan in oven.

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

Cooking is complete when chicken's internal temperature reaches 165°F. If necessary, return pan to oven and cook for 2 more minutes. When cooking is complete, remove pan from oven. Garnish with sesame seeds and allow to cool for 2 minutes before serving.

Kickstarter Recipe
Honey Sriracha Lime Chicken Wings

BEGINNER RECIPE ●○○

PREP: 10 MINUTES | **MARINATE:** 1–24 HOURS | **AIR FRY:** 20–25 MINUTES | **MAKES:** 4–6 SERVINGS

INGREDIENTS

- 3 tablespoons sriracha sauce
- 1/4 cup honey
- 2 tablespoons soy sauce
- 1 tablespoon brown sugar
- 1 tablespoon ground ginger
- Zest and juice of 2 limes
- 2 1/2 pounds fresh uncooked chicken wings

DIRECTIONS

In a bowl, stir together all ingredients, except chicken wings.

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

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

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

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

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

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

BREAKFAST HASH

BEGINNER RECIPE ●○○

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

INGREDIENTS

1 3/4 cups russet potatoes, peeled, cut in 1/2-inch pieces

3/4 cup precooked kielbasa, cut in 1/2-inch pieces

1 small yellow onion, peeled, cut in 1/2-inch pieces

1/2 cup mixed frozen vegetables (carrots, green beans, corn)

1/2 stick (1/4 cup) unsalted butter, melted

1 teaspoon paprika

1 teaspoon kosher salt

DIRECTIONS

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

AIR-FRIED FRENCH TOAST STICKS

BEGINNER RECIPE ●○○

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

INGREDIENTS

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

DIRECTIONS

1. In a small bowl, whisk together eggs, milk, vanilla extract, cinnamon, and sugar.
2. Coat air fry basket liberally with cooking spray. Working one at a time, dip each piece of bread in the egg mixture, then transfer to the basket.
3. Select AIR FRY, set temperature to 400°F, and set time to 10 minutes. Press START/PAUSE to begin preheating.
4. When unit has preheated, slide basket into the upper rails of the oven.
5. After 5 minutes, press START/PAUSE to pause the unit. Remove basket from oven. Using tongs, flip each piece of bread. Then rotate basket 180 degrees. Return basket to oven, and press START/PAUSE to resume cooking for 5 more minutes.
6. When cooking is complete, remove basket from oven. Drizzle maple syrup over French toast sticks and serve.

CHEESY CHICKEN NACHOS

INTERMEDIATE RECIPE ●●○

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

INGREDIENTS

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

NACHO SEASONING

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

DIRECTIONS

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

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

GREEK-STYLE LOADED TATER TOTS

INTERMEDIATE RECIPE ●●○

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

INGREDIENTS

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

TZATZIKI SAUCE

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

DIRECTIONS

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

TIP Not in the mood for tots? Swap them out for French fries or hash browns.

PHILLY CHEESESTEAK SPRING ROLLS

ADVANCED RECIPE ●●●

PREP: 20 MINUTES | **AIR FRY:** 8 MINUTES | **MAKES:** 16 ROLLS

INGREDIENTS

1 package (10 ounces) frozen shaved steak
1 package (8 ounces) frozen pepper & onion blend
1 tablespoon kosher salt
1 teaspoon ground black pepper
16 spring roll wrappers
1 egg, lightly beaten
4 slices American cheese, cut in quarters
Cooking spray

DIRECTIONS

1. Place steak, pepper & onion blend, salt, and pepper in a skillet. Sauté on medium-high heat for 10 minutes, stirring occasionally. Set aside and let cool.
2. Working in batches of 4, lay out the spring roll wrappers in diamond positions (with a corner directly facing you). Brush borders with beaten egg. Place a piece of cheese slightly off center on a wrapper. Add about 2 tablespoons steak mixture in center. Fold the left and right edges toward the center, while simultaneously rolling the wrapper from back to front. Repeat with remaining wrappers.
3. Select AIR FRY, set temperature to 375°F, and set time to 8 minutes. Press START/PAUSE to begin preheating.
4. Meanwhile, liberally spray the air fry basket with cooking spray. Arrange rolls in the basket, making sure to not overcrowd them.
5. When unit has preheated, slide basket into the upper rails of the oven.
6. When cooking is complete, allow to cool before serving.

