

Please make sure to read the enclosed Ninja® Owner's Guide prior to using your unit.



NINJA Foodi™

XL PRO AIR OVEN

15 mouthwatering
recipes plus charts for
unlimited possibilities



Your guide to cooking like a Foodi

Welcome to the Ninja® Foodi™ XL Pro Air Oven recipe book. From here, you're just a few pages away from recipes, tips and tricks, and helpful hints that will give you the confidence to be creative in the kitchen without having to use numerous appliances.

Looking for more recipe inspiration, tips, and tricks?

Join us and thousands of Foodi friends on the Official Ninja Foodi Family™ Community. [Facebook.com/groups/NinjaFoodiFamily](https://www.facebook.com/groups/NinjaFoodiFamily)

    @NinjaKitchen  [youtube.com/EPNinjaKitchen](https://www.youtube.com/EPNinjaKitchen)

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All foods are not heated equally

Depending on which function you choose to make your next dish, the Ninja® Foodi™ XL Pro Air Oven will activate the appropriate number of heating elements and distribute the right of amount of airflow to deliver delicious, perfectly cooked results.

True Surround Convection™

KEY

- Maximum fan speed
- High fan speed
- Medium fan speed
- Low fan speed
- Rear convection heat source

NOTE: The power of higher fan speeds allows for faster cook times and crispier results.

REAR HEAT SOURCE

WHOLE ROAST



Rotisserie-style results in less time

See page 6 for detailed guidelines.

AIR ROAST



Crispy on the outside, juicy on the inside

See page 8 for detailed guidelines.

AIR FRY



Fast, extra-crispy results with little to no oil

See page 32-34 for detailed guidelines.

PIZZA



Cooks fresh or frozen pizzas to crispy perfection

BAKE



Overall even cooking with light browning

DEHYDRATE



Removes moisture to make jerky and dried fruit

TOP & BOTTOM HEAT SOURCES

BROIL



Top-down heat for a crispy finish

TOAST



Even heat from top and bottom

REHEAT



High heat from top and bottom for quick results

BAGEL



Lower heat from top than bottom for the perfect bagel

We designed this oven to help you get meals on the table faster.

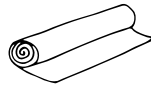
IT'S IMPORTANT TO CHECK ON YOUR FOOD THROUGHOUT THE COOKING PROCESS.

Times and temperatures of recipes may need to be adjusted based on the size of proteins, amount of ingredients (scaled up or down), and marinades used.

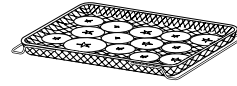
Tips & Tricks



For sheet pan meals, cut ingredients to the same size.



For easy cleanup, line the sheet pan with parchment paper or aluminum foil.



Place ingredients in 1 layer for dehydrating.



When using the air fry basket, spray it with nonstick cooking spray to minimize sticking.



The unit preheats quickly, so prep all ingredients before preheating.

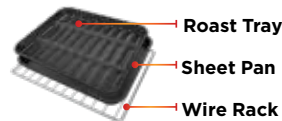


When cooking on two levels, press the 2 LEVEL button on the display to illuminate the optimal rack positions to use.

How to minimize smoke



Cook large, fatty proteins at or below 375°F and clean accessories and inside of unit regularly.



Use Roast Tray on Sheet Pan when cooking on convection functions (such as Whole Roast, Air Roast, and Air Fry), or with greasy foods like: whole chicken, chicken wings, bacon, marinated meats, or oiled vegetables.



For marinades containing sugar, honey, or other sweeteners, brush onto proteins halfway through broiling to avoid burning.

Always use recommended oils

For less smoke, use oils with a high smoke point—like canola, avocado, vegetable, or grapeseed oil—instead of olive oil. If you choose to cook ingredients at a higher temperature than recommended, it may result in more smoke and food having a burnt, acrid flavor.

Leveling Up

Multiple rack positions give you the ability to cook family-sized meals on two levels. For guidance on where to place your food, refer to the digital display rack guide.

Cook two 12-inch frozen pizzas

Select PIZZA function
Press 2 LEVEL button
Use Levels 1 and 3

Roast a whole chicken and vegetables

Select WHOLE ROAST function
Press 2 LEVEL button
Use Levels 1 and 4

Air fry chicken fingers and French fries

Select AIR FRY function
Press 2 LEVEL button
Use Levels 2 and 4



NOTE: Refer to the included Owner's Guide and Quick Start Guide for more detailed information on how to best utilize the rack levels.

Cooking a whole roast & vegetables

Using the Whole Roast function is perfect for **cooking large, whole proteins and vegetables**. With the guidelines below, you're on your way to creating your own masterpieces in the Foodi™ XL Pro Air Oven.

Pick a protein

Marinate the meat

Set time, temp, and function

Add protein and start cooking

Pick a veggie

Add veggie

TIME & TEMP BASED ON PROTEIN
USE WHOLE ROAST FUNCTION

4-5 lbs
Whole Chicken, trussed

Rosemary Lemon Marinade
 1/4 cup lemon juice
 3 tablespoons chopped fresh rosemary (or 3 teaspoons crushed dry rosemary)
 3 chopped garlic cloves
 1 tablespoon black pepper
 2 tablespoons canola oil
 Kosher salt to taste

Mexican Spice Blend
 2 tablespoons paprika
 2 tablespoons chili powder
 1 tablespoon ground cumin
 2 teaspoons onion powder
 2 teaspoons garlic powder
 2 teaspoons black pepper
 1 teaspoon cayenne pepper (optional)
 Kosher salt to taste

Whole Chicken
375°F
45-55 minutes

Insert wire rack on rack Level 1
 Press START/STOP to begin preheating
 Nest roast tray on sheet pan and place protein on top
 After preheated, place all contents on wire rack on Level 1.

