



# NINJA SIZZLE™

**SMOKELESS INDOOR GRILL**

## QUICK START GUIDE

with 10 chef-tested  
recipes + cooking charts



Please make sure to read the enclosed Ninja® Owner's Guide prior to using your unit.

# Your guide to the perfect

# SIZZLE

Welcome to the Ninja Sizzle™ Smokeless Indoor Grill.  
From here, you're just a few pages away from how-tos  
and recipes that'll give you high-heat grilling  
straight from your countertop.

Now let's get sizzling.

     @NinjaKitchen

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## Recipe Key

We've tagged recipes with these icons to help find the right one for you.



Kid-friendly  
food



Gluten-free



Dairy-free



Nut-free



Vegetarian



## High-heat, edge-to-edge grilling

High heat gives you the grill marks you crave without overcooking. No hot spots. No cold spots. Just even cooking from edge to edge for juicy, sizzling dishes every time.



Better char-grill marks\*



Hotter cooking with temps up to 500°F\*



Larger cooking capacity for family-sized meals\*

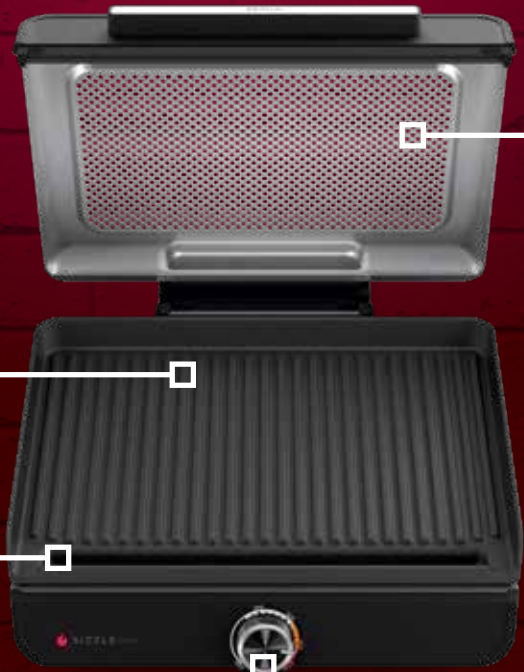


Even edge-to-edge heating

# Get to know the Ninja

# SIZZLE™

PREHEATS IN  
7 MINUTES



**PERFORATED MESH LID**  
Detachable, dishwasher-safe lid eliminates smoke from your kitchen and reduces splatter.

**NONSTICK GRILL PLATE**  
Get char-grilled marks and flavor straight from your countertop

**GREASE CATCH**  
Keeps grease runoff contained for easy cleanup

**TEMPERATURE DIAL**  
Reach temperatures up to 500°F.

# Tips for reducing smoke & splattering

## Always use the recommended grill settings

Our chef-designed temperature settings maximize grill flavors and textures while minimizing smoke. Cooking food at a higher temperature than recommended will result in more smoke and food having a burnt, acrid flavor.

For best results preheat for 7 minutes.

325°F	375°F	400°F	500°F
When using thicker barbecue sauces Burgers	Frozen meats Marinated meats or meats with sauce Steak Chicken Salmon	Hot dogs Bacon	Veggies Fruit Pizzas Fresh/frozen seafood

## Always use the recommended fat/oil

For less smoke and to improve nonstick performance, use oils with a higher smoke point instead of olive oil



**Recommended:**  
Canola, Refined coconut, Avocado, Vegetable, Grapeseed



**Not recommended:**  
Olive oil, Butter, Margarine, Cooking Spray

## Cleaning Instructions

**Once cooled,** remove the grill plate from the heating element.

**Soak the plate** in hot, soapy water to help loosen any leftover food scraps. Use dish soap and a sponge to scrub off remaining residue.

**Remove perforated mesh lid** after it cools and place it in the dishwasher for easy cleanup.

# Cooking with the hood up

Give a blast of concentrated heat for authentic char-grilled flavors.

**BEST FOR:** Delicate foods or lean proteins to develop char-grilled textures without overcooking.



Grilled veggies



Grilled steak tips

# Cooking with the hood down

Drop the lid to retain heat and melt toppings.

