



nuwave®
PRO PLUS 2
INFRARED OVEN™

Recipe Book



Read the Owner's Manual before using the NuWave Pro Plus 2 Infrared Oven™

TWO WAYS TO COOK

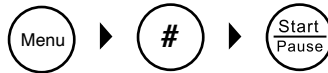
The NuWave Oven Pro Plus offers two ways to cook each and every one of the recipes listed in this book. You can enter the cooking temperature and time yourself, or you can enter the recipe's preset number and let the Oven do the work for you!

1. Enter the settings yourself

Simply follow the instructions as they're written in the recipes.

2. Enter the recipe's preset number and let the Oven do the work for you

Enter the corresponding preset number found at the top of the recipe when it's time to cook.





Any changes or modifications to this equipment or use not expressly approved by NuWave LLC may cause injury or damage to property, and will void your warranty.

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Shrimp Rumaki

Serves: 6 | **Prep Time:** 15 minutes | **Total Cook Time:** 14 minutes | **Menu:** #8

Ingredients:

6 slices of bacon

24 small shrimp or 12 jumbo shrimp, cut in half

¼c sliced water chestnuts

Directions:



Gather all of the ingredients needed for the Shrimp Rumaki recipe.



Cut the bacon into 4 equal pieces. Lay each bacon piece onto a shrimp and chestnut slice. Roll and secure with a toothpick



Place the shrimp on a 3-inch rack and cook at 350°F for 6-8 minutes per side.



Plate the Shrimp Rumaki onto a plate and serve them with your favorite dipping sauce.

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

Grilled Cheese

Serves: 1 | **Prep Time:** 5 minutes | **Total Cook Time:** 6 minutes | **Menu:** #14

Ingredients:

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

Directions:



Gather all the ingredients needed for the Grilled Cheese recipe.



Spread butter or margarine on both sides of the bread.



Place one piece on 3-inch rack, buttered side down. Place the cheese on top of the bread and top with the remaining slices, buttered side up. Grill at 350F for 3 minutes per side.



Plate the grilled cheese sandwiches and enjoy!

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

Grilled Cheeseburgers

Serves: 4 | **Prep Time:** 10 minutes | **Total Cook Time:** 7 minutes | **Menu:** #59

Ingredients:

1lb. lean ground beef
1T Worcestershire sauce
1 egg
½c dry bread crumbs
½ package dry onion soup mix
4 hamburger buns
4 slices American cheese

Directions:



Gather all of the ingredients needed for the Grilled Cheeseburgers recipe.



Place the ground beef in a large mixing bowl. Add Worcestershire sauce, egg, bread crumbs, and onion soup mix. Mix together with hands and be careful to not over mix, as this will toughen the burgers.



Divide the meat mixture into 4 equal amounts and form the beef into round patties approximately 1-inch thick.



Place the hamburger patties on 3-inch rack and cook at 350F for 3 and 1/2 minutes per side for fresh patties or 10-11 minutes per side for frozen patties.



Place one cheese slice on each hamburger and cook for 1 additional minute to melt the cheese.



Remove the cheeseburger and place them on buns. Add your desired condiments.

Beef Jerky

Serves: 6 | **Prep Time:** 5 minutes | **Total Cook Time:** 8 hours | **Menu:** #20

Ingredients:

1lb lean beef
¼c soy sauce
2T Worcestershire sauce
2T liquid smoke
2T brown sugar
2t salt
1t black pepper
1t meat tenderizer
1t garlic powder
1t onion powder
1t paprika

Directions:



Gather all of the ingredients needed for the Beef Jerky recipe.



Cut the beef into thin slices.



Combine the ingredients and mix them thoroughly in a small bowl.



Cover each slice of the beef in the marinade.



Marinate the beef slices overnight.



Place the beef pieces in the Liner Pan and 3-inch rack, ensuring that no pieces are touching. Pat the jerky with a paper towel to remove excess moisture and cook at 160F for 8 hours. Tent the Dome during the last 5 minutes.



Cool and store or enjoy!

NuWave Muffin Sandwich

Serves: 2 | **Prep Time:** 6 minutes | **Total Cook Time:** 8 minutes | **Menu:** #2

Ingredients:

2 large eggs
2 English muffins, split in half
2 slices Canadian bacon
4 slices American cheese
Salt and pepper, to taste
Cooking oil

Directions:



Spray two large custard cups with oil. Crack one egg into each cup. Gently break the yolk.



Season with salt and pepper. Place the English muffin halves in a Liner Pan and place the eggs on a 3-inch rack.



Cook at 350°F for 5-6 minutes.



When the timer goes off, place the Canadian bacon on the rack next to the eggs.



Place the cheese on the muffins and cook for an additional 2 minutes.



Assemble the sandwiches and enjoy!

Tip: Replace the Canadian bacon with frozen breakfast sausage patties.



Oven Omelette

Serves: 4 | **Prep Time:** 15 minutes | **Total Cook Time:** 60 minutes | **Menu:** #1

Ingredients:

10 eggs
½c milk
6oz Cheddar cheese, shredded
1c ham or bacon, finely chopped
½c green pepper, chopped
¼c onion, chopped
1T 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 60 minutes.
5. Let sit inside Dome for 1 minute and then cut into desired sizes
6. (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.



Low-Cal French Toast

Serves: 6 | **Prep Time:** 10 minutes | **Total Cook Time:** 10-12 minutes

Ingredients:

½ loaf bread

1 (16oz) container egg substitute

1c corn flakes, crumbed

½c sugar

1t cinnamon

½t vanilla extract

Directions:

1. Soak your favorite bread in egg substitute, flavor with sugar, cinnamon, and vanilla.
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 | **Prep Time:** 12 minutes | **Total Cook Time:** 16 minutes | **Menu:** #3

Ingredients:

1 (8oz) sirloin steak
Seasoned salt, to taste
½ tomato, seeds removed
2T Parmesan cheese, grated
1T butter
2 large eggs
1 scallion, thinly sliced, garnished

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 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 the eggs another 8 minutes and the tomatoes for 12 minutes.

Ham & Cheese Strata

Serves: 6-8 | **Prep Time:** 20 minutes | **Total Cook Time:** 25 minutes | **Menu:** #4

Ingredients:

10 bread slices
1½ c ham, cubed
6oz Swiss cheese, shredded
6oz Cheddar cheese, shredded
4 eggs
½t salt
1t onion powder
1½c half and half
1t dry mustard
¼t red pepper flake
1½c corn flakes
4T 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, half and half 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 5 more minutes.
9. When done, let sit for 1-2 minutes.



Ham & Eggs Scramble

Serves: 1 | **Prep Time:** 10 minutes | **Total Cook Time:** 9 minutes | **Menu:** #5

Ingredients:

2 large eggs
3oz ham, chopped
2T parsley, chopped
2oz Cheddar cheese, shredded
Sea salt, to taste
Freshly ground black 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 as needed.

Tip:

- For a spicy kick, add 3oz of Chorizo sausage.

Nest Egg with Manchego

Serves: 1 | **Prep Time:** 5 minutes | **Total Cook Time:** 10 minutes | **Menu:** #6

Ingredients:

1 bread slice
1t butter or cooking spray
1 egg
3T Manchego cheese

Directions:

1. Cut a round hole in the bread that's large enough to fit a cracked egg.
2. Butter both sides of the bread.
3. Place bread in oven-safe baking pan on 3-inch rack.
4. Crack egg into hole and top with black pepper and Manchego cheese.
5. Bake at 350°F for 10 minutes. Flip halfway through cooking.
6. Serve with sliced bacon and fresh fruit.

Tip:

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

Stuffed Potato Bites

Serves: 2 | **Prep Time:** 10 minutes | **Total Cook Time:** 1 hour 10 minutes | **Menu:** #7

Ingredients:

2 medium baked potatoes
1/4 cup sour cream
1 packet ranch seasoning
1c Cheddar cheese, shredded
Green onions, sliced
Bacon pieces, cooking, optional

Directions:

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





Sweet & Sour Cocktail Meatballs

Serves: 20 | **Prep Time:** 30 minutes | **Total Cook Time:** 12 minutes | **Menu:** #13

Ingredients:

4 slices hearty white sandwich bread, torn into pieces	2½lbs lean ground beef
¼c milk	1T vegetable oil
2 large eggs	1 onion, minced
½lb ground pork	1 (28oz) can tomato sauce
¼c fresh parsley, finely chopped	¼c packed dark brown sugar
2 garlic cloves, minced	3T Worcestershire sauce
1t salt	2T Dijon mustard
2t pepper	¼t red pepper flakes

Directions:

1. Using fork, mash bread, milk and eggs in large bowl until smooth.
2. Add pork, parsley, garlic, onion, salt and pepper; mix until incorporated.
3. Add beef and knead until combined.
4. Form mixture into 1¼-inch meatballs (makes about 30).
5. Place meatballs on 3-inch rack and bake at 350°F for 6 minutes per side.
6. While meatballs bake, place tomato sauce, 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 10 minutes.
9. Place meatballs in sauce to coat, then place in chafing dish or in the 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.

