

# nuwave

LIVE WELL FOR LESS



## NUWAVE<sup>®</sup> PRO PLUS INFRARED OVEN

Manual & Complete Cookbook

# nuwave

LIVE WELL FOR LESS

## Quick & Easy Cooking Guide

All cooking times are based on a temperature of 300°F



### Beef & Lamb

	Rack Height	Internal Temp	Fresh	Frozen
Roasts 3-10 lbs	1 in	125-130° 130-135° 135-140° 145°+	18-27 minutes Fast 21-29 minutes Med. Fast 28-35 minutes Medium 31+ minutes Med. Slow	28-37 minutes Fast 31-39 minutes Med. Fast 38-45 minutes Medium 41+ minutes Med. Slow
Burgers 1/2-in thick	0 in	140°+	5-7 minutes	8-9 minutes
Steaks 1-in thick	0 in	125-130° 130-135° 135-140° 145°+	5-6 minutes Fast 6-7 minutes Med. Fast 7-8 minutes Medium 8+ minutes Med. Slow	10-11 minutes Fast 11-12 minutes Med. Fast 12-13 minutes Medium 14+ minutes Med. Slow

### Pork

	Rack Height	Internal Temp	Fresh	Frozen
Ham (Precooked)	1 in	140°+	18-28 minutes	28-37 minutes
Sausage	0 in	140°+	5-6 minutes	8-10 minutes
Bacon	0 in	140°+	5-6 minutes	8-10 minutes
Salami, Braunsch, Etc.	0 in	140°+	5-6 minutes	8-10 minutes
Chops	0 in	140°+	5-6 minutes	7-8 minutes
Roasts 3-7 lbs	1 in	145°+	11-18 minutes	20-28 minutes
Tenderloin 2-4 lbs	0 in	140°+	12-14 minutes	18-22 minutes
Spare Ribs	1 in	140°+	18-23 minutes	25-34 minutes

### Poultry

	Rack Height	Internal Temp	Fresh	Frozen
Chicken, Bone-in Piece	0 in	140°+	12-14 minutes	18-22 minutes
Chicken, 1/2-in Boneless/Skinless Breast (Chicken with 1 bone will be 15 in)	0 in	140°+	11-13 minutes	18-21 minutes
Chicken, whole 3-4 lbs	1 in	145°+	11-18 minutes	20-28 minutes
Turkey, whole 8-10 lbs	1 in	145°+	18-22 minutes	28-34 minutes
Turkey, whole 11-14 lbs	1 in	145°+	22-28 minutes	34-40 minutes
Turkey, Breast 6-7 lbs	1 in	145°+	22-28 minutes	34-40 minutes
Eggs				

### Seafood

Fish, Steaks & Fillets 1/2 in  
Shrimp & Scallops  
Lobster Tails 4 oz (small)  
Crab Legs

### Vegetables

Roast Potatoes (1/2-in med)  
Potatoes, whole Med. Size  
Steamed Broccoli & Cauliflower  
Green Beans (1/2-in med) 10-15 min  
Squash, Asparagus, Bell Peppers & Tomatoes  
Roasted  
Onion, Garlic, Peppers,  
Cauliflower, and Yellow Squash

### Frozen Ready-Made Foods

Chicken Tenderloins & Burgers  
Frozen Vegetables 1/2-in med size  
Green Beans  
Mozzarella Sticks  
Hot Wings

TIP: Flip larger food items over halfway through cooking.



