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— LIVE WELL FOR LESS —



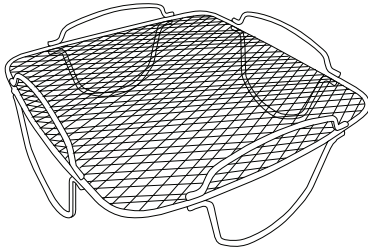
GOURMET ACCESSORY KIT

**For The NuWave
Brio™ Healthy Digital
Air Fryer**

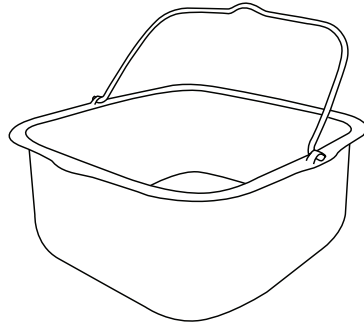


30 Easy To Follow
Recipes

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Stainless Steel Reversible Rack
Model: 36206



Non-Stick Baking Pan
Model: 36207

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Thank you for purchasing the NuWave Brio™ Non-Stick Baking Pan and Stainless Steel Reversible Rack. Now you can bake everything from cakes to breads and even appetizers in your NuWave Brio™ Digital Air Fryer. Plus, you can make the most of the NuWave Brio's 3-quart capacity, and cook multiple layers of food.

Care & Maintenance

DO NOT USE THE ACCESSORY KIT FOR OTHER THAN INTENDED USE.

The Baking Pan and Reversible Rack become extremely HOT during the cooking process. Do not touch the accessories during and immediately after cooking. Use caution when removing these items from the unit. Always wear oven mitts or use pot holders when handling potentially hot accessories. Allow everything to cool completely before cleaning.

Before Use:

1. Remove any labels that may be on the accessories.
2. Clean the Non-Stick Baking Pan and Stainless Steel Reversible Rack thoroughly with hot water, a nonabrasive sponge and a mild dish detergent or in the dishwasher, top rack only.

WARNING:

Extreme caution must be used when handling the Non-Stick Baking Pan or Stainless Steel Reversible Rack containing hot oil or other hot liquids.

The use of other accessories that are not intended to be used with this unit is not recommended. Doing so may damage the unit and can cause accidents.

Do not use the Non-Stick Baking Pan, or Stainless Steel Reversible Rack in a microwave, toaster oven, convection oven, conventional oven, ceramic cooktop, electric coil, gas burner range, or an outdoor grill.

Do not use sharp edged metal utensils or knives as doing so will scratch the non-stick surface.

The Non-Stick Baking Pan and Stainless Steel Reversible Rack should not be used in place of the Fry Pan Basket or Base.

Please see NuWave Brio™ Digital Air Fryer manual for detailed instructions and warranty information.

— Appetizers —



Pull Apart Bread

Serves 4

Prep Time: 10 minutes

Cook Time: 8 minutes

Total: 18 minutes

Temp: 360°F

Ingredients:

3 tablespoons butter, melted

1 garlic clove, minced

¼ teaspoon salt

½ tablespoon parsley, chopped

1 small loaf of bread

¾ cup mozzarella cheese

Directions:

1. Combine butter, garlic, salt, and parsley in a bowl; set aside.
2. Cut bread into 1-inch squares, leaving ¼-½ inch on the bottom intact. Do not cut all the way through.
3. Drizzle butter mixture into all crevices of the bread.
4. Top bread with mozzarella, sticking some of the cheese into the cracks of the bread.
5. Place bread on Reversible Rack and place rack in NuWave Brio Basket.
6. Cook at 360°F for 8 minutes.







