







NOTES:



NutriWare DeliciouRecipesFor YourTurbo



The following recipes are excellent ideas for fast and healthy meals using the Super Turbo Ovenfi. Wisitynutriware.cto segutriWare CEO Peter Chang cook an entire chicken in under an hour.

> Aroma Wellness Co. 6469 Flanders Drive San Diego, CA 92121 U.S.A. 1-800-276-6286

> www.mynutriware.com



Fruits	Temp	Fresh Food	Frozen Food	Special Instructions
Baked Apples		20 m in	7 m in	Remove core
Baked Pears		25 m in	15 m in	Cutin h alire m ove core



BREAKFAST RECIPES



SIDE DISH RECIPES



ENTREE RECIPES



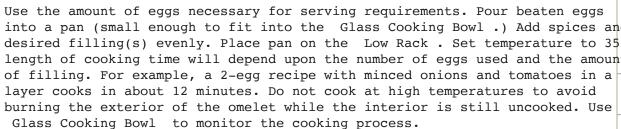
DESSERT RECIPES



3-5egg whites Diced bell pepper
Desired fillings, for example fover cold cuts
Shredded cheese Shrimp
Minced fresh tomatoes Mushrooms
Chopped green onions Spinach
Salsa Zucchini or yellow squash

Cooking Chart

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	Vegetable	Temp	Fresh Food	Frozen Food	Special Instruction
	Corn on the cob		10 m in		
	Root Vegetables: Potatoes, Carrots, e		25 m in		Cut into 2 inch cubes. Spray with ail
35	Potatoes, Whole ad 1theLengthwise 60 FreThe Fries at Sweet Potatoes		45-60 m in 30 m in 20 m in 45-60 m in		8 ounces e ach
a se	thin Roasted Onions Roasted Garlic the		10 m in		Cut12 inch ofbp, brush with ail
	Roasted Asparagus		12 m ininch		Varies with thick ness
	Acorn Squash Butter Nut Squash Eggplant, 1/2 inch sl Eggplant, Whole		20-25 m ind/		Cutin hallem ove seeds and membrane, palce in shoalwidish, brush with oil

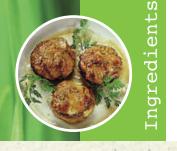
Shellfish	Temp	Fresh Food	Frozen Food	Special Instruction
Shrimps		5-7 m in	7-12 m in	Cook tm e m ay vary w ith s iz e
Scallops, Sea		6 m in	8 m in	
Scallops, Bay		5 m in	6-7 m in	
Lobster, Live Maine		13-16 m inth		Bringalige potofwater to a boil. Dropolbsterhead first Cook 2 m in before above in SuperTurbo Oven
Lobster, Tails-4 oz		6 m in	8 m in	



7 oz. package of ready-mix blueberry muffins
1 pt. Fresh blueberries

Very Berry Muffins

Follow directions given on muffin mix package. Place papercup lini pan. Fill each cup 1/2 full with the muffin batter. Top each with blueberries. Gently press blueberries into batter. Turbo-bake at 4 on the Low Rack .



2 medium sized zuccinis
 sea salt to taste
1-2 Tbsp extra virgin olive oil

Zucciniries

Cut off the ends of zuccinis and discard. Cut zuccinis into french fry size s
Toss zuccini strips in olive oil to evenly coat them. Season with sea salt to
Spread strips evenly on an oven safe pan or plate. Place "High Rack" inside g
bowl. Set pan with zuccini strips on the "High Rack" and turbo air fry at 425
minutes or until zuccini strips start to turn golden brown. They go great with all your
favorite dips and sauces.

Note When cooking with the "High Rack" be sure to have a heat-safe surface handy to place hot power unit on when removing cooked food.

Fish	Temp	Fresh Food	Frozen Food	Special Instructions
Fillets, 1/2 inch t		4 m in	7 m in	150∫ F (65∫ C)
Steaks & Fillets 1 thick		8 m in	15 m n	150∫ F (65∫ C)
Whole Fish 3-4 inch thick		25 m n	45 m n	150] F (65] C)

Chicken Whole Poultry	Temp	Fresh Food	Frozen Food	Special Instructions
Pieces- Breasts, le thighs		8 m in śide	12 m inb/	17 0 F (7 6 C)
Whole Chicken		15 m ins ide	25 m intd/	18 0 F (8 2 C)
Boneless / Skinless Breast		6 m instide	8 m ins ide	17 0 F (7 6 C)

