

ingredient	quantity	temperature	time	Tips	Additions
Thin Frozen French Fries	1- 2 cups	400 degrees	10 min	Shake 2 times	Spritz w/oil
Crinkle Cut or Thick Frozen Fries	1-2 cups	400 degrees	12 min	Shake 2 times	Spritz w/oil
Fresh French Fries	1 cup	400 degrees	14 min	Shake 2 times	Toss with oil
Frozen Tater Tots	1-2 cups	400 degrees	12 min	Shake 2 times	
Frozen Sweet Potato Fries	1-2 cups	400 degrees	12 – 14 min	Shake 2 times	Spritz w/oil
Fresh Sweet Potato Fries	1 cup	400 degrees	14 min	Shake 2 times	Toss with oil
Frozen cheese Sticks	6-8 pieces	400 degrees	8 min	Shake once	
Frozen Chicken Nuggets	1-2 cups	400 degrees	12 min	Shake 2 times	
Fresh Chicken Nuggets	8 pieces	400 degrees	10 min	Shake 2 times	Spritz w/oil
Frozen Chicken Tender	4 pieces	400 degrees	12 min	Turn half way thru	
Fresh Chicken Tenders	4 pieces	380 degrees	10 min	Turn half way thru	Spritz w/oil
Frozen Pre -Cooked Chicken wings	8 wings	400 degrees	20 min	Shake 2 times	
Raw Fresh Wings	8 wings	400 degrees	25 min	Shake 2 times	Toss with oil and season
Frozen Fried Chicken	2 pieces	370 degrees	20 min	Turn halfway thru	
Fresh bone in fried chicken	2 pieces	370 degrees	25 min	Turn half way thru	Spritz with oil

Frozen Fish fingers	8 pieces	400 degrees	10-12 min	Shake 2 times	
Fresh Fish Fingers	4 pieces	400 degrees	8-10 min	Turn half way thru	Spritz with oil
Fresh Fish Filet	2 - 4 ounce	370 degrees	10 min	Turn half way thru	Spritz with oil
Frozen Spring Rolls	4 rolls	400 degrees	8-10 min	Shake once	Spritz with oil
Steak Raw	4-6 ounce 2 pieces	360 degrees	8-12 min	Turn half way thru	Rub with oil and salt
Pork Chops	4-6 ounce 2 pieces	350 degrees	14-18 min	Turn half way thru	Rub with oil and seasoning
Hamburger	2 4 ounce patties	360 degrees	7-14 min	Turn half way thru	
Hot dogs/sausages	4-6 links	380 degrees	10-14 min	Turn half way thru	
Ribs Pork baby back	½ slab	360 degrees	30 min	Stand in basket	Rub with oil and seasoning
Rack of lamb	4-6 ribs	350 degrees	15-20 minutes		Rub with oil and seasoning
sandwich	1 sandwich	370 degrees	10-15 min	Place on rack turn halfway thru	
Roasted tomatoes small	1 pint	370 degrees	10-12 min	Shake 2 times	Toss in oil
Roma tomatoes halved	6 halves	350 degrees	10 min		Toss in oil with salt
Small roasted peppers	6 peppers	400 degrees	12 min	Shake 2 times	

Roasted cauliflower	1 head	350 degrees	15 min	Put 1 cup of water under basket	Rub with oil and seasoning
Roasted zucchini and eggplant	1-2 cups	350 degrees	15 min	Shake 2 times	Toss in oil and seasoning
Green beans	2 cups	350 degrees	12 min	Shake 2 times	Toss in oil and seasoning