PLEASE MAKE SURE TO READ THE ENCLOSED OWNER'S GUIDE PRIOR TO USING YOUR UNIT.

NINJA

# CRISPi™ MICROWAVE

## INSPIRATION GUIDE

Recipes, charts, and guides to get started

NINJA

# CRISPi™ MICROWAVE

**From classic microwaving and air frying to all new FusionCrisping™, the CRISPi® Microwave redefines what a microwave can do. Speed shouldn't come at the expense of flavor or texture, and now it wont.**

**FusionCrisp™ Technology delivers faster, juicy, and crispier cooking results. From crispy reheats, to flavorful XL meals, the CRISPi® Microwave will earn its spot on the kitchen counter. This isn't just a microwave; it's the microwave that crisps.**

See page 9 for more details on FusionCrisp™ Technology.

## TABLE OF CONTENTS


| | |
|---|---|
| Get to Know Your Ninja® CRISPi Microwave | 2 |
| Get to Know the Cooking Functions | 4 |
| Tips & Tricks | 6 |
| Get to Know the CleanCrisp™ Glassware | 8 |
| Rapid FusionCrisp Basics, and Recipes | 10 |
| Max Crisp Air Fryer Basics, Kickstarters & Recipes | 40 |
| Total Surround Microwave Basics & Recipes | 46 |
| Cooking Charts | 50 |

**CLEANCRISP™ GLASSWARE**

5.5-qt, dishwasher-safe and nontoxic glass basket—prep, cook, and serve all in one.

**FOR AIR FRY & FUSIONCRISP ONLY.**

**CRISPER PLATE**

Dishwasher-safe and easily nests in CleanCrisp™ glassware to ensure even air circulation.

**FOR AIR FRY & FUSIONCRISP ONLY.**



## GET TO KNOW THE

# CONTROL PANEL

**A AIR FRY BUTTON:**
Press to toggle through the air fry functions: Air Fry, Max Crisp, Air Roast, Air Bake, or Air Broil.

**B FUSIONCRISP BUTTON:**
Use to set both microwave and air fry settings and auto-transition between the modes.

**C MICROWAVE BUTTON:**
Press until **PRESETS** illuminates, and use the dial to select your desired preset.

**D +30 SEC BUTTON:**
Press to start cooking immediately in 30-second increments with 100% power.

**E START/PAUSE DIAL:**
Use to adjust time and power level/temperature on Air Fry, Microwave, or FusionCrisp functions.

**F DOOR RELEASE**
Open unit with the push of a button.

**G TIME DISPLAY:**
Displays cook time during cooking and clock when unit is on standby.

**H TEMP DISPLAY:**
Displays cook temperature for Air Fry functions. Displays power level for Microwave functions.

**I TIME/SETTINGS BUTTON:**
Press then use to adjust time on Air Fry or Microwave functions.

> **NOTE:** Microwave times display in seconds, while Air Fryer times display in minutes.

**J TEMP/PWR BUTTON:**
Press then use dial to adjust power level on MICROWAVE functions or temperature on Air Fry functions.

**K LIGHT BUTTON:**
Press to turn on/off the microwave light.

**L CANCEL BUTTON:**
Press to turn off the appliance or stop cooking.

**M CHILD LOCK:**
To open, press child lock button and door release at the same time.

To disable child lock, push in and turn the child lock button counterclockwise using a screwdriver.

> **NOTE:** Unit arrives with child lock enabled.

GET TO KNOW THE

# COOKING FUNCTIONS

## FUSIONCRISP™

The FusionCrisp function automatically combines microwave cooking and air frying to deliver faster, crispier, and juicy results.

**BEST FOR:** Cooking large proteins, frozen foods, or reviving leftovers.

### GETTING STARTED

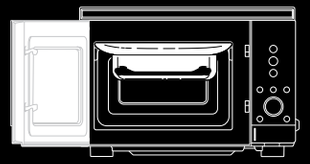
**Always start by pressing the FusionCrisp function button.** This allows you to program both the microwave and air fry settings at the same time. With one button, FusionCrisp handles the full cooking sequence for you.

**STEP ONE: PREP**
Install the Crisper Plate, if needed, and add ingredients to the CleanCrisp™ Glassware.

**STEP TWO: SET**
Select **FUSIONCRISP**. Use the dial to set the **MICROWAVE** cooking time. Then press **AIR FRY**, and turn the dial to set the air fry cook time.

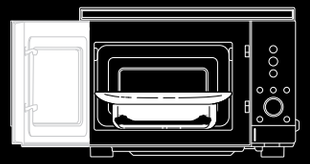
**STEP THREE: COOK**
Push the dial to begin cooking.

**TOP POSITION**



**OR**

**BOTTOM POSITION**



For best results, only FusionCrisp in the **BOTTOM** position for larger proteins.

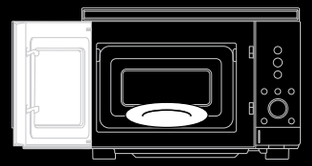


## MICROWAVE

1000W flatbed design warms food with an integrated wave stirrer for even, surround heating.

**BEST FOR:** Quickly heating food to the perfect temperature

**BOTTOM POSITION**



Only use bottom position for **MICROWAVE**.

### GETTING STARTED

**STEP ONE: PREP**
**Remove all accessories.**
Place food in a **microwave-safe** dish at the bottom of the unit.

**STEP TWO: COOK**
Set cooking time. Push dial to run +30 second cooking times.

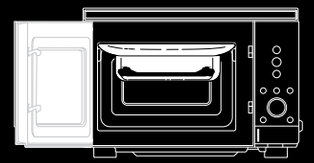
To access microwave presets, press MICROWAVE button twice and turn dial to desired preset.

## AIR FRY

High-powered cyclonic fan circulates superheated air for crispier textures.

**BEST FOR:** Crisping small proteins, vegetables & air fried favorites.

**TOP POSITION**



Only use top position for **AIR FRY**.

### GETTING STARTED

**STEP ONE: PREP**
Install the crisper plate, if needed, and add ingredients to the CleanCrisp™ Glassware.

**STEP TWO: SET**
Select **AIR FRY** mode, then choose a function. Then press **TIME** to set cook times. Finally press the **TEMP/PWR LVL** button and use the dial to adjust the cooking temperature.

**STEP THREE: COOK**
Push the dial to begin cooking.

# TIPS & TRICKS

## RUN REGULAR CLEANING CYCLES

**STEP ONE**
Press and hold the SETTINGS button to access settings, and use the dial to select CLEAN.

**STEP TWO**
Place 4 cups of room temperature water in the CleanCrisp™ Glassware and place it in the top position.

**STEP THREE**
Press START/PAUSE dial to start clean cycle.

**STEP FOUR**
Once clean cycle has finished, carefully remove the CleanCrisp Glassware, using oven mitts, and wipe all interior walls of the unit with a soft sponge.

## HOW TO MINIMIZE SMOKE

If you notice excess splattering after microwaving or air frying, it is always best practice to run a quick clean cycle prior to air frying again.

**ADD GLAZES LAST**

For marinades containing sugar, honey, or other sweeteners, add within the last 5 minutes of cooking to avoid burning.

**USE HIGH-SMOKE POINT OILS TO AVOID EXCESSIVE SMOKING**

**Use** canola, refined coconut, avocado, vegetable, or grapeseed oils.

**Do not use** olive oil, butter, margarine, or cooking spray.

## CHECKING YOUR FOOD

Use the front lip to pull out CleanCrisp Glassware until you feel a stop.

Using oven mitts, support the bottom of the basket and use the lip to tilt it toward you.



# COMPATIBLE ACCESSORIES

| | MICROWAVE | AIR FRY FUNCTIONS | FUSIONCRISP™ |
|---|---|---|---|
| **NINJA ACCESSORIES** | | | |
| CleanCrisp™ Glassware *MW100 Series Products* | ✓ | ✓ | ✓ |
| Crisper Plate | X | ✓ | ✓ |
| **OTHER ACCESSORIES** | | | |
| Aluminum Foil | X | ✓ | X |
| Baking Pan *Oven Safe* | X | ✓ | X |
| Ceramic Plate | ✓ | X | X |
| CleanCrisp Glassware *FN100 Series, AS100 Series, DD100 Series Products* | ✓ | X | X |
| Disposable Plates or Containers | ✓ | X | X |
| Glass Dishes or Bakeware | ✓ | ✓ | ✓ |
| Metal Cookware & Utensils | X | ✓ | X |
| Plastic Wrap *Microwave Safe* | ✓ | X | X |
| Plastic Dishes *Microwave Safe* | ✓ | X | X |
| Paper Towels/Napkins | ✓ | X | X |
| Parchment Paper | ✓ | ✓ | ✓ |
| Silicone Bakeware | ✓ | ✓ | ✓ |

# WHAT IS FUSIONCRISP™?

FusionCrisp starts with SurroundWave™ microwaving to lock in moisture and tenderness, then automatically transitions to high-heat air frying for a faster, crispier, and juicy finish.