TIP For a meat-free option, swap out the steak for mushrooms.

ROASTED GREEN BEANS WITH PROSCIUTTO & ONIONS

BEGINNER RECIPE ●○○

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

INGREDIENTS

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

DIRECTIONS

1. Arrange prosciutto slices in air fry basket.
2. Select AIR FRY, set temperature to 390°F, and set time to 4 minutes. Press START/PAUSE to begin preheating.
3. When unit has preheated, slide basket into the upper rails of the oven.
4. When cooking is complete, remove basket from oven. Using tongs, carefully remove prosciutto from basket and set aside.
5. In a medium bowl, toss together green beans, onion, and oil. Spread mixture out on the Ninja® Sheet Pan.
6. Select AIR ROAST, set temperature to 380°F, and set time to 12 minutes. Press START/PAUSE to begin preheating.
7. When unit has preheated, place pan in oven.
8. When cooking is complete, remove pan from oven. Using a spatula, transfer green beans and onions from the pan into a serving dish. Crumble prosciutto on top of roasted green beans and serve immediately.

SPICY CHICKEN, SWEET POTATOES & BROCCOLI

BEGINNER RECIPE ●○○

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

INGREDIENTS

1 pound uncooked boneless, skinless chicken breasts, cut in cubes

3 tablespoons oil, divided

1 tablespoon Cajun seasoning

2 medium sweet potatoes, peeled, cut in cubes

1 head broccoli, cut in florets

1 teaspoon kosher salt

1 teaspoon ground black pepper

DIRECTIONS

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

TIP Save prep time by buying pre-cut vegetables.

BAKED GNOCCHI ALFREDO

INTERMEDIATE RECIPE ●●○

PREP: 5 MINUTES | **BAKE:** 12 MINUTES | **AIR BROIL:** 5 MINUTES | **MAKES:** 4–6 SERVINGS

INGREDIENTS

2 bags (12 ounces each) frozen potato gnocchi

1/4 cup vegetable stock

1 jar (14 ounces) alfredo sauce

1/2 cup shredded Parmesan cheese

5 leaves fresh basil, cut in strips, for garnish

DIRECTIONS

1. Place frozen gnocchi on the Ninja® Sheet Pan, spreading out evenly. Pour vegetable stock over gnocchi.
2. Select BAKE, set temperature to 390°F, and set time to 12 minutes. Press START/PAUSE to begin preheating.
3. When unit has preheated, place pan in oven. After 10 minutes, remove pan and stir with a wooden spoon or spatula. Return pan to oven and cook for 2 more minutes.
4. When cooking is complete, remove pan from oven and pour alfredo sauce over pasta. Stir to combine, then sprinkle Parmesan over the top. Return pan to oven. Select AIR BROIL-HI and set time to 5 minutes.
5. After 3 minutes, check on gnocchi. Cooking is complete when top is lightly brown and sauce and cheese are fully melted. If necessary, cook up to 2 more minutes.
6. When cooking is complete, transfer pasta to a serving dish and garnish with fresh basil. Serve immediately.

