

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)

## Recipe List

<b>Kickstarter Recipes</b>	<b>12</b>
Maple Rosemary Chicken with Fall Squash	12
Cilantro Lime Chicken Wings	14
<b>Breakfast</b>	<b>16</b>
Cereal French Toast	16
Breakfast Hash	17
<b>Sides &amp; Apps</b>	<b>18</b>
Herb & Parmesan Focaccia	18
Cheesy Hot Fries	20
Sweet Potato Casserole	22
Maple-Roasted Root Vegetables	23
Hasselback Loaded Potatoes	24
<b>Lunch &amp; Dinner</b>	<b>26</b>
Cajun Prime Rib Roast with Baby Yellow Potatoes	27
Bacon Teriyaki Meatloaf & Sweet Potatoes	28
Braised Beef Casserole	29
Baked Cod & Broccoli	30
Mustard-Marinaded Pork & Vegetables	31
<b>Dessert</b>	<b>32</b>
Red Velvet Cookies	32
<b>Cooking Chart</b>	<b>34</b>
Air Fry Chart	34

BREAKFAST  
HASH

17



18



23

CAJUN  
PRIME RIB  
ROAST WITH  
BABY YELLOW  
POTATOES

27

BAKED COD  
& BROCCOLI

30



32

# All foods are not heated equally

Depending on which function you choose to make your next dish, the Ninja® Foodi® Smart 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™

	WHOLE ROAST	AIR ROAST	AIR FRY	PIZZA	BAKE
FUNCTION					
					
	High fan speed	Maximum fan speed	Maximum fan speed	Low fan speed	Low fan speed
BEST FOR	<b>Rotisserie-style results in less time.</b> Whole chicken Prime rib roast Pork tenderloin	<b>Crispy outside, juicy inside.</b> Chicken thighs & vegetables Asparagus	<b>Fast, extra-crispy results with little to no oil.</b> French fries (frozen or hand cut) Chicken wings or nuggets Breaded foods	<b>Cook frozen or fresh pizzas.</b> Homemade pizza Frozen pizza	<b>Traditional baking with overall even cooking and light browning.</b> Bacon Cookies
	<i>See page 8 for detailed guidelines</i>	<i>See page 10 for detailed guidelines</i>	<i>See pages 34-37 for detailed guidelines</i>		

**KEY**

-  Rear convection heat source
-  Top-down heat
-  Medium even heating
-  Medium and high heating
-  High even heating

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

## Top & Bottom Heat Source

	BROIL	TOAST	BAGEL
			
			
	<b>Top-down heat for a crispy finish.</b> Steaks Nachos Casserole finishing	<b>Quick and even browning on both sides.</b> Bread English muffins Frozen waffles	<b>Fast heating with a crunchy outside.</b> Bagels Artisan breads
			<b>NOTE:</b> Place bagel slices, cut-side up, on the middle of the wire rack.

# Using the Racks

Use recommended accessories for each cook function and remove extras from the oven.

**We designed this oven to help you get meals on the table faster. FOR BEST RESULTS, KEEP AN EYE ON YOUR FOOD WHILE COOKING.**

## Rack Levels

KEY



## Accessories



	WHOLE ROAST	AIR ROAST	AIR FRY	PIZZA	BAKE
DIGITAL RACK GUIDE   ACCESSORY PLACEMENT 1 LEVEL COOKING	4	4	4	4	4
	3	3	3	3	3
	2	2	2	2	2
	1	1	1	1	1
2 LEVEL COOKING	4	4	4	4	4
	3	3	3	3	3
	2	2	2	2	2
	1	1	1	1	1

For veggies & starches\*  
OR  
For oiled veggies & proteins

	BROIL	TOAST	BAGEL
4	4	4	4
3	3	3	3
2	2	2	2
1	1	1	1

**NOTE:** Place bagel slices, cut-side up, on the middle of the wire rack.

\*When cooking greasy, drippy foods on one level, place the sheet pan on the wire rack below to catch the drippings. Alternatively, use the roast tray on top of the sheet pan.

## How to minimize smoke



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



Roast Tray  
Sheet Pan  
Wire Rack

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.

# Tips & Tricks

## Best Results



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



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



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



When using Toast or Bagel function, select the exact number of bread or bagel slices.