## WHY FUSIONCRISP™

## Over microwaving or air frying alone?

**Need dinner in a pinch?**
Rapidly defrost your meal and crisp it up all in one function.

**Craving leftovers fast but hate mushy textures?**
FusionCrisp it. Reheat and add crisp to your leftovers.

**Want XL meals that feed the whole family?**
Cook larger meals that feed a crowd up to 60% faster*.

*VS. TRADITIONAL WALL OVENS

### ONLY USE CLEANCRISP™ GLASSWARE AND CRISPER PLATE

*Refer to page 5 for full list*

CleanCrisp Glassware & Crisper Plate

No aluminum foil, or plastic wrap

No paper towels, plates, or napkins

No ceramic or plastic dishes

No metal accessories

No oven-safe metal or bakeware

## Level up leftovers

*see page 14 for tips*

## Frozen to crispy

*see page 26 for recipe*

## XL proteins

*see page 17 for recipe*

## Family-sized casseroles

*see page 15 for recipe*

## NEW TO FUSIONCRISPING™?

**Check out the next page for a step-by-step guide.**

SETTING UP

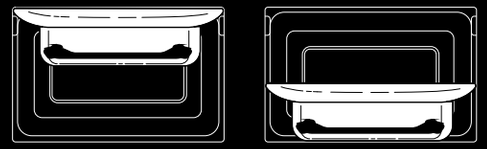
# FUSIONCRISP™

Use the CleanCrisp™ Glassware and Crisper Plate together unless otherwise specified in the recipe. For your safety, **always** use oven mitts or heat protection when handling hot contents.

**NOTE:** When using FusionCrisp™, to avoid splatter and smoke, do **NOT** exceed the recipe's liquid amount. For liquid-heavy dishes like curries or stews, **use the Microwave function only.**

## STEP ONE: Add Food

Install the crisper plate in the CleanCrisp™ Glassware with ingredients on top unless otherwise specified. Then place the CleanCrisp™ Glassware in the TOP POSITION unless indicated otherwise in recipes.

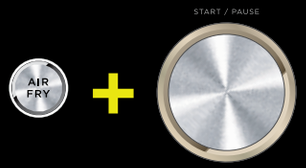


## STEP TWO: Set Microwave Time

Press FUSIONCRISP button. Then turn the dial to set microwave cook time.

## STEP THREE: Set Air Fry Time

Press the AIR FRY button and use the dial to set cook time.




## STEP FOUR: Start Cooking

Press dial to start cooking.

**FUSIONCRISP™**

Install CleanCrisp™ Glassware & Crisper Plate in the **TOP** position

EASY

# BAKED POTATO

## INGREDIENTS

1 tablespoon canola oil
1 teaspoon kosher salt
2 medium Russet potatoes
2–4 tablespoons salted butter
Ground black pepper, as desired

1. Install Crisper Plate in the CleanCrisp™ Glassware. Poke potatoes with a fork all over, coat with oil and salt, and place on top of the crisper plate. Then, place the CleanCrisp™ Glassware in TOP POSITION.
2. Press the FUSIONCRISP button. Turn the dial to set the microwave time to 14:00 minutes. Press the AIR FRY button, turn the dial to 10:00 minutes. Then press dial to start cooking.
3. When cooking is complete use oven mitts to remove CleanCrisp™ Glassware from unit, cut open the potatoes, add 1–2 tablespoons of butter to each, and mash with a fork. Season with more salt and pepper as desired. See chart below for suggested toppings and serve immediately.

**TIP:** To make 4 potatoes at once, you'll need to increase microwave time to 24:00 minutes in step 2.

**SWITCH IT UP** USE THIS CHART TO ADD NEW INGREDIENTS IN STEP 1

| TO MAKE | | TOP WITH |
|---|---|---|
| Classic Loaded Baked Potato | + | Sour cream, shredded cheese, cooked diced bacon & green onion |
| Chili Loaded Baked Potato | + | Chili |
| Tex-Mex Loaded Baked Potato | + | Pico de gallo & diced steak |
| Broccoli Cheddar Baked Potato | + | Broccoli & cheddar cheese |
| BBQ Loaded Baked Potato | + | BBQ pulled pork, cheddar cheese & green onion |

# FUSIONCRISP™ PACKAGED MEALS

***Don't be afraid of the frozen food aisle.***
Elevate pre-made favorites by defrosting and recrisping at the touch of a button.

**HOW TO:**

To cook packaged meals, remove the retail packaging and place the food in the CleanCrisp™ Glassware.

Follow the microwave instructions listed on packaging, and then air fry in 5-minute intervals until your desired texture is achieved.

When FusionCrisping **ONLY** use CleanCrisp™ Glassware & Crisper Plate



# FUSIONCRISP™ LEFTOVER MEALS

***Bring your leftovers back to life.***
Do more than reheat food, FusionCrisp it to bring back the taste and texture you love.

**HOW TO:**

To revive leftovers place the food in the CleanCrisp™ Glassware. Microwave to reheat and then air fry in 5-minute intervals until your desired texture is achieved.

When FusionCrisping **ONLY** use CleanCrisp™ Glassware & Crisper Plate

# NO-BOIL BAKED ZITI

NUT-FREE
VEGETARIAN

BEGINNER RECIPE ●○○

**FUNCTION:** FUSIONCRISP | **PREP:** 5 MINUTES | **TOTAL COOK TIME:** 38 MINUTES
**MAKES:** 6–8 SERVINGS | **ACCESSORY:** CLEANCRISP™ GLASSWARE

## INGREDIENTS

1 box (16 ounces) ziti pasta
2 jars (25 ounces each) tomato basil pasta sauce
1 ½ cups water or broth
1 ½ cups shredded mozzarella cheese

1. To the CleanCrisp™ Glassware add the ziti, tomato sauce, and water/broth, stir to combine and ensure all pasta is fully submerged. Place CleanCrisp Glassware in the TOP POSITION.
2. Press the FUSIONCRISP button. Then turn the dial to set microwave time to 30:00 minutes. Press the AIR FRY button, turn the dial to 8:00 minutes. Press dial to start cooking.
3. **When 15:00 remain in microwave cooking,** use oven mitts to remove the CleanCrisp™ Glassware from the unit, stir the pasta to ensure it cooks evenly, add mozzarella cheese to the top in an even layer and return to the unit to continue cooking.
4. When cooking is complete, use oven mitts to remove CleanCrisp™ Glassware from the unit and serve immediately.

**SWITCH IT UP** USE THIS CHART TO ADD NEW INGREDIENTS IN STEP 1

| TO MAKE | ADD |
|---|---|
| **Baked Ziti with Meatballs** | + 2 cups frozen/precooked meatballs |
| **Chicken Sausage & Spinach Baked Ziti** | + 1 package (11–12 oz) chicken sausage, cut in ½-inch rounds<br>1 cup spinach leaves |
| **Baked Veggie Ziti** | + ⅔ cup diced zucchini, ⅔ cup diced eggplant, ⅔ cup diced green peppers |

COOK TIMES ARE THE SAME UNLESS OTHERWISE NOTED

# FUSIONCRISP WHOLE ROASTED CHICKEN

BEGINNER RECIPE ●○○

**FUNCTION:** FUSIONCRISP | **PREP:** 10 MINUTES | **TOTAL COOK TIME:** 1 HOUR, 15 MINUTES
**MAKES:** 4–6 SERVINGS | **ACCESSORY:** CLEANCRISP™ GLASSWARE, CRISPER PLATE

## INGREDIENTS

1 (4–5 lbs) whole chicken, patted dry

2 tablespoons canola oil

Kosher salt, as needed

Ground black pepper, as needed

1. Install the Crisper Plate into the CleanCrisp™ Glassware and place whole chicken in the center, coat with oil and season with salt and pepper.
2. Place the CleanCrisp™ Glassware in the unit in the BOTTOM POSITION. Press the FUSIONCRISP button. Then turn the dial to set microwave time to 30:00 minutes.
3. Press the AIR FRY button, turn the dial to 45:00 minutes. Press dial to start cooking.
4. **When 5:00 minutes remain in air frying,** check chicken for doneness. Cooking is complete when chicken's internal temperature reaches at least 165°F on an instant-read thermometer inserted in the thickest part of the chicken breast. When cooking is complete, use oven mitts to remove CleanCrisp™ Glassware from unit and allow chicken to rest for 5–10 minutes before slicing and serving.

**TIP:**
Season the chicken with your favorite seasoning blends/rubs.

**TIP:**
Refer to Air Fry Chart on page 49 on how to cook a side to pair with this dish.

# QUICK CHICKEN PARM

BEGINNER RECIPE ●○○

**FUNCTION:** FUSIONCRISP | **PREP:** 10 MINUTES | **TOTAL COOK TIME:** 18 MINUTES
**MAKES:** 2 SERVINGS | **ACCESSORY:** CLEANCRISP™ GLASSWARE, CRISPER PLATE

## INGREDIENTS

Nonstick cooking spray

2 chicken breast cutlets (4 ounces each)

Kosher salt, as needed

Ground black pepper, as needed

¼ cup all-purpose flour

1 egg, beaten

⅓ cup seasoned breadcrumbs

6 tablespoons marinara sauce, divided evenly

½ cup shredded mozzarella cheese, divided

1. Install the Crisper Plate in the CleanCrisp™ Glassware, spray with cooking spray and set aside. Season chicken cutlets generously with salt and pepper. Then set up the breading station by placing flour, beaten egg, and breadcrumbs in separate shallow dishes. Dredge each piece of chicken in the flour, the egg, then the bread crumbs and place on top of the crisper plate.
2. Place CleanCrisp™ Glassware in the TOP POSITION.
3. Press the FUSIONCRISP button. Then turn the dial to set microwave time to 2:00 minutes. Press the AIR FRY button, turn the dial to 16:00 minutes. Press dial to start cooking.
4. **When 8:00 minutes remain in air frying**, use oven mitts to remove CleanCrisp™ Glassware from unit, top each cutlet with 3 tablespoons marinara sauce and ¼ cup mozzarella cheese. Then return to the unit to continue cooking.
5. When cooking is complete, use oven mitts to remove CleanCrisp™ Glassware from unit and serve immediately.

