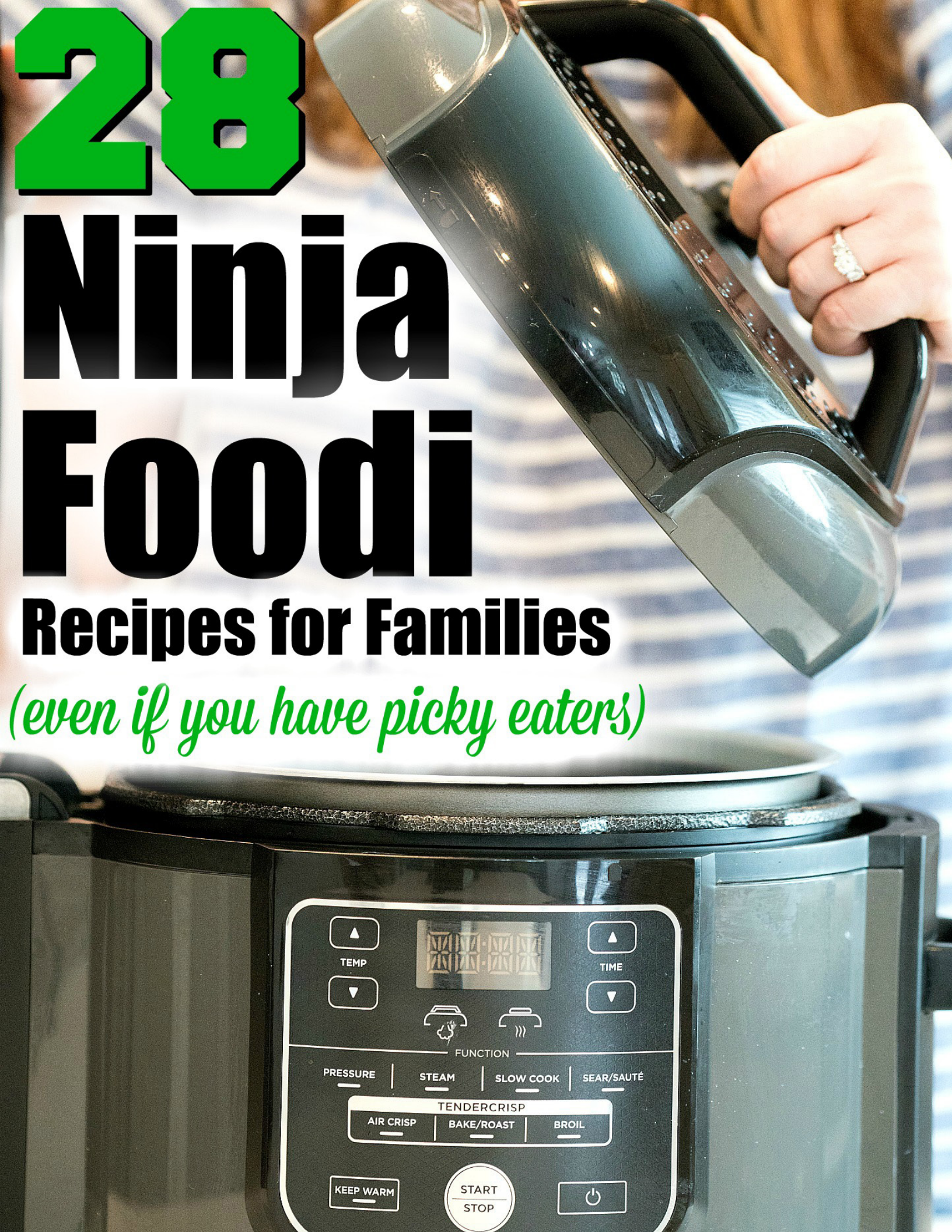


28

Ninja Foodi

Recipes for Families

(even if you have picky eaters)



▲ TEMP ▼

▲ TIME ▼

FUNCTION

PRESSURE | STEAM | SLOW COOK | SEAR/SAUTÉ

TENDERCRISP

AIR CRISP | BAKE/ROAST | BROIL

KEEP WARM

START STOP

Power button

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Air Fryer Baked Potatoes

Ingredients

- 4 or 5 Medium Russet Potatoes
- 3 tbsp Olive Oil
- 2 tbsp Sea Salt

Instructions

1. Wash your potatoes, then poke them with a fork all around each one. Pat them dry.
2. Rub olive oil over each one (generously) and then sprinkle sea salt over the entire outside of each potato.
3. Place a trivet inside your Ninja Foodi (flip the metal trivet that came with your machine upside down so it's lower).
4. Put your potatoes on your trivet so they aren't overlapping.
5. Close your air fryer lid (the lid that is attached).
6. Set to air crisp, 400 degrees for 35-45 minutes. (timing will depend on size of potatoes, check after 35 min, poke with fork to see if middle is tender)
7. Take out when time is up, slice and fluff up inside.

Green Beans *with Bacon*

Ingredients

- ½ onion, diced
- 3 slices bacon, diced
- 2 tbsp. olive oil
- 1 lb. fresh green beans
- ¼ c. vegetable broth
- 1 tsp. salt
- Pinch of pepper

Instructions

1. Put diced onions, olive oil and diced bacon into your pot on saute function and cook until bacon pieces are done (but not super crispy). Turn pot off.
2. Wash and cut ends off fresh green beans. Cut them in half.
3. Put beans into Foodi with your vegetable broth and salt and pepper. Close pressure cooker lid and steam valve.
4. Set to pressure cook for 2 minutes on high. (1 min. if you like them a bit firm and 3 min. for really really soft)
5. Do a quick release.
6. Turn pot off, sprinkle with parmesan cheese and serve!