Tangy Mild Wings

Serves: 2-4 | **Prep Time:** 10 minutes | **Total Cook Time:** 30 minutes | **Menu:** #15

Ingredients:

2lb chicken wings
1c ketchup
¼c light molasses
¼c soy sauce
½t red pepper flakes
½t cayenne pepper
½t black pepper
½t salt
3T Worcestershire sauce
3T white vinegar

Directions:

1. Mix all ingredients except chicken.
2. Reserve 3oz of the sauce for dipping.
3. Add wings to remaining sauce and coat well.
4. Place chicken on 3-inch rack and cook at 350F for 15 minutes per side for fresh or 16-18 minutes per side for frozen.
5. Serve with carrots, celery, ranch or blue cheese dressing along with reserved wing sauce.

Tip:

- Add more cayenne pepper, if desired.



Prosciutto-Wrapped Shrimp Sticks

Serves: 6 | **Prep Time:** 15 minutes | **Total Cook Time:** 8 minutes | **Menu:** #9

Ingredients:

48 medium shrimp, uncooked
¾lb thinly sliced prosciutto
3T olive oil
8 (6-inch) bamboo skewers
Freshly ground black pepper, to taste

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 a pastry brush, brush the oil to coat each side.
5. Cook at 350°F for 4 minutes per side.
6. Sprinkle with black pepper.

Ham & Cheese Pitas

Serves: 4 | **Prep Time:** 15 minutes | **Total Cook Time:** 4 minutes | **Menu:** #10

Ingredients:

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
1T melted butter
Paprika, to taste

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 2 minutes per side. Halfway through cooking, flip the pitas to the other side.



Taco-Flavored Chicken Wings

Serves: 5 | **Prep Time:** 35 minutes | **Total Cook Time:** 28 minutes | **Menu:** #11

Ingredients:

4lbs chicken wings
1 pack taco seasoning
3T extra virgin olive oil
2T red wine vinegar
2t hot pepper sauce
1c guacamole or salsa (optional)

Directions:

1. In a large, resealable plastic bag, combine taco seasoning, oil and vinegar with hot pepper sauce.
2. Add chicken wings to the sauce.
3. Seal the bag and turn over to coat.
4. Let the mixture sit in the refrigerator for 30 minutes.
5. Place the chicken on a 3-inch rack and cook at 350F for 14 minutes per side.

Tip:

- Serve with either guacamole or salsa.



Spicy Grilled Shrimp Skewers

Serves: 4 | **Prep Time:** 10 minutes | **Total Cook Time:** 6 minutes | **Menu:** #12

Ingredients:

1½lbs extra-large shrimp, peeled and deveined
4T unsalted butter, melted and divided
Cayenne pepper, to taste
Salt, to taste
½c hot pepper jelly
1t grated zest
2t lime juice
4 wooden skewers

Directions:

1. Wash and dry shrimp with paper towel.
2. Thread shrimp on skewers and brush with 1T 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 3 minutes per side for fresh or 5-6 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.
- Soak wooden skewers in water to prevent burning.



Hot Artichoke Dip

Serves: 4 cups | **Prep Time:** 20 minutes | **Total Cook Time:** 18 minutes | **Menu:** #16

Ingredients:

1c mayonnaise

8 cloves of fresh garlic, minced

1 (8oz) package cream cheese, softened

1c Parmesan cheese, grated and divided

2c Monterey Jack cheese, shredded

2 (6oz) jars artichokes hearts, drained, divided and chopped

Directions:

1. In medium bowl, mix garlic, mayonnaise, cream cheese, $\frac{3}{4}$ 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 18 minutes, or until golden brown.

Italian Purses

Yields: 16 purses | **Prep Time:** 20 minutes | **Total Cook Time:** 20 minutes | **Menu:** #17

Ingredients:

2 (8oz) canned crescent rolls
½lb Italian sausage or ground beef
½c Mozzarella cheese, shredded
½c onions, diced
1T Italian herb seasoning
1 medium tomato, diced
¼t garlic powder

Directions:

1. Cook the meat and onions together in a saute pan. Add the tomatoes, garlic, and Italian herb seasoning once the onions are translucent. Cool them and then add the cheese.
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 20 minutes.

Chicken Nachos

Serves: 2 | **Prep Time:** 22 minutes | **Total Cook Time:** 7 minutes | **Menu:** #18

Ingredients:

2 chicken breasts, pounded to 1-inch thickness
3oz shredded Cheddar cheese
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
3oz shredded cheese
4oz of Tortilla chips
Salt and pepper, to taste

Directions:

1. Place chicken breast on 3-inch rack.
2. Cook at 350°F for 8 minutes per side for fresh or 12 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 7 minutes or until cheese is melted.
8. Serve with salsa.

Spiced Pecans

Yields: 2 cups | **Prep Time:** 5 minutes | **Total Cook Time:** 15 minutes | **Menu:** #19

Ingredients:

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

Directions:

1. Spray Liner Pan with oil.
2. In small saucepan, combine 1T taco seasoning mix, 4T sugar, ¼t 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, 1T sugar and ¼t 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.



Trail Mix

Yields: 11 cups | **Prep Time:** 5 minutes | **Total Dehydrate Time:** 12 hours

Ingredients:

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

Directions:

1. Dehydrate berries at 150°F for 3½-3¾ hours.
2. Dehydrate pineapple at 135°F for 12 hours.
3. Dehydrate apples at 150°F for 4½ hours.
4. Mix all ingredients together in large bowl.
5. To store, place in sandwich bags or airtight containers.

Mexican Pizza/Quesadilla

Yields: 1 | **Prep Time:** 5 minutes | **Total Cook Time:** 7 minutes | **Menu:** #24

Ingredients:

1 (8-9 inch) flour tortilla
2T tomato sauce
½t taco seasoning or Mexican spice blend
¼c fresh scallions, chopped
½c shredded Cheddar cheese
Jalapeño peppers, to taste

Directions:

1. Place the tortilla on 3-inch rack.
2. Mix the sauce together with the spice blend and spread onto the tortilla.
3. Arrange the jalapeños and scallions over the sauce.
4. Top with cheese.
5. Cook at 350°F for 5 minutes.
6. Fold the torilla in half and cook for an additional 2 minutes.

Pita Pizza

Serves: 1 | **Prep Time:** 7 minutes | **Total Cook Time:** 6 minutes | **Menu:** #25

Ingredients:

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

Directions:

1. Place the pita on 3-inch rack and spread the tomato sauce on top.
2. Top with parsley and pepperoni.
3. Sprinkle cheese over pita.
4. Cook at 350°F for 6 minutes.

Haricots Verts Almondine

Serves: 6-8 | **Prep Time:** 10 minutes | **Total Cook Time:** 14 minutes

Ingredients:

12oz French green beans, trimmed and rinsed
2T olive oil
¼c lemon juice
½c almonds, sliced
2T butter, melted
1c crispy fried onion ringlets
Salt and pepper, to taste

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 melted butter, almonds and onions.
5. Cook at 350°F for additional 3-4 minutes.
6. Serve immediately.

Mexican Elote

Serves: 2-4 | **Prep Time:** 5 minutes | **Total Cook Time:** 12 minutes | **Menu:** #93

Ingredients:

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

Directions:

1. Place corn on 3-inch rack and roast at 350F for 6 minutes per side.
2. Remove the 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.



Zucchini & Onions Au Gratin

Serves: 2-4 | **Prep Time:** 10 minutes | **Total Cook Time:** 17 minutes

Ingredients:

1 large yellow onion, cut into ½-inch pieces
1 medium zucchini, cut into ½-inch slices
1T olive oil
½c Cheddar cheese, shredded
Sea salt, to taste
Freshly ground black pepper, to taste

Directions:

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

Asparagus with Parmesan Crust

Serves: 6 | **Prep Time:** 5 minutes | **Total Cook Time:** 6 minutes | **Menu:** #32

Ingredients:

1lb asparagus
1T extra virgin olive oil
1oz Parmesan cheese, shaved
¼c balsamic vinegar
Freshly ground black pepper, to taste
Sea salt, to taste

Directions:

1. Wash and trim asparagus.
2. Toss asparagus in olive oil, black pepper, and salt and place on 3-inch rack.
3. Sprinkle cheese on asparagus and cook at 350°F for 6 minutes.
4. Drizzle balsamic vinegar over asparagus and enjoy.