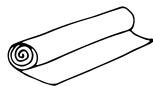


When cooking 2 frozen pizzas on 2 levels, select Pizza function and set temperature to the one recommended on the pizza packaging. Add 4-6 minutes to the cook time, depending on pizza thickness and desired degree of doneness.

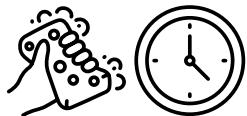
## Easy Cleanup



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



For easy cleanup, line the sheet pan with parchment paper or aluminum foil. When using the Ninja® Roast Tray on the sheet pan, make sure the parchment paper or aluminum foil is flush against the bottom of the inside of the sheet pan.



For deep cleaning, let accessories soak in warm, soapy water overnight and scrub with a non-abrasive brush or sponge.

# 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

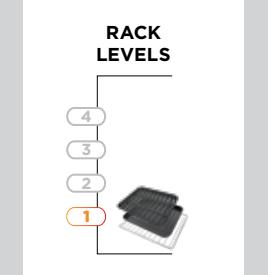
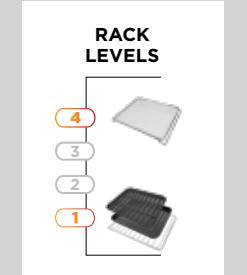
Use Levels 2 and 4



**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.

STEP 1	STEP 2			STEP 3	STEP 4	STEP 5	STEP 6
Pick a protein	Marinate the meat (OPTIONAL)			Set time, temp, and function <small>TIME AND TEMP BASED ON PROTEIN. USE WHOLE ROAST FUNCTION.</small>	Add protein and start cooking	Pick any veggie	Add veggie
4-5 lbs Whole Chicken, trussed	<div data-bbox="465 591 862 901"> <p><b>Rosemary Lemon Marinade</b></p> <ul style="list-style-type: none"> <li>1/4 cup lemon juice</li> <li>3 tablespoons chopped fresh rosemary (or 3 teaspoons crushed dry rosemary)</li> <li>3 chopped garlic cloves</li> <li>1 tablespoon black pepper</li> <li>2 tablespoons canola oil</li> <li>Kosher salt to taste</li> </ul> </div> <div data-bbox="868 591 1274 901"> <p><b>Mexican Spice Blend</b></p> <ul style="list-style-type: none"> <li>2 tablespoon paprika</li> <li>2 tablespoons chili powder</li> <li>1 tablespoon ground cumin</li> <li>2 teaspoons onion powder</li> <li>2 teaspoons garlic powder</li> <li>2 teaspoons black pepper</li> <li>1 teaspoon cayenne pepper (optional)</li> <li>Kosher salt to taste</li> </ul> </div>			Whole Chicken 375°F 45-55 minutes	<p>Insert wire rack on rack Level 1.</p> <p>Press START/STOP to begin preheating.</p> <p>Nest roast tray on sheet pan and place protein on top.</p> <p>After preheated, place all contents on wire rack on Level 1.</p> 	2 lbs Brussels Sprouts, cut in half lengthwise	<p>With 15 minutes remaining, add veggies to air fry basket and insert on Level 4.</p> 
4-5 lbs Beef Roast	<div data-bbox="465 924 862 1231"> <p><b>BBQ Spice Rub</b></p> <ul style="list-style-type: none"> <li>1/3 cup Brown sugar</li> <li>2 tablespoons smoked paprika</li> <li>2 tablespoons mustard powder</li> <li>1 tablespoon onion powder</li> <li>1 tablespoon garlic powder</li> <li>2 teaspoons cayenne pepper</li> <li>2 teaspoons black pepper</li> <li>Kosher salt to taste</li> </ul> </div> <div data-bbox="868 924 1274 1231"> <p><b>Maple Garlic Marinade</b></p> <ul style="list-style-type: none"> <li>1/4 cup maple syrup</li> <li>3 minced garlic cloves</li> <li>3 tablespoons soy sauce</li> <li>2 tablespoons Dijon mustard</li> <li>1 tablespoon black pepper</li> </ul> </div>			Beef Roast 380°F 60 minutes	2 lbs Asparagus, trimmed	<p>Cut in uniform pieces.</p> <p>Toss with 2 Tbsp canola oil.</p> <p>Season with salt and pepper as desired.</p>	
3-4 lbs Pork Tenderloin				Pork Tenderloin 400°F 35 minutes	2 lbs Green Beans, trimmed		
4 lbs Pork Shoulder				Pork Shoulder 325°F 1 hour 30 minutes	2 lbs Broccoli, cut in 1" florets		

# Mains & sides that finish at the same time

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.