**BEST FOR:** cooking thick cuts of meat or frozen protein.



NY strip steaks & asparagus



Frozen shrimp

# GRILLED RIBEYE STEAK WITH GREEN BEANS



BEGINNER RECIPE ●○○

**PREP:** 10 MINUTES | **MARINADE:** 1-2 HOURS | **PREHEAT:** 7 MINUTES | **COOK:** 28 MINUTES | **MAKES:** 4 SERVINGS

## INGREDIENTS

- 1 tablespoon light brown sugar
- 1 teaspoon Montreal steak seasoning
- Kosher salt, as desired
- Ground black pepper, as desired
- 2 ribeye steaks (12-15 ounces each)
- 3 tablespoons Worcestershire sauce
- 1 pound green beans, trimmed
- 1 tablespoon canola oil
- 1 teaspoon crushed red pepper

## DIRECTIONS

- 1 In a small bowl, combine the brown sugar, Montreal steak seasoning, salt, and pepper. Pat the steaks dry on both sides, then evenly cover in the prepared seasoning mix. Place the steaks in a large resealable plastic bag with the Worcestershire sauce and massage until the steaks are evenly coated. Place steaks in the refrigerator and let marinate for 1 to 2 hours.
- 2 Place the grill plate on the unit. Turn dial to set temperature to 400°F. Set an external timer to 7 minutes and allow the grill plate to preheat.
- 3 In a small bowl, add green beans, oil, salt, pepper, and crushed red pepper and toss until evenly combined.
- 4 When the unit is preheated, place steaks on grill. Set an external timer for 12 minutes and flip steaks halfway through (for medium-rare doneness). When cooking is complete, transfer steaks to a cutting board and allow to rest.
- 5 Place the green beans on the grill. Set an external timer for 16 minutes and cook, flipping every 4 minutes. When cooking is complete, serve with grilled steaks.

**TIP** Top grilled green beans with sliced green onion, chopped nuts, or sesame seeds for additional flavor and texture.

**TIP** Use an external thermometer to cook steak to desired doneness other than medium-rare.





# MARINATED PORK CHOPS WITH GRILLED PEPPERS & ONIONS

BEGINNER RECIPE ●○○

**PREP:** 10 MINUTES | **PREHEAT:** 7 MINUTES | **COOK:** 20 MINUTES | **MAKES:** 4 SERVINGS

## INGREDIENTS

- 4 boneless pork chops (5–6 ounces each)
- 4 tablespoons canola oil, divided
- 1 teaspoon smoked paprika
- 1 tablespoon onion powder
- 1 tablespoon garlic powder
- Kosher salt, as desired
- Ground black pepper, as desired
- 1 bell pepper, seeded, thinly cut
- 1 large red onion, peeled, thinly cut

## DIRECTIONS

- 1 Place the grill plate on the unit. Turn the dial to set temperature to 400°F. Set an external timer to 7 minutes and allow the grill plate to preheat.
- 2 While the grill is preheating, prepare the pork chops. Pat them dry on both sides, then place in a large bowl with 2 tablespoons oil and all seasonings. Rub the oil and seasonings to evenly cover both sides of the chops.
- 3 In a small bowl, add the peppers, onion, 2 tablespoons oil, salt, and pepper, and toss until evenly combined.
- 4 When the unit is preheated, add the pork chops to the grill. Set an external timer for 14 minutes and cook the chops, flipping halfway through the cook time. (Use an instant-read thermometer to ensure the chops are cooked to a minimum of 150°F). Transfer the grilled chops to a plate and cover to keep warm.
- 5 Place the bell peppers and onions on the grill. Set an external timer for 6 minutes, and cook, tossing every 2 minutes to ensure even cooking. When cooking is complete, serve pork chops with grilled peppers and onions.

# GRILLED CAPRESE CHICKEN BREASTS



BEGINNER RECIPE ●○○

**PREP:** 5 MINUTES | **MARINADE:** 1-2 HOURS | **PREHEAT:** 7 MINUTES  
**COOK:** APPROX. 14 MINUTES | **MAKES:** 5-6 SERVINGS

## INGREDIENTS

1½ pounds thin-sliced chicken breast cutlets  
2 tablespoons parsley, minced  
1 tablespoon garlic, minced  
1 tablespoon canola oil  
1 tablespoon lemon juice  
Kosher salt, as desired  
Ground black pepper, as desired  
1 cup shredded mozzarella  
1 tomato, thinly sliced  
5 basil leaves, thinly sliced  
Balsamic glaze, as desired