Air Fryer

Hot Dogs & Chili Dogs

Ingredients

- 4 hot dogs use as many as will fit inside your Ninja Foodi air fryer basket without overlapping
- 1/4 c cheese if making chili cheese dogs
- 8 oz chili if making chili cheese dogs
- 4 hot dog buns

Instructions

1. Put 2-4 hot dogs inside your air fryer (add as many as you like as long as they don't overlap - keep in mind that typically only 2-3 prepared chili cheese dogs will fit at one time)
2. Turn machine on, press air crisp, set to 375 degrees and cook for 6 minutes (8 if you want them quite crispy on outside).
3. Serve if you just want air fryer hot dogs.
4. If you want air fryer chili dogs put these cooked hot dogs inside buns for next steps.
5. Spoon about 2 oz. of chili on top of each hot dog inside a bun. Add diced onions if you want, and then sprinkle a generous amount of shredded cheese on the very top.
6. Close lid and set again to 375 degrees for 4 minutes or until cheese is melted and golden brown enough for you. (4 min. is perfect for us)

Air Fryer Steak

Ingredients

- 2 steaks, we used rib eye
- 6 strips bacon if you choose to wrap them
- 1 tbsp sea salt
- 1/4 tsp chili powder
- 1/4 tsp pepper
- 1 tsp garlic powder
- 1/2 tsp onion powder



Instructions

1. Mix seasonings together until combined well.
2. Lay steaks on cutting board and sprinkle half seasoning mix on 1 side of both steaks, pat down so it sticks. Flip over and do the same until seasonings are gone.
3. Lay 3 pieces of bacon down horizontally, lined up next to one another but not overlapping.
4. Lay 1 steak on top of the bacon in the middle. Wrap top piece around and under steak. Do this with 2nd piece, then with 3rd piece pull last side up and tuck it under one of the other pieces of bacon so they don't all unravel.
5. Do the same for your 2nd steak.
6. Preheat your air fryer at 375 degrees for 5 minutes, then put air fryer basket with steaks inside into your pot and set for a total of 18 minutes.
7. After 9 minutes flip both steaks so other side can cook and crisp bacon.
8. Allow steaks to rest for 5 minutes to stay juicy, then slice and serve.

Corn Dog Bites

Ingredients

- 4 hot dogs cut into 4^{ths}
- 1 1/4 c flour
- 3/4 c corn meal
- 1/4 c sugar
- 2 tsp baking powder
- 1/2 tsp salt
- 1 c milk
- 1 egg
- 1/4 c oil
- Egg mold

Instructions

1. Mix dry ingredients for cornbread together, then add milk, oil and egg and combine well.
2. Spray the inside of your egg mold with non stick spray (well). Fill each pocket 1/2 way full of cornbread mix.
3. Cut each hot dog into 4 equal pieces and push 1 piece in the center of each hole filled with batter.
4. Cover egg mold with foil (I usually spray the under side with non stick spray too).
5. Pour 1.5 c water into your Foodi. Put egg mold on a trivet and lower into your pot.
6. Close the lid and steam valve and set to pressure high for 9 minutes. Then allow to naturally release steam for 5 minutes. Let out rest of steam after that.
7. Remove foil immediately and allow them to cool in mold for 3-4 minutes so they stay in tact when you pop them out.

Ingredients

- 6 eggs

Air Fryer Instructions

1. Place eggs into air fryer on top of trivet turned upside down, not overlapping.

**** For best results allow eggs to sit on counter for at least 10 minutes vs. straight out of the very cold fridge.**

2. Turn machine on, close lid and steam valve, then set to 300 degrees for: 10 minutes for runny yolks, 14 minutes for yellow but soft yolks (I will say these are perfect), 16 minutes for yolks that are hard but not overcooked so they turn gray

3. Remove immediately and put into a bowl filled with cold water and ice cubes.

4. Once cooled remove shells and enjoy.

Hard Boiled Eggs



Pressure Cooker Instructions

1. Pour 1.5 cups water into your inner pot. Put a trivet, basket or vegetable steamer inside.

2. Place eggs into basket, not overlapping.

**** For best results allow eggs to sit on counter for at least 10 minutes vs. straight out of the very cold fridge.**

3. Turn machine on, close pressure cooker lid, close steam valve, and set high for 5 minutes.

4. Allow pot to naturally release steam for 5 minutes, then release remaining steam.

5. Remove immediately and put into a bowl filled with cold water and ice cubes.

6. Once cooled remove shells and enjoy.

Air Fryer Chicken

Ingredients

- 12 chicken legs
- Bag of chicken fry seasoning (use flour for coating or Shake n Bake works great too)
- 4 tbsp olive oil
- Olive oil spray



Instructions

1. Put drumsticks in a bowl and pour olive oil on top of each one. Rub all legs with olive oil so they are coated well. Preheat air fryer for 5 minutes at 375 degrees.
2. One at a time sprinkle seasoning of your choice all over each drumstick. Or add breading into a gallon baggie and shake with 3 legs inside so they are coated well.
3. When preheated spray the inside of your air fryer basket lightly with non stick spray.
4. Lay legs with meatiest side facing down into your basket so they don't overlap, 4 fit nicely in our Foodi.
5. Close your air fryer lid and set for 24 minutes. Flip legs after 10 minutes, then continue cooking other side for 12 minutes. After 22 minutes has elapsed open the lid and spray tops with olive oil in a can.
6. Air fry for 2 additional minutes to really crisp the tops. Continue for another 1-2 minutes if you want them extra extra crispy. (of course always check chicken to ensure they are cooked thru before eating)
7. Remove and enjoy...then add another batch

Air Fryer Whole Chicken

Ingredients

- 4 lb whole chicken
- 2 tbsp garlic salt
- 1/2 tsp basil
- 1/2 tsp onion powder
- 3 tbsp olive oil
- 1/2 tsp oregano

Instructions

1. Wash your chicken and remove bag from cavity if there is one.
2. Pat dry, rub olive oil on skin. Spray inside of air fryer basket with non stick spray and put into basket with the breast side facing down.
3. Season with half the amount of spices listed above on the side facing up. Close air fryer lid, press air crisp at 360 degrees for 30 min.
4. Then flip to breast side up and spray with olive oil. Add other half of listed seasonings listed on to the breast side. Then cook remaining 30 minutes at 360 degrees.
5. Remove when done, or leave in the machine when done for at least 5 minutes to retain juices, cut into pieces and enjoy!
6. Alternatively if you cannot tend to the chicken you can put chicken into basket with breast side facing up with 1/2 seasonings on top and air crisp at 360 degrees for 60 minutes. This is good too but top will get quite a bit more brown.