HOMEMADE PIZZA

ADVANCED RECIPE ●●●

PREP: 15 MINUTES | **REST:** 10 MINUTES | **AIR ROAST:** 12 MINUTES | **MAKES:** 4–6 SERVINGS

INGREDIENTS

DOUGH

2 teaspoons dry yeast

1 cup warm water

2 1/2 cups flour, plus more for coating

2 tablespoons olive oil

1 teaspoon sugar

1 teaspoon kosher salt

TOPPINGS

Pizza sauce

3/4 package (10 ounces) shredded mozzarella cheese

Pepperoni slices

1 tablespoon olive oil

Fresh basil, chopped, for garnish

DIRECTIONS

1. In a medium bowl, stir together yeast and warm water until dissolved. Add remaining dough ingredients and stir vigorously to combine, then allow to rest for 10 minutes.
2. Lightly coat a rolling pin with flour, then roll dough into a 10x10-inch square.
3. Lightly grease the Ninja® Sheet Pan. Press rolled dough onto the pan and top with pizza sauce, cheese, and pepperoni. Using a brush or your fingers, gently rub olive oil onto outer edge of crust.
4. Select AIR ROAST, set temperature to 450°F, and set time to 12 minutes. Press START/PAUSE to begin preheating.
5. When unit has preheated, place pan in oven.
6. When cooking is complete, remove pan from oven and let cool for 5 minutes before serving. Garnish with fresh basil.

TIP No time to make your own dough? Buy it pre-made at the supermarket for a fast weeknight meal.

TURKEY MEATLOAF, MASHED POTATOES & GREEN BEANS

ADVANCED RECIPE ●●●

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

INGREDIENTS

Cooking spray
2 large russet potatoes, peeled, cut in 1-inch pieces
1/4 cup water
Kosher salt, as desired
1 pound uncooked ground turkey
1/3 cup panko bread crumbs
1 yellow onion, peeled, grated
1 clove garlic, peeled, grated
1 egg
1/4 cup Colby-Jack cheese, diced
1/3 cup ketchup, divided
Ground black pepper, as desired
1 package (12 ounces) fresh green beans
1 tablespoon olive oil
1/3 cup whole milk
1 tablespoon butter

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

DIRECTIONS

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

STUFFED SHELLS

INTERMEDIATE RECIPE ●●○

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

INGREDIENTS

2 tablespoons olive oil

1 package (12 ounces) dry pasta jumbo shells, cooked according to package directions

2 pounds ricotta cheese

1/2 bag (about 3 ounces) fresh spinach

1 jar (24 ounces) marinara sauce

1/2 cup grated Parmesan cheese

DIRECTIONS

1 Grease an 8x8-inch baking pan with olive oil. Stuff each cooked shell with ricotta cheese and arrange in the pan cheese-side up.

2 In a bowl, stir together marinara and spinach. Pour over stuffed shells.

3 Select BAKE, set temperature to 375°F, and set time to 20 minutes. Select START/PAUSE to begin preheating.

4 When unit has preheated, place pan in oven.

5 After 20 minutes, remove pan from oven. Sprinkle Parmesan cheese on top of shells.

6 Return pan to oven. Select AIR BROIL-HI and set time to 2 minutes. Press START/PAUSE to begin.

7 When cooking is complete, remove pan from oven and serve.

PORK SAUSAGE ENCHILADAS

INTERMEDIATE RECIPE ●●○

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

INGREDIENTS

1 onion, peeled, thinly sliced

4 uncooked pork sausage links (1/4 pound each)

1/2 cup sour cream

1 tablespoon fresh cilantro leaves, plus more for garnish

6 tortillas (8 inches each)

1 can (19 ounces) enchilada sauce

1 cup shredded taco cheese

DIRECTIONS

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

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

BROILED BANANAS

BEGINNER RECIPE ●○○

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

INGREDIENTS

2 tablespoons dark brown sugar

1 teaspoon ground cinnamon

2 firm medium-sized bananas, cut in half lengthwise

TOPPINGS

Walnuts, chopped

Whipped cream

Sprinkles

Chocolate syrup

DIRECTIONS

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

TIP Serve with ice cream and any desired toppings to create a banana split kids will love!