Buffalo Cauliflower Bites

Serves 6

Prep Time: 10 minutes

Cook Time: 10 minutes

Total: 20 minutes

Temp: 360°F

Ingredients:

¼ teaspoon salt

¼ teaspoon pepper

¼ teaspoon garlic

1 large cauliflower head, cut into florets,
blanched

Olive oil to taste

½ cup buffalo sauce

1 tablespoon butter, melted

Directions:

1. Combine salt, pepper, and garlic in small bowl; set aside.
2. Place blanched cauliflower florets in bag and drizzle with olive oil. Shake to coat.
3. Add seasonings to bag and shake again to coat.
4. Combine buffalo sauce and butter in small bowl and add to bag. Shake until all florets are completely coated.
5. Pour cauliflower into NuWave Brio Baking Pan and place pan in NuWave Brio Basket.
6. Air fry at 360°F for 10 minutes.



Avocado Fries

Serves 2

Prep Time: 15 minutes

Cook Time: 10 minutes

Ingredients:

1 avocado

Salt and pepper to taste

1 egg

1 cup panko breadcrumbs

Total: 25 minutes

Temp: 390°F

Directions:

1. Press Pre-Heat and set at 390°F for 10 minutes.
2. Slice avocado in half and carefully remove the pit and skin.
3. Slice avocado into ¼-inch slices; set aside.
4. Beat 1 egg in small bowl; set aside.
5. Place breadcrumbs in separate bowl.
6. Season avocado slices with salt and pepper and dip in egg, then breadcrumbs, ensuring each piece is completely coated.
7. Place avocado slices on Reversible Rack.
8. Once preheated, place rack in NuWave Brio Basket and cook for 10 minutes.

Zucchini Boats

Serves 4

Prep Time: 10 minutes

Cook Time: 10 minutes

Total: 20 minutes

Temp: 360°F

Ingredients:

2 zucchinis, halved

1 cup cooked ground beef, crumbled

½ teaspoon salt

½ teaspoon pepper

1 teaspoon cumin

½ teaspoon paprika

½ teaspoon garlic

½ cup mozzarella cheese

Directions:

1. Press Pre-Heat and set at 360°F for 10 minutes.
2. Cut tops and ends off zucchinis and remove cores using a spoon; set aside.
3. In skillet, cook beef, salt, pepper, cumin, paprika until fully cooked.
4. Fill zucchini boats with beef mixture and place on Reversible Rack.
5. Top zucchini boats with cheese and place rack in NuWave Brio Basket.
6. Once preheated, place rack in NuWave Brio Basket and cook for 8-10 minutes.





Macaroni & Cheese Bites

Serves 2

Prep Time: 20 minutes

Cook Time: 10 minutes

Total: 30 minutes

Temp: 390°F

Ingredients:

½ pound cooked macaroni
8 ounces sharp cheddar cheese,
shredded
½ cup plus 2 tablespoons milk
¼ cup all-purpose flour

2 tablespoon butter
1 egg
1½ cups breadcrumbs
Salt and pepper to taste

Directions:

1. Melt butter in large saucepan pan and stir in flour to make a roux.
2. Add ½ cup milk to pan and whisk until thick.
3. Slowly stir in cheese until creamy and well blended.
4. Stir in macaroni, season with salt and pepper, and set aside to cool.
5. In separate bowl, whisk egg and 2 tablespoons milk together to make egg wash; set aside.
6. In separate bowl, combine breadcrumbs, salt, and pepper.
7. Form macaroni and cheese into balls and transfer to plate
8. Working 1 at a time, dip macaroni balls into egg wash, then coat in breadcrumbs and place on Reversible Rack.
9. Place rack in NuWave Brio Basket and air fry at 390°F for 10 minutes.





Tip

Freeze the macaroni and cheese balls for 1 hour to make breading easier.



Pigs In A Blanket

Serves 4

Prep Time: 5 minutes

Cook Time: 10 minutes

Total: 15 minutes

Temp: 360°F

Ingredients:

1 tube crescent rolls
4 hot dogs, cut in half

Directions:

1. Press Pre-Heat and set at 360°F for 10 minutes.
2. Roll out crescent roll dough and lay out each triangle.
3. Roll up each hot dog piece into crescent roll.
4. Place hot dogs on Reversible Rack.
5. Once preheated, place rack in NuWave Brio Basket and cook for 10 minutes.