2 Ingredient Bagels

Ingredients

- 1 c self rising flour
- 1 c greek yogurt
- Springform pan is best to use

optional

- 1/2 c cream cheese whipped, if you want bagel bites filled
- 2 tbsp cinnamon and sugar, if you want to sprinkle on outside

Instructions

1. Mix together your self rising flour and greek yogurt until it forms into a dough consistency.
2. Spray the inside of your springform pan with non stick spray or put parchment paper on a trivet (recommend using the pan).
3. Form dough into equal sized balls (a heaping tbsp full) and place into your pan with space in between each one, fits 7 bites comfortably in the pan.
4. Can sprinkle with a mixture of equal parts cinnamon and sugar if desired at this point.
5. Close air fryer lid
6. Set to 325 degrees for 5 minutes for bagel bites, 9 minutes if you made 3 whole bagels.
7. Lift lid and flip over (can sprinkle with cinnamon and sugar again if desired), set again on air crisp at 325 degrees for an additional 4 minutes, 6 minutes if cooking whole bagels.
8. Remove from pan and set aside to cool completely before filling with cream cheese, if desired.
9. If cream cheese is added wait until bagel bites are cool, use a small knife to put a hole in the side of each one. Use a pastry bag with a tip that is filled with whipped cream cheese and squeeze into the hole.





Jambalaya

Ingredients

- 3 sausage links uncooked, sliced, spicy is best Or 1 roll of ground spicy sausage
- 1 bell pepper - we used half green, half red
- 2 tbsp olive oil
- 1 onion diced
- 1 tbsp garlic minced
- 1/4-1/2 tsp cayenne pepper 1/4 is mild, 1/2 will make it medium heat
- 1 tsp garlic powder
- 1/2 tsp onion powder
- 1 tsp basil
- 1/4 tsp thyme
- 1 can diced tomatoes 14.5 oz
- 1/2 c spaghetti sauce or tomato sauce
- 1.5 c white rice uncooked, not minute rice
- 1 3/4 c beef broth
- 1/4 tsp salt

Instructions

1. Add olive oil, sausage, diced onion and bell peppers as well as minced garlic and cayenne pepper into your pot. Set pot to saute and cook until outside of sausage pieces are cooked. Then turn pot off.
2. Add garlic powder, onion powder, basil and thyme and stir together so everything is well coated.
3. Pour in can of diced tomatoes, spaghetti sauce, uncooked white rice, beef broth and salt. Stir together so it is all well combined.
4. Close lid and steam valve and press pressure cooker button for 12 minutes.
5. Do a quick release, stir and serve! (Sprinkle some parmesan cheese on top too!)

Cashew Chicken

Ingredients

- 1.5 lbs chicken boneless skinless breasts or thighs, cut into bite size pieces
- 2 tbsp olive oil
- 1/2 tsp salt
- 3 tbsp minced garlic
- 1/4 tsp pepper
- 3 green onions sliced
- 2 tbsp rice vinegar
- 4 tbsp hoisin sauce
- 1 tbsp soy sauce
- 1/4 c chicken broth
- 1/2 c cashews roasted
- 2 tbsp cornstarch

Instructions

1. Put your diced chicken, olive oil, salt, minced garlic, pepper, rice vinegar, hoisin sauce, soy sauce and chicken broth into your Foodi pot. Stir.
2. Close pressure cooker lid and steam valve and set to high pressure for 4 minutes.
3. Do a quick release when done.
4. In a small bowl whisk together your cornstarch and 5 tbsp of hot liquid from your pot until smooth.
5. Set your Foodi to saute and when sauce inside begins to bubble pour your cornstarch mixture in and stir for 1 minute. Then turn pot off.
6. Dice green onions and put into pot, add as many roasted cashews as you'd like. Stir so everything is combined well.
7. Serve alone or on top of rice!

Cheesy *Chili Mac*

Ingredients

- 1 lb ground sausage, spicy is best, or ground beef
- 1 onion diced
- 1 packet chili seasoning 1 oz
- 1 can diced tomatoes 14.5 oz
- 1 can kidney beans 14.5 oz., not drained
- 1 can chiles diced, 4 oz.
- 1 c beef broth
- 1 c elbow macaroni uncooked
- 2 c cheese sharp cheddar is best
- 1/4-1/2 tsp chili powder optional for heat
- 1.5 tbsp olive oil
- 1 can tomato sauce 8 oz

Instructions

1. Turn Foodi to saute and add olive oil, ground sausage or beef, and diced onions.
2. Cook until meat is no longer pink, adding packet of chili seasoning half way through cooking process. Turn pot off.
3. Dump in tomato sauce, can of diced tomatoes, can of kidney beans, beef broth, chili powder if desired and stir.
4. Pour 1 measuring cup full of macaroni noodles on top and gently push down so they are just submerged into the liquid. **DO NOT** stir.
5. Close your pressure cooker lid and close steam valve. Set to pressure high for 5 minutes.
6. Do a quick release and lift lid. Turn pot off. Stir in 1 cup of cheese until it melts.
7. Then sprinkle the 2nd cup of cheese on top, close your air fryer lid and set to air crisp at 390 degrees for 5 minutes so cheese melts.
8. **Serve!!** This is over the top if you put a small dollop of sour cream on top of each serving too.