Air Fry Cooking Chart

INGREDIENT	AMOUNT	PREPARATION	OIL	TEMP	COOK TIME
FROZEN FOOD					
Chicken nuggets	2 boxes (24 oz)	None	None	400°F	26–30 mins
Fish fillets (breaded)	1 package (10 fillets)	None	None	400°F	16–18 mins
Fish sticks	1 box (16 oz)	None	None	400°F	14–16 mins
French fries	16 oz	None	None	390°F	28–30 mins
Mozzarella sticks	2 boxes (16 oz)	None	None	375°F	12–15 mins
Pizza Rolls	1 bag (24.8 oz, 50 count)	None	None	375°F	11–13 mins
Popcorn shrimp	1 box (16 oz)	None	None	390°F	10–15 mins
Pot stickers	3 bag (30 count)	None	Toss with 1 Tbsp canola oil	390°F	18–20 mins
Tater tots	2 lbs	None	None	360°F	20–25 mins
MEAT, POULTRY, FISH					
Bacon	1/2 package (8 oz)	None	None	390°F	7–10 mins
Burgers	5 1/4-lb patties, 80% lean	1 inch thick	None	375°F	10–12 mins
Chicken drumsticks	6 drumsticks	Pat dry	Brush with oil	400°F	22–35 mins
Chicken thighs	5 thighs (4–6 oz each)	Pat dry	Brush with oil	390°F	22–28 mins
Chicken wings	2 lbs	Pat dry	1 Tbsp	400°F	28–30 mins
Crab cakes	6 cakes (6–8 oz each)	None	Brush with oil	390°F	15–18 mins
Salmon fillets	5 fillets (6–8 oz each)	None	Brush with oil	390°F	18–20 mins
Sausage	12 sausages, whole	None	None	390°F	12–14 mins
Shrimp	2 lbs	Pat dry	None	390°F	7–10 mins
VEGETABLES					
Asparagus	2 bunches	Cut in half, trim stems	2 Tbsp	420°F	12–15 mins
Beets	1.5 lbs	Peel, cut in 1/2-inch cubes	1 Tbsp	390°F	28–30 mins
Bell peppers (for roasting)	4 peppers	Cut in quarters, remove seeds	1 Tbsp	400°F	15–20 mins
Broccoli	1 large head	Cut in 1–2-inch florets	1 Tbsp	400°F	15–20 mins
Brussels sprouts	1 lb	Cut in half, remove stems	1 Tbsp	425°F	15–20 mins
Carrots	1 lb	Peel, cut in 1/4-inch rounds	1 Tbsp	425°F	10–15 mins
Cauliflower	1 head	Cut in 1–2-inch florets	2 Tbsp	400°F	20–22 mins
Corn on the cob	7 ears	Whole ears, remove husks	1 Tbps	400°F	14–17 mins

For best results, shake, flip, or rotate often

We recommend frequently checking your food and shaking, rotating, or flipping it to ensure desired results.

Use these cook times as a guide, adjusting to your preference.

Shake your food

AND

Toss or flip with silicone-tipped tongs

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

Air Fry Cooking Chart – Continued

INGREDIENT	AMOUNT	PREPARATION	OIL	TEMP	COOK TIME
VEGETABLES					
Green beans	1 bag (12 oz)	Trim	1 Tbsp	420°F	18–20 mins
Kale (for chips)	4 oz	Tear into pieces, remove stems	None	325°F	5–8 mins
Mushrooms	16 oz	Rinse, slice thinly	1 Tbsp	390°F	25–30 mins
Potatoes, russet	1.5 lbs	Cut in 1-inch wedges	1 Tbsp	390°F	25–30 mins
Potatoes, russet	1 lb	Hand-cut fries, soak 30 mins in cold water, then pat dry	½–3 Tbsp	400°F	25–28 mins
Potatoes, sweet	1 lb	Hand-cut fries, soak 30 mins in cold water, then pat dry	1 Tbsp	400°F	25–28 mins
Zucchini	1 lb	Cut in eighths lengthwise, then cut in half	1 Tbsp	400°F	15–20 mins

Notes

Notes

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