## DIRECTIONS

- 1 In a medium bowl, add the chicken, parsley, garlic, canola oil, lemon juice, salt, and pepper. Place in refrigerator to marinate for 1 to 2 hours.
- 2 Place the grill plate on the unit. Turn the dial to set temperature to 375°F. Set an external timer to 7 minutes and allow the grill plate to preheat.
- 3 When the unit is preheated, add the chicken to the grill plate, gently pressing down to maximize grill marks. Let the chicken cook undisturbed for 5 minutes, then flip and press down for 5 seconds. Cook for an additional 5 minutes.
- 4 After the 5 minutes, place tomatoes on chicken, then sprinkle with mozzarella. Close the lid and let the cheese melt for 4 minutes.
- 5 When the cheese is melted, transfer the chicken to a platter or plate. Top with basil, then drizzle balsamic glaze.

# LEMON PEPPER SHRIMP SKEWERS



BEGINNER RECIPE ●○○

**PREP:** 5 MINUTES | **PREHEAT:** 7 MINUTES | **COOK:** 15 MINUTES | **MAKES:** 5 SERVINGS | **ACCESSORIES:** 5 SKEWERS

## INGREDIENTS

1 pound fresh medium sized shrimp, cleaned and deveined  
3 tablespoons canola oil  
1 tablespoon lemon zest  
1 tablespoon lemon juice  
½ tablespoon ground black pepper  
2 teaspoons smoked paprika  
¼ teaspoon cayenne pepper  
1 tablespoon chopped parsley  
Kosher salt, as desired

## TOPPINGS (optional)

Lemon Wedges  
Fresh chopped parsley

## DIRECTIONS

- 1 Place the grill plate on the unit. Turn the dial to set temperature to 400°F. Set an external timer to 7 minutes and allow the grill plate to preheat.
- 2 In a large bowl, toss the shrimp with the oil, lemon zest, lemon juice, black pepper, smoked paprika, cayenne pepper, chopped parsley, and salt.
- 3 Place 6 or 7 shrimp on each skewer.
- 4 Cook the shrimp for 2 to 3 minutes on each side.
- 5 Serve warm with fresh parsley and lemon slices, if desired.

**TIP** Marinate shrimp for 2 to 3 hours for additional flavor.



# ITALIAN SAUSAGE & PEPPER SUBS



BEGINNER RECIPE ●○○

**PREP:** 5 MINUTES | **PREHEAT:** 7 MINUTES | **COOK:** 20 MINUTES | **MAKES:** 5 SERVINGS

## INGREDIENTS

2 red bell peppers, cored, thinly sliced  
1 large sweet onion, peeled, thinly sliced  
1 tablespoons vegetable oil  
Kosher salt, as desired  
Ground black pepper, as desired  
5 Italian sausages  
5 hoagie rolls

## DIRECTIONS

- 1 Place the grill plate on the unit. Turn the dial to set temperature to 450°F. Set an external timer to 7 minutes and allow the grill plate to preheat.
- 2 In a medium-sized bowl, toss bell peppers and onions with the oil, and season with salt and pepper.
- 3 When the grill is preheated, place sausages on one side of the grill and peppers and onions on the other.
- 4 Cook the sausages for 20 minutes, turning every 5 minutes.
- 5 Grill the peppers and onions for 10 minutes, tossing halfway through.
- 6 When cooking is complete, place sausages in the hoagie rolls, top with peppers and onions, and serve.

# DIJON MARINATED SALMON WITH ASPARAGUS



BEGINNER RECIPE ●○○

**PREP:** 5 MINUTES | **MARINATE:** 1-2 HOURS | **PREHEAT:** 7 MINUTES | **COOK:** 20 MINUTES | **MAKES:** 4 SERVINGS

## INGREDIENTS

4 fillets of salmon  
(5-7 ounces each), skin on  
4 tablespoons canola oil, divided  
1 tablespoon maple syrup  
1 tablespoon Dijon mustard  
1 tablespoon lemon juice  
1 tablespoon parsley  
1/2 tablespoon dill  
1/2 tablespoon garlic powder  
Kosher salt, as desired  
Ground black pepper, as desired  
1 pound asparagus