Sweet Potato Casserole with Streusel Topping

Serves: 4-6 | **Prep Time:** 45 minutes | **Total Cook Time:** 30 minutes

Ingredients:

4 sweet potatoes
½c and 3 tablespoons butter, divided
½c sugar
½c brown sugar
2 eggs, slightly beaten
½t salt
1t vanilla
½c flour, divided into ¼c and ¼c
¼c 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 ½c butter, sugar, eggs, salt, vanilla and ¼c 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 ¼c 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.



Stuffed Peppers with Tofu

Servings: 4 | **Prep Time:** 40 minutes | **Total Cook Time:** 20 minutes | **Menu:** #26

Ingredients:

1c brown rice
1 (12oz) package extra firm tofu, drained and diced
1¾c marinara sauce, divided
Sea salt, to taste
Freshly ground black pepper, to taste
4 bell peppers, ¼ tops cut off and seeds removed
2c 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.
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.
- You can also place remaining cheese on the last 4 minutes of baking.
- If you want to add meat to this dish, simply add ½lb cooked and crumbled Italian sausage.

Roasted Spaghetti Squash

Servings: 4 | **Prep Time:** 8 minutes | **Total Cook Time:** 27 minutes | **Menu:** #27

Ingredients:

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

Directions:

1. Prepare the squash and set it aside.
2. Drizzle the squash with olive oil.
3. Evenly divide the sugar and salt between both halves.
4. Bake the squash on a 1-inch rack at 350°F for 25 minutes.
5. Use a fork and gently scrap the cooked squash to create the spaghetti squash.
6. Transfer the spaghetti squash to a serving platter and drizzle with olive oil for garnish.

Tip:

- Cut ¼-inch thick sliver off end of the spaghetti squash so it can stand upright.
- Pour a small amount of olive oil, about ½t, in the bulb of the squash. Using your finger, spread the oil along the stem and around the bulb. Pour off any remaining oil.
- Depending on the size of the squash, you may have to bake in batches.
- Cover the serving platter with foil to keep the spaghetti squash warm.

Roasted Vegetables Sandwich

Servings: 4 | **Prep Time:** 15 minutes | **Total Dehydrate Time:** 18 minutes | **Menu:** #28

Ingredients:

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

Directions:

1. Combine yogurt, tahini, lemon juice, cumin, garlic and ¼ teaspoon salt and pepper 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. Season with remaining salt.
4. Grill vegetables at 350°F on 1-inch rack for 14-18 minutes.
5. Flip vegetables halfway through cooking process. Place vegetables on platter; sprinkle with chopped parsley if desired.
6. Add sauce and serve with Kaiser rolls or Greek pita bread.

Roasted Herb Potatoes

Serves: 6 | **Prep Time:** 10 minutes | **Total Cook Time:** 20 minutes | **Menu:** #29

Ingredients:

2lbs small new potatoes
2T olive oil
1T salt
½ t black pepper
2T 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, rosemary and garlic.
3. Place potatoes on 3-inch rack and cook at 350°F for 20 minutes.
4. Pause halfway through cooking process and turn potatoes.
5. Press Start to finish the cooking.

Tip:

- You can use 1 teaspoon of your favorite dried herb.

Roasted Cauliflower, Chickpea, & Olives

Serves: 4-6 | **Prep Time:** 15 minutes | **Total Cook Time:** 20 minutes | **Menu:** #30

Ingredients:

5½c cauliflower florets

1c Spanish green olives, pitted

8 cloves garlic, coarsely chopped

1 (15oz) can chickpeas (garbanzo beans), rinsed and drained

3T olive oil

½t crushed red pepper

¼t salt

3T 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 minutes.

Roasted Asparagus

Serves: 4-5 | **Prep Time:** 5 minutes | **Total Cook Time:** 6 minutes | **Menu:** #32

Ingredients:

1lb trimmed asparagus
2T extra-virgin olive oil
Kosher salt, to taste
Black pepper, to taste

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 minutes.

Roasted Butternut Squash

Serves: 4-5 | **Prep Time:** 5 minutes | **Total Cook Time:** 35 minutes | **Menu:** #31

Ingredients:

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

Directions:

1. Prepare squash; set aside.
2. Brush with olive oil.
3. Add sugar and salt between both halves.
4. Bake butternut squash on 1-inch rack at 350°F for 35 minutes.
5. Medium dice cooked squash.
6. Transfer to serving platter.
7. Drizzle with olive oil for garnish.

Tip:

- Pour a small amount of oil, about ¼t, in the bulb of the squash.
- Using your finger, spread the oil along the stem and around the bulb.
- Pour off any remaining oil.
- Depending on the size of the squash, you may have to bake in batches.
- Wrap the serving platter with foil to keep the butternut squash warm.



Stuffed Baked Potatoes with Bacon

Serves: 6 | **Prep Time:** 10 minutes | **Total Cook Time:** 1 hour 7 minutes | **Menu:** #33

Ingredients:

6 medium baking potatoes, washed and dried
1c milk, slightly heated
1c sharp Cheddar cheese, grated
3T butter or margarine
Sea salt, to taste
Freshly ground black pepper, to taste
2T 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 1 hour.
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 7 minutes.
8. Garnish with bacon and green onions.

Tip:

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





Gratin Dauphinois

Serves: 6 | **Prep Time:** 20 minutes | **Total Cook Time:** 1 hour 10 minutes | **Menu:** #34

Ingredients:

6c small red potatoes, washed and thinly sliced
½c white onion, finely diced
2 cloves garlic, finely minced
4T butter
½c Parmesan cheese, shredded
½c heavy cream
3T fresh parsley for garnish, finely chopped
Sea salt, to taste
Freshly ground black pepper, to taste

Directions:

1. Wash, slice, and place potatoes in bowl.
2. Add onion, garlic 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 20 minutes.
7. Cover with foil and cook at 350°F for an additional 50 minutes.
8. Let pan sit for 2 minutes inside Dome.
9. Garnish with parsley and serve.

Tip:

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



Eggplant, Zucchini, & Tomato Tian

Serves: 6 | **Prep Time:** 15 minutes | **Total Cook Time:** 30 minutes | **Menu:** #35

Ingredients:

½c fresh or dry bread crumbs
½c Parmesan cheese, grated
2T flat leaf parsley
1½t 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
1½T extra-virgin olive oil, divided
¼t kosher salt
¼t black pepper
¼c 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 30 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.
- 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 | **Prep Time:** 10 minutes | **Total Cook Time:** 18 minutes | **Menu:** #36

Ingredients:

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
½c Parmesan cheese, grated
2T fresh rosemary, roughly chopped
Extra-virgin olive oil, as needed
Kosher salt, to taste
Freshly ground black pepper, to taste

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. In large bowl, add asparagus oil, salt and black pepper; toss to coat.
3. Place asparagus on 3-inch rack.
4. Brush off any dirt clinging to mushrooms.
5. Grasp stem and pull it free from cap with your thumbs.
6. Place portabello mushrooms on clean surface.
7. Lightly drizzle mushrooms with oil, salt and pepper; rub to coat.
8. Fill each cap with 2 tablespoons cheese.
9. Place caps on 3-inch rack, next to asparagus.
10. In same bowl, add potatoes, oil, salt, pepper and rosemary; toss to coat.
11. Place potatoes on 3-inch rack, next to asparagus and mushrooms.
12. Cook at 350°F for 18 minutes.
13. Remove asparagus after 6 minutes. Remove mushrooms after 12 minutes. Remove the potatoes after 18 minutes.
14. Hold vegetables in warm place, covered with foil, until all vegetables have cooked.

Tip:

- Start cooking the mushrooms and potatoes first and then replace with the asparagus.
- You can clean out the gills of the mushrooms by scraping it out using a tip of a spoon.
- Use a small amount of olive oil because the mushrooms absorb it.
- 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 | **Prep Time:** 20 minutes | **Total Cook Time:** 20 minutes | **Menu:** #37

Ingredients:

1 large eggplant, outer skin removed and thinly sliced
1T olive oil
1c Parmesan cheese, shredded
2-3 basil leaves, sliced
1½T garlic, minced
1 large tomato, thinly sliced
Pinch of sea salt
1c 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. After 15 minutes of cooking, press down the casserole with a spatula to create an even surface.
4. Let sit for 5 minutes. Serve in slices.