## Pick a protein

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

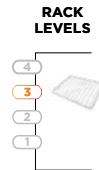


<b>2 Pork Tenderloins</b> (1 lb each)	<b>10 Sausage Links</b> (3-4 ounces each)	<b>6 Chicken Thighs</b> boneless, skinless (6-8 ounces each)	<b>6 Salmon Filets</b> skin on (6-8 ounces each)
2-3 Tbsp adobo seasoning	No marinade needed	Brushed with ¼ cup barbecue sauce	Brushed with ¼ cup teriyaki sauce

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

## Pick a veggie

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



<b>Choose one option:</b>	<b>Choose one option:</b>
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
<b>375°F/25-30 mins</b>	<b>400°F/25-30 mins</b>

<b>Choose one option:</b>	<b>Choose one option:</b>	<b>Choose one option:</b>
2 lbs mushrooms, sliced, rinsed, cut in quarters	2 lbs carrots, peeled, cut in half lengthwise, chopped in 1" pieces	2 lbs cauliflower, cut in 1" florets
2 lbs Brussels sprouts, cut in half lengthwise	2 lbs butternut squash, cut in 1" pieces	2 lbs Brussels sprouts, cut in half lengthwise
	2 lbs cauliflower, cut in 1" florets	
<b>400°F/28-32 mins</b>	<b>390°F/32-35 mins</b>	<b>400°F/35-40 mins</b>

## Set time, temp, and function

TEMP BASED ON PROTEIN. USE AIR ROAST FUNCTION.

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**.

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

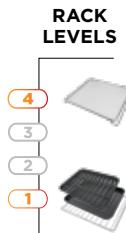
BEGINNER RECIPE ●○○ | RACK LEVELS 1 & 4 | WIRE RACK, SHEET PAN, ROAST TRAY, AIR FRY BASKET

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

### INGREDIENTS

2 tablespoons fresh rosemary, minced  
5 cloves garlic, peeled, minced  
1/3 cup lemon juice  
1/4 cup maple syrup  
2 tablespoons honey  
2 tablespoons kosher salt

2 teaspoons ground black pepper  
3 tablespoons canola oil  
1 fresh uncooked whole chicken (5 pounds), patted dry  
2 medium butternut squash, peeled, diced in 1/2-inch pieces, seeds removed



### 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**, set temperature to 375°F, and set time of 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.



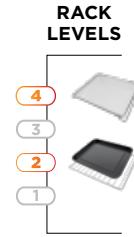
Check wings at 40 minutes. If increased crisping is desired, add an additional 10 minutes. When cooking is complete, allow wings to cool slightly before serving.

**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

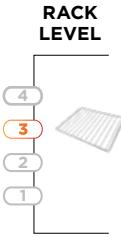
- 1 In a medium bowl, whisk together coconut milk, eggs, and cinnamon.
- 2 Place cereal in a plastic bag, and, using your hands, crush until it is thoroughly broken down. Transfer cereal to a shallow bowl.
- 3 Working one at a time, place a slice of brioche bread into the coconut milk mixture, coating 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.

**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.

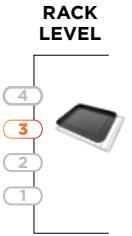




# HERB & PARMESAN FOCACCIA

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

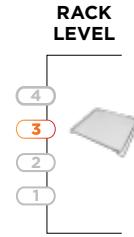
PREP: 10 MINUTES | AIR FRY: 28 MINUTES | MAKES: 6-8 SERVINGS

## 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.

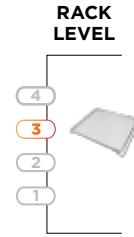


**TIP** This recipe works great with any frozen French fries. Try it with tater tots, crinkle cut fries, or even sweet potato fries.

# 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](http://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.

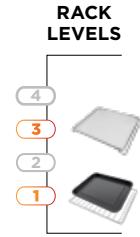


**TIP** Red beets, while they may transfer some color to the other vegetables, work equally well in this dish if you cannot find golden beets.