## DIRECTIONS

- 1 Place salmon fillets in large resealable plastic bag with 2 tablespoons canola oil, maple syrup, mustard, lemon juice, parsley, dill, garlic powder, salt, and pepper. Work the marinade over all parts of the salmon, then place in the refrigerator to marinate for 1 to 2 hours.
- 2 Place the grill plate on the unit. Turn the dial to set temperature to 350°F. Set an external timer to 7 minutes and allow the grill plate to preheat.
- 3 In a medium bowl, add the asparagus, remaining canola oil, salt, and pepper and toss until evenly coated.
- 4 When the unit is preheated, add the salmon to the grill plate skin side down and gently press down to maximize grill marks. Cook for 10 minutes, flipping halfway through.
- 5 When the salmon is cooked, remove from grill and place on plate.
- 6 Turn dial to 500°F. Set an external timer to 7 minutes and allow the grill plate to preheat. Once preheated, add the asparagus to the grill plate and cook for 10 minutes, turning every 2 minutes with silicone-tipped tongs.
- 7 When the asparagus is cooked, remove from grill and serve with salmon.

**TIP** Keep an eye on cook times for thinner or thicker asparagus for desired doneness.

# GRILLED GREEK CHICKEN BURGERS

BEGINNER RECIPE ●○○

**PREP:** 5 MINUTES | **PREHEAT:** 7 MINUTES | **COOK:** APPROX. 23 MINUTES | **MAKES:** 6 SERVINGS



## INGREDIENTS

2 pounds ground chicken  
1 cup crumbled feta cheese  
2 cups seasoned panko bread crumbs  
1 large egg  
2 tablespoons Greek seasoning  
Kosher salt, as desired  
Ground black pepper, as desired  
6 burger buns

## TOPPINGS (optional)

Tzatziki, as desired  
Pickled onions, as desired

## DIRECTIONS

- 1 Place the grill plate on the unit. Turn the dial to set temperature to 350°F. Set an external timer to 7 minutes and allow the grill plate to preheat.
- 2 In a medium bowl, add the ground chicken, feta cheese, breadcrumbs, egg, Greek seasoning, salt, and pepper and mix until evenly combined.
- 3 Separate ground chicken into 6 equal portions. Working one portion at a time, shape the mixture into patties, and set aside.
- 4 When unit is preheated, add the patties to the grill plate and gently press down to maximize grill marks. Cook for 20 minutes, flipping halfway through.
- 5 When the patties are cooked, remove from grill and place on a plate or platter.
- 6 Place buns cut-side down to toast for 3 minutes or until golden brown.
- 7 When the buns are toasted, remove from grill and spread tzatziki on the bottom of the bun. Then place the burger on top and finish with the pickled onions.

**TIP** Serve this dish with Grilled Zucchini & Summer Squash on page 18.



# GRILLED ZUCCHINI & SUMMER SQUASH



BEGINNER RECIPE ●○○

**PREP:** 5 MINUTES | **PREHEAT:** 7 MINUTES | **COOK:** 8 MINUTES | **MAKES:** 4 SERVINGS

## INGREDIENTS

- 1 large zucchini, cut in half lengthwise, then cut in half
- 1 large summer squash, cut in half lengthwise, then cut in half
- 2 tablespoons canola oil
- 1 tablespoon parsley, minced
- 1 tablespoon garlic, minced
- 2 teaspoons red pepper flakes
- Kosher salt, as desired
- Ground black pepper, as desired

## DIRECTIONS

- 1 Place the grill plate on the unit. Turn the dial to set temperature to 375°F. Set an external timer to 7 minutes and allow the grill plate to preheat.
- 2 In a medium bowl, add zucchini, summer squash, canola oil, parsley, garlic, red pepper flakes, salt, and pepper and toss until evenly coated.
- 3 When unit is preheated, add the zucchini and squash to the grill plate. Cook for 8 minutes, flipping halfway through.
- 4 When zucchini and squash are cooked, remove from grill and place on plate. Serve while warm.



# GRILLED WATERMELON SALAD WITH BALSAMIC GLAZE



BEGINNER RECIPE ●○○

**PREP:** 5 MINUTES | **PREHEAT:** 7 MINUTES | **COOK:** 15 MINUTES | **MAKES:** 4 SERVINGS

## INGREDIENTS

- 2 cups watermelon, cut in 2-inch cubes
- 3 tablespoons canola oil
- Ground black pepper, as desired
- Kosher salt, as desired
- 2 cups arugula
- 1/2 cup crumbled feta cheese
- 6–7 mint leaves, chopped
- Balsamic glaze, as desired

## DIRECTIONS

- 1 Place the grill plate on the unit. Turn the dial to set temperature to 500°F. Set an external timer to 7 minutes and allow the grill plate to preheat.
- 2 In a medium-sized bowl, toss watermelon with oil, salt, and pepper until evenly coated.
- 3 When the unit is preheated, place watermelon on grill and cook for 2 to 3 minutes, flipping occasionally, then remove and allow to cool.
- 4 Place arugula on a large platter and top with the grilled watermelon cubes.
- 5 Sprinkle with feta cheese and chopped mint leaves, then drizzle with balsamic glaze and serve.



