



Quick & Easy Cooking Guide

Great Tasting Food Naturally™



Fish	Rack Height	Power Level	Fresh Food	Frozen Food	Special Instructions
Filets, 1/2 inch thick	4 inch	Hi	4 min.	7 min.	150°F (65°C)
Steaks and Filets 1 inch thick	4 inch	Hi	8 min.	15 min.	150°F (65°C)
Whole Fish 3- 4 inches thick	1 inch	Hi	25 min.	45 min.	150°F (65°C)

Shellfish

Shrimp	4 inch	Hi	5-7min.	7-12 min.	Cook time may vary with size
Scallops, Sea	4 inch	Hi	7 min.	9 min.	
Scallops, Bay	4 inch	Hi	5 min.	6-7min.	
Lobster, Live Maine	4 inch	Hi	13-16 min/lb.		Bring large pot of water to a boil. Drop in Lobsters headfirst. Cook for 2 minutes before placing in Nu-Wave Oven
Lobster Tails - 4oz.	4 inch	Hi	6 min.	8 min.	

Vegetables

Corn on the cob	either	Hi	10 min.		
Root Vegetables such as: Potatoes, Carrots, Turnips, Rutabagas, etc.	4 inch	Hi	25 min.		Cut into 2 inch cubes. Spray with oil.
Potatoes, Whole	either	Hi	45-60 min.		8 ounces each
1/2 Lengthwise	either	Hi	30 min.		
French Fries	4 inch	Hi	20 min.		
Sweet Potatoes	either	Hi	45-60 min.		8 ounces each
Roasted Onions	4 inch	Hi	20 min.		Cut 1/2 inch off top, brush with oil.
Roasted Garlic	4 inch	Hi	25 min.		
Roasted Asparagus	4 inch	Hi	5-8 min.		Varies with thickness
Acorn Squash	either	Hi	30 min.		Cut in half, remove seeds and membrane, place in shallow dish, brush with oil.
Butter Nut Squash	either	Hi	35 min.		
Eggplant, 1/2 inch slices	4 inch	Hi	12-15 min.		
Eggplant, Whole	1 inch	Hi	40 min.		

Fruits

Baked Apples	either	Hi	20 min.		Remove core
Baked Pears	either	Hi	25 min.		Cut in half. Remove core

HELPFUL HINTS

Times and Temperatures are approximate and are to be used as guideline only.

For most accurate cooking, a **meat thermometer** should be used.

Any pan or utensil that can go into a regular oven can go into the Nu-Wave Oven.

When cooking most food items, **turn over** at halfway point to ensure even browning.

When using dry seasonings on frozen food, apply a non-stick cooking spray or wet with water first so seasonings will adhere.

The use of **oven mitts** is recommended.

PLEASE READ BOOKLET FOR COMPLETE INSTRUCTIONS

Nuwave Mini Cooking Guide

Amy Whitelegge



Nuwave Mini Cooking Guide:

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