



NuWave Duralon Healthy Ceramic Non-Stick Cookware

Duralon Healthy Ceramic Non-Stick Cookware:	Available Lids:
8-inch Fry Pan (#32701)	
9.5-inch Fry Pan (#32702)	(#32040)
11-inch Fry Pan (#32703)	(#32013)
1.5-quart Saucepan (#32731)	(#32036)
2-quart Saucepan (#32732)	(#32037)
3-quart Saucepan (#32733)	(#32038)
5-quart Stock Pot (#32735)	(#32040)
4-quart Everyday Pan (#32734)	(#32004)

Duralon Healthy Ceramic Cookware Manual (#32200)

Lid Materials: Tempered, vented glass with stainless steel handle, rim, and vent.

To learn more about the full line of NuWave products, visit us at: www.nuwavenow.com

IMPORTANT SAFEGUARDS

- To avoid injury, always use caution when handling cookware.
- Do not allow children near an open flame or heating surface unsupervised.
- Lids and cookware may become hot during prolonged cooking.
- Use oven mitts or potholders when removing cookware from the heat source.
- Use caution when removing lids, as steam may accumulate inside the cookware.
- Use caution when removing cookware from heat source.
- Do not leave cookware unattended while in use.

COOKING RECOMMENDATIONS

These guidelines will help maximize the life of your NuWave Duralon Healthy Ceramic Non-Stick Cookware:

Getting Started

Always wash new cookware prior to initial use. To clean, apply liquid soap to the interior and soak under warm water. Wash lightly with a non-abrasive cloth. Harsh abrasives and heavy-duty cleaning chemicals will damage the coating, which can inhibit functionality and also void the manufacturer's limited warranty. Rinse and dry thoroughly with paper towel or a soft cloth.

Utensils

For best practices, the NuWave Culinary Team recommends the use of high heat-rated, silicone-based tools for cooking foods. Do not use metal utensils or any sharp, abrasive materials in the cookware. Never attempt to cut foods while they are in the cookware. Any misuse of the coating will void the warranty. Refer to the "Limited Warranty."

Safe Cooking Temperature

The maximum recommended ambient temperature for the NuWave Duralon Healthy Ceramic Non-Stick Cookware is 900°F. The maximum safe temperature for the glass lids is 450°F. You may sear foods in your cookware at high heat for short periods of time, but prolonged use at high heat may cause food to scorch or burn, or discolor the cookware and potentially diminish the life of your cookware. For best results, allow the pan to heat between 280°F and 300°F for up to 1 minute before inserting and cooking foods. Avoid preheating empty pans above 300° F.

Best Cooking Practices

Do not use aerosol non-stick cooking sprays on your cookware. Doing so will deteriorate the non-stick coating on the pan. If you wish to add some form of lubricant to your pan when you cook, use simple oils or butters instead, although doing so is not necessary.

COOKING RECOMMENDATIONS

Never run cold or warm water onto hot cookware or immerse the heated cookware in cold water. After cooking, allow cookware and lid to cool prior to cleaning. Washing cookware while heated may shorten the life of the cookware.

CLEANING AND STORAGE

Use soft detergents when cleaning your non-stick pans. Most dishwasher detergents, bleach, and other heavy-duty cleaners are considered hard and should not be used on your cookware as they can damage the non-stick coating. Check your cleaning agent before using on your cookware.

Your NuWave Duralon Healthy Ceramic Non-Stick Cookware may be hand-washed with mild soap and warm water, using a soft sponge or dishcloth. Avoid using any metal or harsh abrasive materials when washing. In addition to cleaning by hand, NuWave Duralon Healthy Ceramic Non-Stick Cookware may be washed in a dishwasher. Do not let the dry cycle exceed 350°F.

Storage

Although the Duralon® Ceramic Coating is extremely durable, it may become damaged if not stored properly. A hanging rack is ideal, but if you choose to store your cookware in a drawer or cabinet, it is recommended to use care when stacking with other cookware. This will help avoid scratches, chips or dings that may result from improper handling.

LIMITED WARRANTY

These products are warranted to be free from defects in material and workmanship under normal household use. The warranty period will last for 10 years for NuWave Duralon Healthy Ceramic Non-Stick Cookware. Limited warranty does not apply to coating or damages resulting from accidents, abuse or misuse, including damage caused by overheating or mishandling of the products. Warranty does not apply to scratches, stains, discoloration, other damage or anything that does not impair the intended use. Discoloration and small surface markings may appear with use. This will not affect the quality or performance of the pan. Any damage caused by mishandling, dropping or otherwise damaging the glass lids will not be covered. The manufacturer's obligation shall be limited to repairing and/or replacing any part of the product that is defective. The customer is responsible for any shipping cost incurred.

