



# 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	5-7 min.	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.	6-7 min.	
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 - 4 oz.	4 inch	Hi	6 min.	8 min.	

## Vegetables

Corn on the cob	either	Hi	10 min.		
Root Vegetables such as: Potatoes, Carrots, Turnips, Rutabagars, etc.	4 inch	Hi	25 min.		Cut into 2 inch cubes. Spray with oil.
Potatoes, Whole 1/2 Lengthwise	either	Hi	45-60 min.		
French Fries	either	Hi	30 min.		
Sweet Potatoes	4 inch	Hi	20 min.		
Roasted Onions	either	Hi	45-60 min.		
Roasted Garlic	4 inch	Hi	20 min.		
Roasted Asparagus	4 inch	Hi	25 min.		
Acorn Squash	either	Hi	5-8 min.		
Butter Nut Squash	either	Hi	30 min.		
Eggplant, 1/2 inch slices	4 inch	Hi	35 min.		
Eggplant, Whole	1 inch	Hi	12-15 min.		
			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**

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