Bacon Wrapped Shrimp

Serves 3

Prep Time: 20 minutes

Cook Time: 8 minutes

Ingredients:

1 pound shrimp, peeled and deveined

1 pound bacon

Total: 28 minutes

Temp: 390°F

Directions:

1. Press Pre-Heat and set at 390°F for 8 minutes.
2. Clean and devein shrimp.
3. Wrap each shrimp in bacon, wrapping from the head to the tail.
4. Place shrimp on Reversible Rack.
5. Once preheated, place rack in NuWave Brio Basket and cook for 8 minutes.

Tip

Use toothpicks to keep the bacon from unraveling.

Crab Cakes

Serves 3

Prep Time: 30 minutes

Cook Time: 10 minutes

Total: 40 minutes

Temp: 390°F

Ingredients:

½ teaspoon olive oil	2 tablespoons chives, finely chopped
2 tablespoons red onions, finely chopped	½ teaspoon parsley, finely chopped
2 tablespoons red bell pepper, finely chopped	1 egg white
1 tablespoon celery, finely chopped	2 tablespoons mayonnaise
½ pound crab meat	2 tablespoons sour cream
2 tablespoons fresh tarragon, finely chopped	2 tablespoons cayenne pepper
	¼ teaspoon salt
	¼ teaspoon lime juice

Directions:

1. Combine olive oil, onions, peppers, and celery in small pan and sauté on medium heat until translucent; set aside to cool.
2. Press Pre-Heat and set at 390°F for 10 minutes.
3. Add cooked vegetables, crab meat, tarragon, chives, parsley, egg whites, mayonnaise, sour cream, cayenne pepper, salt, and lime juice to mixing bowl, and mix until combined; set aside.
4. Mold crab mixture into golf ball-sized balls.
5. Transfer crab cakes to Reversible Rack.
6. Once preheated, place rack in NuWave Brio Basket to continue for 8-10 minutes. Repeat steps 5-6 with remaining crab cakes.





— Breakfast —





Blueberry Bread

Serves 4

Prep Time: 10 minutes

Cook Time: 35 minutes

Ingredients:

1 egg
½ cup sugar
½ cup milk
1 tablespoon vegetable oil
1½ cups all-purpose flour
½ teaspoon salt
2 teaspoon baking powder
½ cup fresh blueberries

Total: 45 minutes

Temp: 350°F

Directions:

1. Add eggs and sugar to bowl and mix to combine. Add milk and vegetable oil to bowl and mix to combine; set aside.
2. In a separate, small bowl, combine flour, salt, and baking powder. Add dry ingredients to wet ingredients and mix until combined.
3. Carefully stir blueberries into batter.
4. Pour batter into NuWave Brio Baking Pan, cover with foil and carefully place in NuWave Brio Basket.
5. Bake at 350°F for 35–40 minutes.
6. Remove foil for last 5 minutes of cooking time.

Doughnuts

Serves 4

Prep Time: 10 minutes

Cook Time: 8 minutes

Total: 18 minutes

Temp: 350°F

Ingredients:

1 tablespoon butter, room temperature

¼ cup sugar

1 ⅛ cup all-purpose flour

1 ¼ teaspoons baking powder

½ teaspoon salt

1 egg yolk

¼ cup sour cream

2 tablespoons butter, melted

Cinnamon Sugar Topping Ingredients:

½ cup sugar

1 tablespoon cinnamon

Directions:

1. In a bowl, mix together butter and sugar until crumbly. Add egg yolk to bowl and stir until combined; set aside. In separate bowl, mix together baking powder, and salt. Add sour cream and flour to dry ingredients, alternating in small batches, and mix until combined. Now mix the sour cream mixture into the butter mixture until a dough forms.
2. Lightly flour a flat surface for rolling out the dough. Roll dough on surface into ½-inch thick sheet and cut out circles and inside each circle cut a small circle to create a doughnut.
3. Press Pre-Heat and set at 350°F for 8 minutes. Using melted butter, brush both sides of doughnuts.
4. Once preheated, place doughnuts on the Reversible Rack and place rack in NuWave Brio Basket. Air fry doughnuts for 8 minutes. While doughnuts cook, combine sugar and cinnamon in a bowl to create cinnamon sugar topping.
5. Remove doughnuts from NuWave Brio and brush with additional melted butter and dip into cinnamon sugar and enjoy.





