

**Carb Controlled Instant Pot Recipes with Elaine Hon, MS, RD, CDCES
SHC Diabetes Wellness Group Zoom Class on 4/8/21**

Recipes Featured:

1. Steel Cut Oatmeal
2. Spaghetti Squash
3. Chicken Parmesan

Recipe #1 Steel Cut Oatmeal

Prep Time: 5 minutes

Cook Time: 4 minutes

Natural Pressure Release Time: 15-20 minutes

Servings: 4

Nutrition for ¼ cup dry steel cut oats: 150 calories, 27 grams carbohydrates, 4 grams fiber, 5 grams protein

Ingredients: 3 cups water, 1 cup steel cut oats and choice of toppings

Recipe:

1. Place oats and water in Instapot.
You can double this recipe (6 cups liquid and 2 cups oats) in a 6 quart Instant Pot.
2. Close the Instant Pot lid and turn the steam release valve to the sealing position.
Pressure cook on high pressure/manual for 4 minutes.
3. The Instant Pot will read "ON" as it comes to pressure, which can take roughly 7-10 minutes.
4. After it is done cooking, allow Instant Pot to naturally release for 15-20 minutes (this means you allow the Instant Pot to release the pressure on its own – you do nothing)
5. Turn the steam valve to the venting position
6. Open the lid and stir the oatmeal
7. Serve with desired toppings

Notes:

-If you have quick cooking steel cut oats, you can use the Instapot with a few modifications. For quick cook steel cut oats, reduce the water to 2 1/2 cups per 1 cup of oats. Reduce the pressure cooking time to 1 minute, followed by a natural release of at least 15 minutes.

-If you prefer a creamier texture, you can cook the oatmeal for longer.

-Leftover oats can be stored in individual containers in the refrigerator for 1 week

-When washing berries, I like to wash with baking soda to help get rid of the pesticides. Use 1 TBS baking soda and 1 L water and let it soak for 15 minutes and then rinse it off.

Pro Tip: you can use the Delay Start/Timer button and add the ingredients before going to bed

-This button allows you to prep your food and delay the cook time for a set amount of time.

-Set the timer so the oatmeal starts to cook about 30 minutes before you are going to eat them. This allows enough time for the pot to build pressure, the cook time, and natural release time.

-Add water and oats in your pot and lock your lid, just like you always do.

-Press the Manual or Pressure Cook button.

Press the + or – button to select the cook time (4 minutes for this recipe).

Press the Timer or Delay Start button and use the + or – button to choose how many hours from now you want it to start.

Press the Timer or Delay Start button again (the minutes will flash) and use the + or – button to choose the minutes, in 10 minute increments.

Then, after a few seconds it will beep, and the timer is all set! The green light on the Timer button will be on, and the time will begin counting down.

Recipe #2 Spaghetti Squash

Prep Time: 5minutes

Cook Time: 7 minutes

Natural Pressure Release Time: 0 minutes

Servings: 4

Nutrition for each serving (or 2 cups cooked): 84 calories, 20 grams carbohydrates, 4 grams fiber, 2 grams protein

Ingredients: 1 medium spaghetti squash (2-3 lbs), 1 cup water

Recipe:

1. Wash squash
2. Cut squash in half crosswise instead of lengthwise.
3. Use a large spoon and scoop out the seeds in the center of the squash. Remove and save it for later if you would like to roast the seeds.
4. Place the steamer insert/trivet into your pressure cooker
5. Add 1 cup of water to the Instant Pot
6. Place the squash halves on the steamer insert.
7. Place the lid on the pressure cooker and cook under high pressure for 7 minutes.
8. When it is done cooking and the timer goes off, turn the steam release valve to Venting, to quickly release any remaining steam pressure. (You can use a towel to put over the valve and release the steam using a spoon. Make sure your hand isn't over the vent, so that you don't get burned by the steam.)
9. Remove the lid from the pot and pour out any collected liquid from the squash.
10. Use a fork and poke the squash to check on the doneness. If you prefer your squash more tender, cook under high pressure for an additional 1-3 minutes.
11. Take the squash out of the pot and shred with a fork

Pro Tip: If you prefer not to cut the squash in half and prefer to cook a whole spaghetti squash, follow the above directions but cook at **high pressure for 15 minutes**. Let the pressure naturally release for 10 minutes

Recipe #3 Chicken parmesan

Prep Time: 5minutes

Cook Time: 3 minutes

Natural Pressure Release Time: 0 minutes

Servings: 4

Nutrition for each serving: 248 calories, 8 grams carbohydrates, 29 grams protein, 0 gram fiber

Ingredients: 1 tsp olive oil, 2 garlic cloves, 1.5 cups marinara sauce, 3 TBS grated Parmesan cheese, 4 thin chicken breasts, ground black pepper, dried oregano flakes, optional salt to taste, 4 oz shredded mozzarella cheese, chopped basil

Recipe

1. Add oil in the Instant Pot.
2. Press saute button.
3. Add garlic and cook until fragrant, about 2 minutes.
4. Stir in the marinara sauce, 2 TBS grated Parmesan cheese, ground pepper
5. Place the chicken breasts into the sauce, season the chicken with pepper, oregano, and salt to taste. Spoon the sauce over to cover the chicken.
6. Close the lid and cook on low pressure for 3 minutes.
7. When it is done cooking, manually release the pressure.
8. Sprinkle the mozzarella and 1 TBS Parmesan over the chicken. Cover the pot with the lid (but don't lock it on) and let it sit for 4 to 5 minutes to melt the cheese. Or if you would like a bit of crispiness, take chicken out of Instant Pot and place on a tray to broil the cheese in an oven until golden and bubbling. Broil until the cheese has browned, 2 to 3 minutes. Sprinkle with basil.