**SWITCH IT UP** CUSTOMIZE YOUR RECIPE WITH THESE EASY SWAPS

| TO MAKE | SWAP OUT | FOR |
|---|---|---|
| **Buffalo Chicken Cutlet** | Marinara | Buffalo sauce |
| **Alfredo Chicken Parm** | Marinara/ Mozzarella | Alfredo sauce, shredded Parmesan cheese |
| **Spicy Chicken Parm Alla Vodka** | Marinara/ Mozzarella | Vodka sauce, shredded Parmesan cheese |

COOK TIMES ARE THE SAME UNLESS OTHERWISE NOTED

# HONEY DIJON CHICKEN THIGHS WITH BRUSSELS SPROUTS

BEGINNER RECIPE ●○○

**FUNCTION:** FUSIONCRISP | **PREP:** 5 MINUTES | **TOTAL COOK TIME:** 22 MINUTES
**MAKES:** 2 SERVINGS | **ACCESSORY:** CLEANCRISP™ GLASSWARE, CRISPER PLATE

## INGREDIENTS

2 tablespoons Dijon mustard
2 tablespoons honey
3 cups Brussels sprouts, ends trimmed, halved
2 tablespoons canola oil
Kosher salt, as desired
Ground black pepper, as desired
2 bone-in, skin-on chicken thighs (6–10 oz each), patted dry

1. Combine Dijon mustard and honey in a small bowl and set aside.
2. To a large bowl, add Brussels sprouts, oil, salt and pepper and toss to evenly coat; set aside. Install the Crisper Plate into the CleanCrisp™ Glassware, add chicken thighs to the left side and season with salt and pepper. Add the Brussels sprouts to the right side in an even layer. Place CleanCrisp™ Glassware in the TOP POSITION.
3. Press the FUSIONCRISP button. Then use the dial to set the microwave time to 7:00 minutes. Press the AIR FRY button, turn the dial to 15:00 minutes. Press dial to start cooking.
4. **When 7:00 minutes remain in air frying,** use oven mitts to remove CleanCrisp™ Glassware from the unit, toss the Brussels sprouts then return to the unit to continue cooking.
5. When cooking is complete, use oven mitts to remove CleanCrisp™ Glassware from unit and brush chicken with prepared honey Dijon sauce. Drizzle any remaining sauce over the Brussels sprouts and serve immediately.

## SWITCH IT UP USE THIS CHART TO ADD NEW INGREDIENTS IN STEP 1

| **Swap out chicken thighs for:** Chicken breast, pork chops, or salmon filets | **Swap out Brussels sprouts for:** Cubed butternut squash, halved baby potatoes, cubed sweet potatoes, green beans, asparagus, zucchini, or baby carrots |
|---|---|
| **Delicate vegetables:** Add after microwave step (e.g., zucchini, green beans, asparagus)<br><br>**Hearty vegetables:** Add in step 2 with protein (e.g., sweet potatoes, potatoes, carrots, squash) | Cook time may need to be adjusted depending on the protein.<br>**SEAFOOD:** 2:00 minutes microwave, 10:00 minutes Air Fry<br>**PORK:** 2:00 minutes microwave, 18:00 minutes Air Fry<br>**POULTRY:** for chicken breast 7:00 minutes microwave, 17:00 minutes Air Fry |

# CLASSIC APPLE CRISP

BEGINNER RECIPE ●○○

**FUNCTION:** FUSIONCRISP | **PREP:** 15 MINUTES | **TOTAL COOK TIME:** 24 MINUTES
**MAKES:** 8–10 SERVINGS | **ACCESSORY:** CLEANCRISP™ GLASSWARE

## INGREDIENTS

### CRUMBLE TOPPING

1 cup light brown sugar, packed
¾ cup old fashioned oats
¾ cup all-purpose flour
2 teaspoons ground cinnamon
½ cup + 3 tablespoons unsalted butter, chilled, cut in cubes

### FILLING

12 cups Granny Smith apples (approx. 6 large apples), peeled, cored, sliced ¼-inch thick
¼ cup granulated sugar
2 teaspoons ground cinnamon
2 teaspoons lemon juice
2 tablespoons light brown sugar, packed
3 tablespoons water
2 tablespoons all-purpose flour

### FOR SERVING:

Vanilla ice cream

1. Prepare the crumble topping by adding brown sugar, oats, flour, and cinnamon to a large bowl, and stirring to combine. Then add the butter and using a fork or your hands mix ingredients together until a crumble forms and no dry ingredients remain; set aside.
2. Add all filling ingredients to the CleanCrisp™ Glassware, toss or stir with a rubber spatula to evenly coat. Then place the CleanCrisp™ Glassware in the TOP POSITION.
3. Press the FUSIONCRISP button. Turn the dial to set microwave time to 16:00 minutes. Press the AIR FRY button, turn the dial to 8:00 minutes. Press dial to start cooking.
4. **When 8:00 minutes remain in microwave cooking,** use oven mitts to remove the CleanCrisp™ Glassware from the unit, stir the filling then add the prepared crumble topping to the top in an even layer. Then return to the unit to continue cooking.
5. When cooking is complete, use oven mitts to remove CleanCrisp™ Glassware from unit, then allow to cool for 5–10 minutes before serving with vanilla ice cream.

**SWITCH IT UP** Customize your recipe with this easy swap

**Swap out filling above for:**
3 cans (21 oz. each) pie filling (cherry, peach, blueberry, apple, or strawberry) and reduce microwave cook time in step 3 to 6:00 minutes.

# BBQ PORK CHOPS WITHROASTED MIXED VEGETABLES

EASY WEEKNIGHT MEAL

FUSIONCRISP™

BEGINNER RECIPE ●○○

**FUNCTION:** FUSIONCRISP | **PREP:** 5 MINUTES | **TOTAL COOK TIME:** 20 MINUTES
**MAKES:** 2 SERVINGS | **ACCESSORY:** CLEANCRISP™ GLASSWARE, CRISPER PLATE

## INGREDIENTS

2 cups baby potatoes, cut into 1–inch pieces

1 tablespoon + 1 teaspoon canola oil, divided

Kosher salt, as desired

Ground black pepper, as desired

2 boneless pork chops (8 ounces each), patted dry

1 bag (8 ounces) green beans, ends trimmed

3 tablespoons barbecue sauce, divided evenly

## DIRECTIONS

1. To a large bowl, add potatoes, 1 tablespoon oil, salt and pepper, toss to evenly coat and set aside. Install the Crisper Plate into the CleanCrisp™ Glassware, then add pork chops to one side and season with salt and pepper. Add potatoes to the other side in an even layer. Place CleanCrisp™ Glassware in the TOP POSITION.
2. Press the FUSIONCRISP button. Then use the dial to set the microwave time to 2:00 minutes. Press the AIR FRY button, turn the dial to 18:00 minutes. Press dial to start cooking. While food is cooking to a medium bowl add green beans, 1 teaspoon oil, salt and pepper, toss to evenly coat and set aside.
3. **When 9:00 minutes remain in air frying,** use oven mitts to remove CleanCrisp™ Glassware from the unit, flip the pork chops, toss the potatoes, then add the green beans and return to the unit to continue cooking.
4. **When 5:00 minutes remain in air frying,** use oven mitts to remove CleanCrisp™ Glassware from the unit, add 1 ½ tablespoons of barbecue sauce to each pork chop and brush to evenly coat all sides, then return to the unit to continue cooking.
5. When cooking is complete, use oven mitts to remove CleanCrisp™ Glassware from unit and serve immediately.

**SWITCH IT UP** Customize your recipe with these easy swaps

**Swap out pork chops for:**
Chicken breast/thighs, or salmon filets.

**Swap out potatoes for:**
Cubed butternut squash, cubed sweet potatoes, Brussels sprouts, asparagus, zucchini, or baby carrots.

**NOTE:**
**Delicate vegetables:** Add after microwave step (e.g., zucchini, asparagus)
**Hearty vegetables:** Add in step 1 with protein (e.g., sweet potatoes, carrots, squash)

Cook time may need to be adjusted depending on the protein.

**SEAFOOD:** 2:00 minutes microwave, 10:00 minutes Air Fry
**POLTRY:** for chicken breast 7:00 minutes microwave, 17:00 minutes Air Fry. For chicken thighs 7:00 minutes microwave, 15:00 minutes Air Fry



# SALMON WITH MEDITERRANEAN VEGETABLES

EASY WEEKNIGHT MEAL

FUSIONCRISP™

BEGINNER RECIPE ●○○

**FUNCTION:** FUSIONCRISP | **PREP:** 5 MINUTES | **TOTAL COOK TIME:** 16 MINUTES
**MAKES:** 2 SERVINGS | **ACCESSORY:** CLEANCRISP™ GLASSWARE, CRISPER PLATE

## INGREDIENTS

1 small zucchini, ends trimmed, cut into 1-inch half moons

half a red onion, sliced

1 red bell pepper, sliced

1 cup cherry tomatoes

1 tablespoon canola oil, divided

Kosher salt, to taste

Ground black pepper, to taste

1 teaspoon dried thyme leaves

½ teaspoon garlic powder

2 frozen skinless salmon fillets (8 ounces each)

## DIRECTIONS

1. In a large bowl, add zucchini, onion, bell pepper, cherry tomatoes, ½ tablespoon oil, salt, pepper, thyme and garlic powder toss to combine, and set aside. Install the Crisper Plate in the CleanCrisp™ Glassware. Place the salmon in the center, then place basket in the TOP POSITION.
2. Press the FUSIONCRISP button. Turn dial to set microwave time to 4:00 minutes. Press the AIR FRY button, turn the dial to 12:00 minutes. Press dial to start cooking.
3. **When microwave cooking is complete**, use oven mitts to remove CleanCrisp™ Glassware from unit and add ½ tablespoon oil, salt and pepper to the salmon then add the vegetables around the salmon in an even layer then return to the unit to continue cooking.
4. When cooking is complete, use oven mitts to remove CleanCrisp™ Glassware from the unit. Cooking is complete when an instant read thermometer reads 145°F in the thickest part of the salmon. Serve immediately.