Avocado and Egg Bake

Serves 2

Prep Time: 5 minutes

Cook Time: 10 minutes

Total: 15 minutes

Temp: 250°F

Ingredients:

1 avocado

2 eggs

Salt and black pepper to taste

¼ teaspoon of paprika

Directions:

1. Press Pre-Heat and set at 250°F for 10 minutes.
2. Halve the avocado and remove the pit.
3. Carefully cut a little into the center of the avocado so the egg will fit.
4. Place the avocado halves on the Reversible Rack.
5. Once preheated, place Reversible Rack in NuWave Brio Basket and cook for 10–12 minutes.
6. Garnish with paprika, salt, and pepper.





Cinnamon Rolls

Serves 4

Prep Time: 15 minutes

Cook Time: 10 minutes

Dough Ingredients:

2 cups all-purpose flour

2 tablespoons sugar

2 teaspoons baking powder

1 teaspoon salt

2 tablespoons butter, softened

$\frac{3}{4}$ cup milk

1 egg

Glaze Ingredients:

2 tablespoons melted butter

1 cup powder sugar

Total: 25 minutes

Temp: 375°F

Filling Ingredients:

2 tablespoons butter, melted

$\frac{1}{2}$ cup sugar

$\frac{1}{2}$ cup brown sugar

1 tablespoon cinnamon

$\frac{1}{2}$ teaspoon vanilla

2–4 tablespoons water

Directions:

1. In large mixing bowl, combine flour, sugar, baking powder, and salt. Add butter to mixture and mix to combine; set aside.
2. In separate bowl, beat milk and eggs together. Pour milk mixture into mixture and mix until soft dough forms.
3. Place dough onto floured surface and roll dough into a $\frac{1}{2}$ -inch thick rectangle. Combine filling ingredients and spread evenly atop dough sheet.
4. Taking one edge of the rectangle and rolling it into a log, cut dough into 12 rolls. Place 4–5 rolls in NuWave Brio Reversible Rack and place inside NuWave Brio Basket.
5. Bake rolls at 375°F for 7–10 minutes.
6. Repeat baking process with remaining rolls.
7. Allow to cool and then glaze.





—Lunch—





Veggie Quesadilla

Serves 1

Prep Time: 5 minutes

Cook Time: 7 minutes

Total: 12 minutes

Temp: 390°F

Ingredients:

2 tortillas

¼ cup cheese, shredded

¼ cup bell pepper, julienne (optional)

Your favorite toppings

Directions:

1. Place 1 tortilla on flat surface and top with shredded cheese, peppers, and any additional ingredients.
2. Top with second tortilla.
3. Carefully place quesadilla on Reversible Rack and place rack in NuWave Brio Basket.
4. Cook at 390°F for 7 minutes.



Sausage with Peppers

Serves 4

Prep Time: 10 minutes

Cook Time: 12 minutes

Ingredients:

4 sausages

1 yellow bell pepper, julienned

1 orange bell pepper, julienned

1 red bell pepper, julienned

Salt and pepper to taste

Total: 22 minutes

Temp: 325°F

Directions:

1. Season sliced peppers with salt and pepper and place in NuWave Brio Baking Pan.
2. Place sausages atop peppers and place Baking Pan in NuWave Brio Basket.
3. Air fry at 325°F for 12 minutes.