Turkey	Temp	Fresh Food	Frozen Food	Special Instructions
Whole, 8-10 pounds		12 m irb/	15 m ind/	18 0 F (82 C)
Breast, 5-7 pounds		12 m into/	15 m ind/	17 0 F (76 C)
Legs		45 m in	60 m in	17 0 F(76 C)
Wings		45 m in	60 m in	17 0 F (76 C)



3 lbs white chicken meat, thinly sliced

2 tbsp. soy sauce

2 tbsp. Worchestershire sauce Flour tortillas

Whole lemon

Onion salt, to taste
Pepper, to taste
Picante sauce, for serving

Grille Chicken Fajitas

If slicing the chicken, be sure the slices are not more than !-incommeat thinly across the grain for best results. Combine soy sauce, onion salt, pepper and juice from lime in a bowl. Add chicken and over night, or as time permits. Place marinated chicken in a baking Low Rack . Set temperature to 475" and allow to cook for 5 minutes picante sauce, if desired, and folded into warm flour tortillas.



3 pcs. boneless turkey breast lemon juice, to taste garlic salt, to taste ground pepper, to taste small jar red plum preserve

Red Plum GlazedTurkey Breast

Season each of the turkey breast slices surfaces with lemon juice, garlic sapepper, to taste. Place turkey on a shallow pan, set the pan on the Low Rack Roast at 400" for 15 minutes. Spread the plum preserve as a glaze over each slice. Allow to roast at 400" for an additional 5 minutes.

Cooking Chart

	Pork	Temp	Fresh Food	Frozen Food	Special Instruction
	Bacon		8 m in		
	Breakfast Sausage Links		8 m in	10 min	
	Patties		10 min	13 min	165F (73C)
a k-	Italian, Bratwurst		10 min	15 min	165F (73C)
K	Chops		12 mini/nch	18-22m in <i>i</i> nch	16 0 F (71 C)
	Roasts 3-7 Pounds		20-25 m int	30 mirb/	16 0 f (7 1 ¢)
	Tenderloin		20 min	35 min	16 0 F (7 1 C)
	Spare Ribs		15 mins ide	25 mins ide	16 0 F (71 C)
	Country Style Ribs		12 mini/nch	18-20 m ini/nch	16 0 F (71 C)

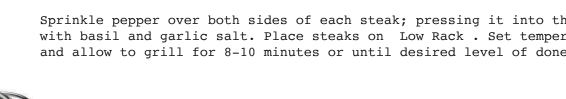


Beef/Lamb	Temp	Fresh Food	Frozen Food	Special Instructions
Patties 1/2 inch th		4 m instide	6 m ins ide	15 0 F (6 5 C)
Patties 1 inch thic		6 m ins ide	11 m ins ide	150F (65C)
Hot Dogs		5 m in	7-8 m in	
Steaks 1 inch thick		5 m ins ide 6 m ins ide 7 m ins ide 9 m ins ide	9 m ins ide 12 m ins ide 15 m ins ide 17 m ins ide	Rane 130 [F-139](60 (C) Med. Rare 140[F-149](650C) Med 150[F-159](71 (C) WellDone 160[F-169](7 70C)
Steaks 2 inch thick		7 m ins ide 9 m ins ide 10 m ins ide 12 m ins ide	15 m ins ide 17 m ins ide 20 m ins ide 23 m ins ide	Rane 130 (F-139 (60 C) Med. Rare 140 (F-149 (650C) Med 150 (F-159 (71 C)) WellDone 160 (F-169 (77 7C))
Roasts 3-5 Pounds		15 m ins ide 18 m ins ide 20 m ins ide 23 m ins ide	25 m ins ide 28 m ins ide 30 m ins ide 33 m ins ide	Rane 120 (F-129 ((50 C)) Med. Rane 130 (F-139 ((570C)) Med 140 (F-149 ((63 C)) WellDone 150 (F-159 ((6 80C))



- 4 steaks (New York or t-bone) (approx. 1.5-21bs)
- 2 tbsp. ground pepper
- ... tsp. dry basil
- ... tsp. garlic salt

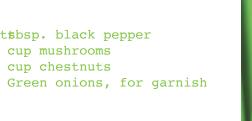
Pepper Steak







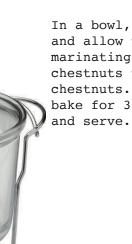
- 4 boneless, skinless chicken breastabsp. black pepper
- tbsp. soy sauce
- tbsp. brown sugar
- tsp. salt
- tbsp. slivers of ginger root



- % cup cooking oil 1% cups cake flour cup raisins
- cup walnuts, chopped with skin tsp. lemon juice
- cups apples, chopped & unpeeled
- % tsp. baking soda tsp. cinnamon % tsp. nutmeg % tsp. baking powder % tsp. salt