**SWITCH IT UP** Customize your recipe with these easy swaps

**Swap out salmon for:**
Chicken breast/thighs, or pork chops

**Swap out mediterranean vegetables for:**
Cubed butternut squash, halved baby potatoes, green beans, Brussels sprouts, asparagus, or baby carrots

**NOTE:**
**Delicate vegetables:** Add after microwave step (e.g., zucchini, asparagus)
**Hearty vegetables:** Add in step 1 with protein (e.g., potatoes, carrots, squash)

Cook time may need to be adjusted depending on the protein.

**PORK:** 2:00 minutes microwave, 18:00 minutes Air Fry
**POULTRY:** for chicken breast 7:00 minutes microwave, 17:00 minutes Air Fry. For chicken thighs 7:00 minutes microwave, 15:00 minutes Air Fry

# CHICKEN BROCCOLI ALFREDO

ONE-DISH MEAL

**FUSIONCRISP™**

BEGINNER RECIPE ●○○

**FUNCTION:** FUSIONCRISP | **PREP:** 5 MINUTES | **TOTAL COOK TIME:** 49 MINUTES
**MAKES:** 6–8 SERVINGS | **ACCESSORY:** CLEANCRISP™ GLASSWARE

NUT-FREE

## INGREDIENTS

1 box (16 ounces) penne pasta

3 jars (14.5–16 ounces each) roasted garlic alfredo sauce

2 cups water or chicken broth

2 cups broccoli florets, cut in 1–2-inch pieces

2 cups cooked chicken, cut in ½–1-inch pieces

1 ½ cups shredded mozzarella cheese

**TIP**
Refer to Air Fry chart on page 52 for chicken cooking instructions.

## DIRECTIONS

1. To the CleanCrisp™ Glassware, add the penne, alfredo sauce, water or broth, broccoli, and chicken. Stir to combine, ensuring all pasta is fully submerged. Place CleanCrisp™ Glassware in the TOP POSITION.
2. Press the FUSIONCRISP button. Then turn the dial to set microwave time to 30:00 minutes. Press the AIR FRY button, turn the dial to 8:00 minutes. Press dial to start cooking.
3. **When 15:00 minutes remain in microwave cooking**, use oven mitts to remove CleanCrisp™ Glassware from the unit. Stir the pasta to ensure it cooks evenly, and return to the unit to continue cooking.
4. **When microwave cooking is complete**, use oven mitts to remove CleanCrisp™ Glassware from the unit and add cheese to the top in an even layer.
5. When cooking is complete, use oven mitts to remove CleanCrisp™ Glassware from unit and serve immediately.

**SWITCH IT UP** CUSTOMIZE YOUR RECIPE WITH THESE EASY SWAPS

| TO MAKE | SWAP OUT | FOR |
|---|---|---|
| **Tuscan Chicken Alfredo** | Broccoli | 1 can (14 oz) quartered artichokes, drained; ⅔ cup spinach leaves; 1 jar (8 oz) sun-dried tomatoes, drained |
| **Veggie Alfredo** | Broccoli | ⅔ cup diced red peppers; ⅔ cup diced onion; ⅔ cup diced carrot; ⅔ cup asparagus; cut in ½-inch pieces |
| **Sausage & Broccoli Alfredo** | Chicken | 2 cups cooked Italian sausage crumbles |

COOK TIMES ARE THE SAME UNLESS OTHERWISE NOTED

# HOMEMADE MAC & CHEESE

BEGINNER RECIPE ●○○

**FUNCTION:** FUSIONCRISP | **PREP:** 10 MINUTES | **TOTAL COOK TIME:** 34 MINUTES
**MAKES:** 6–8 SERVINGS | **ACCESSORY:** CLEANCRISP™ GLASSWARE

NUT-FREE VEGETARIAN

## INGREDIENTS

1 box (16 ounces) cavatappi pasta
4 cans (12 ounces each) cans evaporated milk
½ tablespoon kosher salt
½ tablespoon ground black pepper
½ teaspoon onion powder
½ teaspoon garlic powder
¼ teaspoon paprika
6 cups shredded cheddar cheese, divided
½ cup whole milk

## DIRECTIONS

1. Add pasta, evaporated milk, salt, pepper, onion powder garlic powder and paprika to the CleanCrisp™ Glassware, stir to combine and ensure all pasta is fully submerged. Place CleanCrisp™ Glassware in the TOP POSITION.
2. Press the FUSIONCRISP button. Turn the dial to set microwave time to 23:00 minutes. Press the AIR FRY button, turn the dial to 11:00 minutes. Press dial to start cooking.
3. **When 11 minutes remain in microwave cooking,** use oven mitts to remove CleanCrisp™ Glassware from the unit, stir the pasta to make sure it cooks evenly, and return to the unit to continue cooking.
4. **When microwave cooking is complete,** use oven mitts to remove CleanCrisp™ Glassware from the unit, add 4 cups of cheese, and milk, and stir until cheese is melted and evenly combined. Then add the remaining cheese to the top in an even layer and return to the unit to continue cooking.
5. When cooking is complete, use oven mitts to remove CleanCrisp™ Glassware from unit **and let sit for 5–10 minutes before serving.**

**SWITCH IT UP** USE THIS CHART TO ADD NEW INGREDIENTS IN **STEP 1**

| TO MAKE | ADD |
|---|---|
| Chicken Mac & Cheese | + 2 cups cooked chicken, diced |
| Ham & Broccoli Mac & Cheese | + 1 ½ cups cooked diced ham, 1 ½ cups broccoli cut in 1–2-inch florets |
| Bacon Mac & Cheese | + 2 cups cooked bacon, sliced |

COOK TIMES ARE THE SAME UNLESS OTHERWISE NOTED

FAMILY-FRIENDLY MEAL

FUSIONCRISP™

# SOUTHWESTERN STYLE RICE BAKE

GLUTEN-FREE · NUT-FREE · VEGETARIAN

INTERMEDIATE RECIPE ●●○

**FUNCTION:** FUSIONCRISP | **PREP:** 10 MINUTES | **TOTAL COOK TIME:** 38 MINUTES
**MAKES:** 6–8 SERVINGS | **ACCESSORY:** CLEANCRISP™ GLASSWARE

## INGREDIENTS

1 green bell pepper, diced in ¼-inch pieces

1 medium yellow onion, diced in ¼-inch pieces

1 teaspoon Kosher salt

½ teaspoon ground black pepper

1 cup long grain white rice

2 cups vegetable broth

1 packet (1 ounce) taco seasonings

1 jar (16 ounces) salsa

1 can (8 ounces) tomato sauce

1 can (15.25 ounces) corn, drained

1 can (15.5 ounces) black beans, drained

2 cups shredded Mexican blend cheese

Cilantro, chopped, for garnish

## DIRECTIONS

1. Add all ingredients except cheese and cilantro to the CleanCrisp™ Glassware and stir to evenly combine. Place the CleanCrisp™ Glassware in the TOP POSITION.
2. Press the FUSIONCRISP button. Turn the dial to set microwave time to 30:00 minutes. Press the AIR FRY button, turn the dial to 8:00 minutes. Press dial to start cooking.
3. **When 15:00 minutes remain in microwave cooking**, use oven mitts to remove CleanCrisp™ Glassware from the unit, stir the mixture, and add cheese on top in an even layer. Then return to the unit to continue cooking.
4. When cooking is complete, remove CleanCrisp™ Glassware from unit, and allow to sit for 5–10 minutes before garnishing with cilantro and serving.

**SWITCH IT UP** USE THIS CHART TO ADD NEW INGREDIENTS IN **STEP 1**

| TO MAKE | ADD |
|---|---|
| **Southwestern Style Chicken & Rice Bake** | 2 cups cooked chicken, diced (Refer to Air Fry Chart on page 49 for chicken cooking instructions.) |

COOK TIMES ARE THE SAME UNLESS OTHERWISE NOTED



EASY WEEKNIGHT MEAL

FUSIONCRISP™

# EFFORTLESS CHICKEN ENCHILADAS

NUT-FREE

INTERMEDIATE RECIPE ●●○

**FUNCTION:** FUSIONCRISP | **PREP:** 10 MINUTES | **TOTAL COOK TIME:** 13 MINUTES
**MAKES:** 4–6 SERVINGS | **ACCESSORY:** CLEANCRISP™ GLASSWARE

## INGREDIENTS

3 cups shredded, cooked chicken

1 packet (1 ounce) taco seasoning

1 can (4 ounces) diced green chilies

2 ½ cups red enchilada sauce, divided

2 ½ cups shredded Mexican cheese blend, divided

6 (8-inch) flour tortillas

Cotija cheese, crumbled, for garnish

Cilantro, roughly chopped, for garnish

Sour cream for serving

**TIP**
Refer to Air Fry Chart on page 49 for chicken cooking instructions.

## DIRECTIONS

1. In a large bowl, add shredded chicken, taco seasoning, green chilies, and ¾ cup enchilada sauce and stir to combine.
2. Start building the enchiladas by placing ½ cup of the chicken mixture and ¼ cup of shredded cheese in a line down the center of a tortilla, then roll up the tortilla and place opening side down into the CleanCrisp™ Glassware. Repeat this step with the remaining tortillas.
3. Once all enchiladas have been assembled, add the remaining enchilada sauce evenly over the top and add the remaining 1 cup of cheese to the top in an even layer. Place CleanCrisp™ Glassware in the TOP POSITION.
4. Press the FUSIONCRISP button. Turn the dial to set microwave time to 8:00 minutes. Press the AIR FRY button, turn the dial to 5:00 minutes. Press dial to start cooking.
5. When cooking is complete, use oven mitts to remove CleanCrisp™ Glassware from unit, top with cotija cheese and cilantro and serve with sour cream.