Broccoli Tots

Serves 3

Prep Time: 20 minutes

Cook Time: 14 minutes

Ingredients:

2 cups uncooked broccoli
1 egg
¼ cup yellow onion, diced
⅓ cup cheddar cheese
⅓ cup panko breadcrumbs
⅓ cup regular breadcrumbs
2 tablespoon parsley, chopped
Salt and pepper to taste

Total: 34 minutes

Temp: 390°F

Directions:

1. Press Pre-Heat and set at 390°F for 14 minutes.
2. Blanch broccoli in boiling water for 1 minute, then immediately transfer to cold water to stop cooking. Drain well.
3. Chop broccoli finely and place in bowl. Add all remaining ingredients to bowl and mix well.
4. Using your hands, grab about 1-2 tablespoon of the broccoli mixture and roll into a ball, then form into tater-tot shape. Repeat with all broccoli mixture.
5. Place tots on the Reversible Rack. Do not overcrowd, reserve any leftover tots for later. Once preheated, place rack in NuWave Brio Basket and air fry for 14 minutes, pausing halfway through to turn tots.
6. Repeat steps 5 with remaining tots.



Creamed Cornbread

Serves 4

Prep Time: 10 minutes

Cook Time: 35 minutes

Total: 45 minutes

Temp: 375°F

Ingredients:

1 cup corn muffin mix

1 can creamed corn

1 can whole kernel corn, drained

½ cup butter, melted

1 cup sour cream

3 eggs

½ teaspoon salt

Directions:

1. Combine all ingredients in large bowl and mix well.
2. Spray baking pan with non-stick spray.
3. Pour batter into the Brio Baking Pan and place pan in NuWave Brio Basket.
4. Air fry at 375°F for 35 minutes.







English Muffin Pizzas

Serves 4

Prep Time: 10 minutes

Cook Time: 6 minutes

Ingredients:

- 2 English muffins, sliced
- 4 tablespoons pizza sauce
- 4 teaspoons mozzarella cheese, shredded
- 8-12 pepperoni slices
- 2 tablespoons grated Parmesan cheese

Total: 16 minutes

Temp: 375°F

Directions:

1. Lay out 4 English muffin slices on flat work surface.
2. Spread 1 tablespoon pizza sauce onto each muffin slice.
3. Top each muffin slice with 1 tablespoon mozzarella.
4. Add 2-3 pepperoni slices to each pizza and top with Parmesan.
5. Place 2 pizzas directly in NuWave Brio Basket.
6. Add Reversible Rack to Basket and place remaining pizzas on the rack.
7. Cook at 375°F for 6 minutes.



Ham & Cheese Pinwheels

Serves 4 (12 Rolls)

Prep Time: 10 minutes

Cook Time: 12 minutes

Ingredients:

1 can refrigerated pizza dough

½ pound deli ham slices

12 slices Swiss cheese

Total: 22 minutes

Temp: 380°F

Directions:

1. Unroll pizza dough onto cutting board and press down until even.
2. Top dough evenly with ham and cheese slices.
3. Roll up the pizza dough into log, making sure it's even and tight.
4. Cut dough into 12 rolls.
5. Place pinwheels on Reversible Rack and place rack in NuWave Brio Basket.
6. Cook at 380°F for 12 minutes.
7. Repeat steps 5-6 with remaining pinwheels.



Pepperoni & Sausage Tortilla Pizza

Serves 1

Prep Time: 5 minutes

Cook Time: 7 minutes

Ingredients:

- 1 tortilla
- 2 tablespoons pizza sauce
- $\frac{1}{4}$ cup shredded cheese
- 3-5 pepperoni slices
- 4-6 sausage pieces

Total: 12 minutes

Temp: 390°F

Directions:

1. Place tortilla on flat surface.
2. Top tortilla with pizza sauce and spread evenly.
3. Add cheese and toppings to tortilla and spread evenly.
4. Carefully place pizza on Reversible Rack and place rack in NuWave Brio Basket.
5. Cook at 390°F for 7 minutes.



Coconut Chicken Tenders

Serves 4

Prep Time: 10 minutes

Cook Time: 13 minutes

Ingredients:

- 2 eggs
- 2 teaspoon garlic
- 1 teaspoon salt
- $\frac{1}{4}$ teaspoon pepper
- $\frac{3}{4}$ cup panko breadcrumbs
- $\frac{3}{4}$ cup shredded coconut
- 1 pound chicken tenders (8 pieces)

Total: 23 minutes

Temp: 380°F

Directions:

1. Press Pre-Heat and set at 380°F for 13 minutes.
2. In a bowl, combine eggs, garlic, salt, and pepper; set aside.
3. In separate bowl, combine breadcrumbs, and coconut.
4. Dip each chicken tender into egg mixture, coating both sides, and then dip both sides into breadcrumb coconut mixture. Repeat with all chicken tenders.
5. Place coated tenders on Reversible Rack and place rack in NuWave Brio Basket.
6. Once preheated, place Reversible Rack in NuWave Brio Basket and cook for 13 minutes.