SMOKE POINT

Tip: If using oil, do not exceed the oil's smoke point. The smoke point of oil is the temperature at which it begins to break down to glycerol and free fatty acids, producing bluish smoke. The smoke point also signifies the beginning of flavor and nutritional degradation.

Note: Smoke points can vary depending upon many different factors. Consult the following list for common oil types and their median smoke point. Always practice caution when cooking with oil.

Oil Type	Smoke Point	Oil Type	Smoke Point
Rice Bran Oil	490° F	Peanut Oil	440° F
Grape Seed Oil	485° F	Sesame Oil	410° F
Canola Oil	435° F	Sunflower Oil	440° F
Extra-Virgin Olive Oil	405° F	Almond Oil	420° F

WILD RICE PILAF

Serves: 4 | 1.5-quart Saucepan | Prep: 10 min | Cook: 45 min

Ingredients:

1½ cups wild rice blend	1 tablespoon green pepper, diced
¼ cup carrots, diced	1 tablespoon olive oil
¼ cup celery, diced	3½ cups vegetable stock
¼ cup onion, diced	1 tablespoon chopped parsley
1 tablespoon red pepper, diced	
1 tablespoon yellow pepper, diced	

Directions:

- Preheat pan over medium-high heat for 2-3 minutes.
- Once pan is hot, add oil and vegetables to pan and sweat for 3 minutes, or until the vegetables are translucent.
- Add rice and cook for 3 more minutes.
- Add vegetable stock and stir.
- Increase temperature, bring the mixture to a boil and stir again.
- Cover pan and lower heat to a low simmer and cook for 35-40 minutes.
- Remove pan from heat and keeping the lid on, let steam for another 8 minutes.
- Carefully remove lid and add parsley and fluff gently with a fork to separate the grains.



HEARTY CHICKEN AND VEGETABLE SOUP

Serves: 6 | 2-quart Saucepan | Prep: 10 min | Cook: 30 min

Ingredients:

2 cups boneless, skinless chicken breasts, diced small	Vegetables:
1 teaspoon olive oil	½ cup spanish onion, diced
6 cups chicken stock	½ cup celery, diced
Salt and pepper to taste	½ cup diced carrot
2 tablespoons fresh chopped thyme leaves	¼ cup red bell pepper, minced

Directions:

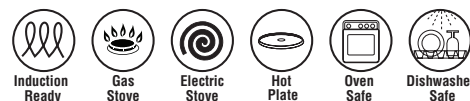
- Preheat saucepan over medium heat for 3 minutes.
- Add oil, chicken, and thyme to pan and cook for 3-5 minutes.
- Add vegetables and chicken stock to pan, cover and simmer for 30 minutes.
- Season with salt and pepper and serve hot.

Duralon Healthy Ceramic Non-Stick Cookware

WELCOME TO THE NUWAVE FAMILY

Congratulations on your NuWave Duralon Healthy Ceramic Non-Stick Cookware purchase! Our mission is to provide products that promote healthy living and improve the quality of your life. You now have cookware with technologically advanced Titanium- and Diamond-Infused Ceramic Non-Stick surface with Duralon® technology promotes easy food release and simple cleanup. This coating is extremely convenient because food easily slides off. Cleanup is simple because the cooked food easily washes clean.

Unlike other traditional cookware, cooking with NuWave Duralon Healthy Ceramic Non-Stick Cookware is healthier because unwanted fats and oils are not necessary. Ceramic coating, in general, is stronger and more resistant to abrasions than other non-stick materials. Other non-stick cookware may contain chemicals such as perfluorooctanoic acid (PFOA), which has been linked to certain types of cancer or polytetrafluoroethylene (PTFE), which may start to degrade at temperatures over 500°F. Our NuWave Duralon Healthy Ceramic Non-Stick Cookware does not contain either, and has been developed to provide many years of satisfaction and enjoyable cooking!



