

COOKING GUIDE – Note these settings are a guide. As ingredients differ in size shape and brand, you may need to adjust cooking times and temperatures.

FOOD	AMOUNT	Time	TEMPERATURE
CHICKEN			
Breast,bone in	1.25lbs	25min	370°F
Breasts, boneless	4 oz each	12min	380°F
Drumsticks	2.5lbs	25min	380°F
Tenders	Whole	20min	360°F
Thighs,bone in	2lbs	22min	380°F
Thighs,boneless	1.5lbs	20min	380°F
Whole Chicken	6.5lbs	75min	360°F
Wings	2.5lbs	15min	380°F
BEEF			
Beef eye round roast	4lbs	45-55min	390°F
Burger	4 oz each	16min	370°F
Filet Mignon	8 oz each	18min	400°F
Flank Steak	1.5lbs	12min	400°F
London Broil	2lbs	20-28min	400°F
Meatballs	1" each	7min	380°F
Ribeye,bone in	8 oz ,1" thick	10-18min	400°F
Sirloin Steak	12 oz ,1" thick	9-14min	400°F
PORK AND LAMB			
Loin	2 lbs	55 min	360°F
Lamb Loin Chops	1" thick	8-12 min	400°F
Pork Chops,bone in	6.5oz ,1" thick	12 min	400°F
Pork Chops, boneless	6.5oz ,1" thick	10 min	360°F
Rack of lamb	1.5 lbs to 2 lbs	22 min	380°F
Tenderloins	1 lb	15 min	370°F
FISH AND SEAFOOD			
Calamari	8 oz	4 min	400°F
Fish Fillet	8 oz ,1" thick	10 min	400°F
Salmon	6 oz fillet	12 min	380°F
Scallops	8-10 pieces	5-7 min	400°F
Shrimp	1 lb	4 min	360°F
Tuna	6 oz steak	7-10 min	400°F
FROZEN FOODS			
Breaded Shrimp	12 oz	9 min	400°F
Chicken Nuggets	12 oz	10 min	400°F

Fish Sticks	10 oz	10 min	400°F
Mozzarella Sticks	11 oz	8 min	400°F
Onion Rings	12 oz	8 min	400°F
Pot Stickers	10 oz	8 min	400°F
Thick French Fries	17 oz	18 min	400°F
Thin French Fries	20 oz	14 min	400°F
VEGETABLES			
Asparagus	Slices, 1" thick	6 min	400°F
Beets	Whole	40min	400°F
Broccoli	Florets	6 min	400°F
Brussel Sprouts	Halved	15 min	380°F
Carrots	Slices, ½" thick	15 min	380°F
Cauliflower	Florets	12 min	400°F
Corn on the Cob	Halved	6 min	390°F
Eggplant	1 ½ " cubes	15 min	400°F
Fennel	Quartered	15 min	370°F
Grean Beans	Whole	5 min	400°F
Mushrooms	½" slices	5 min	400°F
Parsnips	½" cubes	15 min	380°F
Peppers	1" chunks	15 min	400°F
Potatoes	1.5 lbs, small baby	15 min	400°F
Potatoes	French Fries	25 min	400°F
Potatoes	1" cubes	12 min	400°F
Potatoes	Whole	40 min	400°F
Squash	½" chunks	12 min	400°F
Sweet Potato	Whole	35 min	380°F
Tomatoes	Cherry	4 min	400°F
Tomatoes	Halved	10 min	350°F
Zucchini	½" sticks	12 min	400°F