—Dinner—





Cajun Salmon

Serves 2

Prep Time: 10 minutes

Cook Time: 7 minutes

Ingredients:

- 2 salmon filets
- 2 tablespoons lemon juice
- 2 tablespoons Cajun seasoning

Total: 17 minutes

Temp: 350°F

Directions:

1. Press Pre-Heat and set at 350°F for 10 minutes.
2. Clean salmon and pat dry.
3. Brush lemon juice onto salmon.
4. Coat salmon in Cajun seasoning and place on Reversible Rack.
5. Once preheated, place Reversible Rack in NuWave Brio Basket and cook for 7 minutes.

Pork Belly

Serves 2

Prep Time: 30 minutes

Cook Time: 45 minutes

Pork Belly Ingredients:

1 pound pork belly

½ teaspoon salt

Total: 1 hour 5 minutes

Temp: 360°F

Dry Rub Ingredients:

2 teaspoon garlic

1 ½ teaspoon Chinese five spice

1 teaspoon pepper

1 teaspoon salt

Directions:

1. Wash pork belly and pat dry.
2. In a medium pot, bring water to a boil and blanch pork belly for about 15 minutes, then pat dry and set aside to dry further.
3. In small bowl combine all dry rub ingredients.
4. Score pork belly skin using a knife, being careful not to cut too deep.
5. Coat pork belly in dry rub and massage rub into pork.
6. Press Pre-Heat and set at 360°F.
7. Place pork belly on Reversible Rack.
8. Once preheated, place Reversible Rack in NuWave Brio Basket and cook for 30 minutes.







Stuffed Baked Potatoes

Serves 2

Prep Time: 10 minutes

Cook Time: 20 minutes

Ingredients:

- 1 russet potato, precooked
- 1 tablespoon green onions, finely chopped
- 2 tablespoons pimentos, washed
- 2 tablespoons heavy cream
- 1 tablespoon butter
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon pepper
- $\frac{1}{2}$ cup mozzarella cheese

Total: 30 minutes

Temp: 360°F

Directions:

1. Cut precooked potato in half. Carefully scoop out potato and transfer to medium bowl; reserve potato skins for later.
2. In a medium bowl, combine the potato insides, green onions, pimentos, butter, salt and pepper, and heavy cream until creamy and well mixed. Scoop potato mixture and place back in potato skins.
3. Place potatoes on Reversible Rack and place rack in NuWave Brio Basket. Top each potato half with mozzarella.
4. Bake at 360°F for 20 minutes.



Chicken Parmesan

Serves 4

Prep Time: 15 minutes

Cook Time: 17 minutes

Ingredients:

¼ cup all-purpose flour

1 egg

¾ cup panko breadcrumbs

½ cup Parmesan cheese

1 pound chicken tenders (8 pieces)

½ cup tomato sauce

½ cup mozzarella cheese

Salt and pepper to taste

Total: 32 minutes

Temp: 350°F

Directions:

1. Add flour, salt, and pepper to bowl and mix; set aside.
2. Add egg to separate bowl and whisk; set aside.
3. Add breadcrumbs and Parmesan to third bowl and mix.
4. Dip chicken tenders into mixture, then dip into egg and breadcrumbs, coating all sides evenly in the process.
5. Place breaded chicken on Reversible Rack and place rack in NuWave Brio Basket.
6. Air fry at 350°F for 14 minutes.
7. Remove basket and top chicken with tomato sauce and cheese.
8. Return basket to NuWave Brio and cook at 350°F for additional 2-3 minutes to melt the cheese.