2 lbs
Brussels Sprouts

Cut in uniform pieces
 Toss with 2 Tbsp canola oil
 Season with salt and pepper as desired

With 15 minutes remaining, add veggies to air fry basket and insert on Level 4.

4-5 lbs
Beef Roast

Beef Roast
380°F
60 minutes

2 lbs
Asparagus

3-4 lbs
Pork Tenderloin

BBQ Spice Rub
 1/3 cup Brown sugar
 2 tablespoons smoked paprika
 2 tablespoons mustard powder
 1 tablespoon onion powder
 1 tablespoon garlic powder
 2 teaspoons cayenne pepper
 2 teaspoons black pepper
 Kosher salt to taste

Maple Garlic Marinade
 1/4 cup maple syrup
 3 minced garlic cloves
 3 tablespoons soy sauce
 2 tablespoons Dijon mustard
 1 tablespoon black pepper

Pork Tenderloin
400°F
35 minutes

2 lbs
Green beans

4 lbs
Pork Shoulder

Pork Shoulder
325°F
1 hour 30 minutes

2 lbs
Broccoli Florets

Mains & sides that finish at the same time

Pick a protein

USE SUGGESTED MARINADES.
PLACE IN ROAST TRAY NESTED
IN SHEET PAN.

2 Pork Tenderloins (1 lb each)	10 Sausage Links (3-4 ounces each)	6 Chicken Thighs boneless, skinless (6-8 ounces each)	6 Salmon Filets skin on (6-8 ounces each)
2-3 Tbsp adobo seasoning	No marinade needed	Brushed with ¼ cup barbecue sauce	Brushed with ¼ cup teriyaki sauce

Choose one option:

Choose one option:

Pick a veggie

TOSS WITH 1 TBSP OIL
+ SALT & PEPPER TO TASTE.
PLACE IN AIR FRY BASKET.

2 lbs summer squash, cut in quarters lengthwise, then cut in 1" pieces	24 oz green beans, trimmed
2 lbs broccoli, cut in 1" florets	2 bunches asparagus, trimmed
	2 lbs broccoli, cut in 1" florets

Set time, temp, and function

USE AIR ROAST FUNCTION

375°F/25-30 mins	400°F/25-30 mins
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After preheated, place protein on roast tray nested in sheet pan on wire rack on **1**.
Slide air fry basket with vegetables into rails of **3**.

Using the Air Roast function is perfect for **cooking smaller cuts of proteins and delicate vegetables**. With the guidelines below, you're on your way to creating air-roasted meals in the Foodi™ XL Pro Air Oven.

4 NY Strip Steaks (12-14 ounces each)	6 Chicken Drumsticks	4 Chicken Breasts (8-10 ounces each)
2-3 Tbsp Montreal steak seasoning	Brushed with ¼ cup sweet chili sauce	Brushed with ¼ cup honey mustard

Choose one option:

Choose one option:

Choose one option:

2 lbs mushrooms, sliced, rinsed, cut in quarters	2 lbs carrots, peeled, cut in half lengthwise then chopped in 1" pieces	2 lbs cauliflower, cut in 1" florets
2 lbs Brussels sprouts, cut in half lengthwise	2 lbs butternut squash, cut into 1" pieces	2 lbs Brussels sprouts, cut in half lengthwise
	2 lbs cauliflower, cut in 1" florets	

400°F/28-32 mins	390°F/32-35 mins	400°F/35-40 mins
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After preheated, place protein on roast tray nested in sheet pan on wire rack on **1**.
Slide air fry basket with vegetables into rails of **3**.

Kickstarter Recipe

Maple Rosemary Chicken with Fall Squash

BEGINNER RECIPE ●○○ | RACK LEVELS 1 & 4 | WIRE RACK, SHEET PAN, ROAST TRAY, AIR FRY BASKET

PREP: 20 MINUTES | **MARINATE:** 30 MINUTES-8 HOURS | **WHOLE ROAST:** 55 MINUTES | **MAKES:** 6-8 SERVINGS

INGREDIENTS

2 tablespoons fresh rosemary, minced	2 teaspoons ground black pepper
5 cloves garlic, peeled, minced	3 tablespoons canola oil
1/3 cup lemon juice	1 fresh uncooked whole chicken (5 pounds), patted dry
1/4 cup maple syrup	2 medium butternut squash, peeled, diced in 1/2-inch pieces, seeds removed
2 tablespoons honey	
2 tablespoons kosher salt	

DIRECTIONS



To make the marinade, combine rosemary, garlic, lemon juice, maple syrup, honey, salt, pepper, and canola oil and mix well.



Coat chicken with half the marinade, either in a walled baking dish or a large resealable plastic bag. Marinate in the refrigerator at least 30 minutes and up to 8 hours.



When marinating is complete, nest the Ninja® Roast Tray in the Ninja Sheet Pan, then place chicken on the tray. For best results, allow chicken to sit at room temperature up to 1 hour before cooking.



Toss squash with remaining marinade, then arrange evenly in the air fry basket.



Install the wire rack on Level 1. Select **WHOLE ROAST**, select **2 LEVEL**, and set temperature to **375°F**, and set time to **55 minutes**. Press **START/STOP** to begin preheating.



When the unit has preheated, place pan on wire rack on Level 1 and slide basket into the rails on Level 4. Close oven door to begin cooking.