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NUWAVE STYLE BEEF CHILI

Serves: 6 | 3-quart Saucepan | Prep: 10 min | Cook: 40 min

Ingredients:

1 pound ground beef
½ cup onion, diced
½ cup green bell pepper, diced
½ cup yellow bell pepper, diced
¼ cup jalapeno, seeded and diced (optional)
¼ cup minced garlic
1 (15½-ounce) can kidney beans, rinsed and drained

1 tablespoon cumin
5 cups beef broth
½ cup crushed tomatoes
¼ cup scallions, chopped
Salt and pepper to taste

Directions:

1. Preheat saucepan over high heat for 3-5 minutes.
2. Add beef and brown for 5 minutes.
3. Add veggies and sauté until they become translucent.
4. Add spices and cook for another 2 minutes.
5. Lower heat to medium simmer.
6. Add crushed tomatoes, beef broth and beans. Cover and simmer for 30-40 minutes.
7. After the chili has had time to simmer, uncover and season to taste.
8. Cook for another 5 minutes, then stir in scallions and serve with your favorite chili garnishes.

BBQ GLAZED STUFFED MEATLOAF

Serves: 6 | 4-quart Everyday Pan | Prep: 15 min | Cook: 40 min

Ingredients:

2½ pounds ground beef, divided
½ cup cheddar cheese, cut into ½-inch cubes
¼ cup crispy bacon bits
¼ cup barbecue sauce
Salt and pepper to taste

Directions:

1. Form 1 pound ground beef into oval-shaped patty using your hands and place in 4-quart Everyday Pan. This will be the bottom of the meatloaf.
2. Place the cheddar cheese and bacon on top of the patty.
3. Form remaining beef into dome-shaped patty and cover cheese and bacon, using your fingers to seal the top with the bottom loaf. This will help the cheese to stay inside the center of the meatloaf.
4. Sprinkle the meatloaf with salt and pepper. Tightly cover the meatloaf with foil and bake in oven for 350°F for 25-30 minutes.
5. Remove the lid, foil and glaze with the barbecue sauce. Cook for another 8-10 minutes until the meatloaf is cooked through and the center cheese is melted.
6. Serve with your favorite sides such as mashed potatoes and steamed green beans.

STEAK FAJITAS

Serves: 4 | 4-quart Everyday Pan | Prep: 10 min | Cook: 10 min

Ingredients:

1 teaspoon olive oil
10-ounce flank steak, ¼-inch (thinly sliced against the grain)
¼ cup red bell peppers, julienned
¼ cup yellow bell peppers, julienned
¼ cup green bell peppers, julienned
¼ cup spanish onions, julienned
1 tablespoon garlic, minced
1 tablespoon jalapeno, minced, (optional)
Salt and pepper to taste
¼ cup cilantro leaves, chopped

Garnishes:

4 warm (6½-inch) flour tortillas
½ cup shredded cheddar cheese
¼ cup salsa
¼ cup sour cream

Directions:

1. Preheat 4-quart Everyday Pan over high heat for 3-5 minutes.
2. Add the oil and single layer of flank steak spread out over the surface of the hot pan.
3. Cook steak on all sides for 2-5 minutes depending on desired doneness.
4. Add garlic and jalapenos to pan and cook for 1 minutes.
5. Add all vegetables to pan and mix together and saute.
6. Season mixture with salt and pepper and cook until the vegetables are cooked through.
7. Sprinkle in cilantro and pour mixture onto a serving plate.
8. Build fajitas by placing some meat and veggies on the warmed tortillas and top with your favorite garnish.

BAKED MACARONI AND CHEESE

Serves: 4 | 4-quart Everyday Pan | Prep: 5 min | Cook: 30 min

Ingredients:

1 package epoundow macaroni
3 cups shredded cheddar cheese, divided
1 cup heavy cream
2 cups milk
3 cups water

Directions:

1. Set aside 1½ cups shredded cheddar cheese.
2. Combine all remaining ingredients and add to everyday pan.
3. Top noodles with remaining cheese and cover.
4. Place pan in an oven and bake at 350°F for 20-25 minutes.
5. Remove lid and bake for an additional 5 minutes.

CLASSIC NUWAVE LASAGNA

Serves: 10 | 4-quart Everyday Pan | Prep: 30 min | Cook: 60 min

Ingredients:

1 pound lasagna noodles, uncooked
12 cups water
1 pound ricotta cheese
4 eggs
6 cups prepared spaghetti sauce
1 pound mozzarella cheese, shredded
1 cup parmesan cheese, divided
½ cup chopped parsley
¼ cup olive oil
Salt and pepper for taste

Directions:

1. Fill 5-quart stock pot with water and add salt.
2. Cover pot and bring to a boil.
3. Once boiling, remove lid, add noodles and gently stir for at least 2 minutes to prevent the noodle sheets from sticking.
4. Lower the heat to a medium simmer and cook noodles for about 8 minutes, until they are about 75 percent done.
5. Drain noodles and cool under running cold water.
6. Drain noodles again and transfer to large bowl and toss them in the olive oil. Set aside for lasagna assembly.
7. In another mixing bowl, mix together ricotta, eggs, chopped parsley and ½ cup parmesan cheese. Set aside for lasagna assembly.
8. Assemble lasagna by spooning some prepared sauce on the bottom of the pan.
9. Add 1 layer of noodles that overlap each other by ½ inch.
10. Spread some more sauce over the noodles, followed by dollops of ricotta mixture and generous sprinkles of mozzarella cheese.
11. Repeat until all ingredients are used, ensuring the top layer is sauce and cheese.
12. Top lasagna with remaining parmesan cheese.
13. Preheat oven to 350°F.
14. Once preheated, cover the pan and bake for 50 minutes, or until lasagna is piping hot.
15. Remove lid and cook for another 5-10 minutes until cheese has browned.
16. Remove pan from oven and let lasagna rest for at least 20 minutes before slicing.
17. Serve with crusty garlic bread and a green salad.



PINEAPPLE UPSIDE-DOWN CAKE

Serves: 8 | 4-quart Everyday Pan | Prep: 8 min | Cook: 55 min

Ingredients:

½ cup butter, melted
¾ brown sugar
2 (14-ounce) cans pineapple, drained
9 pieces maraschino cherries
1 box yellow cake mix
3 large eggs
⅓ cup vegetable oil
¼ cup pineapple juice

Directions:

1. Add melted butter to pan.
2. Sprinkle brown sugar evenly over melted butter.
3. Arrange pineapple slices evenly over brown sugar.
4. Place cherries in the center of each pineapple slice; set pan aside.
5. Add cake mix to medium bowl.
6. Whisk in eggs, pineapple juice, and oil.
7. Pour batter into pan on top of pineapples.
8. Add pan to an oven and bake at 350°F for 50-55 mins.
9. When cake is ready, immediately place heatproof serving plate upside down over pan; turn plate and pan over.
10. Leave pan over cake a few minutes, and remove from pan.



Serves: 8 | 5-quart Stock Pot | Prep: 15 min | Cook: 45 min

Ingredients:

3-4½ pound pork loin
½ cup carrots, peeled and cut into large chunks
½ cup celery, cut into large chunks
½ cup Spanish onion, large chunks
2 cups Yukon Gold potatoes, peeled and quartered
½ tablespoon olive oil
Salt and pepper to taste
½ tablespoon fresh thyme leaves

Directions:

1. Preheat the pan over medium heat for 2-4 minutes.
2. While pan heats, season the roast with salt and pepper on all sides.
3. Add roast to pan and sear on all sides until golden brown.
4. In separate bowl, toss all vegetables with olive oil, salt, pepper, and thyme.
5. Arrange veggies around seared roast, cover and place in oven and cook at 350°F for 25-35 minutes.
6. Remove cover from pan and cook for 10 additional minutes.



Serves: 2 | 8-inch Fry Pan | Prep: 5 min | Cook: 5 min

Ingredients:

2 (6-ounce) portions sushi-grade ahi tuna
1 cup shredded cabbage
½ cup shredded carrots
¼ cup grape tomatoes, halved
1 tablespoon lime juice
Salt and pepper to taste

Directions:

1. Preheat the pan over high heat for 3 minutes.
2. While the pan is heating, season tuna with salt and pepper.
3. Add 1 piece of tuna to pan and sear on all sides for about 2-3 minutes for medium-rare. Set tuna aside and repeat with remaining piece.
4. Once both pieces are cooked, let the tuna rest for a few minutes.
5. While tuna rests, mix cabbage, carrots, tomatoes, and lime juice with salt and pepper in a small bowl.
6. Plate marinated veggies onto 2 dinner plates.
7. Cut each piece of tuna in half and place the cut tuna on each plate.
8. Serve with soy sauce for dipping.



Serves: 2 | 9.5-inch Fry Pan | Prep: 10 min | Cook: 20 min

Ingredients:

2 (6-ounce) Atlantic salmon skin-on, fillets
1 cup sweet potatoes, diced
½ cup red peppers, diced
2 scallions, cut in half
Salt and pepper to taste

Directions:

1. Preheat fry pan over medium-high heat for 3-5 minutes.
2. While fry pan is preheating, season salmon with salt and pepper.
3. Once hot, add the salmon flesh side down to the hot pan and sear for 5 minutes: remove the salmon and set aside.
4. Add veggies to hot pan and place the seared salmon skin side up on top of the veggies.
5. Place pan, uncovered, in an oven and cook at 375°F for 15-20 minutes, depending on what doneness you prefer and until the sweet potatoes are tender. Serve immediately.