Stuffed Pork Chops

Serves 2

Prep Time: 20 minutes

Cook Time: 35 minutes

Total: 55 minutes

Temp: 350°F

Ingredients:

1½ cups day-old bread cubes
2 tablespoons butter, melted
2 tablespoons chicken broth
2 tablespoons celery, chopped

2 tablespoons onion, chopped
Salt and pepper to taste
1 tablespoon olive oil
2 (4–5-ounce) bone-in pork chops

Directions:

1. Press Pre-Heat and set at 350°F for 35 minutes.
2. Combine bread cubes, butter, chicken broth, celery, onion, salt, and pepper in bowl; set aside.
3. Lay pork chops out on a cutting board and, holding one hand on top of the pork chop and in the other hand a sharp knife, make a 1–2 inch slit on the side in the middle of the pork chop and 1–2 inch slit deep on the inside of the pork chop.
4. Stuff pork chops with bread stuffing mixture and place on Reversible Rack.
5. Once preheated, place Reversible Rack in NuWave Brio Basket and cook for 35 minutes, pausing halfway through to flip.





Baked Macaroni

Serves 2

Prep Time: 15 minutes

Total: 23 minutes

Cook Time: 8 minutes

Temp: 390°F

Ingredients:

1 pound macaroni (uncooked)
16 ounces cheddar cheese, shredded
1 cup milk
½ cup all-purpose flour
¼ cup butter
½ cup seasoned breadcrumbs
Salt and pepper to taste

Directions:

1. Boil macaroni until tender, drain and set aside.
2. Melt butter in a pan and stir in flour to make a roux.
3. Add milk to pan and whisk until thick.
4. Slowly stir in cheese until creamy and well blended and season with salt and pepper.
5. Stir in macaroni.
6. Pour macaroni and cheese into NuWave Brio Baking Pan and top with seasoned breadcrumbs.
7. Place pan in NuWave Brio Basket and bake at 390°F for 8 minutes.





Swedish Meatballs

Serves 3

Prep Time: 20 minutes

Cook Time: 25 minutes

Total: 45 minutes

Temp: 360°F

Ingredients:

2 slices bread

¼ cup milk

½ cup chopped onions

1 pound ground beef

2 eggs

¼ teaspoon all spice

¼ teaspoon nutmeg

1 tablespoons butter

1 tablespoon all-purpose flour

1 cup beef stock

½ cup sour cream

Salt and pepper to taste

Directions:

1. Tear bread into pieces and place in milk to soak; set aside.
2. Combine onions, ground beef, eggs, all spice, nutmeg, and salt, and pepper in a bowl and mix well.
3. Shape mixture into 10–12 balls.
4. Place meatballs in Baking Pan.
5. Bake at 360°F for 15 minutes.

Sauce:

1. Melt butter in saucepan and stir in flour to make a roux.
2. Add beef stock and stir until thick; remove from heat.
3. Stir sour cream into gravy; set aside.
4. Place meatballs in NuWave Brio Baking Pan.
5. Add gravy to Baking Pan.
6. Add Baking Pan to NuWave Brio Basket and cook at 360°F for 10 minutes.
7. Top with sour cream.





— *Dessert* —





Peach Crisp

Serves 4

Prep Time: 10 minutes

Cook Time: 20 minutes

Filling Ingredients:

3 medium peaches

$\frac{1}{8}$ teaspoon salt

$\frac{1}{4}$ teaspoon vanilla

1 $\frac{1}{2}$ teaspoon cornstarch

1 tablespoon lemon juice

$\frac{1}{2}$ cup packed brown sugar

Total: 30 minutes

Temp: 350°F

Topping Ingredients:

$\frac{1}{2}$ cup brown sugar

$\frac{1}{2}$ cup rolled oats

$\frac{1}{4}$ cup all-purpose flour

1 teaspoon cinnamon

$\frac{1}{8}$ teaspoon salt

3 tablespoons cold butter, cut into small pieces

Directions:

1. Combine all filling ingredients in a bowl and mix to combine.
2. Pour peach mixture into NuWave Brio Baking Pan; set aside.
3. In separate bowl, combine all topping ingredients and mix until large clumps form.
4. Top peach mixture with topping crumbles and place Baking Pan in NuWave Brio Basket.
5. Bake at 350°F for 20 minutes.