After 55 minutes, check chicken for doneness. Cooking is complete when chicken's internal temperature reaches at least **165°F** on an instant-read thermometer.



For best results, allow chicken to rest for 5 minutes before serving with the squash.

TIP If desired, swap in halved brussels sprouts and baby red potatoes for squash.

Kickstarter Recipe

Cilantro Lime Chicken Wings

BEGINNER RECIPE ●○○ | RACK LEVELS 2 & 4 | WIRE RACK, SHEET PAN, ROAST TRAY, AIR FRY BASKET

PREP: 15 MINUTES | **MARINATE:** 30 MINUTES-24 HOURS | **AIR FRY:** 40 MINUTES | **MAKES:** 6-8 SERVINGS

INGREDIENTS

- | | |
|--------------------------------------|--|
| 1 cup fresh cilantro leaves, chopped | 2 teaspoons ground ginger |
| 1/2 cup lime juice | 2 teaspoons kosher salt |
| 3 tablespoons canola oil | 1 teaspoon ground black pepper |
| 2 teaspoons chili powder | 4 pounds fresh uncooked chicken wings, drumettes and wings separated |
| 2 teaspoons ground cumin | |

DIRECTIONS



To make marinade, combine cilantro, lime juice, oil, chili powder, cumin, ginger, salt and pepper in a bowl. Whisk well to combine.



Coat wings in marinade using one or two large resealable plastic bags. Marinate for at least 30 minutes and up to 24 hours.



Divide wings between the air fry basket and Ninja® Roast Tray nested in the Ninja Sheet Pan, making sure wings are not crowding each other.



Install the wire rack on Level 2. Select AIR FRY, select 2 LEVEL, set temperature to 390°F, and set time to 40 minutes. Select START/STOP to begin preheating.



When the unit has preheated, place pan on wire rack on Level 2. Slide the basket into the rails of Level 4. Close oven door to begin cooking.



Check wings at 40 minutes. If increased crisping is desired, add an additional 10 minutes. When cooking is complete, allow wings to cool slightly before serving.

TIP Don't like cilantro? Swap for parsley in Step 1 when making the marinade.

CEREAL FRENCH TOAST

INTERMEDIATE RECIPE ●●○ | RACK LEVELS 2 & 4 | WIRE RACK, SHEET PAN, AIR FRY BASKET

PREP: 15 MINUTES | **AIR FRY:** 20 MINUTES | **MAKES:** 8 SERVINGS

INGREDIENTS

2 cans (13.5 ounces each) sweetened coconut milk
3 eggs
1/2 teaspoon cinnamon
8 cups sugar-coated flake cereal
8 slices brioche bread
Cooking spray
Maple syrup, for serving

DIRECTIONS

- 1 In a medium bowl, whisk together coconut milk, eggs, and cinnamon.
- 2 Place cereal in a plastic bag, and, using your hands, crush until it is thoroughly broken down. Transfer cereal to a shallow bowl.
- 3 Working one at a time, place a slice of brioche bread into the coconut milk mixture, coating both sides. Next, dredge bread in cereal on both sides.
- 4 Select AIR FRY, select 2 LEVEL, set temperature to 425°F, and set time to 20 minutes. Press START/STOP to begin preheating.
- 5 Coat the air fry basket with cooking spray. Place prepared bread slices in a single layer in the basket and on the Ninja® Sheet Pan.
- 6 When the unit has preheated, slide basket into the rails of Level 4 and place pan on the wire rack on Level 2. Close oven door to begin cooking.
- 7 When cooking is complete, remove basket and pan from oven. Serve French toast immediately with maple syrup. This took me 2 more rounds to complete cooking the full recipe. Second round took 15 minutes, third round only 10 minutes.

TIP Don't like coconut? Use your favorite dairy or non dairy milk instead.

BREAKFAST HASH

BEGINNER RECIPE ●○○ | RACK LEVEL 3 | WIRE RACK, SHEET PAN

PREP: 20 MINUTES | **BAKE:** 30 MINUTES | **MAKES:** 6-8 SERVINGS

INGREDIENTS

3 1/2 cups russet potatoes, peeled, cut in 1/2-inch pieces
1 1/2 cup precooked kielbasa, cut in 1/2-inch pieces
2 small yellow onion, peeled, cut in 1/2-inch pieces
1 cup mixed frozen vegetables (carrots, green beans, corn)
1 stick (1/2 cup) unsalted butter, melted
2 teaspoons paprika
2 teaspoons kosher salt

DIRECTIONS

- 1 Place potatoes, kielbasa, onion, and frozen vegetables in a large bowl. Add melted butter, paprika and salt. Toss ingredients to coat.
- 2 Place ingredients on Ninja® Sheet Pan, spreading out evenly.
- 3 Install the wire rack on Level 3. Select BAKE, set temperature to 375°F, and set time to 30 minutes. Press START/STOP to begin preheating.
- 4 When the unit has preheated, place pan on wire rack on Level 3. Close oven door to begin cooking.
- 5 When cooking is complete, remove pan from oven and cool for 5 minutes before serving.