**SWITCH IT UP** CUSTOMIZE YOUR RECIPE WITH THESE EASY SWAPS

| TO MAKE | SWAP OUT | FOR |
|---|---|---|
| **Pork Enchiladas** | Chicken | 3 cups cooked carnitas |
| **Beef Enchiladas** | Chicken | 3 cups cooked ground beef |

COOK TIMES ARE THE SAME UNLESS OTHERWISE NOTED

FAMILY-FRIENDLY MEAL

**FUSIONCRISP™**

# FAMILY-STYLE LASAGNA

INTERMEDIATE RECIPE ●●○

**FUNCTION:** FUSIONCRISP | **PREP:** 15 MINUTES | **TOTAL COOK TIME:** 25 MINUTES
**MAKES:** 12 SERVINGS | **ACCESSORY:** CLEANCRISP™ GLASSWARE

NUT-FREE VEGETARIAN

## CHEESE FILLING

1 container (15 ounces) whole milk ricotta cheese

1 egg

2 cups shredded mozzarella cheese

¾ cup shredded Parmesan cheese

2 teaspoons Italian seasoning

1 teaspoon kosher salt

½ teaspoon ground black pepper

## INGREDIENTS

2 jars (25 ounces each) tomato basil pasta sauce

2 boxes (9 ounces each) oven-ready lasagna sheets (18 sheets total)

2 ½ cups shredded mozzarella cheese

## DIRECTIONS

1. In a medium bowl add all cheese filling ingredients, stir to evenly combine and set aside.
2. Add 1 cup pasta sauce to the bottom of the CleanCrisp™ Glassware. Then add a layer of pasta (4 ½ sheets) followed by ⅔ cup cheese filling dolloped evenly on top of the pasta sheets, and 1 cup pasta sauce. Then spread to evenly cover the pasta. Repeat this step 2 more times, then top evenly with mozzarella cheese, and place CleanCrisp™ Glassware in the TOP POSITION.
3. Press the FUSIONCRISP button. Turn the dial to set microwave time to 20:00 minutes. Press the AIR FRY button, turn the dial to 8:00 minutes. Press dial to start cooking.
4. When cooking is complete, use oven mitts to remove CleanCrisp™ Glassware from the unit then allow to cool for 10 minutes before slicing and serving.

**SWITCH IT UP** USE THIS CHART TO SWAP INGREDIENTS OR ADD NEW INGREDIENTS IN STEP 1

| TO MAKE | ADD |
|---|---|
| Meat Lasagna | 2 cups cooked Italian sausage crumbles |
| Spinach Artichoke Lasagna | 1 can (14 oz) quartered artichokes, drained, diced; 2 cups cooked/frozen spinach |

COOK TIMES ARE THE SAME UNLESS OTHERWISE NOTED

FAMILY-FRIENDLY MEAL

FUSIONCRISP™

# FOOLPROOF BEEF WELLINGTON

ADVANCED RECIPE ●●●

**FUNCTION:** FUSIONCRISP | **PREP:** 10 MINUTES | **TOTAL COOK TIME:** 55 MINUTES | **CHILL:** 20 MINUTES
**MAKES:** 6–8 SERVINGS | **ACCESSORY:** CLEANCRISP™ GLASSWARE, CRISPER PLATE

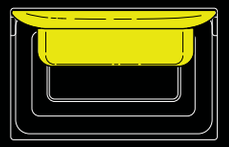
## INGREDIENTS

1 package (8 ounces) white mushrooms, finely minced
Kosher salt, as needed
Ground black pepper, as needed
1 tablespoon canola oil
1 beef tenderloin (1-2 lbs), patted dry
2 tablespoons Dijon mustard
4–6 slices prosciutto
Nonstick cooking spray
1 sheet puff pastry dough
1 egg, beaten

## DIRECTIONS

1. In the CleanCrisp™ Glassware, add mushrooms, salt, pepper, and oil, then stir to combine, pushing mushrooms to one side of the basket. Season beef liberally with salt and pepper, then place on the other side of the basket. Place the CleanCrisp™ Glassware in the TOP POSITION.
2. Press the MICROWAVE button. Turn the dial to set microwave time to 8:00 minutes. Press the dial to start cooking.
3. **When 4:00 minutes remains**, use oven mitts to remove CleanCrisp™ Glassware from the unit, stir the mushrooms then return to the unit to continue cooking.
4. **When microwaving is complete,** use oven mitts to remove the CleanCrisp™ Glassware from the unit and set aside and pause cooking.
5. Roll out a large piece of plastic wrap and place the prosciutto in the center, slightly overlapping the slices. Drain the liquid from the mushroom mixture and spread evenly over the prosciutto. Brush beef with Dijon mustard and center it on top of the mushroom mixture. Use the plastic wrap to tightly wrap the mixture and prosciutto to the beef and into a barrel shape; twist the ends to secure. Refrigerate for 20 minutes to set.
6. While beef is chilling clean the CleanCrisp™ Glassware **and install the Crisper Plate**; spray with nonstick cooking spray and set aside.
7. After 20 minutes, on a floured surface, roll out the puff pastry sheet until large enough to cover all sides of the tenderloin. Unwrap beef from the plastic wrap and place in the center of the pastry sheet. Brush the pastry with beaten egg, then fold the pastry around the beef, cutting off any excess that overlaps.
8. Center the roast in the CleanCrisp™ Glassware, seam side down, then brush with beaten egg and sprinkle with salt.
9. Place the CleanCrisp™ Glassware in the unit in the BOTTOM POSITION.
10. Press the FUSIONCRISP button. Turn the dial to set microwave time to 2:00 minutes. Press the AIR FRY button, turn the dial to 45:00 minutes. Press dial to start cooking.
11. **When 15:00 minutes remain in air frying**, begin checking doneness of beef. For medium rare, cooking is complete when an instant-read thermometer reads 125°F in the thickest part of the beef.
12. When cooking is complete, use oven mitts to remove CleanCrisp™ Glassware from unit and allow to rest for 5–10 minutes before slicing and serving.

# FREESTYLING WITH FUSIONCRISP™



FREESTYLE

**FUSIONCRISP™**

**Install CleanCrisp™ Glassware in the TOP position for best results**

## Sweet Casseroles

**Examples: Fruit Cobbler/Crumble, Pie**

### STEP ONE: Combine ingredients

Add base/filling ingredients directly to the CleanCrisp™ Glassware (keep toppings like crumbles/crusts aside for final step).

### STEP TWO: Set Microwave cook time

Begin by microwaving for 10 minutes then check for doneness. If cooking fruit, look for softened texture.

If more time is required, continue adding time in 5-minute increments until desired doneness level is achieved. Some foods may need to be stirred occasionally during microwaving.

### STEP THREE: Set Air Bake cook time

After microwaving, add any toppings like a crumble or premade pie crust.

**AIR BAKE** for 5–10 minutes until desired crisping is achieved.

**Recipe Inspiration**
Classic Apple Crisp, page 24



## Savory Casseroles

**Examples: Cheesy Broccoli Chicken Casserole, Mexican Rice Casserole, Green Bean Casserole**

### STEP ONE: Combine ingredients

To recreate stir & bake recipes, combine all ingredients except for toppings (cheese, breadcrumbs, etc.) into the CleanCrisp™ Glassware.

**Recipe Inspiration**
Southwestern Style Rice Bake, page 31

### STEP TWO: Set Microwave cook time

Begin by microwaving for 10 minutes then check for doneness. If more time is required, continue adding time in 5-minute increments until desired doneness level is achieved before switching to AIR BROIL. Some foods may need to be stirred occasionally during microwaving.

### STEP THREE: Set Air Broil cook time

After microwaving, add any toppings like cheese or breadcrumbs.

