

# Dehydrate Chart

for the Cook & Crisp™ Basket  
with the Cook & Crisp Layered Insert\* or Dehydrating Rack\*\*  
for the OP300 Series Ninja® Foodi™

**TIP** Most fruits and vegetables take between 6 and 8 hours (at 135°F) to dehydrate; meats take between 5 and 7 hours (at 150°F). The longer you dehydrate your ingredients, the crispier they will be.

| INGREDIENTS                        | PREPARATION  | TEMP  | DEHYDRATE TIME |
|------------------------------------|--|-------|----------------|
| <b>FRUITS &amp; VEGETABLES</b>     |  |       |                |
| Apple chips                        | Core removed, cut in 1/8-inch slices, rinsed in lemon water, patted dry          | 135°F | 7-8 hrs        |
| Asparagus                          | Cut in 1-inch pieces, blanch   | 135°F | 6-8 hrs        |
| Bananas                            | Peeled, cut in 3/8-inch slices   | 135°F | 8-10 hrs       |
| Beet chips                         | Peeled, cut in 1/8-inch slices   | 135°F | 7-8 hrs        |
| Eggplant                           | Peeled, cut in 1/4-inch slices, blanch   | 135°F | 6-8 hrs        |
| Fresh herbs                        | Rinsed, patted dry, stems removed  | 135°F | 4-6 hrs        |
| Ginger root                        | Cut in 3/8-inch slices   | 135°F | 6 hrs          |
| Mangoes                            | Peeled, cut in 3/8-inch slices, pit removed                                      | 135°F | 6-8 hrs        |
| Mushrooms                          | Cleaned with soft brush (do not wash)  | 135°F | 6-8 hrs        |
| Pineapple                          | Peeled, cored, cut in 3/8-1/2-inch slices  | 135°F | 6-8 hrs        |
| Strawberries                       | Cut in half or in 1/2-inch slices  | 135°F | 6-8 hrs        |
| Tomatoes                           | Cut in 3/8-inch slices or grated; steam if planning to rehydrate                 | 135°F | 6-8 hrs        |
| <b>JERKY - MEAT, POULTRY, FISH</b> |  |       |                |
| Beef jerky                         | Cut in 1/4-inch slices, marinated overnight (refer to Beef Jerky recipe page 60) | 150°F | 5-7 hrs        |
| Chicken jerky                      | Cut in 1/4-inch slices, marinated overnight (refer to Beef Jerky recipe page 60) | 150°F | 5-7 hrs        |
| Turkey jerky                       | Cut in 1/4-inch slices, marinated overnight (refer to Beef Jerky recipe page 60) | 150°F | 5-7 hrs        |
| Salmon jerky                       | Cut in 1/4-inch slices, marinated overnight (refer to Beef Jerky recipe page 60) | 165°F | 5-8 hrs        |

\*If the Ninja Cook & Crisp Layered Insert is not included with your unit, it can be purchased on [ninjaaccessories.com](http://ninjaaccessories.com).

\*\*The Ninja dehydrating rack is sold separately on [ninjaaccessories.com](http://ninjaaccessories.com).