HERB & PARMESAN FOCCACIA

ADVANCED RECIPE ●●● | RACK LEVEL 3 | WIRE RACK, SHEET PAN

PREP: 1 HOUR 30 MINUTES | **RISE:** 60 MINUTES | **BAKE:** 15 MINUTES | **MAKES:** 6 SERVINGS

INGREDIENTS

- 3 teaspoons dry active yeast
- 2 teaspoons sugar
- 3 tablespoons kosher salt
- 2 cups warm water
- 6 cups all-purpose flour, divided
- 1 cup grated Parmesan cheese, divided
- 4 tablespoons ground cornmeal, divided
- 2 teaspoons fresh thyme leaves, chopped
- 2 teaspoons fresh oregano leaves, chopped
- 1/4 cup extra virgin olive oil, plus 2 tablespoons

DIRECTIONS

- 1 Place yeast, sugar, salt, and warm water in the bowl of an electric stand mixer fitted with a dough hook. Whisk mixture together, then allow yeast to bloom for 15 minutes.
- 2 In a separate mixing bowl, combine 5 cups flour, 1/2 cup of Parmesan cheese, 2 tablespoons cornmeal, thyme, and oregano. Once yeast has fully bloomed, set mixer to low and slowly incorporate flour mixture. Allow hook to knead dough for about 3 minutes until a slightly sticky dough ball forms.
- 3 Once dough forms, transfer it to a floured surface and knead by hand until it is smooth and not sticky. Add 2 tablespoons olive oil to a large mixing bowl and place dough in bowl. Rotate dough ball to cover it in oil. Wrap bowl in plastic wrap or drape with a kitchen towel. Allow dough to rise for 1 hour.
- 4 After an hour, transfer dough to a lightly floured surface and use a rolling pin to roll it out into a 12 x 11-inch rectangle.
- 5 Sprinkle remaining cornmeal on pan. Mold dough into pan, pressing down with your fingertips. Brush top with 1/4 cup olive oil.
- 6 Install the wire rack on Level 3. Select BAKE, set temperature to 400°F, and set time to 15 minutes. Press START/STOP to begin preheating.
- 7 When the unit has preheated, place pan on wire rack on Level 3. Close oven door to begin cooking.
- 8 When cooking is complete, remove pan from oven and allow bread to cool before serving.

TIP Once the focaccia has cooled, it makes a delicious sandwich bread. You can also play with different flavors on the bread itself. Try incorporating fresh chopped rosemary into the dough or topping the dough with thinly sliced tomato before baking.

CHEESY HOT FRIES

BEGINNER RECIPE ●○○ | RACK LEVEL 3 | AIR FRY BASKET

PREP: 10 MINUTES | AIR FRY: 28 MINUTES | MAKES: 6-8 SERVINGS

INGREDIENTS

- 2 teaspoons cayenne pepper
- 2 teaspoons paprika
- 2 teaspoons garlic powder
- 2 teaspoons kosher salt
- 1 teaspoon chili powder
- 1 teaspoon onion powder
- 1 pound (1/2 bag) frozen French fries
- 8 ounces medium chile con queso dip
- 4 ounces cooked bacon, crumbled
- 1 bunch scallions, greens only, thinly sliced
- 2 ounces pickled jalapeño peppers (optional)

DIRECTIONS

- 1 In a medium sized mixing bowl, combine cayenne pepper, paprika, garlic powder, salt, chili powder, and onion powder. Stir well to combine; set aside.
- 2 Evenly arrange frozen fries in the air fry basket.
- 3 Select AIR FRY, set temperature to 390°F, and set time to 28 minutes. Select START/STOP to begin preheating.
- 4 When the unit has preheated, slide basket into rails of Level 3. Close oven to begin cooking.
- 5 While fries are cooking, place queso dip in a microwave-safe bowl and heat in microwave according to directions.
- 6 When cooking is complete, transfer fries to a large mixing bowl and toss with spicy seasoning (use half for milder spice). Transfer to serving dish.
- 7 Top fries with warm queso dip, crumbled bacon, sliced scallions, and pickled jalapeño peppers, if using. Serve immediately.

TIP This recipe works great with any frozen French fries. Try it with tater tots, crinkle cut fries, or even sweet potato fries.



SWEET POTATO CASSEROLE

INTERMEDIATE RECIPE ●●○ | RACK LEVEL 3 | WIRE RACK, NINJA® CASSEROLE DISH*

PREP: 20 MINUTES | **AIR ROAST:** 45 MINUTES | **MAKES:** 6-8 SERVINGS

INGREDIENTS

SWEET POTATOES

- 3 large eggs, beaten
- 1/2 cup granulated sugar
- 1 cup whole milk
- 1/2 stick (1/4 cup) butter, melted
- 1/4 cup maple syrup
- 3 tablespoons all-purpose flour
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon ground ginger
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground cayenne pepper
- 1 teaspoon kosher salt
- 3 cups grated uncooked sweet potatoes (about 3 medium potatoes)

STREUSEL

- 1/2 stick (1/4 cup) butter, softened
- 1/2 cup brown sugar
- 1/2 cup all-purpose flour
- 1 teaspoon kosher salt
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger
- 1/4 teaspoon ground nutmeg

DIRECTIONS

- 1 Combine eggs, sugar, milk, butter, maple syrup, flour, and spices in a large bowl. Fold grated sweet potatoes into the mixture.
- 2 Grease the Ninja Casserole Dish* (or an 11 1/2 x 7-inch casserole dish). Pour mixture into the dish.
- 3 Install the wire rack on Level 3. Select AIR ROAST, set temperature to 350°F, and set time to 45 minutes. Press START/STOP to begin preheating.
- 4 When the unit has preheated, place casserole dish on wire rack on Level 3. Close oven door to begin cooking.
- 5 Combine streusel ingredients until most of the butter is incorporated.
- 6 After 20 minutes, open oven door to pause cooking and remove casserole dish from oven. Sprinkle streusel mixture over the top of the casserole.
- 7 Return casserole dish to the wire rack on Level 3, then close oven door to resume cooking for the remaining 25 minutes.
- 8 When cooking is complete, allow to cool for 10 minutes before serving.