# GRILLED PINEAPPLE CAKE



BEGINNER RECIPE ●○○

**PREP:** 5 MINUTES | **PREHEAT:** 7 MINUTES | **COOK:** 16 MINUTES | **MAKES:** 4 SERVINGS

## INGREDIENTS

- 1 can (20 ounces) sliced pineapple
- 1/4 cup pineapple juice (from sliced pineapple can)
- 1 tablespoon vanilla extract
- 2 tablespoons granulated sugar
- 2 teaspoons ground cinnamon
- 2 tablespoons canola oil
- 6 slices pound cake (1 1/2-inch thick)

## TOPPINGS (optional)

Whipped cream

## DIRECTIONS

- 1 Place the grill plate on the unit. Turn the dial to set temperature to 450°F. Set an external timer to 7 minutes and allow the grill plate to preheat.
- 2 In a medium bowl, add the sliced pineapple, pineapple juice, vanilla, sugar, and cinnamon. Mix until the sugar is fully dissolved.
- 3 When the unit is preheated, drizzle canola oil over the grill plate and place the sliced cake on the grill. Cook for 6 minutes, flipping halfway through.
- 5 Place the pineapple on the grill and cook for 10 minutes, flipping halfway through.
- 6 Once the pineapple is cooked, remove from grill and place on top of the plated cake slices. Top with whipped cream and serve.

# Grill Chart

INGREDIENT	AMOUNT	PREPARATION	TEMP	COOK TIME	INSTRUCTIONS
<b>POULTRY</b>					
Chicken breast, boneless	6 breasts (7-9 oz each)	Season as desired	375°F	25-30 mins	Flip 2 or 3 times during cooking
Chicken sausage	10 sausages	Season as desired	375°F	20-25 min	Flip 2 or 3 times during cooking
Chicken tenderloins	9 tenderloins	Season as desired	375°F	8-11 min	Flip halfway through cooking
Chicken thighs, bone in	6 thighs (4-7 oz each)	Season as desired	375°F	20-25 min	Flip 2-3 times during cooking
Turkey Burgers	6 patties	Season as desired	375°F	15-20 min	Flip halfway through cooking
<b>BEEF</b>					
Beef burgers	6 patties, 1" thick	Season as desired	325°F	11-15 min	Flip halfway through cooking
Filet mignon	6 steaks (6-8 oz each), 1 1/4-1 1/2-inch thick	Season as desired	375°F	14-17 min	Flip halfway through cooking
Flat iron or flank steak	1 steaks (18-24 oz each), 1 1/4-1 1/2-inch thick	Season as desired	375°F	15-25 min	Flip halfway through cooking
Hot dogs	12 each	N/A	375°F	10-16 min	Flip halfway through cooking
New york strip steak	4 steaks (10-12 oz each), 1 1/4-1 1/2" thick	Season as desired	375°F	13-20 min	Flip halfway through cooking
Ribeye	3 steaks (14-16 oz each), 1 1/4" thick	Season as desired	375°F	14-22 min	Flip halfway through cooking
Skirt steak	4 steaks (10-12 oz each), 3/4-1" thick	Season as desired	375°F	12-18 min	Flip halfway through cooking
Steak tips	2 pounds	Season as desired	350°F	14-19 min	Flip halfway through cooking
<b>PORK</b>					
Bacon	7 strips, thick cut	N/A	375°F	9-14 min	Flip halfway through cooking
Pork chops, boneless	6 boneless chops (8 oz each)	Season as desired	375°F	18-23 min	Flip halfway through cooking
Pork chops, bone in	4 thick cut, bone in (10-12 oz each)	Season as desired	375°F	20-25 min	Flip halfway through cooking
Sausages	10 each	N/A	350°F	16-23 min	Flip halfway through cooking
<b>SEAFOOD</b>					
Flounder	3 fillets	Coat lightly with canola oil, season as desired	500°F	5-8 min	Flip halfway through cooking
Halibut	6 fillets (5-6 oz each)	Coat lightly with canola oil, season as desired	500°F	6-10 min	Flip halfway through cooking
Salmon	6 fillets (6 oz each)	Coat lightly with canola oil, season as desired	375°F	7-11 min	Flip halfway through cooking
Scallops	18 each	Coat lightly with canola oil, season as desired	500°F	6-9 min	Flip halfway through cooking
Shrimp (large or jumbo)	1 1/2 lbs	Coat lightly with canola oil, season as desired	500°F	4-5 min	Flip halfway through cooking
Swordfish	2 steaks (11-12 oz each)	Coat lightly with canola oil, season as desired	500°F	6-8 min	Flip halfway through cooking
Tilapia	6 fillets (5-6 oz each)	Coat lightly with canola oil, season as desired	500°F	8-12 min	Flip halfway through cooking
Tuna	4 steaks (4-6 oz each)	Coat lightly with canola oil, season as desired	500°F	7-10 min	Flip halfway through cooking