# Nuwave Elite Oven Instructions Manual

**Quiana Lutes**



## **Nuwave Elite Oven Instructions Manual:**

The Complete NuWave Oven Cookbook Julia Scott, 2016-07-24 The Complete NuWave Oven Cookbook will help you get the most out of your NuWave Oven Includes recipes for breakfast lunch and dinner as well as snacks appetizers and baked goods Instructions provide both power level and temperature conversion Popular Mechanics , 1981-02 Popular Mechanics inspires instructs and influences readers to help them master the modern world Whether it's practical DIY home improvement tips gadgets and digital technology information on the newest cars or the latest breakthroughs in science PM is the ultimate guide to our high tech lifestyle **Complete Guide for Your Nuwave Oven** Judy Preston, 2018-05-11 This book will completely change your understanding of healthy food From now on you will know that fried food can be useful Take the dust off your NuWave Oven and start to create amazing oil free fried food for two Delicious quick and healthy budget friendly meals with the help of the most popular kitchen appliance NuWave Oven When you hear about NuWave Oven you probably don't think about Low Fat Granola Rib Roast Bacon Wrapped Chicken and etc But it sounds not crazy at all with the help of this cookbook you will be able to prepare all these tasty meals Moreover this NuWave Oven Cookbook will help provide you main advantages of air fryer cooking To help you get all benefits from Nuwave Oven Cooking we designed this Cookbook where Collected most valuable breakfast poultry seafood and dessert recipes You will enrich your life with healthy meals Your cooking level will increase You will cook delicious oil free meals and lose your weight Under the cover of this book you'll find Savory recipes for your family for any occasion Most delicious NuWave Oven Recipes Preparation cooking time Complete list of ingredients for each recipe Only simple and tasty recipes which can be applied to any experience level in cooking Go ahead and grab your valuable copy right away **NuWave Oven Cookbook for Beginners** Anthony Jones, 2020-04-11 Discover How to Cook Mouth Watering NuWave Oven Recipes That Will Allow You to Fry Food in a Healthy Way Who said that pizza doughnuts and chicken wings can't be a part of a healthy diet With the help of an air fryer you can give your food a crispy fried texture without deep frying it actually NuWave Oven has become incredibly popular once people became aware of their potential This appliance works by circulating super hot air which cooks the food giving it a nice golden brown color and making the food crispy The greatest thing about NuWave Oven is that you can use them to make practically anything from heating frozen foods and making chicken wings to baking donuts and extra crispy cookies an air fryer is a perfect choice But what if you're not experienced in using an NuWave Oven or you're not that good at cooking Well that's what this NuWave Oven cookbook for beginners will help you out with It contains many delicious recipes that are written in a beginner friendly way The book will guide you step by step through the cooking process Just carefully follow the instructions and there is no way that you will make a mistake The end result will be perfectly prepared food every single time Here's what you can learn from our cookbook How to use an NuWave Oven like a pro The right way to prepare appetizers and snacks NuWave recipes for cooking poultry pork beef and lamb and seafood the healthy way Tasty vegetable recipes that can be

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**NuWave Oven Cookbook** Dylanna Press,2016-07-23 Many people are excited when they first purchase a NuWave Oven but aren't really sure what to do with it While the NuWave Oven is great for roasting chicken and other meats it has the potential to be used for so much more This book contains a plethora of recipes that can all be made quickly and easily right in your NuWave Oven

**Complete Guide for Your Nuwave Oven** Judy Preston,2018-05-07 This book will completely change your understanding of healthy food From now on you will know that fried food can be useful Take the dust off your NuWave Oven and start to create amazing oil free fried food for two Delicious quick and healthy budget friendly meals with the help of the most popular kitchen appliance NuWave Oven When you hear about NuWave Oven you probably don't think about Low Fat Granola Rib Roast Bacon Wrapped Chicken and etc But it sounds not crazy at all with the help of this cookbook you will be able to prepare all these tasty meals Moreover this NuWave Oven Cookbook will help provide you main advantages of air fryer cooking To help you get all benefits from Nuwave Oven Cooking we designed this Cookbook where Collected most valuable breakfast poultry seafood and dessert recipes You will enrich your life with healthy meals Your cooking level will increase You will cook delicious oil free meals and lose your weight Under the cover of this book you ll find Savory recipes for your family for any occasion Most delicious NuWave Oven Recipes Preparation cooking time Complete list of ingredients for each recipe Only simple and tasty recipes which can be applied to any experience level in cooking Go ahead and grab you valuable copy right away

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
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