*The Ninja Casserole Dish is sold separately on ninjaaccessories.com.

MAPLE-ROASTED ROOT VEGETABLES

BEGINNER RECIPE ●○○ | RACK LEVEL 3 | WIRE RACK, SHEET PAN

PREP: 20 MINUTES | **AIR ROAST:** 45 MINUTES | **MAKES:** 6 SERVINGS

INGREDIENTS

- 2 large sweet potatoes, peeled, cut in 2-inch pieces
- 2 parsnips, peeled, cut in 2-inch pieces
- 3 golden beets, peeled, cut in 2-inch pieces
- 3 carrots, peeled, cut in 2-inch pieces
- 1/3 cup maple syrup
- 1/4 cup olive oil
- 3 tablespoons unsalted butter, cut in 1-inch cubes
- 2 tablespoons fresh thyme leaves, chopped
- 1 tablespoon ground ginger
- 2 tablespoons kosher salt

DIRECTIONS

- 1 Place all ingredients in a large mixing bowl and toss to combine. Arrange on the Ninja® Sheet Pan in a single layer.
- 2 Install the wire rack on Level 3. Select AIR ROAST, set temperature to 425°F, and set time to 45 minutes. Press START/STOP to begin preheating.
- 3 When the unit has preheated, place pan on wire rack on Level 3. Close oven door to begin cooking.
- 4 Check vegetables periodically. Cooking is complete when they are fork-tender and the sugars have begun to caramelize. Serve immediately.



TIP Red beets, while they may transfer some color to the other vegetables, work equally well in this dish if you cannot find golden beets.

HASSELBACK LOADED POTATOES

INTERMEDIATE RECIPE ●●○ | RACK LEVELS 1 & 3 | WIRE RACK, SHEET PAN, AIR FRY BASKET

PREP: 15 MINUTES | AIR ROAST: 60 MINUTES | MAKES: 10 SERVINGS

INGREDIENTS

10 medium russet potatoes
(about 10 ounces each), rinsed
2 sticks (1 cup) unsalted butter, melted, divided
3 teaspoons garlic, minced
2 teaspoons paprika
3 tablespoons fresh flat-leaf parsley, chopped
3 tablespoons kosher salt
1 pound sharp cheddar cheese, sliced very thin
1 bunch fresh chives, sliced
1/2 pound cooked bacon, crumbled
1/2 cup sour cream

DIRECTIONS

- 1 Install the wire rack on Level 1. Select AIR ROAST, 2 LEVEL, set temperature to 425°F, and set time to 60 minutes. Press START/STOP to begin preheating.
- 2 Place 2 wooden spoons along the long sides of each potato. Working one potato at a time, use a large chef knife to slice potatoes crosswise into 1/4-inch slices, stopping once the knife reaches the spoons.
- 3 In a small bowl, whisk together melted butter, garlic, paprika, parsley and salt.
- 4 Reserve 3 tablespoons of the butter mixture and set aside. Using a brush, gently spread butter mixture over potatoes, being careful not to split them open. Place 5 potatoes on the Ninja® Sheet Pan and 5 in the air fry basket.
- 5 When the unit has preheated, place pan on wire rack on Level 1 and slide basket into the rails of Level 3. Close oven door to begin cooking.
- 6 After 55 minutes, remove pan and basket. Insert slices of cheese into every other slit in each potato. Then brush potatoes with remaining butter mixture.
- 7 Return pan to wire rack on Level 1 and slide basket into rails of Level 3 and close oven door to resume cooking for the remaining 5 minutes.
- 8 When cooking is complete, top each potato with sour cream, chives, and crumbled bacon. Serve immediately.





CAJUN PRIME RIB ROAST WITH BABY YELLOW POTATOES

BEGINNER RECIPE ●○○ | RACK LEVELS 1 & 4 | WIRE RACK, SHEET PAN, ROAST TRAY, AIR FRY BASKET

PREP: 20 MINUTES | **WHOLE ROAST:** 1 HOUR 25 MINUTES | **MAKES:** 6-8 SERVINGS

INGREDIENTS

- 3 tablespoons Cajun seasoning
- 3 tablespoons brown sugar
- 3 tablespoons kosher salt, divided
- 1 tablespoon ground black pepper
- 1 uncooked boneless prime rib roast (4-5 pounds), fat trimmed
- 3 pounds baby yellow potatoes, cut in half
- 1 tablespoon onion powder
- 1 tablespoon garlic powder
- 3 sprigs fresh thyme
- 2 tablespoons canola oil

DIRECTIONS

- 1** In a mixing bowl combine Cajun seasoning, brown sugar, 2 tablespoons salt, and pepper. Stir well to combine. Pat prime rib dry with paper towels. Rub mixture all over beef, coating evenly.
- 2** In a separate mixing bowl, toss potatoes with remaining 1 tablespoon salt, onion powder, garlic powder, thyme, and oil. Spread potatoes out evenly in air fry basket.
- 3** Nest the Ninja® Roast Tray in the Ninja Sheet Pan, then place roast on tray.
- 4** Install the wire rack on Level 1. Select **WHOLE ROAST**, select **2 LEVEL**, set temperature to 450°F, and set time to 25 minutes. Press **START/STOP** to begin preheating.
- 5** When the unit has preheated, place pan on wire rack on Level 1 and slide basket into the rails of Level 4. Close oven door to begin cooking.
- 6** After 25 minutes, select **WHOLE ROAST**, set temperature to 250°F, and set time to 1 hour. Press **START/STOP** to begin cooking.
- 7** When cooking is complete, remove roast and potatoes from oven. Loosely cover roast with a large piece of aluminum foil and let rest for 15 minutes before slicing and serving with potatoes.