**AIR BROIL** for 8–12 minutes until desired crisping is achieved.

# FUSIONCRISP™ CHART:

## FROZEN-TO-CRISPY PROTEINS

**NOTE:** Cook times will vary depending on food load and desired doneness. Keep an eye on food while cooking.

| INGREDIENTS | AMOUNT | PREP | ACCESSORY/CONFIGURATION | MICROWAVE COOK TIME | AIR FRY COOK TIME | INTERACTION |
|---|---|---|---|---|---|---|
| **POULTRY** | | | | | | |
| Chicken Breasts, bone in, skin on | 2–4 breasts (¾–1 ½ lbs each) | Season as desired after microwave cooking | CleanCrisp™ Glassware with Crisper Plate, in TOP POSITION | 11–12 mins | 21–30 mins | Flip halfway through AIR FRY cook time |
| Chicken Breasts, boneless, skinless | 2–4 breasts (6–8 oz each) | Season as desired after microwave cooking | CleanCrisp™ Glassware with Crisper Plate, in TOP POSITION | 8–10 mins | 15–22 mins | Flip halfway through AIR FRY cook time |
| Chicken Thighs, bone in, skin on | 4–6 thighs (6–10 oz each) | Season as desired after microwave cooking | CleanCrisp™ Glassware with Crisper Plate, in TOP POSITION | 7–10 mins | 20–25 mins | Flip halfway through AIR FRY cook time |
| Chicken Thighs, boneless, skinless | 4–6 thighs (3–5 oz each) | Season as desired after microwave cooking | CleanCrisp™ Glassware with Crisper Plate, in TOP POSITION | 7–10 mins | 18–20 mins | Flip halfway through AIR FRY cook time |
| Chicken Wings | 3–4 lbs | Season as desired after microwave cooking | CleanCrisp™ Glassware with Crisper Plate, in TOP POSITION | 15–20 mins | 15–20 mins | Toss frequently during AIR FRY cook time |
| **FISH AND SEAFOOD** | | | | | | |
| Salmon Fillets | 2–4 fillets (6 oz each) | Season as desired after microwave cooking | CleanCrisp™ Glassware with Crisper Plate, in TOP POSITION | 7–13 mins | 10–12 mins | None |
| Shrimp, whole, peeled, tail on | 1–2 lbs | Season as desired after microwave cooking | CleanCrisp™ Glassware with Crisper Plate, in TOP POSITION | 5–10 mins | 7–10 mins | Toss frequently during AIR FRY cook time |
| **BEEF** | | | | | | |
| New York Strip | 2–4 steaks (8 oz each) | Season as desired after microwave cooking | CleanCrisp™ Glassware with Crisper Plate, in TOP POSITION | 7–10 mins | 9–12 mins | Flip halfway through AIR FRY cook time |
| Burgers | 2–4 patties (¼ lb each) | Season as desired after microwave cooking | CleanCrisp™ Glassware with Crisper Plate, in TOP POSITION | 4–6 mins | 10–12 mins | Flip halfway through AIR FRY cook time |
| **PORK** | | | | | | |
| Pork Chops, bone in | 2–4 chops (12–14 oz each) | Season as desired after microwave cooking | CleanCrisp™ Glassware with Crisper Plate, in TOP POSITION | 10–18 mins | 16–20 mins | Flip halfway through AIR FRY cook time |
| Pork Chops, boneless | 2–4 chops (6–8 oz each) | Season as desired after microwave cooking | CleanCrisp™ Glassware with Crisper Plate, in TOP POSITION | 10–15 mins | 15–18 mins | Flip halfway through AIR FRY cook time |
| Pork Tenderloin | 1–2 tenderloins (1–1 ½ lbs each) | Season as desired after microwave cooking | CleanCrisp™ Glassware with Crisper Plate, in TOP POSITION | 12–20 mins | 18–20 mins | Flip halfway through AIR FRY cook time |

**TIP:** For marinades or sauces containing sugar, honey, or other sweeteners, brush onto protein in the last 5 minutes of air fry cooking to avoid burning.

# FUSIONCRISP™ CHART:

## FRESH PROTEINS

**NOTE:** Cook times will vary depending on food load and desired doneness. Keep an eye on food while cooking.

**TIP:** For marinades or sauces containing sugar, honey, or other sweeteners, brush onto protein in the last 5 minutes of air fry cooking to avoid burning.

| INGREDIENTS | AMOUNT | PREP | ACCESSORY/CONFIGURATION | MICROWAVE COOK TIME | AIR FRY COOK TIME | INTERACTION |
|---|---|---|---|---|---|---|
| **POULTRY** | | | | | | |
| Whole Chicken | 4–5 lbs | Season as desired | CleanCrisp™ Glassware with Crisper Plate, in BOTTOM POSITION | 30–38 mins | 45–55 mins | None |
| Chicken Breasts, boneless, skinless | 2–4 breasts (1/2–3/4 lbs each) | Season as desired | CleanCrisp™ Glassware with Crisper Plate, in TOP POSITION | 7–10 mins | 12–18 mins | None |
| Chicken Leg Quarters | 1–2 (1–1.5 lbs each) | Season as desired | CleanCrisp™ Glassware with Crisper Plate, in TOP POSITION | 12–15 mins | 20–25 mins | None |
| Chicken Thighs, boneless, skinless | 4–6 thighs (4–6 oz each) | Season as desired | CleanCrisp™ Glassware with Crisper Plate, in TOP POSITION | 7–10 mins | 12–15 mins | None |
| Whole Turkey Breast, bone in | 5–6 lbs | Season as desired | CleanCrisp™ Glassware with Crisper Plate, in BOTTOM POSITION | 35–40 mins | 35–40 mins | None |
| **BEEF** | | | | | | |
| Beef Tenderloin | 4–5 lbs | Season as desired | CleanCrisp™ Glassware with Crisper Plate, in BOTTOM POSITION | 20–25 mins | 20–35 mins | None |
| Beef Sirloin Roast | 2–3 lbs | Season as desired | CleanCrisp™ Glassware with Crisper Plate, in BOTTOM POSITION | 12–15 mins | 20–25 mins | None |
| Top Round | 2–4 lbs | Season as desired | CleanCrisp™ Glassware with Crisper Plate, in BOTTOM POSITION | 12–20 mins | 22–30 mins | None |
| Tri Tip | 2–3 lbs | Season as desired | CleanCrisp™ Glassware with Crisper Plate, in BOTTOM POSITION | 12–15 mins | 8–10 mins | None |
| **PORK, LAMB** | | | | | | |
| Pork Chops, boneless | 2–4 chops (8 oz each) | Season as desired | CleanCrisp™ Glassware with Crisper Plate, in TOP POSITION | 2–4 mins | 10–12 mins | None |
| Pork Loin Roast | 1.5–2 lbs | Season as desired | CleanCrisp™ Glassware with Crisper Plate, in BOTTOM POSITION | 10–15 mins | 15–20 mins | None |
| Pork Tenderloin | 1–2 (1 lb each) | Season as desired | CleanCrisp™ Glassware with Crisper Plate, in TOP POSITION | 7–10 mins | 6–9 mins | Flip halfway through AIR FRY cook time |
| Rack of Lamb, trimmed | 1–1.5 lbs | Season as desired | CleanCrisp™ Glassware with Crisper Plate, in TOP POSITION | 5–8 mins | 5–10 mins | None |
| **FISH AND SEAFOOD** | | | | | | |
| Salmon Fillets | 2–4 fillets (6 oz each) | Season as desired | CleanCrisp™ Glassware with Crisper Plate, in TOP POSITION | 2–3 mins | 10–12 mins | None |
| Shrimp, whole, peeled, tail on | 1–2 lbs | Season as desired | CleanCrisp™ Glassware with Crisper Plate, in TOP POSITION | 1–3 mins | 5–9 mins | Toss halfway through AIR FRY cook time |

# HOW TO
# AIR FRY

Max Crisp air frying delivers up to 450°F of superheated cyclonic air, bringing traditional air fryer power to your microwave for faster** cooking and irresistibly crispy results—even make family-sized meals with the spacious 5.5-qt CleanCrisp™ Glassware.

*EQUAL RESULTS TO AF181 **VS. A CONVENTIONAL OVEN

## AIR FRY PRESETS

Best for fresh foods such as hand-cut French fries and chicken wings.

Best for frozen foods such as French fries and chicken nuggets.

Best for roasted veggies and meats.

Best for puff pasteries, scones, biscuits, and other low-rise items. Not for frozen items.

Best for rapid browning and melting cheese.

## AIR FRYER DO'S & DON'TS

*Refer to page 5 for full list*

CleanCrisp™ Glassware

Aluminum foil

No paper towels, plates, or napkins

No ceramic or plastic dishes

No metal accessories

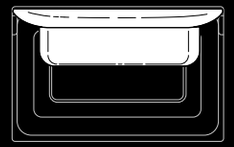
No oven-safe metal or bakeware

# HOW TO
# GET SET UP

For best results, always install the Crisper Plate in the CleanCrisp™ Glassware.
For your safety, **always** use oven mitts or heat protection when handling hot contents.

### STEP ONE: Add food

Insert the Crisper Plate in the CleanCrisp™ Glassware and place ingredients on top. Then place CleanCrisp™ Glassware in the TOP POSITION.



### STEP TWO: Select Function

Press AIR FRY button to select AIR FRY, MAX CRISP, AIR ROAST, AIR BAKE, or AIR BROIL.

### STEP THREE: Adjust time

Press TIME button and turn dial to adjust cook time.

### STEP FOUR: Adjust Temp/Power

Press TEMP/PWR LVL button and turn dial to adjust temperature.

### STEP FIVE: Start cooking

Push dial to start cooking.

Adapting recipes from online? Use our charts as a starting point, keep an eye on your food while cooking and adjust time as needed.