Caramelized Onions

Serves: 4 | **Prep Time:** 10 minutes | **Total Cook Time:** 8 minutes | **Menu:** #38

Ingredients:

1 (½lb) Vidalia onion, halved and cut into ⅛-inch slices
2T extra virgin olive oil
2 garlic cloves, minced
1t brown sugar
Salt and pepper, to taste

Directions:

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



Corn Soufflé

Serves: 8 | **Prep Time:** 10 minutes | **Total Cook Time:** 2 hours | **Menu:** #41

Ingredients:

1 package cornbread mix
1 (15oz) can regular corn, drained
1 (15oz) can cream-style corn, drained
1½ c Cheddar cheese, shredded
1t salt
4 eggs, beaten
¼c sugar

Directions:

1. Mix all ingredient together.
2. Pour into a 10-inch baking pan that has been sprayed with non-stick cooking spray.
3. Place the pan on a 1-inch rack.
4. Cook at 350°F for 2 hours.
5. Cover with foil after 15 minutes.
6. When the timer goes off, let the soufflé sit inside the Dome for 2 minutes.
7. Serve and enjoy.

Tip:

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

Broiled Zucchini Slices

Serves: 12 | **Prep Time:** 10 minutes | **Total Cook Time:** 10 minutes | **Menu:** #42

Ingredients:

2 cloves garlic, minced

2T olive oil

1T fresh rosemary, roughly chopped

¼t black pepper

¼t salt

3 zucchinis or yellow squashes, cut lengthwise into ½-inch slices

Directions:

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

Parmesan Fries

Serves: 2-4 | **Prep Time:** 6 minutes | **Total Cook Time:** 28 minutes | **Menu:** #39

Ingredients:

2 large baking potatoes, with ½ inch removed from each end

½c Parmesan cheese, grated

Olive oil, to taste

Salt and pepper, to taste

Directions:

1. Cut potatoes (rinsed in water then drained), lengthwise, ½-into inch fries.
2. Toss with olive oil, salt, and pepper.
3. Lay fries onto 3-inch rack and cook at 325°F for 28 minutes, flipping halfway through the cooking process.
4. Toss with cheese and serve.

Cheese Stuffed Tomatoes

Serves: 6 | **Prep Time:** 10 minutes | **Total Cook Time:** 12 minutes | **Menu:** #40

Ingredients:

3 Roma tomatoes
1c Mozzarella cheese
½c Parmesan cheese
1T fresh thyme
1T fresh basil
¼c onion, chopped
1T garlic, chopped
¼t black pepper

Directions:

1. Cut ¼ inch 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 12-14 minutes.

Balsamic Glazed Carrots

Serves: 6 | **Prep Time:** 5 minutes | **Total Cook Time:** 22 minutes | **Menu:** #43

Ingredients:

1 pound fresh carrots, washed and cut into thin, round slices

2T olive oil

1t salt

½t black pepper

2T balsamic vinegar

1T brown sugar

Directions:

1. Place all ingredients in a bowl and add the carrots.
2. Season with salt and pepper.
3. Place in an oven-safe dish on a 1-inch rack.
4. Cook at 350°F for 11-12 minutes.
5. Stir the carrots and continue cooking at 350F for an additional 10 minutes.

Oven-Fried Chicken

Serves: 4 | **Prep Time:** 20 minutes (Marinade Time: 30 minutes-8 hours) | **Total Cook Time:** 48 minutes
Menu: #44

Ingredients:

½c buttermilk
1T Dijon mustard
2 cloves garlic, minced
1t hot sauce
2-3½lbs chicken, fresh, skin removed, cut into legs, breast, thighs and wings
½c all-purpose flour
1½t paprika
1t dried thyme
1t baking powder
¼t salt (optional)
Freshly ground black pepper, to taste
Non-stick cooking spray, as needed

Directions:

1. Whisk the buttermilk, mustard, garlic and hot sauce in a shallow glass dish until it is well blended.
2. Add in the chicken and thoroughly coat the meat with the mixture.
3. Cover and marinate the meat in the refrigerator for at least 30 minutes or up to 8 hours.
4. Put flour, paprika, thyme, baking powder, salt and pepper in a large resealable plastic bag.
5. Shaking off the excess marinade, place one or two chicken parts at a time in the bag with dry ingredients. Shake to coat.
6. Shake off the excess flour mixture.
7. Place the chicken parts on 1-inch rack that has been sprayed with cooking spray.
8. Cook chicken at 350 for 24 minutes per side.

Tip:

- If you do not have buttermilk, mix 1½t white vinegar with ½c milk and let stand for 5 minutes before whisking in the other wet ingredients.

Chicken Tenders with Wasabi Dipping Sauce

Serves: 4 | **Prep Time:** 6 minutes | **Total Cook Time:** 14 minutes | **Menu:** #45

Ingredients:

3 (1lb) boneless, skinless chicken breasts, cut crosswise into ½-inch strips
¾c white flour
1t baking soda
½c Parmesan cheese
½t garlic salt
½t paprika
½t black pepper
1 egg, slightly beaten
3T extra-virgin olive oil
½c mayonnaise
2t wasabi
Non stick cooking spray

Directions:

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

Tip:

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

Thai Chicken

Serves: 1 | **Prep Time:** 15 minutes | **Total Cook Time:** 26 minutes | **Menu:** #46

Ingredients:

1 (4-6oz) chicken breast, cut into bite size pieces
2T Thai green curry paste
2T fresh ginger, grated
2T garlic, minced
2T olive oil
½c raw coconut, unsweetened and shredded

Directions:

1. Mix all ingredients in a shallow bowl.
2. Place the chicken mixture in a 2 to 8 inch baking pan.
3. Cook at 350F for 13 minutes per side.
4. Stir and serve.

BBQ Chicken

Serves: 2 | **Prep Time:** 10 minutes | **Total Cook Time:** 26 minutes | **Menu:** #95

Ingredients:

2, 8oz, boneless, skinless, breasts
1c BBQ sauce
2T honey mustard
1T soy sauce
1T Worcestershire sauce
1 clove garlic, minced

Directions:

1. Place the chicken pieces on a 3-inch rack.
2. Mix the remaining ingredients in a bowl and baste it on the chicken.
3. Grill at 350°F for 11-13 minutes per side.
4. When there are 5 minutes remaining, flipping the chicken pieces, and baste on the remaining sauce.

Tip:

- If you are cooking frozen chicken, grill for 14-15 minutes per side.

Creamy Chicken Breast with Mushrooms & Peppers

Serves: 1 | **Prep Time:** 10 minutes | **Total Cook Time:** 20 minutes | **Menu:** #47

Ingredients:

1 (4-6oz) chicken breast
2 large mushrooms, sliced
½ bell pepper, cut into 1-inch pieces
½c sour cream
Sea salt, to taste
Freshly ground black pepper, to taste

Directions:

1. Place the chicken in an oven-safe dish.
2. Add the mushrooms and peppers alongside the chicken.
3. Spread sour cream over all the ingredients.
4. Season with salt and pepper.
5. Place the dish on a 3-inch rack and cook at 350°F for 8-10 minutes per side.

Tip:

- If you are cooking frozen chicken, cook for 14-15 minutes per side.

Breaded Chicken Breast

Serves: 1 | **Prep Time:** 12 minutes | **Total Cook Time:** 32 minutes | **Menu:** #48

Ingredients:

1c seasoned bread crumbs
2T butter
1 egg, beaten
1 (8oz) boneless chicken breast
2T parsley, chopped

Directions:

1. Place the bread crumbs in a shallow oval dish.
2. Dip the chicken in egg and roll in the bread crumbs.
3. Place the chicken on a 3-inch rack.
4. Place butter on the chicken and cook at 350°F for 16 minutes per side.
5. Sprinkle with parsley and serve.

Cornish Game Hens with Artichoke & Potatoes

Serves: 4 | **Prep Time:** 15 minutes | **Total Cook Time:** 30 minutes | **Menu:** #49

Ingredients:

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

Directions:

1. In a large bowl, combine lemon juice, garlic, oil, oregano, thyme, salt and black pepper.
2. Add artichoke hearts and potatoes; toss to coat.
3. Using a slotted spoon, transfer artichokes to a bowl.
4. With the reserved marinade, brush the game hens.
5. Twist the wing tips under the back.
6. Place the hens on a 1-inch rack and spread the potatoes and artichokes around the birds.
7. Cook at 350F for 15 minutes per side, or 28-32 minutes per side if frozen.
8. After 20 minutes, remove the potatoes and artichoke and finish cooking the hens.
9. Let the hens rest for 5 minutes, then cut down the middle and serve with the potatoes and artichokes.