TIP This recipe is written for a medium rare center (130°F-135°F). If you prefer a medium center, add 10 minutes to the cook time at step 6.

BACON TERIYAKI MEATLOAF & SWEET POTATOES

ADVANCED RECIPE ●●● | RACK LEVELS 1 & 4 | WIRE RACK, SHEET PAN, ROAST TRAY, AIR FRY BASKET

PREP: 20 MINUTES | WHOLE ROAST: 50 MINUTES | MAKES: 8 SERVINGS

INGREDIENTS

3 pounds uncooked ground beef
1 medium bell pepper, diced
1 small onion, peeled, diced
1 cup pineapple, chopped
2 cups panko bread crumbs
13-15 slices cooked bacon, chopped (about 1 cup)
2 tablespoons kosher salt, divided
3 teaspoons ground black pepper, divided
1 cup store-bought teriyaki sauce
3 eggs
3 medium sweet potatoes, cut in 1-inch pieces
2 tablespoons canola oil

DIRECTIONS

- 1 In a large bowl, mix together ground beef, bell peppers, onions, pineapple, bread crumbs, chopped bacon, 1 tablespoon salt, 1 teaspoon ground black pepper, teriyaki sauce, and eggs.
- 2 Nest the Ninja® Roast Tray in the Ninja Sheet Pan, then shape the mixture into a loaf and place on tray. Place meatloaf on tray in refrigerator.
- 3 In a medium bowl, toss sweet potatoes with canola oil and remaining salt and pepper. Place sweet potatoes in a single layer in the air fry basket.
- 4 Install the wire rack on Level 1. Select WHOLE ROAST, select 2 LEVEL, set temperature to 425°F, and set time to 50 minutes. Press START/STOP to begin preheating.
- 5 When the unit has preheated, place pan on wire rack on Level 1 and slide basket into the rails of Level 4. Close oven door to begin cooking.
- 6 When cooking is complete, remove pan and basket from oven. Let meatloaf rest for 10 minutes before serving.

BRAISED BEEF CASSEROLE

BEGINNER RECIPE ●○○ | RACK LEVEL 3 | WIRE RACK, NINJA® CASSEROLE DISH*

PREP: 15 MINUTES | BAKE: 55 MINUTES | MAKES: 6 SERVINGS

INGREDIENTS

4 ounces cream cheese, softened
1 1/2 cup arborio rice
12 ounces button mushrooms, cut in quarters
8 ounces frozen peas
1 tablespoon onion powder
1 tablespoon garlic powder
1 tablespoon kosher salt
2 teaspoons ground black pepper
1 pound uncooked shaved steak
2 cups beef stock
1/2 cup soy sauce
1 stick (1/2 cup) unsalted butter
6 ounces sour cream

DIRECTIONS

- 1 Smear cream cheese on bottom of the Ninja Casserole Dish (or a 9 x 9-inch casserole dish). In a mixing bowl, combine rice, mushrooms, peas, onion powder, garlic powder, salt, pepper, steak and place on top of cream cheese.
- 2 Install the wire rack on Level 3. Select BAKE, set temperature to 400°F, and set time to 55 minutes. Press START/STOP to begin preheating.
- 3 Pour the beef stock and soy sauce over the rice and steak mixture.
- 4 When the unit has preheated, place the casserole dish on wire rack on Level 3. Close oven door to begin cooking.
- 5 Cooking is complete when rice is tender. Remove casserole dish from oven, then stir in butter and sour cream. Let dish cool slightly before serving.

BAKED COD & BROCCOLI

INTERMEDIATE RECIPE ●●○ | RACK LEVELS 1 & 3 | WIRE RACK, SHEET PAN, AIR FRY BASKET

PREP: 10 MINUTES | AIR ROAST: 30 MINUTES | MAKES: 4 SERVINGS

INGREDIENTS

2 pounds uncooked fresh cod loins, sliced into 4 equal portions
1 tablespoon kosher salt, divided
2 sleeves butter crackers, crushed
1 stick (1/2 pound) unsalted butter, melted
Juice of 1 lemon
2 pounds broccoli florets
2 tablespoons canola oil
1 red onion, peeled, diced
2 tablespoons everything bagel spice
1/4 cup dried cranberries

DIRECTIONS

- 1 Pat cod dry with paper towels. Coat the Ninja® Sheet Pan with cooking spray and place cod on it. Season with half of the salt.
- 2 In a medium bowl, mix crushed crackers, melted butter, and lemon juice until thoroughly combined. Top each piece of cod with a layer of the cracker mixture.
- 3 In a separate bowl, combine broccoli, canola oil, onion, everything bagel spice, and remaining salt. Arrange broccoli in a single layer in the air fry basket.
- 4 Install the wire rack on Level 1. Select AIR ROAST, select 2 LEVEL, set temperature to 375°F, and set time to 30 minutes. Press START/STOP to begin preheating.
- 5 When the unit has preheated, place pan on wire rack on Level 1 and slide basket into the rails of Level 3. Close oven door to begin cooking.
- 6 Cooking is complete when cod is opaque and flaky and broccoli is slightly browned. Top broccoli with cranberries and let cod cool for 5 minutes before serving.

TIP Want added flavor? Toss broccoli with two tablespoons curry powder, 2 tablespoons canola oil, and 2 teaspoons kosher salt.