Creamy **Macaroni & Cheese**

Ingredients

- 2 1/2 c elbow macaroni, small size
- 2 c chicken broth
- 3 tbsp butter
- 3 c cheese - I use 2 1/3 c. sharp cheddar, 1/3 c. parmesan, and 1/3 c. Mexican cheese blend
- 1 1/4 c heavy cream
- 1/4 tsp salt
- 1/4 tsp garlic salt
- 1 pinch pepper you can add more, I just like a small pinch

Instructions

1. Add your chicken broth, 1 cup of your heavy whipping cream and elbow macaroni into your pot, stir.
2. Close your pressure cooker lid & steam valve. Set to high for 3 minutes. Allow to naturally release pressure for 1 minute 30 seconds, then release rest of steam.
3. Lift lid and stir in 3 tbsp of butter, allow this to melt. Then sprinkle in 2 c. of your cheese and stir until melted. Add remaining 1/4 c of whipping cream. Season with a pinch of pepper, salt and garlic salt, stir. Can serve now or follow next steps to melt more cheese on the top.
4. Sprinkle 1 c. of cheese on top of cooked mac and cheese. I use 1/3 c. of each: sharp cheddar, parmesan, and Mexican cheese blend. Can add diced green onions at this time if desired.
5. Close air crisp lid, push air crisp button at 400 degrees for 5 minutes. Check, add additional minutes if desired (to crisp up further).

Ninja Foodi **Meatloaf**

Ingredients

- 1 lb ground beef could use half ground sausage too
- 1/2 c bread crumbs we used Italian style
- 1 packet French onion soup mix
- 1 tbsp Ranch dressing mix
- 2 tsp dehydrated onions
- 1 tsp garlic powder
- 3/4 c barbecue sauce
- 1 green onion diced, optional



Instructions

1. Mix together all ingredients in a bowl until all powder is incorporated well into the meat (except barbecue sauce).
2. Form into a round or oval patty with the same thickness all the way around so it cooks evenly. Add 1.5 c water into the inner pot of your Foodi.
3. Place meat into air fryer basket and lower that into your inner pot.
4. Close pressure cooker lid (one that isn't attached) and then turn Foodi on.
5. Press pressure button, high, for 25 minutes.
6. Allow to naturally release steam for 5 minutes. Then release rest of steam.
7. Remove lid, pour water out of your inner pot, and pour barbecue sauce on top of your meatloaf. Sprinkle green onions on top if desired now.
8. Close air crisp lid (one that is attached). Press air crisp button, 390 degrees for 10 minutes.
9. Then remove meatloaf, slice and serve.

Homemade *French Fries*



Ingredients

- 5 medium potatoes russet, 1.5 lbs.
- 3 tbsp olive oil
- 1/2 tsp seasoned salt

Instructions

1. Wash, dry, and slice potatoes into strips (like french fries), leave skins on.
2. Put them in a bowl and generously rub olive oil on them.
3. Place them into the air fryer basket in your Ninja Foodi.
4. Add some seasonings at this time, or season at the end.
5. Close lid (one that is attached), turn machine on.
6. Press the air crisp button. Set temp. to 390 for 20-23 minutes. Flip 3 times during total cook time (so every 7 minutes or so).
7. Add a few minutes extra if you want them browner/crispier or take out earlier if you want them very lightly browned. Remove immediately when done for best results.
8. Salt and serve.

Air Fryer **Frozen Tater Tots**



Ingredients

- 1 bag Tater Tots
- 3/4 c Cheese
- 1/2 c Ketchup

Instructions

1. Preheat your Foodi air crisp to 400 degrees for 5 minutes.
2. Spray your air fryer basket with non stick spray and pour in your frozen tater tots.
3. If making 1/2 a bag set to 10 minutes and flip after 5 minutes.
4. If making the entire bag set to 15 minutes and flip after every 5 minutes, so 3 times during the process.
5. Add additional minutes for extra extra crispiness.
6. If you want to add cheese sprinkle some on top and set for an additional 2 minutes at 400 degrees.
7. Remove, drizzle with ketchup and enjoy immediately for crispiest results.

Kale *Chips*

Ingredients

- 1 bunch kale (curly kale is best), washed, dried, remove stems
- 2 tbsp olive oil
- 1/4 tsp seasoned salt or 1/2 tsp. dry ranch dressing mix

Instructions

1. Wash your kale
2. Set out on countertop on paper towels to completely dry.
3. Remove middle stems and cut leaves into large bite size pieces, they will shrink.
4. Put pieces into a bowl and drizzle olive oil on, sprinkle on seasoned salt or ranch dressing seasoning.
5. Use hands to massage salt and oil on to leaves.
6. Put half your prepared bunch into your air fryer basket
7. Close your air fryer lid, press air crisp at 390 degrees for 2 minutes.
8. Lift lid and flip kale chips on to the other side to crisp evenly.
9. Re set air crisp at 390 degrees for another 2 minutes (or set to 4 minutes and flip halfway through). Then remove and do the same for the 2nd half of your batch of prepared kale.
10. Kale chips should be crispy on both sides, if you have a bit larger bunch you may need to add another minute at the very end to ensure all pieces are very crispy like chips. Enjoy immediately for best results.



Ninja Foodi **Sweet Potatoes**

Ingredients

- 4 sweet potatoes
- 1.5 tbsp olive oil
- 1/2 tsp salt if you want salt on the outside for a salty/sweet flavor

Instructions

1. Wash your sweet potatoes. Use a fork to poke all around each one, top and bottom.
2. Rub olive oil on the outside of each sweet potato. Using your hands works best.
3. If you want to add salt to the outside to create a salty/sweet taste then sprinkle salt on the outside of each one at this time.
4. Put the metal rack inside your air fryer turned upside down so it's lower. Set your potatoes on top.
5. Close your air fryer lid.
6. Set temp to 390 degrees for 35 minutes. (timing will vary slightly depending on how big your potatoes are, it is suggested to put 4 of the same size in at a time)
7. Remove immediately, slice, fluff the middle and add toppings such as butter and/or mixture of cinnamon and sugar.

