



We encourage you to cook meats to the safe internal temperatures indicated by the FDA, and your vegetables to your desired level of doneness. Here are some cooking suggestions to get you started. All vegetables listed were tossed with 1 tablespoon of olive oil. We hope you enjoy using the Sharp Superheated Steam Countertop Oven. Please share your creations with our social channels by tagging @SharpHomeUSA and #SharpHome and visit <http://sbl.sharpsusa.com>.

Food	Mode	Temp°F	Weight	Qty	Time	Rack	Pan
Asparagus Roasted	Broil/Grill	default	1 bunch		8 min	Top	Broiler Pan
Baked Potato (Whole)	Bake/Reheat	400	medium-size	1 each	50 min	Bottom	Broiler Pan
Beets Whole, Roasted	Bake/Reheat	400	small/medium	4 each	45 min	Bottom	Broiler Pan
Broccoli Florets Roasted	Bake/Reheat	425	1 lb		15 min	Top	Broiler Pan
Brussels Sprouts (Halved) Roasted	Bake/Reheat	400	1/2 lb		25 min	Top	Broiler Pan
Butternut Squash (1-inch dice) Roasted	Bake/Reheat	425	1 lb		30 min	Top	Broiler Pan
Cauliflower Florets Roasted	Bake/Reheat	450	3/4 lb		15 min	Top	Broiler Pan
Cherry Tomatoes Roasted	Broil/Grill	default	1 pint		8 min	Top	Broiler Pan
Chicken Breast (boneless/skinless)	Broil/Grill	default	6 oz each	2 each	16 min	Top	Broiler Pan
Chicken Breasts (From Frozen) Roasted	Bake/Reheat	375	4 oz each	2 each	45 min	Bottom	Broiler Pan
Chicken Thighs (w skin & bone)	Broil/Grill	default	6 oz each	2 each	25 min	Top	Broiler Pan
Corn on the Cob Roasted	Bake/Reheat	400	medium-size	2 each	25 min	Bottom	Broiler Pan
Fish / Halibut or Cod	Broil/Grill	default	6 oz filets	2 each	10 min	Top	Broiler Pan
Fish / Salmon Filet	Broil/Grill	default	6 oz filets	2 each	12 min	Top	Broiler Pan
Fish / Tilapia	Broil/Grill	default	6 oz filets	2 each	10 min	Top	Broiler Pan
Green Beans Roasted	Broil/Grill	default	12 oz.		12 min	Top	Broiler Pan
Hamburger Patty (Ground Beef)	Broil/Grill	default	1/4 lb each	4 each	10 min	Top	Broiler Pan
Onions and Peppers	Broil/Grill	default	about 2 cups	1 each	15 min	Top	Broiler Pan
Pork Chops (boneless, center cut) Roasted	Broil/Grill	default	8 oz each	2 each	15 min	Top	Broiler Pan
Pork Tenderloin Roasted	Bake/Reheat	400	1 lb 3oz	1 each	30 min	Top	Broiler Pan
Portobello Mushrooms	Broil/Grill	default		2 each	10 min	Top	Broiler Pan
Red Potatoes (1-inch dice) Roasted	Bake/Reheat	425	1.5 lb		30 min	Top	Broiler Pan
Root Vegetables (1-inch dice) Roasted	Bake/Reheat	425	1/2-inch dice		30 min	Top	Broiler Pan
Salmon Burgers	Broil/Grill	default	6 oz each	2 each	8 min	Top	Broiler Pan
Sweet Corn Kernals Roasted	Bake/Reheat	400		2 cups	16 min	Top	Broiler Pan
Sweet Potato (Whole)	Bake/Reheat	400	small/medium	1 each	45 min	Bottom	Broiler Pan
Sweet Potatoes (1-inch dice) Roasted	Bake/Reheat	425	medium-size	2 each	35 min	Top	Broiler Pan
Turkey Burgers	Broil/Grill	default	4 oz each	2 each	15 min	Top	Broiler Pan
Turkey Meatballs	Broil/Grill	default	1 1/2-inch balls	12 each	12 min	Top	Broiler Pan
Veggie Burger (from Frozen)	Broil/Grill	default	2.5 oz (71 g)	2 each	11 min	Top	Broiler Pan
Yellow Squash (1-inch dice) Roasted	Broil/Grill	default	about 2 cups	2 each	18 min	Top	Broiler Pan