Cilantro Garlic Chicken Breast

Serves: 6 | **Prep Time:** 15 minutes (Marinade time: 1-4 hours) | **Total Cook Time:** 16 minutes
Menu: #50

Ingredients:

6 (6oz) boneless, skinless chicken breasts
4 cloves garlic, peeled
1 small onion, peeled
1c loosely packed fresh cilantro leaves
1T granulated sugar
1T soy sauce
1t black pepper
¼c lemon or lime juice
Salt, to taste

Directions:

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



Buttery Chicken Breast

Serves: 1 | **Prep Time:** 5 minutes | **Total Cook Time:** 16 minutes | **Menu:** #51

Ingredients:

1 (4-6oz) boneless chicken breast
2T butter, melted
2T parsley, chopped
Sea salt, to taste
Freshly ground black pepper, to taste

Directions:

1. Place the chicken breast in a 8x8-inch silicone baking pan.
2. Add butter, parsley, salt and black pepper to pan and place on the 3-inch pan.
3. Cook at 350°F for 8 minutes per side.



Chicken Curry

Serves: 1 | **Prep Time:** 15 minutes | **Total Cook Time:** 13 minutes | **Menu:** #52

Ingredients:

1 (4-6oz) boneless chicken breast, cut into bite size pieces
1 scallion, cut into ½-inch pieces
½ green bell pepper, small diced
2 cloves garlic, minced
2T fresh ginger, grated
1T curry powder or paste
¼c sour cream
1t cilantro leaves, chopped
Sea salt, to taste
Freshly ground black pepper, to taste

Directions:

1. Mix the chicken, scallion, green pepper, garlic, ginger, curry, salt and black pepper in an oven-safe dish.
2. Place the oven-safe dish on the 3-inch rack and cook at 350°F for 13 minutes.
3. Place the cooked chicken in a serving dish.
4. Stir in the sour cream and sprinkle with coriander and serve.



Caraway Duck with Raspberry Sauce

Serves: 1 | **Prep Time:** 15 minutes | **Total Cook Time:** 40 minutes | **Menu:** #53

Ingredients:

1 whole duck (2 legs, 2 thighs, 2 wings, 2 breasts, all cut in half)
1T caraway seed, crushed
Salt and Pepper, to taste
1pt fresh raspberries
1T lime juice
¼t ground ginger
Cayenne pepper, to taste
Sugar, to taste

Directions:

1. Using a fork or knife, pierce the skin of each duck piece several times.
2. Season the duck on all sides with salt and pepper.
3. Lay the duck on a 1-inch rack and cook at 350°F for 20 minutes per side, upside down first.
4. While the duck cooks, purée raspberries in the blender.
5. Using a flexible spatula, push the berries through the mesh strainer to remove the seeds.
6. Mix the raspberry purée, lime juice, ginger, and cayenne until it is well blended.
7. Add the sugar as desired.
8. Simmer the sauce on medium low (175°F), being careful to not overcook.
9. Serve immediately with the duck.

Tip:

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

Glazed Beef Ribs

Serves: 2 | **Prep Time:** 5 minutes | **Total Cook Time:** 50 minutes | **Menu:** #54

Ingredients:

1 rack beef ribs, cut in half
Sea salt, to taste
Freshly ground black pepper, to taste
c orange marmalade
2t Dijon mustard
1t lemon juice
1T Worcestershire sauce

Directions:

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

Tip:

- Bottled BBQ sauce may be substituted for glaze.
- Melt the marmalade by keeping it room temperature for 30 minutes.

Honey Citrus Glazed Veal Chops

Serves: 1 | **Prep Time:** 10 minutes | **Total Cook Time:** 18 minutes | **Menu:** #55

Ingredients:

3T fresh lime juice
2T fresh ginger root, grated
½t lime zest
1 (8oz) veal rib chops, cut 1-inch thick
1T olive oil
1T honey

Directions:

1. Stir together lime juice, olive oil, honey, ginger and lime zest in a small bowl.
2. Place the veal chops in a glass dish.
3. Brush lime mixture onto the veal.
4. Refrigerate for 1 hour, covered.
5. Place the veal on the 3-inch rack, cook at 350°F for 9 minutes per side for fresh or 12-15 minutes if frozen.

Foolproof Standing Rib Roast

Serves: 6-8 | **Prep Time:** 5 minutes | **Total Cook Time:** 1 hour 7 minutes | **Menu:** #56

Ingredients:

1 (5lb) standing rib roast, thawed
1t onion powder
1t kosher salt
1t black pepper

Directions:

1. Rub the roast with the seasonings.
2. Place the seasoned roast on the 1-inch rack with the rib side down.
3. Cook at 350°F for 13-15 minutes for pound for rare doneness.
4. Flip the roast halfway through the cooking process.
5. Let it stand for 10 minutes before slicing.

Tip:

- For medium-rare, cook for 15-17 minutes per pound.
- For medium, cook for 18-20 minutes per pound.
- For well-done, cook for 25 minutes, or more, per pound.

London Broil

Serves: 1 | **Prep Time:** 10 minutes | **Total Cook Time:** 15 minutes | **Menu:** #57

Ingredients:

1 (6oz) sirloin steak sliced, cut into ½-inch strips
2 large white mushrooms, sliced
1T Worcestershire sauce
1T butter
Sea salt, to taste
Freshly ground black pepper, to taste

Directions:

1. Place all of the ingredients in a shallow oven-safe dish.
2. Cook it on a the 1-inch rack at 325°F for 15 minutes.

Yankee Pot Roast

Serves: 4-6 | **Prep Time:** 20 minutes | **Total Cook Time:** 5 hours | **Menu:** #58

Ingredients:

2½-3lbs 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
1t black pepper
½c red wine
1t pepper
1t salt
1 oven roasting bag

Directions:

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





Homestyle Meatloaf

Serves: 8 | **Prep Time:** 20 minutes | **Total Cook Time:** 55 minutes | **Menu:** #60

Ingredients:

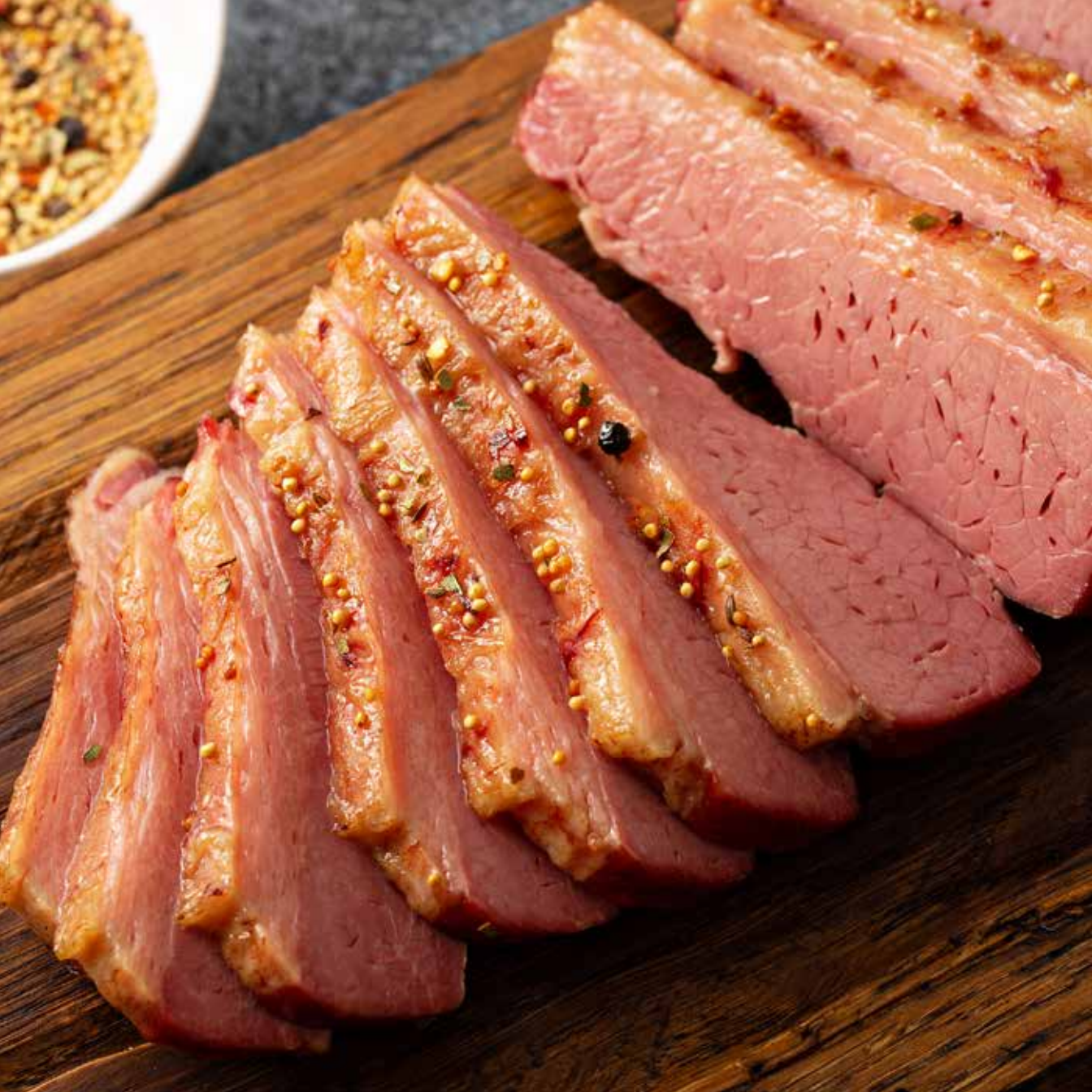
1T olive oil
1 medium onion, chopped
3 garlic cloves, finely chopped
1½lbs lean ground beef
1 large egg
½c dry bread crumbs
1T Worcestershire sauce
1T dried Italian seasoning
½c ketchup or chili sauce
1T Dijon mustard