Can also use this recipe to make homemade sweet potato casserole. Scoop out middle if doing that, and mix in other ingredients

Ninja Foodi **Cake**

Ingredients

- 7" bundt pan
- 1 box of cake mix (we used carrot cake)
- Ingredients to make batter as directed

Instructions

1. Pour 1.5 c water into your Ninja Foodi. Lower down a trivet. If using the one it came with turn it upside down so it's lower.
2. Prepare cake mix as directed. Spray non stick spray into your 7" bundt pan and pour your batter in, not more than 3/4 of the way full. It will fit an entire prepared box of cake.
3. Cover bundt pan with foil.
4. Put bundt pan on the trivet inside the pot.
5. Close your pressure cooker lid, one that isn't attached. Close steam valve.
6. Turn pot on, then push pressure button. Set to high for 28 minutes. When done allow steam to naturally release.
7. Then lift out pan and take off the foil immediately and allow cake to cool in pan.
8. Then put a plate on top and gently flip over, cake should fall out easily (that's when the non stick spray will come in handy).
9. Warm frosting and pour on top. Slice and serve.



Bacon Wrapped **Chicken Tenders**

Ingredients

- 1 lb chicken tenders 8 pcs. came in our package
- 1/2 c bread crumbs Italian style is best
- 1 egg whisked
- 2 tbsp olive oil
- 8 slices bacon optional



Instructions

1. Whisk your egg in a bowl. In a different bowl combine your bread crumbs with your olive oil. Preheat your air fryer to 350 for 10 minutes while you're preparing your chicken.
2. Dip each chicken tender into the egg on both sides letting excess egg drip off before putting it into the bread crumb bowl. Flip over so whole piece of chicken is covered in wet bread crumb mixture.
3. If not adding bacon, place these coated pieces into your air fryer basket.
4. If wrapping with bacon, cut 8 slices of bacon in half and lay 2 of your half pieces down next to one another horizontally. (or use 1 long piece and wrap from bottom to top)
5. Place your coated chicken tender in the middle. Use 2 toothpicks to secure ends of bacon pieces on to chicken. Insert at an angle so they are somewhat flat so when you put them into the basket they lay relatively flat.
6. Place chicken wrapped pieces into air fryer basket with toothpick sides down.
7. Once all pieces are in basket and aren't overlapping (we did 2 batches so they didn't) close lid and select air crisp for 12 minutes if there's no bacon, or 14 minutes if you wrapped with bacon.
8. Flip chicken pieces halfway through your cook cycle. If you want them really crisp spray oil on them for the last 2 minutes. Remove and enjoy!

Mexican Casserole

Ingredients

- 1 lb ground sausage spicy is best, or ground beef
- 1/2 onion diced
- 2 tbsp olive oil
- 1 bell pepper diced
- 1 can Rotel 10 oz.
- 1 can corn 15.25 oz, not drained
- 1 can black beans 15.25 oz, not drained
- 1 c beef broth
- 1 can cream of mushroom soup
- 2.5 c noodles we used farfalle
- 2 c cheese shredded, Mexican blend is great

Instructions

1. Turn pot to saute and add olive oil, ground sausage, diced onions and bell peppers. Cook until sausage is no longer pink. Then turn pot off.
2. Pour in Rotel, corn and black beans. Stir together.
3. Whisk together can of cream of mushroom soup and beef broth together in a bowl until smooth.
4. Pour into pot. Pour uncooked noodles on top and gently submerge into the liquid. Do not stir.
5. Close pressure cooker lid and steam valve. Set to pressure cook, high, for 3 minutes.
6. Do a quick release. Lift lid and turn pot off.
7. Stir contents, then sprinkle in cheese. Stir together so cheese melts. Allow to sit for at least 5 minutes so it thickens. You can serve at this time if you wish.
8. BUT keep going! Sprinkle another 3/4 c mozzarella cheese on the very top and close your air crisp lid. Set to 390 degrees for 5 minutes so it is lightly browned on top. Then serve.