Molten Chocolate Cake

Serves 1

Prep Time: 20 minutes

Total: 28 minutes

Cook Time: 8 minutes

Temp: 360°F

Ingredients:

11 tablespoons butter

6 tablespoons sugar

2 eggs

Pinch of salt

½ cup plus 2 tablespoons of all-purpose flour

1 cup chocolate, melted

Non-stick cooking spray

Directions:

1. Blend sugar and butter together until combined.
2. Add eggs and blend until creamy.
3. Stir in salt, flour, and chocolate and blend well.
4. Coat an oven-safe ramekin with non-stick cooking spray and add batter to ramekin.
5. Place ramekin on NuWave Reversible Rack and place in NuWave Brio.
6. Bake at 360°F for 8 minutes.





Brownies

Serves 4

Prep Time: 20 minutes

Cook Time: 25 minutes

Total: 45 minutes

Temp: 360°F

Ingredients:

¾ cup all-purpose flour

1 cup sugar

4 tablespoons cocoa powder

2 eggs

¼ cup milk

½ cup melted unsalted butter

½ teaspoon salt

1 teaspoon vanilla extract

Directions:

1. Press Pre-Heat and set at 360°F for 20 minutes.
2. Mix all ingredients together until smooth and shiny and transfer to NuWave Brio Baking Pan.
3. Once preheated, add pan to NuWave Brio Basket and bake for 20 minutes.







Chocolate Banana Turnovers

Serves 4

Prep Time: 20 minutes

Cook Time: 8 minutes

Ingredients:

- 1 egg
- 2 tablespoons water
- 1 store-bought pastry dough sheet
- 2 tablespoons chocolate spread
- 4 slices bananas

Tip

Brushing the pastry top with egg wash gives the top a shiny gloss.

Total: 28 minutes

Temp: 375°F

Directions:

1. Press Pre-Heat and set at 375°F for 8 minutes.
2. Mix egg and water in small bowl to make egg wash; set aside.
3. Cut pastry dough into 2 (2x2-inch) squares.
4. Drop 1 tablespoon chocolate spread in middle of each square, then top with 1-2 banana slices.
5. Fold corner of each pastry square over preserves, forming a triangle.
6. Seal edges with egg wash and press shut with a fork.
7. Brush tops of turnovers with egg wash.
8. Place turnovers on Reversible Rack.
9. Once preheated, add rack to NuWave Brio Basket to continue baking for 6-8 minutes.



Chocolate Cream Puffs

Serves 4

Prep Time: 20 minutes

Cook Time: 12 minutes

Cream Puff Ingredients:

¼ cup butter
10 tablespoons water
¾ cup all-purpose flour
3 eggs

Directions:

1. Press Pre-Heat and set at 340°F for 12 minutes.
2. Add butter and water to large pan and bring to boil on medium heat.
3. Once boiling, remove pan from heat and stir in in small portions until combined. Place pan back on heat and let sit until it forms a dough ball; set aside to cool. Add eggs to dough and mix until smooth. Form dough into small, golf ball-sized balls and place on Reversible Rack.
3. Once preheated, place rack in NuWave Brio Basket and bake for 12 minutes.
While dough bakes, mix together all cream filling ingredients in medium bowl; set aside.
4. Using a double boiler, melt chocolate, whipped cream and butter and mix until combined. Once cream puffs are ready, remove from NuWave Brio and slice in half.
5. Fill with cream filling between halves and replace top piece. Top with chocolate sauce.

Total: 22 minutes

Temp: 340°F

Cream Filling Ingredients:

1 teaspoon vanilla
1 teaspoon confectioners' sugar
¾ cup whipped cream

Chocolate Sauce Ingredients:

¼ cup chocolate
1 tablespoon whipped cream
1½ tablespoons butter





FOR HOUSEHOLD USE ONLY

Model: 36221, 36223

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Item No. BC36221

Rev. 06