# HONEY BBQ CHICKEN WINGS

BEGINNER RECIPE ●○○

**FUNCTION:** AIR FRY | **PREP:** 5 MINUTES | **TOTAL COOK TIME:** 45 MINUTES **MAKES:** 4 SERVINGS
**ACCESSORY:** CLEANCRISP™ GLASSWARE, CRISPER PLATE

## INGREDIENTS

4 pounds fresh chicken wings, patted dry

2 tablespoons canola oil

Kosher salt, as desired

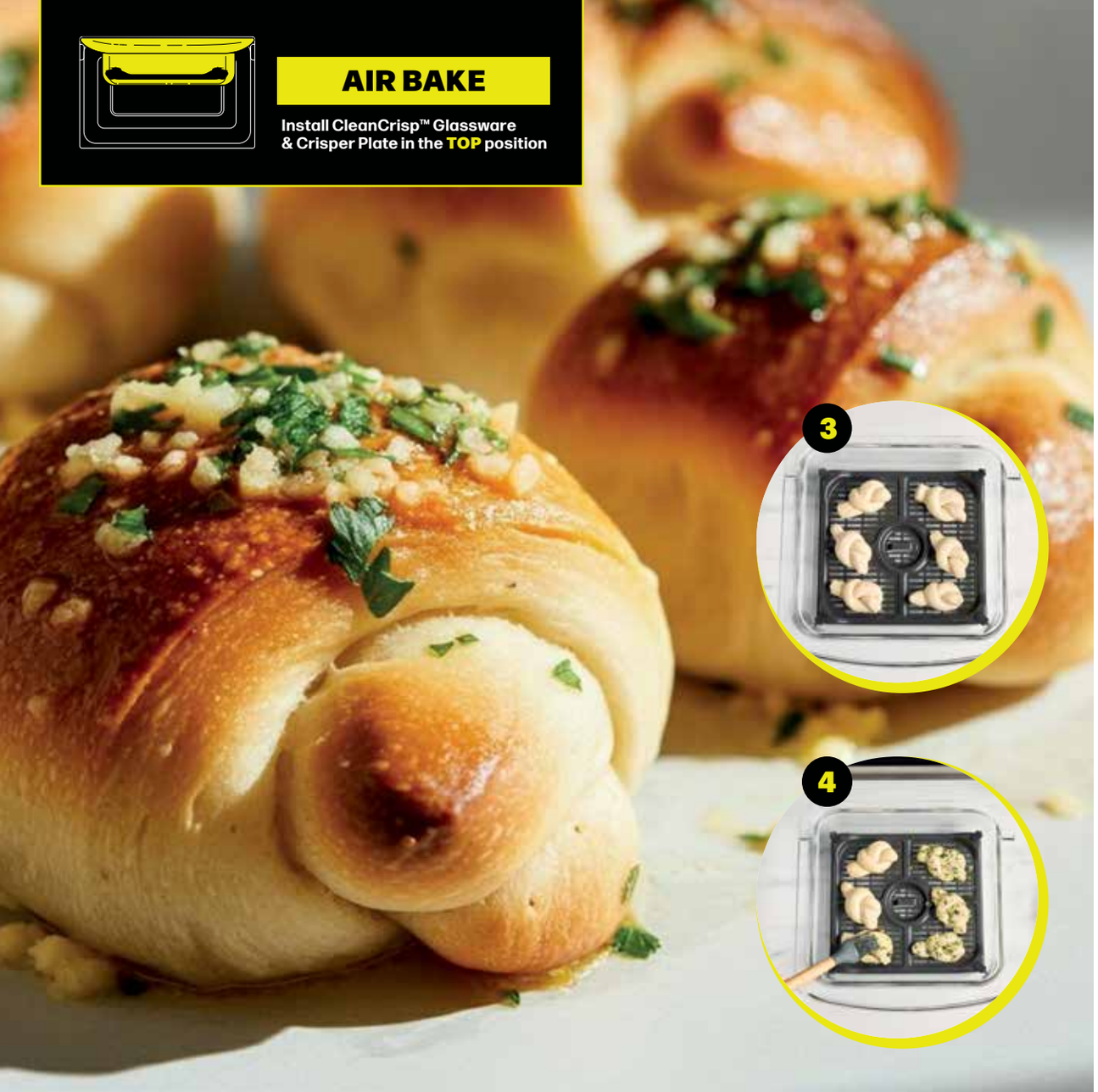
Ground black pepper, as desired

¾ cup honey barbecue sauce

1. In a large bowl, toss chicken wings with canola oil, salt, and pepper until evenly coated.
2. Insert the Crisper Plate into the CleanCrisp™ Glassware and add wings on top. Then place the CleanCrisp™ Glassware in the TOP POSITION.
3. Press the AIR FRY button until AIR FRY is illuminated. Turn the dial to 45:00 minutes. Press TEMP/PWR button, then turn the dial to 390°F. Press dial to start cooking.
4. **Every 5–10 minutes** use ovens mitts to remove CleanCrisp™ Glassware from the unit and toss wings. Then return to the unit to continue cooking.
5. When cooking is complete, use oven mitts to remove CleanCrisp™ Glassware from the unit and transfer chicken wings to a large bowl and toss with honey barbecue sauce until evenly coated. Serve immediately.

**SWITCH IT UP** Customize your recipe with this easy swap

**Swap Out Honey Barbecue Sauce For:**
Any sauce of your choice




# GARLIC KNOTS

INTERMEDIATE RECIPE ●●○

**FUNCTION:** MICROWAVE, AIR BAKE | **PREP:** 15 MINUTES | **PROOF:** 1 HOUR
**TOTAL COOK TIME:** 14 MINUTES | **MAKES:** 6 KNOTS | **ACCESSORY:** CLEANCRISP™ GLASSWARE, CRISPER PLATE

## INGREDIENTS

Nonstick cooking spray

½ pound store-bought prepared pizza dough, room temperature

¼ cup (½ stick) salted butter

1 tablespoon fresh parsley, chopped

1 tablespoon minced garlic

1 tablespoon grated Parmesan cheese

Marinara sauce, for serving

1. Insert the Crisper Plate into the CleanCrisp™ Glassware and spray with nonstick cooking spray. Place the dough in the center and spray with nonstick cooking spray. Then cover the CleanCrisp™ Glassware with plastic wrap and set in a warm place to proof for 40 minutes or until the dough has doubled in size.
2. While the dough is proofing, prepare the garlic sauce by adding the butter to a microwave-safe bowl and placing it in the center of the microwave. Press the MICROWAVE button, then turn the dial to 00:30 seconds. Once cooking is complete, remove from microwave. Add fresh parsley and garlic, stir to combine and set aside
3. After dough has doubled in size, remove plastic wrap from the dough. On a clean work surface, divide dough into 6 even pieces. Roll each piece of dough into a 6" rope, tie in a knot, and place evenly spaced on the crisper plate. Lightly spray the knots with nonstick cooking spray and cover with plastic wrap and set in a warm place to proof for another 20 minutes or until they have doubled in size.
4. Once proofing is complete, remove plastic wrap from the CleanCrisp™ Glassware and brush the knots with the garlic sauce mixture. Set aside the remaining garlic sauce mixture. Then place the CleanCrisp™ Glassware in the TOP POSITION.
5. Press the AIR FRY button until AIR BAKE is illuminated. Turn the dial to 14:00 minutes. Press the TEMP/PWR button then turn the dial to 350°F. Press dial to start cooking.
6. When cooking is complete, use oven mitts to remove CleanCrisp™ Glassware from unit, add the parmesan to the remaining garlic sauce and brush over the knots. Serve while hot with marinara sauce.

# AIR FRY CHART

**NOTE:** Cook times will vary depending on food load and desired doneness. Keep an eye on food while cooking. To adapt recipes from online, use our charts as a starting point, keep an eye on your food while cooking and adjust time as needed.