Sticky Buns

Ingredients

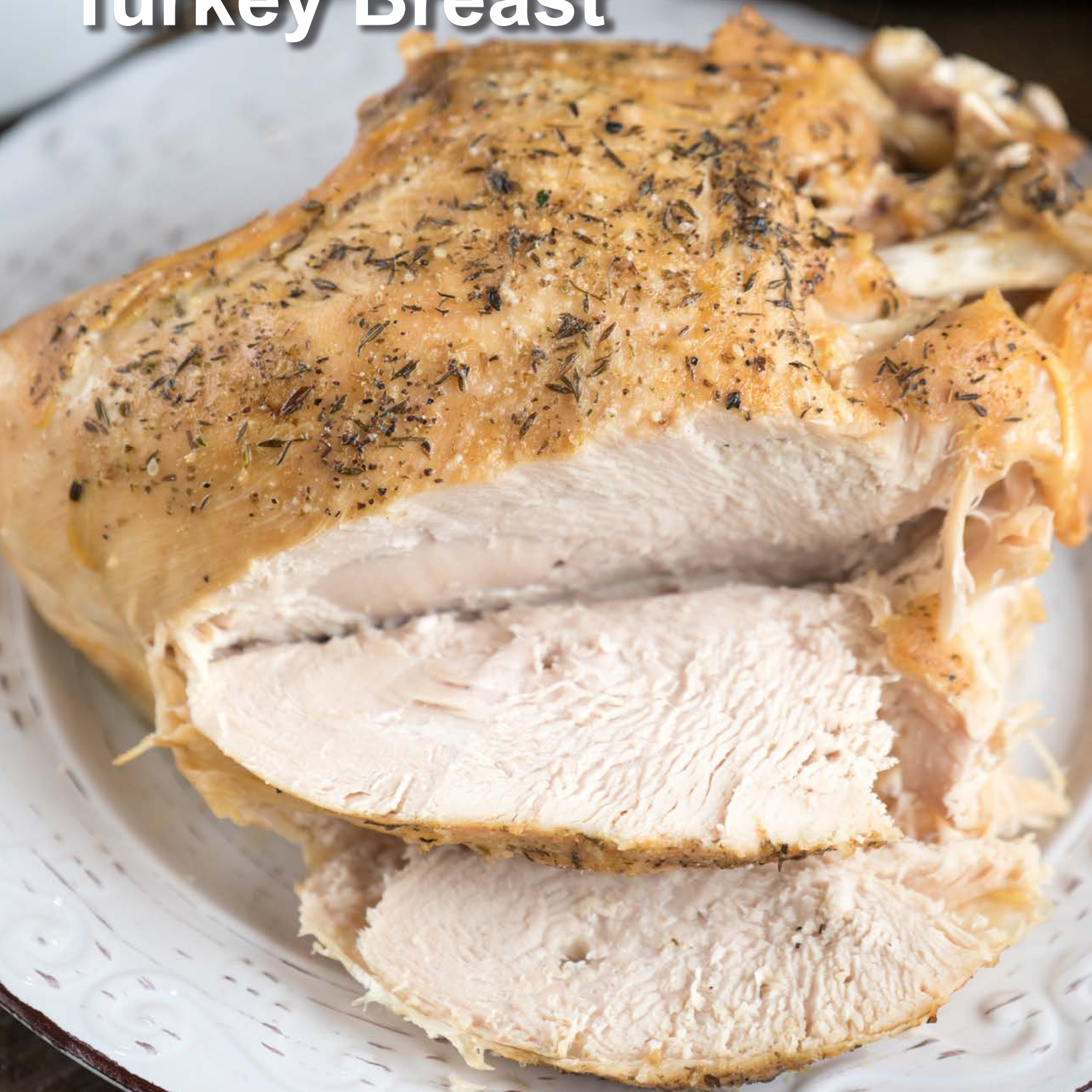
- 1 roll crescent rolls refrigerated
- 1/3 c brown sugar
- 1/3 c butter melted
- 1/4 c raisins
- 1/3 c nuts chopped, pecans or walnuts
- 2 tbsp maple syrup
- 2 tbsp sugar
- 1 tbsp cinnamon
- Springform pan

Instructions

1. Whisk together your melted butter, brown sugar and maple syrup.
2. Put a trivet inside your Ninja Foodi and an 8" springform (or other style) pan that's been sprayed with non stick spray on top.
3. Pour your brown sugar mixture inside your pan. Sprinkle in your nuts and raisins (can add dried cranberries too).
4. Open your package of refrigerated crescent rolls but DO NOT unroll the crescent roll roll as you normally would. Instead put it on a cutting board and carefully slice it in half (use a non serrated knife so it doesn't smush down when slicing).
5. Then cut those pieces in half again, and again until you get 8 equal pieces.
6. Mix your cinnamon and sugar in a bowl and dip the bottom and top of each cut crescent roll piece in it. Then put each one into your pan. They will lay on top of your brown sugar mixture.
7. Close your air fryer lid (one attached) and set to air crisp, 345 degrees, for 5 minutes.
8. Open lid and flip each crescent roll piece upside down.
9. Turn air fryer on again, press air crisp, 345 degrees for 4 more minutes (5 if you want them crispier on top).
10. Immediately remove pan, place cooked sticky buns on a plate and spoon mixture at the bottom of the pan on top of your rolls. Enjoy!!



Air Fryer **Turkey Breast**



Turkey Ingredients

- 1 turkey breast defrosted, around 4 lbs. so it will fit
- 1 onion
- 2 large potatoes russet or red, we used large red
- 1.5 c chicken broth
- 1/2 tsp thyme
- 1/2 tsp oregano
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/4 tsp salt
- 1/8 tsp pepper
- 3 tbsp olive oil
- 1 tsp garlic salt

Turkey Instructions

1. Slice your onions and cut your potatoes in half. Place potatoes with the cut side down into your Foodi in the middle. Push them together so they form a “trivet” for your turkey breast.
2. Sprinkle onions around the potatoes.
3. Rinse your turkey breast off and set it on top of your potatoes. Sprinkle with thyme, oregano, garlic powder, onion powder, salt and pepper. (and any other seasonings you like)
4. Pour chicken broth around outside of turkey.
5. Close pressure cooker lid, shut steam valve. Turn to pressure, high, for 30 minutes. Then allow pot to naturally release steam for 15 minutes. Let out rest of pressure and lift lid carefully.
6. If you want to brown the top of your turkey breast then remove it from the pot and set aside.
7. Put potatoes and onions in a bowl to serve, pour broth into a bowl to make gravy.
8. Place your turkey breast in the air fryer basket it came with, then inside of your empty/wiped out pot. (remove red plastic temp. piece if your breast has one in it)
9. Drizzle or spray top with olive oil, sprinkle on garlic salt and close air fryer lid.
10. Press air crisp, at 390 degrees for 8-10 minutes (10 was the perfect crispness for us). Serve!!
11. Use broth to make gravy and serve on the side.

Turkey Gravy

Ingredients

- 4 c broth – use juices in pot
- 1/2 c cornstarch
- 1/2 c water cold
- salt and pepper to taste

Instructions

1. Set Foodi to saute.
2. Bring broth to a boil (can do the same on your stovetop on medium heat).
3. Whisk cornstarch and cold water together in a small bowl until smooth, then whisk into your pot.
4. Whisk together until gravy is smooth, add salt and pepper to taste.