# Grill Chart, continued

VEGETABLES					
Asparagus	1 bunch, trimmed	Coat lightly with canola oil, season as desired	500°F	10-15 min	Toss frequently during cooking
Baby bok choy	1 1/2 lbs	Coat lightly with canola oil, season as desired	500°F	9-13 min	Toss frequently during cooking
Bell peppers	3 peppers, cut in quarters	Coat lightly with canola oil, season as desired	500°F	10-15 min	Toss frequently during cooking
Broccoli	2 heads, cut in 1" pieces	Coat lightly with canola oil, season as desired	500°F	12-16 min	Toss frequently during cooking
Brussels sprouts	1 lb, trimmed and cut in half	Coat lightly with canola oil, season as desired	500°F	20-25 min	Toss frequently during cooking
Carrots	1 lb, peeled, cut in 1-2" pieces	Coat lightly with canola oil, season as desired	500°F	25-30 min	Toss frequently during cooking
Corn on the cob	4 cobs	Coat lightly with canola oil, season as desired	500°F	5-10 min	Toss frequently during cooking
Crimini mushrooms	1 lb	Coat lightly with canola oil, season as desired	500°F	10-15 min	Toss frequently during cooking
Eggplant	2 medium, cut in 1" slices	Coat lightly with canola oil, season as desired	500°F	12-16 min	Toss frequently during cooking
Green beans	1 1/2 lbs, trimmed	Coat lightly with canola oil, season as desired	500°F	10-12 min	Toss frequently during cooking
Onions, white or red (cut in half)	6 each, peeled, cut in half	Coat lightly with canola oil, season as desired	500°F	8-10 min	Toss frequently during cooking
Onions, white or red (sliced)	3 each, peeled, sliced	Coat lightly with canola oil, season as desired	500°F	4-6 mins	Toss frequently during cooking
Portobello mushrooms	1 lb, cleaned	Coat lightly with canola oil, season as desired	500°F	9-14 min	Flipping not necessary
Squash or Zucchini	1 pound, cut in quarters lengthwise	Coat lightly with canola oil, season as desired	500°F	8-14 min	Toss frequently during cooking
Tomatoes	5 each, cut in half	Coat lightly with canola oil, season as desired	500°F	8-10 min	Toss frequently during cooking
FRUIT					
Avocado	Up to 4	Cut in half, remove pit	500°F	5-7 min	Flipping not necessary
Bananas	4 each	Peel, cut in half lengthwise	500°F	8 min	Toss frequently during cooking
Lemons & limes	5 each	Cut in half lengthwise	500°F	3 min	Toss frequently during cooking
Mango	4 each	Skin and pit removed	500°F	6-8 min	Toss frequently during cooking
Melon	6-8 spears	N/A	500°F	4-6 min	Toss frequently during cooking
Pineapple	6-8 slices or spears	Cut in 2" pieces	500°F	5-8 min	Toss frequently during cooking
Stone Fruit	3-4 each	Cut in half, remove pit, press down on grill grate	500°F	5-7 min	Flipping not necessary
BREAD/CHEESE					
Bread (baguette or ciabatta)	1 16" loaf	Cut in 1 1/2 slices, brushed with canola oil	500°F	4-8 min	Toss frequently during cooking
Halloumi Cheese	16-36 oz	Cut in 1/2" slices	500°F	3-6 min	Toss frequently during cooking

# NINJA SIZZLE™

**SMOKELESS** **INDOOR GRILL**

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