MUSTARD-MARINATED PORK & VEGETABLES

INTERMEDIATE RECIPE ●●○ | RACK LEVELS 1 & 4 | WIRE RACK, SHEET PAN, ROAST TRAY, AIR FRY BASKET

PREP: 15 MINUTES | MARINATE: 30 MINUTES-8 HOURS | WHOLE ROAST: 35-40 MINUTES | MAKES: 2-3 SERVINGS

INGREDIENTS

1 cup Dijon mustard
Juice of 2 lemons (approximately 2 tablespoons)
3 cloves garlic, peeled, minced
1/4 cup fresh parsley (approximately half bunch), chopped
2 tablespoons kosher salt, divided
2 teaspoons ground black pepper, divided
3 1/4-4-pound uncooked boneless pork loin
2 russet potatoes, cut in 1-inch cubes
1 pound Brussels sprouts, cut in half, stems removed
4 medium carrots, peeled, cut in 2-inch pieces
4 medium parsnips, peeled, cut in 2-inch pieces
1 tablespoon dried oregano
1 tablespoon canola oil

DIRECTIONS

- 1 In a medium bowl, combine yogurt, lemon juice, garlic, parsley, 1 tablespoon salt, and 1 teaspoon pepper, mixing well.
- 2 Rub pork loin liberally and evenly with the marinade. Place pork in a large resealable plastic bag or a walled baking dish, then cover with any remaining marinade. Seal bag or cover baking dish with plastic wrap and allow to marinate in the refrigerator at least 30 minutes and up to 8 hours.
- 3 Nest the Ninja Roast Tray® in the Ninja Sheet Pan. When marinating is complete, remove the pork from the bag or baking dish and place it on the tray. For best results, let it sit at room temperature for 30 minutes to 1 hour before cooking.
- 4 Toss all remaining ingredients in a mixing bowl, mixing well to evenly distribute the oregano and oil. Evenly arrange mixture in the air fry basket.
- 5 Install the wire rack on Level 1. Select WHOLE ROAST, select 2 LEVEL, set temperature to 400°F, and set time to 40 minutes. Press START/STOP to begin preheating.
- 6 When the unit has preheated, place pan on wire rack on Level 1 and slide basket into the rails on Level 4.
- 7 After 35 minutes, check pork for doneness. Remove pork from oven when internal temperature reaches at least 140°F on an instant-read thermometer. Continue cooking vegetables for an additional 5 minutes while pork rests.
- 8 When cooking is complete, remove basket from oven. Slice pork and serve with vegetables.

TIP Double the marinade ingredients and reserve half the marinade before step 2 to serve with the pork and vegetables as a dipping sauce.



RED VELVET COOKIES

INTERMEDIATE RECIPE ●●○ | RACK LEVEL 3 | WIRE RACK, SHEET PAN

PREP: 15 MINUTES | **BAKE:** 20 MINUTES | **MAKES:** 18 COOKIES

INGREDIENTS

- 1 $\frac{3}{4}$ cups all-purpose flour
- 2 tablespoons unsweetened cocoa powder
- 1 teaspoon baking soda
- $\frac{1}{4}$ teaspoon kosher salt
- $\frac{1}{2}$ cup butter, softened
- $\frac{3}{4}$ cup brown sugar
- $\frac{1}{4}$ cup granulated sugar
- 1 egg
- 1 tablespoon cream cheese
- 1 tablespoon milk
- 2 teaspoons vanilla extract
- 1 tablespoon red food coloring
- 6 ounces white chocolate chips

DIRECTIONS

- 1 Combine flour, cocoa powder, baking soda, and salt. Set aside.
- 2 In a large bowl, cream butter, brown sugar, and granulated sugar until smooth using a hand mixer on medium speed. Add egg, cream cheese, milk, vanilla, and food coloring. Blend until combined.
- 3 Slowly add dry ingredients, blending until combined. Then fold in white chocolate chips.
- 4 Using 2 tablespoons of dough for each cookie, arrange about 9 cookies on the Ninja® Sheet Pan.
- 5 Install the wire rack on Level 3. Select BAKE, set temperature to 350°F, and set time to 20 minutes. Press START/STOP to begin preheating.
- 6 When the unit has preheated, place pan on wire rack on Level 3. Close oven door to begin cooking. Cook for 9 to 10 minutes.
- 7 Repeat steps 4 and 6 with remaining dough.

TIP Don't want to make the whole batch? Freeze the dough in individual balls and bake to order.

Air Fry Cooking Chart

NOTE When cooking foods on one level, cut ingredient amount by 50% for best results.