| INGREDIENT | AMOUNT | PREPARATION | ACCESSORY/CONFIGURATION | COOK TEMP | COOK TIME | INTERACTION |
|---|---|---|---|---|---|---|
| **VEGETABLES** | | | | | | |
| Asparagus | 1–2 bunches | Ends trimmed, lightly coat in canola oil, season as desired | CleanCrisp™ Glassware with Crisper Plate, in TOP POSITION | 390°F | 11–13 mins | Toss frequently while cooking |
| Broccoli | 1–2 heads | Cut in 1–2-inch florets, lightly coat in canola oil, season as desired | CleanCrisp™ Glassware with Crisper Plate, in TOP POSITION | 390°F | 13–17 mins | Toss frequently while cooking |
| Brussels Sprouts | 1–2 lbs | Stems removed, cut in half, lightly coat in canola oil, season as desired | CleanCrisp™ Glassware with Crisper Plate, in TOP POSITION | 390°F | 20–23 mins | Toss frequently while cooking |
| Butternut Squash | 2–4 cups | Cut in 1-inch chunks | CleanCrisp™ Glassware with Crisper Plate, in TOP POSITION | 390°F | 20–25 mins | Toss frequently while cooking |
| Carrots | 2–4 cups | Peeled, cut in 1/2-inch pieces | CleanCrisp™ Glassware with Crisper Plate, in TOP POSITION | 400°F | 16–20 mins | Toss frequently while cooking |
| Cauliflower | 1–2 heads | Cut in 1–2-inch florets, lightly coat in canola oil, season as desired | CleanCrisp™ Glassware with Crisper Plate, in TOP POSITION | 390°F | 20–25 mins | Toss frequently while cooking |
| Corn on the Cob | 2–4 ea. | Whole, husks removed | CleanCrisp™ Glassware with Crisper Plate, in TOP POSITION | 390°F | 20–25 mins | Toss frequently while cooking |
| Green Beans | 1–2 bags (12 oz each) | Trimmed | CleanCrisp™ Glassware with Crisper Plate, in TOP POSITION | 390°F | 10–15 mins | Toss frequently while cooking |
| Mushrooms | 1–2 packages (10 oz each) | Rinsed, cut in quarters | CleanCrisp™ Glassware with Crisper Plate, in TOP POSITION | 390°F | 10–15 mins | Toss frequently while cooking |
| Russet Potatoes | 1–2 lbs | Cut in 1-inch wedges | CleanCrisp™ Glassware with Crisper Plate, in TOP POSITION | 390°F | 25–30 mins | Toss frequently while cooking |
| | 1–2 lbs | Thin hand-cut fries (approx. ¼-inch thick) | CleanCrisp™ Glassware with Crisper Plate, in TOP POSITION | 390°F | 20–25 mins | Toss frequently while cooking |
| | 1–2 lbs | Thick hand-cut fries (approx. ½-inch thick) | CleanCrisp™ Glassware with Crisper Plate, in TOP POSITION | 390°F | 25–30 mins | Toss frequently while cooking |
| Sweet Potatoes | 1–2 lbs | Cut in 1-inch chunks | CleanCrisp™ Glassware with Crisper Plate, in TOP POSITION | 390°F | 20–25 mins | Toss frequently while cooking |
| Zucchini | 1–2 lbs | Cut in quarters lengthwise, then cut in 1-inch pieces, lightly coat in canola oil, season as desired | CleanCrisp™ Glassware with Crisper Plate, in TOP POSITION | 390°F | 15–20 mins | Toss frequently while cooking |
| **POULTRY** | | | | | | |
| Chicken Breasts, boneless, skinless | 2–4 breasts (1/2–3/4 lbs each) | Season as desired | CleanCrisp™ Glassware with Crisper Plate, in TOP POSITION | 375°F | 20–25 mins | Flip halfway through cooking |
| Chicken Breasts, bone in, skin on | 2–4 breasts (3/4–1 1/2 lbs each) | Season as desired | CleanCrisp™ Glassware with Crisper Plate, in TOP POSITION | 375°F | 28–38 mins | Flip halfway through cooking |
| Chicken Thighs, boneless, skinless | 4–6 thighs (4–6 oz each) | Season as desired | CleanCrisp™ Glassware with Crisper Plate, in TOP POSITION | 400°F | 20–25 mins | Flip halfway through cooking |
| Chicken Thighs, bone in, skin on | 4–6 thighs (6–10 oz each) | Season as desired | CleanCrisp™ Glassware with Crisper Plate, in TOP POSITION | 400°F | 25–30 mins | Flip halfway through cooking |
| Chicken Wings | 3–4 lbs | Season as desired | CleanCrisp™ Glassware with Crisper Plate, in TOP POSITION | 390°F | 30–45 mins | Toss frequently while cooking |

**TIP:** For marinades or sauces containing sugar, honey, or other sweeteners, brush onto protein in the last 5 minutes of air fry cooking to avoid burning. For best results, follow the Ninja recommended times and temps instead of package instructions.

# AIR FRY CHART – CONT.

**NOTE:** Cook times will vary depending on food load and desired doneness. Keep an eye on food while cooking. To adapt recipes from online, use our charts as a starting point, keep an eye on your food while cooking and adjust time as needed.

| INGREDIENT | AMOUNT | PREPARATION | ACCESSORY/CONFIGURATION | COOK TEMP | COOK TIME | INTERACTION |
|---|---|---|---|---|---|---|
| **FISH AND SEAFOOD** | | | | | | |
| Crab Cakes | 2–6 cakes (4–6 oz each) | Season as desired | CleanCrisp™ Glassware with Crisper Plate, in TOP POSITION | 350°F | 12–15 mins | Flip halfway through cooking |
| Salmon Fillets | 2–4 fillets (4 oz each) | Season as desired | CleanCrisp™ Glassware with Crisper Plate, in TOP POSITION | 390°F | 13–16 mins | None |
| Shrimp, whole, peeled, tail on | 1–2 lbs | Season as desired | CleanCrisp™ Glassware with Crisper Plate, in TOP POSITION | 390°F | 7–9 mins | Flip halfway through cooking |
| **BEEF** | | | | | | |
| New York Strip | 2–4 steaks (8 oz each) | Season as desired | CleanCrisp™ Glassware with Crisper Plate, in TOP POSITION | 390°F | 15–18 mins | Flip halfway through cooking |
| Burgers | 2–4 patties (1/4 lb each) | Season as desired | CleanCrisp™ Glassware with Crisper Plate, in TOP POSITION | 375°F | 10–12 mins | Flip halfway through cooking |
| **PORK** | | | | | | |
| Pork Chops, boneless | 2–4 chops (8 oz each) | Season as desired | CleanCrisp™ Glassware with Crisper Plate, in TOP POSITION | 375°F | 17–20 mins | Flip halfway through cooking |
| Pork Tenderloin | 1–2 tenderloins (1–1 1/2 lbs each) | Season as desired | CleanCrisp™ Glassware with Crisper Plate, in TOP POSITION | 375°F | 20–25 mins | Flip halfway through cooking |
| Sausages | 4–6 sausages | None | CleanCrisp™ Glassware with Crisper Plate, in TOP POSITION | 390°F | 13–15 mins | Flip halfway through cooking |
| Bacon | 4–8 strips | None | CleanCrisp™ Glassware with Crisper Plate, in TOP POSITION | 350°F | 12–15 mins | Flip halfway through cooking |

# MAX CRISP CHART

| INGREDIENTS | AMOUNT | PREP | ACCESSORY/CONFIGURATION | COOK TEMP | COOK TIME | INTERACTION |
|---|---|---|---|---|---|---|
| **FROZEN FOODS** | | | | | | |
| Chicken Nuggets | 1–2 boxes (12 oz each) | None | CleanCrisp™ Glassware with Crisper Plate, in TOP POSITION | 450°F | 15–20 mins | Flip halfway through cooking |
| Breaded Fish Fillets | 1–2 boxes (6 filets) | None | CleanCrisp™ Glassware with Crisper Plate, in TOP POSITION | 450°F | 15–18 mins | Flip halfway through cooking |
| Fish Sticks | 1–2 boxes (25 oz each) | None | CleanCrisp™ Glassware with Crisper Plate, in TOP POSITION | 450°F | 10–20 mins | Flip halfway through cooking |
| French Fries | 1–2 lbs | None | CleanCrisp™ Glassware with Crisper Plate, in TOP POSITION | 450°F | 18–28 mins | Toss frequently while cooking |
| Mozzarella Sticks | 1–2 boxes (12 oz each) | None | CleanCrisp™ Glassware with Crisper Plate, in TOP POSITION | 450°F | 8–11 mins | Flip halfway through cooking |
| Pot Stickers | 1–2 lbs | None | CleanCrisp™ Glassware with Crisper Plate, in TOP POSITION | 450°F | 12–15 mins | Flip halfway through cooking |
| Pizza Rolls | 1–2 lbs | None | CleanCrisp™ Glassware with Crisper Plate, in TOP POSITION | 450°F | 12–15 mins | Toss frequently while cooking |
| Popcorn Shrimp | 1–2 boxes (14–16 oz each) | None | CleanCrisp™ Glassware with Crisper Plate, in TOP POSITION | 450°F | 10–15 mins | Toss frequently while cooking |
| Tater Tots | 1–2 lbs | None | CleanCrisp™ Glassware with Crisper Plate, in TOP POSITION | 450°F | 12–20 mins | Toss frequently while cooking |

**NOTE:** For best results, follow the Ninja recommended times and temps instead of package instructions.

HOW TO

# MICROWAVE

Our high-powered 1000W flatbed microwave features a turntable-free design that's easy to clean and maximizes interior space—perfect for everyday use, the Ninja® CRISPi Microwave™ handles everything from reheating your morning coffee to last night's dinner.

## MICROWAVE PRESETS

## MICROWAVE DO'S & DON'TS

*Refer to page 5 for full list*

CleanCrisp™ Glassware

Paper towels, plates, or napkins

Microwave-safe dishes

No crisper plate

No metal accessories

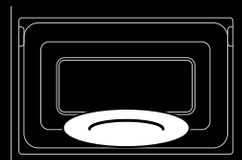
No aluminum foil, parchment paper, or plastic wrap

HOW TO

# GET SET UP

### STEP ONE: Add food

Place food on a microwave-safe dish or in CleanCrisp™ Glassware in the BOTTOM POSITION.



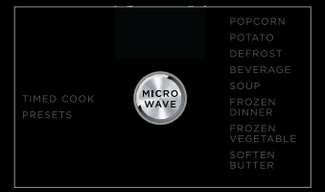
### STEP TWO: Select Function

Press the MICROWAVE button, then turn the dial to set cook time. Press dial to begin cooking.

**TIP:** Pressing the dial will automatically start reheating or add 30 seconds to the cooking time.

### STEP THREE: Select preset

Choose from up to 7 microwave presets by pressing the MICROWAVE button until PRESETS illuminates. Turn the dial to select the preferred preset.




## MICROWAVE TIPS & TRICKS

- To access microwave presets, press MICROWAVE button twice and turn dial to desired preset. Mix food halfway through reheating for even results, especially with larger portions.
- To allow food to heat more evenly, some recipes will recommend changing the microwave power. This can be done by pushing the TEMP/ PWR LVL button and turning the START/PAUSE dial to change power level.
- Press +30 SEC button or Start/Stop button for quick reheating.

# Notes



# Notes

NINJA

# CRISPiMICROWAVE

MW101_IG_QSG_REV_Mv31

NINJA is a registered trademark of SharkNinja Operating LLC.
CRISPI, FUSIONCRISP, FUSIONCRISPING, and SURROUNDWAVE are trademarks of SharkNinja Operating LLC.
© 2026 SharkNinja Operating LLC.

ninjakitchen.com/recipes