1 cup sugar

Filipino-Storile en



In a bowl, combine soy sauce, brown sugar, salt and ginger. Add chicken breasts and allow to marinate for several hours in the refridgerator, or as time permits. After marinating, arrange chicken in a baking dish or shallow pan. Add mushrooms and chestnuts to dish. Pour remainder of marinade over the chicken, mushrooms and chestnuts. Set the dish on the Low Rack . Set temperature to 350" and allow to bake for 30 minutes or until cooked through. Add sprigs of green onion as ga

% cup mushrooms

1 cup chestnuts

High Fibe Apple Cupcakes

In a mixing bowl, blend cooking oil, eggs and sugar. Add cake flow soda, cinnamon, nut meg and baking powder. Mix well. Add raisins, apples (while chopping apples, add lemon juice to them). Pour mixt cupcake pan. Place pan on the Low Rack . Set temperature to 350" cook for 20 minutes.



3-5lbs. whole chicken fryer 1 tbsp. fresh ginger root, minced

 $\mbox{\ensuremath{\$}}$ cup cooking sherry (or rum) $\mbox{\ensuremath{\$}}$ cup brown sugar

... cup soy sauce

% cup barbeque sauce % cup pineapple juice

4 small pineapple rings



5 lbs. whole young chicken Extra virgin olive oil Fresh rosemary, to taste Salt and pepper, to taste

Polynesian roiled Chicken

Combine sherry, barbeque sauce, soy sauce, ginger, brown sugar and pineapple juice in a large bowl. Add chicken to bowl, baste with mixture and allow to marinate, as time permits. Place chicken on Low Rack. Set temperature to 475 and allow to cook for 30 minutes. Place pineapple rings atop chicken and baste with remaining marinade. Allow to cook for another 10-15 minutes at 475", until golden brown and cooked through.

Note: For a healthier option, remove the skin prior to cooking.

Peter Chang Rosemary

Apply a light coat of olive oil over the entire chicken, to brown extra flavor. Sprinkle salt and pepper to the desired amount all of Break up rosemary and spread the desired amount over the chicken. seasoned chicked on the Low Rack . Set temperature to 400" and all 50 minutes.

Note: For a healthier option, remove the skin prior to cooking.





1 lb of peeled uncooked shrimp (41-50 size)
1 minced garlic clove
1 sea salt
2 cracked pepper
2 tsp lemon juice
2 tsp olive oil



1/21b. lean beef, thinly sliced 1-%cloves garlic, minced 1/2tsp. soy sauce 1/2tsp. sugar 1 tsp. rice wine 1/21b. chopped broccoli 2 tsp. cornstarch

Garlieroile Shrimp

Place rinsed and peeled shrimp in a large bowl. Add rest of ingredients and stir together so shrimp gets evenly coated. Spread out shrimp evenly on an oven safe pan or plate. Place "High Rack" inside the "Glass Bowl". Set the pan with shrimp on top of the "High rack". Turbo broil at 450" for 6 minutes.

Note When cooking with the "High Rack" be sure to have a heat-safe surface handy to place hot power unit on when removing cooked food.

Beef& Broccoli

Mix soy sauce, rice wine, cornstarch, garlic and sugar in a large beef and allow to marinate for 30 minutes. Place beef in a covered place the dish on the Low Rack . Add 1 cup water to the Glass Coup the temperature to 350" and allow to turbo-steam for 10 minutes. A allow to steam covered for another 10-12 minutes at 350", add water





3/4 lb fresh salmon fillet or steak
1 tbsp extra virgin olive oil
 sea salt
 cracked pepper



3/4 lb of Mahi or similar fish
3/4 cup water
sea salt to taste
cracked pepper
1 lemon cut in wedges

Grille Salmon Steak

Lightly brush the surface of the salmon with the olive oil. Season with sea salt and fresh cracked pepper. Place High Rack inside the Glass Bowl set the salmon on the High Rack Turbo broil at 475" for 13-15 minutes.

Note When cooking with the "High Rack" be sure to have a heat-safe surface handy to place hot power unit on when removing cooked food.

Lemon Pepper Steamedish

Season all surfaces of fish with sea salt and cracked pepper. Sque two lemon wedges onto seasoned fish. Let sit for 5 minutes to absorbed seasoning. Add the water to the Glass Bowl. Place fish on Lowe turbo steam at 400" for 12 minutes or until its cooked through. Ju squeeze remaining lemon wedges over cooked fish. Serves 2-3