Directions:

1. In a small skillet, heat oil over Medium-high (375°F) heat.
2. Add onion and garlic to the skillet and cook for 3 minutes, or until the onion softens.
3. In a large bowl, combine beef, egg, bread crumbs, Worcestershire sauce and Italian seasoning. Mix well.
4. Pack the mixture into 4x8-inch loaf pan.
5. In a separate small bowl, combine the ketchup and mustard.
6. Spread the topping over the loaf.
7. Place the loaf on the 1-inch rack and cook at 350°F for 55 minutes.

Tip:

- If the meat starts to brown too quickly, loosely cover it with foil.



Corned Beef Brisket

Serves: 4-6 | **Prep Time:** 8 minutes | **Total Cook Time:** 2 hour and 15 minutes

Ingredients:

1 (3lb) corned beef brisket
6 small red potatoes, cut in half
1 head cabbage, cut in wedges
1c water
1 bouillon cube
1 oven roasting bag

Directions:

1. Rinse the meat and place the corned beef with the fatty side up in the cooking bag.
2. Add the seasoning packet (from brisket if included), water, bouillon cube and potatoes.
3. Secure the bag with a twist tie.
4. Lay the bag on the 1-inch rack.
5. Cook at 325°F for 2 hour.
6. After, carefully turn the bag over and cook at 350°F for an additional 15 minutes or until the 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 it with a string.
- Serve with potatoes, cabbage and rye bread for that St. Patrick's Day touch!
- Add ½t cloves and 10 peppercorns if it is not included in the seasoning pack.



Baked Reuben Sandwich

Serves: 1 | **Prep Time:** 10 minutes | **Total Cook Time:** 12 minutes | **Menu:** #61

Ingredients:

2T butter, softened
2 slices rye bread
6oz corned beef, thinly sliced
¼c sauerkraut, squeezed dry
2 slice Swiss or Gruyere cheese
1T Thousand Island dressing

Directions:

1. Lightly butter each slice of bread on one side.
2. Place the corned beef, sauerkraut and cheese on the unbuttered side of the bread.
3. Spread the dressing on the corned beef.
4. Top with the second bread slice, with the buttered side up.
5. Cook at 350°F for 6 minutes per side on a 3-inch rack.

Baked Ham with Cola Glaze

Serves: 25 | **Prep Time:** 5 minutes | **Total Cook Time:** 4 hours | **Menu:** #62

Ingredients:

1 (10lb) bone-in ham
2T cola
½c brown sugar

Directions:

1. Place the ham on the 1-inch rack, with the fat side down.
2. Mix the coke and sugar. Brush the mixtures onto the ham.
3. Cook at 300°F for 22-24 minutes per pound.
4. Bake for an additional 15 minutes.
5. When finished, let the ham rest inside the Dome for 5 minutes.

Tip:

- For frozen ham, cook for 26-28 minutes per pound.
- If you like your ham breaded, add 2t dry mustard, 1t freshly ground black pepper, and 1½c plain breadcrumbs along with sugar and the remaining cola. The cooking times will not change when adding extra ingredients.

Pork Chops with Mustard Sauce

Serves: 1 | **Prep Time:** 10 minutes | **Total Cook Time:** 20 minutes

Menu: #63 (Med) | **Menu:** #64 (Med Well)

Ingredients:

1 (4-6oz) pork chop
2T butter
1T prepared mustard
1T cream
½t dried tarragon
Sea salt, to taste
Freshly ground black pepper, to taste

Directions:

1. Mix the butter, mustard, cream, tarragon, salt and black pepper; spread the mixture over the pork chop.
2. Place the chop in an oven-safe dish and place the dish on the 3-inch rack.
3. Cook at 350°F for 9 minutes per side, or until the juices run clear.

Avocado BLTs

Serves: 4 | **Prep Time:** 15 minutes | **Total Cook Time:** 5 minutes | **Menu:** #89

Ingredients:

½lb bacon slices
1 whole baguette, cut into 4 equal pieces and split open
4T extra-virgin olive oil
1 garlic clove, crushed
1c salad greens
4 plum tomatoes, sliced
2 avocados, halved, pitted and thinly sliced
Sea salt, to taste
Freshly ground black pepper, to taste

Directions:

1. Cook bacon on the 3-inch rack at 350°F for 12 minutes.
2. Brush the bread crust with olive oil and rub garlic inside the bread.
3. Lay the bread, crust side up, onto the 3-inch rack at 350°F and grill for 4-5 minutes.
4. Remove the bread and build the sandwich with greens, tomatoes and avocados.
5. Season with salt and pepper.

Italian Sausage with Peppers

Serves: 2 | **Prep Time:** 10 minutes | **Total Cook Time:** 12 minutes | **Menu:** #65

Ingredients:

4 pcs Italian sausage
1 red bell pepper, stem and seeds removed and sliced
3 scallions, cut into 1-inch crosscut slices
2 cloves garlic, minced
1T olive oil
Salt and pepper, to taste

Directions:

1. Place all the ingredients in a shallow oven-safe dish and set on the 3-inch rack. Season the onions and bell peppers with salt and pepper.
2. Cook at 350°F for 6 minutes per side.

Tip:

- If the sausage is frozen, cook at 350°F for 10 minutes per side.

Hot Dogs

Serves: 4 | **Prep Time:** 2 minute | **Total Cook Time:** 8 minutes | **Menu:** #98

Ingredients:

4 hot dogs
4 hot dog buns

Directions:

1. Place the hot dogs on the 3-inch rack and cook at 350°F for 4 minutes per side.
2. When finished, place the hot dog in the hot dog bun and add the desired condiments.

Tip:

- If the hot dogs are frozen, cook for 10 minutes per side.

Chiled Pork Chops

Serves: 4 | **Prep Time:** 10 minutes (Marinade time: 1 hour-overnight) | **Total Cook Time:** 18 minutes
Menu: #66

Ingredients:

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

Directions:

1. Place oil, herbs and seasonings into bowl and mix.
2. Place the pork chops in the mixture for 1 hour or overnight.
3. Place the chops on the 3-inch rack and cook at 350F for 9 minutes per side.
4. When finished, let the meat rest for 5 minutes before cutting.

Tip:

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



Glazed St. Louis Spareribs

Serves: 4 | **Prep Time:** 5 minutes | **Total Cook Time:** 1 hour | **Menu:** #67

Ingredients:

1 rack pork spareribs (cut in half)
1c orange marmalade, melted
2t Dijon mustard
1t lemon juice
1T Worcestershire sauce
Sea salt, to taste
Freshly ground black pepper, to taste

Directions:

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

Tip:

- For frozen ribs, cook for 32-34 minutes per side.



Simple Sole

Serves: 1 | **Prep Time:** 5 minute | **Total Cook Time:** 10 minutes | **Menu:** #100

Ingredients:

1 (5oz) filet of sole
1T lemon juice
2T butter
Sea salt, to taste
Freshly ground black pepper, to taste

Directions:

1. Place all the ingredients in an oven-safe dish.
2. Place the dish on the 3-inch rack.
3. Cook at 350°F for 8-10 minutes.



Shrimp with Lemon

Serves: 4 | **Prep Time:** 5 minutes | **Total Cook Time:** 14 minutes | **Menu:** #68

Ingredients:

12 large shrimp, peeled and deveined

1T lemon juice

2T olive oil

1t lemon pepper

Directions:

1. Place all the ingredients in a shallow oven-safe dish.
2. Set the dish on the 3-inch rack.
3. Cook at 350°F for 14 minutes, stirring halfway through the cooking process.