Ninja Foodi Ribs

Ingredients

- 1 rack ribs we use pork, 3.5 lbs.
- 18 oz barbecue sauce
- 1/2 c apple cider or apple juice

Instructions

1. Remove membrane from ribs for very tender ribs. Then place inside your Ninja Foodi with the meat side facing the sides of the pot, wrapped around.
2. Pour bottle of barbecue sauce on ribs and into pot. Then add apple cider. Make sure ribs have bbq sauce on them, can spoon over.
3. Close pressure cooker lid, one that isn't attached, and close steam valve.
4. Turn pot on, then press pressure button. Set to high for 40 minutes (timing is good for 4 lbs of ribs to completely fall off the bone, if using less you could set for 30 min.). Allow to naturally release steam for 5 minutes at end, then release remaining steam.
5. If you want to make outside crispy then gently remove from the pot and cut rack of ribs into 3-4 equal pieces. (they will want to completely fall apart so handle with care).
6. Pour sauce from pot into a bowl and rinse out inner pot if desired. (you can leave as is but sauce will get more stuck on during the air frying process if you don't wash off now)
7. Place rack into pot upside down so rack is lower to the bottom and ribs will fit with lid closed.
8. If you want really crispy ribs only place 2 pieces of ribs in at a time on to rack so they don't overlap. Pour a bit of sauce from pot, or more bbq sauce from another jar on top of each piece and close air fryer lid (lid that is attached).
9. Set to air crisp, 400 degrees for 8-10 minutes. Check and if you want them crispier then add a few more minutes. Remove and add other racks the same way to crisp outside.

Corned Beef and Cabbage

Ingredients

- 2.5-3 lb corned beef brisket
- 12 oz beer
- 4 large red potatoes or 2 large russet cut in half
- 1 onion sliced, optional
- 1/2 head cabbage



Instructions

1. Wash your potatoes and rinse off your corned beef.
2. If using large red potatoes set them in the middle close together, use similar sizes so you can set beef on top of them. If using 2 large russets slice them both in half and set them cut side down into middle of pot. This will be your trivet.
3. Set corned beef piece on top of potatoes so it sits flat.
4. Pour beer on top of meat.
5. Sprinkle packet of corned beef seasoning on top of meat (it is included inside your meat pouch).
6. Close your pressure cooking lid (one that isn't attached), and close steam valve.
7. Turn Ninja Foodi on, then press pressure button. Set to high for 1 hr 25 minutes (for 2.5-3 lbs. this time works well). Press start. Allow to naturally release pressure for about 15 minutes when done.
8. Release rest of steam if there is any after about 15 min. Remove piece of corned beef and set on cutting board, cover.
9. Remove potatoes, put in a bowl and cover so they stay warm.
10. Cut bottom off cabbage and separate the top layer of leaves so you have about 8-10 large pieces. Slice your onion into large pieces.
11. Add onions into pot with juices, then add cabbage leaves.
12. Put pressure lid back on. Close steam valve. Turn pot on, press pressure, high for 3 minutes. Press start.
13. Do a quick release when done.
14. Slice corned beef and serve with some potatoes, onions, and cabbage from the pot.

Chicken Parmesan Casserole

Ingredients

- 2 chicken breasts cut into bite size pcs.
- 1/2 onion diced
- 2 tbsp olive oil
- 1 tsp salt to taste
- 1 tsp basil
- 1 jar spaghetti sauce 24 oz.
- 2 c chicken broth or water
- 2 c noodles uncooked, small shapes of your choice
- 1 tsp garlic minced
- 2 tbsp butter
- 1/3 c bread crumbs
- 1 c parmesan cheese

Instructions

1. Press saute on Foodi
2. Add olive oil, onions, garlic and chicken cut up into bite size pieces.
3. Cook for 2-3 minutes - just until pink on the outside of chicken is gone. Turn pot off.
4. Add salt, basil, spaghetti sauce, broth or water, and stir.
5. Add 2 measuring cups full of uncooked noodles on the top, we used rotini.
6. Push noodles down so they are under the sauce, do NOT stir everything together.
7. Put on pressure cooker lid and set to pressure cook, high, for 10 minutes.
8. Do a quick release.
9. Turn pot off. Stir in 2/3 c. grated parmesan. (it will continue to thicken as it sits)
10. In a separate bowl melt your butter and then stir in 1/3 c. bread crumbs and 1/3 c. grated parmesan.
11. Serve chicken parmesan casserole in a bowl with sprinkled bread crumb mixture on top and enjoy!



Ninja Foodi Sweet Chicken

Ingredients

- 6 chicken thighs boneless, skinless, cut into bite size pieces
- 4 tbsp brown sugar
- 1.5 tbsp garlic minced
- 1/2 c soy sauce
- 1 tbsp Worcestershire sauce
- 1 tbsp honey
- 1 onion sliced
- 2 green onions diced
- 2 tbsp cornstarch
- 1/2 chicken broth
- 1/4 c hoisin sauce

Instructions

1. Cut chicken thighs into bite size pieces and put it into your pot. Slice onions and add those too.
2. Whisk together in a bowl your broth, brown sugar, soy sauce, worcestershire sauce, hoisin, minced garlic and honey until smooth.
3. Pour this into your pot. Add half of your green onions and stir all contents so chicken is coated.
4. Close pressure cooker lid and steam valve and set to high pressure for 3 minutes.
5. Do a quick release. Then turn pot off. Push saute button and it will begin to bubble.
6. In a small bowl add your cornstarch and 3-4 tbsp of hot liquid from your pot and whisk that together until it is smooth.
7. Pour this into your pot once liquid is bubbling and stir slowly for 1-2 minutes so sauce can thicken. Then turn pot off.
8. Sauce will continue to thicken as it sits.
9. Serve over rice or in soft tortillas. Top with rest of green onions.