INGREDIENT	AMOUNT	PREPARATION	OIL	TEMP	ONE-LEVEL COOK TIME	TWO-LEVEL COOK TIME
FROZEN FOOD						
Chicken nuggets	Up to 4 lbs	None	None	400°F	15-20 mins	30-35 mins
Fish fillets (breaded)	Up to 20 fillets	None	None	400°F	10-15 mins	20-25 mins
Fish sticks	Up to 2 lbs	None	None	375°F	11-15 mins	23-28 mins
French fries	Up to 4 lbs	None	None	390°F	19-22 mins	38-40 mins
Mozzarella sticks	Up to 4 lbs	None	None	375°F	8-10 mins	15-18 mins
Pizza Rolls	Up to 3 lbs (2 boxes)	None	None	375°F	9-12 mins	18-25 mins
Popcorn shrimp	Up to 2 lbs	None	None	390°F	8-11 mins	15-17 mins
Tater tots	Up to 4 lbs	None	None	360°F	15-18 mins	25-28 mins
MEAT, POULTRY, FISH						
Chicken drumsticks	12 drumsticks	Pat dry, season as desired	Toss with 2 Tbsp oil	400°F	22-27 mins	45-50 mins
Chicken thighs	8 thighs (8-10 oz each)	Pat dry season as desired	Toss with 2 Tbsp oil	375°F	25-28 mins	45-48 mins
Chicken wings	Up to 4 lbs	Pat dry	1 Tbsp	390°F	18-22 mins	35-40 mins
Crab cakes	10-12 cakes (6 oz each)	None	Brush with 1 Tbsp oil	400°F	12-17 mins	23-28 mins
Salmon fillets	8-10 fillets (6-8 oz each)	None	Brush with 2 Tbsp oil	400°F	13-18 mins	25-28 mins
Sausage	Up to 20 sausages, whole	None	None	390°F	8-10 mins	8-10 mins
VEGETABLES						
Asparagus	4 bunches	Trim stems	2 Tbsp	400°F	13-15 mins	23-25 mins
Beets	3 lbs	Peel, cut in 1/2-inch cubes	2 Tbsp	400°F	18-23 mins	35-40 mins
Bell peppers (for roasting)	8 peppers	Cut in quarters, remove seeds	2 Tbsp	400°F	15-20 mins	30-35 mins
Broccoli	Up to 3 lbs	Cut in 1-2-inch florets	2 Tbsp	375°F	13-17 mins	26-30 mins
Brussels sprouts	Up to 4 lbs	Cut in half, remove stems	1 Tbsp	425°F	13-17 mins	26-30 mins
Cauliflower	Up to 3 lbs	Cut in 1-2-inch florets	2 Tbsp	375°F	12-18 mins	24-30 mins
Green beans	24 oz	Trim	2 Tbsp	425°F	13-18 mins	25-28 mins
Hand-cut Fries	Up to 4 lbs	Soak, pat dry	2 Tbsp	375°F	22-28 mins	38-42 mins

2-level air fry times are based on using 2 air fry baskets. You can air fry on 2 levels using an air fry basket and sheet pan with roast tray, but cook times and air fry quality may vary.

For best results, we recommend purchasing a second air fry basket at ninjaaccessories.com.



When air frying on 2 levels, slide basket into rails of Level 4 and place pan with roast tray on Level 2

NOTE Use these cook times as a guide, adjusting to your preference.

Air Fry Cooking Chart – Continued

NOTE When cooking foods on one level, cut ingredient amount by 50% for best results.

INGREDIENT	AMOUNT	PREPARATION	OIL	TEMP	ONE-LEVEL COOK TIME	TWO-LEVEL COOK TIME
VEGETABLES						
Kale (for chips)	8 oz	Tear into pieces, remove stems	None	325°F	8–11 mins	15–18 mins
Mushrooms	2 lbs	Rinse, slice thinly	2 Tbsp	400°F	23–28 mins	25–30 mins
Potatoes, russet	3 lbs	Cut in 1-inch wedges	2 Tbsp	390°F	23–28 mins	45–50 mins
Potatoes, russet	2 lbs	Hand-cut fries, soak 20 mins in cold water, then pat dry	3 Tbsp	390°F	18–23 mins	35–40 mins
Potatoes, sweet	2 lbs	Hand-cut fries, soak 20 mins in cold water, then pat dry	3 Tbsp	390°F	15–20 mins	30–35 mins
Zucchini	2 lbs	Cut in quarters lengthwise, then cut in 1-inch pieces	1 Tbsp	390°F	10–14 mins	20–24 mins

2-level air fry times are based on using 2 air fry baskets. You can air fry on 2 levels using an air fry basket and sheet pan with roast tray, but cook times and air fry quality may vary.

For best results, we recommend purchasing a second air fry basket at ninjaaccessories.com.

Dehydrate Chart

INGREDIENTS	PREPARATION	TEMP	DEHYDRATE TIME
FRUITS & VEGETABLES			
Apples	Cut in 1/8-inch slices, remove core, rinse in lemon water, pat dry	135°F	5–6 hrs
Asparagus	Cut in 1-inch pieces, blanch	135°F	5–6 hrs
Bananas	Peel, cut in 3/8-inch slices	135°F	7–8 hrs
Beets	Peel, cut in 1/8-inch slices	135°F	5–6 hrs
Fresh herbs	Rinse, pat dry, remove stems	135°F	4 hrs
Ginger root	Peel, cut in 3/8-inch slices	135°F	5–6 hrs
Mangoes	Peel, cut in 3/8-inch slices, remove pit	135°F	5–6 hrs
Mushrooms	Cleaned with soft brush (do not wash)	135°F	5–6 hrs
Pineapple	Peel, cut in 3/8–1/2-inch slices, remove core	135°F	4–5 hrs
Strawberries	Cut in half or in 1/2-inch slices	135°F	4–5 hrs
Tomatoes	Cut in 3/8-inch slices or grate	135°F	5–6 hrs
MEAT, POULTRY, FISH			
Beef jerky	Cut in 1/4-inch slices, remove all fat, marinate 8–24 hours	155°F	5–6 hrs
Chicken jerky	Cut in 1/4-inch slices, remove all fat, marinate 8–24 hours	155°F	5–6 hrs
Salmon jerky	Cut in 1/4-inch slices, marinate overnight	155°F	5–6 hrs
Turkey jerky	Cut in 1/4-inch slices, remove all fat, marinate 8–24 hours	155°F	5–6 hrs



When air frying on 2 levels, slide basket into rails of Level 4 and place pan with roast tray on Level 2

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