Shellfish Medley

Serves: 1 | **Prep Time:** 6 minutes | **Total Cook Time:** 12 minutes | **Menu:** #69

Ingredients:

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

Directions:

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

Tip:

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

Sweet Chili Scallops

Serves: 4 | **Prep Time:** 5 minutes | **Total Cook Time:** 6 minutes | **Menu:** #70

Ingredients:

16-18oz sea scallops
1/8 c olive oil
1T soy sauce
1T sweet chili powder
1T ground cumin

Directions:

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

Tip:

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



Lemon Salmon with Mango Salsa

Serves: 4 | **Prep Time:** 25 minutes | **Total Cook Time:** 10 minutes | **Menu:** #71

Ingredients:

4 (6-ounce) salmon filets
2T lemon juice
1T olive oil
1T grated lemon zest
2t Dijon mustard
½t black pepper

Salsa Ingredients:

1 ripe mango, peeled and diced
2 green onions, finely chopped
¼c red bell pepper, chopped
2T fresh cilantro, chopped
2T lime juice

Directions:

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

Tip:

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

Grilled Salmon & Fresh Basil

Serves: 4 | **Prep Time:** 36 minutes | **Total Cook Time:** 10 minutes | **Menu:** #72

Ingredients:

3T lemon juice
¼c fresh basil leaves, minced
1T olive oil
1T soy sauce
1t Worcestershire sauce
1 garlic clove, minced
¼t black pepper
4 (6oz) salmon filets

Directions:

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

Tuna with Fresh Orange Salsa

Serves: 4 | **Prep Time:** 15 minutes | **Total Cook Time:** 9 minutes | **Menu:** #73

Ingredients:

4 (5-6oz) tuna steaks, 1-inch thick
½t ground cumin
1T olive oil
½t salt
¼t black pepper

Salsa Ingredients:

1t orange peel, finely shredded
4 medium oranges, peeled, sectioned, and coarsely chopped
1 large tomato, seeded and chopped
¼c fresh cilantro, snipped
2T green onion, chopped
2T walnuts, chopped and toasted
1T lime juice
¼t salt
¼t black pepper

Directions:

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

Tip:

- If the tuna is frozen, cook for 7-9 minutes per side.
- The fish should break apart with a fork easily when it is tested for doneness.

Artichoke Topped Tilapia

Serves: 4 | **Prep Time:** 10 minutes | **Total Cook Time:** 10 minutes | **Menu:** #74

Ingredients:

4 (6-8oz) tilapia filets
2T olive oil
1T Italian herb seasoning
1t soy sauce
1c prepared artichoke hearts from jar, drained, and chopped
½c grated Parmesan cheese
Salt and pepper, to taste

Directions:

1. Mix together olive oil, Italian herb seasoning and soy sauce; set aside.
2. Mix together artichoke and cheese; set aside.
3. Place the filets on a 8x8 baking pan.
4. Brush each filet on the exposed side with the olive oil mixture.
5. Spread evenly the artichoke mixture over each filet.
6. Place the filets on the 3-inch rack and cook at 350°F for 10-12 minutes.

Tip:

- If the tilapia is frozen, cook at 350°F for 13-15 minutes.

Bass with Fennel

Serves: 1 | **Prep Time:** 5 minutes | **Total Cook Time:** 10 minutes | **Menu:** #75

Ingredients:

6oz striped or black bass, 1-inch thick

1t fennel seeds, crushed

1T olive oil

1T lemon juice

Sea salt, to taste

Freshly ground black pepper, to taste

Directions:

1. Mix fennel, olive oil, lemon juice, salt and pepper.
2. Place the bass on the 3-inch rack and spread the fennel mixture on the fish.
3. Cook at 350F for 5 minutes per side in an oven-safe dish.

Tip:

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

Cheese Crab Melts

Serves: 6 | **Prep Time:** 10 minutes | **Total Cook Time:** 16 minutes | **Menu:** #76

Ingredients:

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

Directions:

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

Tip:

- Substitute crab meat with 7oz of tuna.

Ancho Chili Crusted Salmon Tacos

Serves: 4 | **Prep Time:** 15 minutes | **Total Cook Time:** 10 minutes | **Menu:** #77

Ingredients:

4 (6oz) salmon filets
1T canola oil
1t ground ancho chili powder
1T cumin
2T brown sugar
1t soy sauce
6oz cabbage, shredded
½c jalapeno ranch dressing
8-12 corn tortillas

Directions:

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

Lamb Chops with Feta & Tomatoes

Serves: 4 | **Prep Time:** 20 minutes | **Total Cook Time:** Rare: 11 minutes / Med rare: 13 minutes / Med: 14 minutes / Med well: 15 minutes / Well Done: 16 minutes | **Menu:** #78 (Rare) | **Menu:** #79 (Med rare) | **Menu:** #80 (Med) | **Menu:** #81 (Med well) | **Menu:** #82 (Well done)

Ingredients:

2T olive oil
1 garlic clove
1T lemon juice
4 (1-inch) lamb chops
4oz feta cheese, crumbled
c chopped ripe tomatoes
4-6 kalamata olives, pitted
1T parsley, chopped
Sea salt, to taste
Freshly ground black pepper, to taste

Directions:

1. In a shallow dish, mix olive oil, garlic, and lemon juice.
2. Add the lamb chops, turning to coat all sides.
3. Place in the refrigerator for 15 minutes.
4. In a small bowl, mix feta, tomatoes, olives and parsley; set aside.
5. Place the lamb chops directly on the 3-inch rack and sprinkle with salt and pepper.
6. Cook at 350°F for 12 minutes, flipping halfway through the cooking process.
7. When the chops are done, spoon the feta mixture in equal portions on each chop.
8. Cook at 350°F for 1-3 minutes or until the cheese melts.

Lamb and Ham

Serves: 1 | **Prep Time:** 10 minutes | **Total Cook Time:** 12 minutes | **Menu:** #91

Ingredients:

6oz leg of lamb, cut into 1-inch cubes

2oz. smoked ham, diced

½ green pepper, cored and chopped

1 clove garlic, minced

2T olive oil

Salt and pepper, to taste

Directions:

1. Mix everything in an oven-safe dish and place on a 3-inch rack.
2. Cook at 350°F for 6 minutes.
3. Stir and cook for additional 6 minutes.



Curried Lamb

Serves: 1 | **Prep Time:** 10 minutes | **Total Cook Time:** 14 minutes | **Menu:** #92

Ingredients:

6oz leg of lamb, cut into 1-inch cubes
½green pepper, thickly sliced
2 cloves garlic, minced
2T fresh ginger, grated
2T curry paste
1T lemon juice
4T sour cream
Salt, to taste

Directions:

1. Mix the lamb, salt, pepper, garlic, ginger and curry paste in an oven-safe dish.
2. Place the dish on the 1-inch rack and cook at 350°F for 7 minutes.
3. Stir and cook for another 7 minutes.
4. Stir in the juice and sour cream and serve.

Easy Lemon Cookies

Serves: 24 cookies | **Prep Time:** 25 minutes | **Total Cook Time:** 15 minutes | **Menu:** #94

Ingredients:

1 package (15¼oz) lemon cake mix
1 egg
½c butter, softened
T lemon juice
Grated zest from 1 lemon
Powdered sugar

Directions:

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

Tip:

- Do not place the cookies directly under the heating element.

Bread Pudding with Whiskey Sauce

Serves: 6 | **Prep Time:** 20 minutes | **Total Cook Time:** 40 minutes | **Menu:** #96

Ingredients:

10 slices of day old white bread
2c milk
4 eggs
1T vanilla
½t salt
2 sticks butter
1c raisins

Whiskey Sauce Ingredients:

½c sugar
¼c all-purpose flour
¼c butter
1 shot glass Whiskey

Directions:

1. Break bread into oven-safe casserole dish, no bigger than 1½ quarts.
2. Soften the bread with a small amount of milk.
3. Beat the sugar and egg yolks.
4. Add milk and stir well.
5. Add vanilla and salt.
6. Pour the milk mixture over the bread.
7. Fold in the raisins.
8. Cut the butter into chunks and fold in.
9. Place the pan on a 1-inch rack and bake at 350°F for 40 minutes.
10. Cover the pan with foil after 15 minutes.
11. Check the pudding by sticking in a knife in the center; if it comes out clean, it's done.