Sausage Soup

Ingredients

- 1 lb ground sausage, spicy is best
- 1/2 onion diced
- 16 oz Northern canned beans, drained
- 4 c chicken broth
- 28 oz crushed tomatoes I used canned
- 1 tbsp garlic I used minced, jarred
- 1 tsp oregano dried
- 1/4 tsp salt
- 1/2 c parmesan cheese for topping, optional
- 3 c kale fresh, cut into chunks

Instructions

1. Set your Foodi to saute and add a bit of olive oil, your sausage and diced onion. Cook until sausage is no longer pink. Turn pot off.
2. Add spices and mix with meat and onions.
3. Pour in can of crushed tomatoes, beans, and chicken broth. Stir.
4. Cut stem off fresh kale and cut into chunks (2x2" or so). Can leave kale out if desired.
5. Put into pressure cooker and push down into the liquid, so they are submerged.
6. Close pressure cooker lid and steam valve.
7. Set to high pressure for 10 minutes (8 minutes if you want your kale to have a bit of "bite" to it and not be super soft).
8. Do a quick release and can serve with a sprinkle of parmesan cheese on top if desired.



AIR FRYER

COOK TIMES

MEAT AND SEAFOOD

<u>ITEM</u>	<u>TEMP</u>	<u>TIME</u>	<u>ITEM</u>	<u>TEMP</u>	<u>TIME</u>
CHICKEN BREAST	380	12	PORK LOIN	360	55
WHOLE CHICKEN	360	75	PORK CHOPS	400	12
DRUMSTICKS/THIGHS	370/380	20-22	TENDERLOIN	370	15
WINGS	400	12	BACON	400	5-10
CHICKEN TENDERS	360	8-10	SAUSAGES	380	15
BURGER	370	16-20	CALAMARI	380	4
FILET MIGNON	400	18	FISH FILLET	400	10
FLANK STEAK	400	12	SALMON FILLET	380	12
RIB EYE	400	10-15	TUNA STEAK	400	7-10
MEATBALLS	400	5	SCALLOPS	400	5-7
BEEF EYE ROUND ROAST	390	45-55	SHRIMP	400	5

VEGETABLES

<u>ITEM</u>	<u>TEMP</u>	<u>TIME</u>	<u>ITEM</u>	<u>TEMP</u>	<u>TIME</u>
ASPARAGUS	400	5	KALE LEAVES	250	12
BEETS	400	40	MUSHROOMS	400	5
BROCCOLI	400	6	ONIONS	400	10
BRUSSELS SPROUTS	380	15	PEPPERS	400	15
CARROTS	380	15	POTATOES	400	15
CAULIFLOWER	400	12	SQUASH	400	12
CORN ON THE COB	390	6	SWEET POTATO	380	30-35
EGGPLANT	400	15	TOMATOES	350	4-6
GREEN BEANS	400	5	ZUCCHINI	400	12

FROZEN FOOD

<u>ITEM</u>	<u>TEMP</u>	<u>TIME</u>	<u>ITEM</u>	<u>TEMP</u>	<u>TIME</u>
ONION RINGS	400	8	FISH STICKS	400	10
FRENCH FRIES	400	14-18	FISH FILLET	400	14
MOZARELLA STICKS	400	8	CHICKEN NUGGETS	400	10
POT STICKERS	400	8	BREADED SHRIMP	400	9

YOUR FAVORITE FOODS

<u>ITEM</u>	<u>TIME</u>	<u>ITEM</u>	<u>TIME</u>
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

NINJA FOODI

COOK TIMES

MEAT

<u>BEEF</u>	<u>TIME</u>	<u>CHICKEN</u>	<u>TIME</u>
STEW MEAT	15-20	BREASTS	8-10
BEEF DRESSED	20-25	WHOLE	20-25
POT ROAST	35-40	CUT UP W/BONES	10-15
STEAK	25-30	LEGS, DRUMSTICKS,OR THIGHS	10-15
RUMP ROAST	25-30		
BEEF ROUND	25-30	<u>TURKEY</u>	<u>TIME</u>
BEEF CHUCK	25-30	BREASTS BONELESS	15-20
BRISKET, LARGE	25-30	BREAST WHOLE W/BONES	25-30
BEEF, RIBS	25-30	DRUMSTICKS	15-20
BEEF SHANKS	25-30		
OXTAIL	40-50	<u>PORK</u>	<u>TIME</u>
		HAM SHOULDER	25-30
		PORK LOIN	55-60
<u>DUCK</u>	<u>TIME</u>	PORK BUTT ROAST	45-50
DUCK CUT UP W/BONE	10-12	PORK RIBS	20-25
WHOLE DUCK	25-30	VEAL ROAST	35-45

(CHART TIMES FOR MEAT IN YOUR NINJA FOODI ARE COOKED ON HIGH PRESSURE WITH NATURAL RELEASE FOR 10 MIN, THEN QUICK RELEASE.)

SEAFOOD

<u>ITEM</u>	<u>TIME</u>	<u>ITEM</u>	<u>TIME</u>
CRAB	3-4	LOBSTER	3-4
FROZEN	5-6	FROZEN	4-6
FISH WHOLE	5-6	SHRIMP	0-1
FROZEN	7-10	FROZEN	0-2
FISH FILLET	2-3	MUSSELS	2-3
FROZEN	3-4	FROZEN	4-5

(CHART TIMES FOR SEAFOOD IN YOUR NINJA FOODI ARE COOKED ON HIGH PRESSURE WITH A QUICK RELEASE.)

BEANS

BLACK BEANS	20-25	LIMA BEANS	20-25
BLACK EYED PEAS	20-25	KIDNEY BEANS, RED	25-30
CHICKPEAS	35-40	KIDNEY BEANS, WHITE	35-40
CANNELLINI BEANS	35-40	NAVY BEANS	25-30
LENTILS, FRENCH GREEN	15-20	PINTO BEANS	25-30
LENTILS, GREEN, MINI BROWN	15-20	PEAS	15-20
LENTILS, RED AND YELLOW SPLIT	15-18	SOY BEANS	25-30

(CHART TIMES FOR DRIED BEANS, USE ENOUGH WATER TO COVER AMT. IN POT AND USE DESIGNATED TIME IN YOUR NINJA FOODI. COOK ON LOW PRESSURE, NATURAL RELEASE 10 MIN, THEN QUICK RELEASE)

the TYPICAL
MOM