

Common Baking Instructions

Dish	Temperature (F)	Time (min)	Notes
Tilapia	425	10-15	
Mahi Mahi	425	25	
Pork chops	400	15-20	Generally, at 400, bake 7 minutes per .5" meat. Check for internal temp of 145.
Chicken breast	375	45	
Chicken breast	400	25	
Chicken breast	450	15-20	
Salmon	425	12-15	Generally, 4-6 minutes per .5" salmon. Check flaking or internal temp of 145.

Common Grilling Instructions

Dish	Setting	Time (min)	Notes
Burger	High	8-10	Press down centers. Flip once halfway.
Steak, 1" thick - medium	High	8	2 minutes, rotate, 2 minutes, flip, repeat
Chicken breast	Medium	8-12	
Pork chops, .75" thick	High	6-8	
Fish, .25-.5" thick	High	3-5	Generally, 4-5 minutes per .5" thickness
Fish, 1-1.25" thick	High	10-12	Generally, 4-5 minutes per .5" thickness
Asparagus	Medium	6-8	