Whiskey Sauce Directions:

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



Almond Tart

Serves: 8 | **Prep Time:** 20 minutes | **Total Cook Time:** 1 hour | **Menu:** #97

Ingredients:

10-12oz ginger snaps, broken into pieces
1 stick unsalted butter, cut into cubes
6oz sliced almonds
4 eggs
¾c light corn syrup
¼c honey
½c sugar
1T rum
1t pure vanilla extract
Dash of salt

Directions:

1. Process the cookie pieces and butter together in the food processor, fitted with steel blade, until the crumbs begin to soften.
2. Press the cook crumble into a 9-inch tart pan, along the sides and bottom.
3. Sprinkle almonds evenly over the crust.
4. In a medium bowl, beat together eggs, corn syrup and honey until it is pale in color.
5. Mix in the sugar, rum, vanilla extract, and salt.
6. Pour the mixture over the almonds and place the pan on a 1-inch rack.
7. Bake at 350°F for 5 minutes.
8. Tent the tart with foil and continue baking for 40 minutes.
9. Remove the foil tent and continue to bake at 350°F for an additional 15 minutes.



Apple Crisp

Serves: 10-12 | **Prep Time:** 15 minutes | **Total Cook Time:** 60 minutes | **Menu:** #99

Ingredients:

4 apples, peeled and cored. ¼-inch thick slices

½c flour

½c brown sugar, firmly packed

½c quick cooking oatmeal

¼c butter, softened

¼c granulated sugar

¾t cinnamon

Directions:

1. Slice the apples into ¼-inch slices and place in lightly buttered 8x8-inch baking dish.
2. In a medium bowl, combine flour, brown sugar, oatmeal, and butter until it is well mixed; set aside.
3. In a small dish, mix granulated sugar and cinnamon.
4. Sprinkle the sugar mixture evenly over the apples.
5. Pat the oatmeal mixture onto apples.
6. Place the pan on 1-inch rack and bake at 300°F for 1 hour, or until apples are tender and juices are bubbling.
7. Cook on a wire rack.

100 PRESETS

NOTE: Presets 1-100 can be adjusted to create your own recipes using menu presets #101-150.
Temperatures and times may need to be adjusted.

		Oven Temp.	Time
1.	Oven Omelette	350°F	60 min.
2.	NuWave Muffin Sandwich	350°F	8 min.
3.	Steak and Eggs	350°F	16 min.
4.	Ham and Cheese Strata	350°F	25 min.
5.	Ham and Egg Scramble	350°F	9 min.
6.	Nest Egg Manchego	350°F	10 min.
7.	Stuffed Potato Bites	350°F	1hr 10 min.
8.	Shrimp Rumaki	350°F	14 min.
9.	Prosciutto-Wrapped Shrimp	350°F	8 min.
10.	Ham and Cheese Pita	350°F	4 min.
11.	Taco-Flavored Chicken Wings	350°F	28 min.
12.	Spicy Grilled Shrimp Skewers	350°F	6 min.
13.	Sweet and Sour Cocktail Meatballs	350°F	12 min.
14.	Grilled Cheese	350°F	6 min.
15.	Tangy Mild Wings	350°F	30 min.
16.	Hot Artichoke Dip	350°F	18 min.
17.	Italian Purses	350°F	20 min.
18.	Chicken Nacho	350°F	7 min.
19.	Spiced Pecans	350°F	15 min.
20.	Beef Jerky	160°F	8 hrs.
21.	Dehydrated Blueberries	150°F	3 hrs. 45 min.

		Oven Temp.	Time
22.	Dehydrated Pineapple	135 °F	12 hrs.
23.	Dehydrated Apples	150 °F	4 hr. 30 min.
24.	Mexican Pizza	350°F	7 min.
25.	Pita Pizza	350°F	6 min.
26.	Stuffed Peppers	350°F	20 min.
27.	Roasted Spaghetti Squash	350°F	25 min.
28.	Roasted Vegetables	350°F	18 min.
29.	Roasted Herb Potatoes	350°F	20 min.
30.	Roasted Cauliflower Chickpeas and Olives	350°F	20 min.
31.	Roasted Butternut Squash	350°F	35 min.
32.	Roasted Asparagus	350°F	6 min.
33.	Stuffed Baked Potato with Bacon	350°F	1 hr. 7 min.
		Oven Temp.	Time
34.	Gratin Douphinos	350°F	1 hr. 10 min.
35.	Eggplant Zucchini Tian	300°F	30 min.
36.	Roasted Asparagus Mushroom and Potato	350°F	18 min.
37.	Eggplant Parmesan Casserole	350°F	20 min.
38.	Caramelized Onions	350°F	8 min.
39.	Parmesan Fries	325°F	28 min.
40.	Cheese Stuffed Tomatoes	350°F	12 min.
41.	Corn Souffle	350°F	2 hrs.
42.	Broiled Zucchini	350°F	10 min.
43.	Balsamic Glazed Carrots	350°F	22 min.

		Oven Temp.	Time
44.	Oven Fried Chicken	350°F	48 min.
45.	Chicken Tenderloin with Wasabi	350°F	14 min.
46.	Thai Chicken	350°F	26 min.
47.	Creamy Chicken Breast with Mushroom and Peppers	350°F	20 min.
48.	Breaded Chicken Breast	350°F	32 min.
49.	Cornish Game Hen with Artichoke and Potatoes	350°F	30 min.
50.	Cilantro Garlic Chicken Breast	350°F	16 min.
51.	Buttery Chicken Breast	350°F	16 min.
52.	Chicken Curry	350°F	13 min.
53.	Caraway Duck with Raspberry Sauce	350°F	40 min.
54.	Glazed Beef Ribs	350°F	50 min.
55.	Honey Citrus Glazed Veal Chop	350°F	18 min.
56.	Fool-Proof Standing Rib Roast	350°F	1 hr. 7 min.
57.	London Broil	350°F	15 min.
58.	Yankee Pot Roast	275°F	5 hrs.
59.	Grilled Cheese Burger	350°F	7 min.
60.	Home Style Meatloaf	350°F	55 min.
61.	Baked Rubeen Sandwich	350°F	12 min.
62.	Baked Ham with Cola Glaze	300°F	4 hrs.
63.	Pork Chop with Mustard Sauce, Medium	350°F	18 min.
64.	Pork Chop with Mustard Sauce, Medium Well	350°F	20 min.
65.	Italian Sausage with Peppers	350°F	12 min.
66.	Chilled Pork Chop	350°F	18 min.
67.	Glazed St. Louis Spareribs	350°F	60 min.
68.	Shrimp with Lemon	350°F	14 min.

		Oven Temp.	Time
69.	Shellfish Medley	350°F	12 min.
70.	Sweet Chili Scallops	350°F	6 min.
71.	Lemon Salmon Mango Salsa	350°F	10 min.
72.	Grilled Salmon with Fresh Basil	350°F	10 min.
73.	Tuna with Fresh Orange Salsa	350°F	9 min.
74.	Artichoke Tilapia	350°F	10 min.
75.	Bass with Fennel	350°F	10 min.
76.	Cheese Crab Melt	350°F	16 min.
77.	Ancho Chili Crusted Salmon Taco	350°F	10 min.
78.	Lamb Chops with Feta and Tomatoes, Rare	350°F	11 min.
79.	Lamb Chops with Feta and Tomatoes, Med Rare	350°F	13 min.
80.	Lamb Chops with Feta and Tomatoes, Medium	350°F	14 min.
81.	Lamb Chops with Feta and Tomatoes, Medium Well	350°F	15 min.
82.	Lamb Chops with Feta and Tomatoes, Well Done	350°F	16 min.
83.	Pork Chop	350°F	20 min.
84.	Hamburger, Rare	350°F	12 min.
85.	Hamburger, Med Rare	350°F	14 min.
86.	Hamburger, Medium	350°F	16 min.
87.	Hamburger, Medium Well	350°F	17 min.
88.	Hamburger, Well Done	350°F	18 min.
89.	Avocado BLT	350°F	5 min.
90.	Lamb Kabobs	350°F	17 min.
91.	Lamb and Ham	350°F	12 min.
92.	Curried Lamb	350°F	14 min.
93.	Mexican Elote	350°F	12 min.

		Oven Temp.	Time
94.	Easy Lemon Cookies	300°F	15 min.
95.	BBQ Chicken	350°F	26 min.
96.	Bread Pudding	350°F	40 min.
97.	Almond Tart	350°F	1 hr.
98.	Hot Dog	350°F	8 min.
99.	Apple Crisp	300°F	1 hr.
100.	Simple Sole	350°F	10 min.



There's more!

In addition to our 100 pre-programmed presets on the unit, we have over **1000** chef-approved recipes in our NuWave App and online in the NuWave's Cooking Club. Check out our favorite recipes that came with your Brio or other NuWave products!

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