# 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.

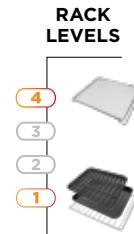




# CAJUN PRIME RIB ROAST WITH BABY YELLOW POTATOES

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

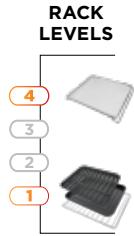
PREP: 20 MINUTES | **WHOLE ROAST:** 50 MINUTES | **MAKES:** 8 SERVINGS

## 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.



**TIP** If pineapple doesn't suit you, simply omit it from the recipe.

# BRAISED BEEF CASSEROLE

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

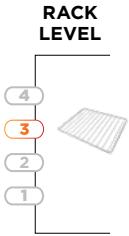
PREP: 15 MINUTES | **BAKE:** 55 MINUTES | **MAKES:** 6 SERVINGS

## 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

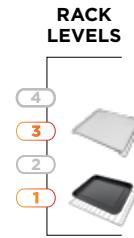
## INGREDIENTS

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

## DIRECTIONS

- 1 In a medium bowl, combine mustard, 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.

**TIP** For a lighter marinade, the Rosemary Lemon Marinade on page 8 is a great swap.

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

- 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.





# RED VELVET COOKIES

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

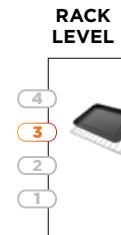
**PREP:** 15 MINUTES | **BAKE:** 20 MINUTES | **MAKES:** 18 COOKIES

## INGREDIENTS

- 1 <sup>3</sup>/<sub>4</sub> cups all-purpose flour
- 2 tablespoons unsweetened cocoa powder
- 1 teaspoon baking soda
- <sup>1</sup>/<sub>4</sub> teaspoon kosher salt
- <sup>1</sup>/<sub>2</sub> cup butter, softened
- <sup>3</sup>/<sub>4</sub> cup brown sugar
- <sup>1</sup>/<sub>4</sub> 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
<b>FROZEN FOOD</b>						<b>FOR SAME FOOD LOAD</b>
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	20-28 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
<b>MEAT, POULTRY, FISH</b>						
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	23-88 mins
Salmon fillets	8-10 fillets (6-8 oz each)	None	Brush with 2 Tbsp oil	400°F	15-18 mins	25-28 mins
Sausage	Up to 20 sausages, whole	None	None	390°F	8-10 mins	16-18 mins

**You can air fry on 2 levels using an air fry basket on Level 4 and sheet pan with roast tray on wire rack on Level 2. For best results, we recommend purchasing a second air fry basket at [ninjaaccessories.com](http://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.

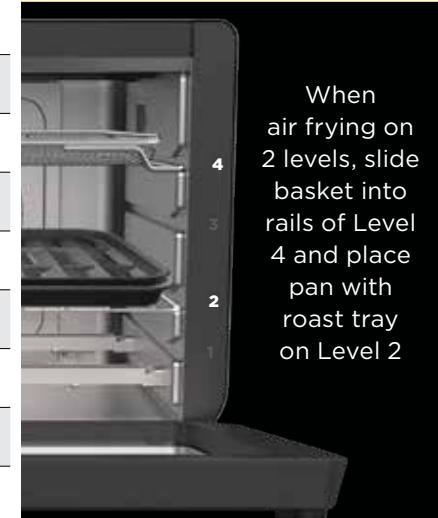
# Air Fry Cooking Chart – Continued

**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
<b>VEGETABLES</b>						<b>FOR SAME FOOD LOAD</b>
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
Kale (for chips)	8 oz	Tear into pieces, remove stems	None	325°F	8-11 mins	5-18 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	18-22 mins	40 - 45 mins
Zucchini	2 lbs	Cut in quarters lengthwise, then cut in 1-inch pieces	1 Tbsp	390°F	10-14 mins	20-24 mins

**You can air fry on 2 levels using an air fry basket on Level 4 and sheet pan with roast tray on wire rack on Level 2. For best results, we recommend purchasing a second air fry basket at [ninjaaccessories.com](http://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.

# NINJA Foodi

XL PRO AIR OVEN

**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)