



Tips:

Pick cauliflower heads without black or soft spots to ensure quality.

Cauliflower is a good source of fiber and a great alternative for highly processed grains!

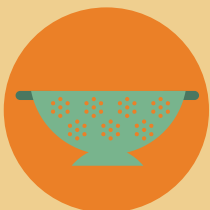
Garlic Parmesan Whole Roasted Cauliflower

Ingredients

- 1 head cauliflower
- ¼ cup butter, melted
- 1 clove garlic, minced
- 1 teaspoon lemon zest, grated
- 2 tablespoons parsley, chopped
- 1 teaspoon salt
- 1 teaspoon black pepper
- 2 tablespoons parmesan cheese, grated
- 1 teaspoon cayenne pepper (optional)

Steps

1. Wash your hands with soap and water.
2. Give the cauliflower head a good rinse. Trim the leaves or extra stem from the cauliflower. Place it on the trivet or wire steam basket in your electric pressure cooker.
3. Seal the cooker. Close the vent and cook on high pressure for 1 minute.
4. When finished cooking, do a quick release and remove the cauliflower from the trivet/wire steam basket. Put the cauliflower on a cookie sheet with sides to keep the toppings from spilling.
5. Combine the butter, garlic, lemon zest, parsley, salt, and pepper in a bowl.
6. Brush the cauliflower with a nice, even coat of the seasoning mixture to allow the mixture to seep into the crevices.
7. Sprinkle with parmesan cheese and place in the oven. Broil until the cheese starts to brown.



Tip:

Brown rice has greater health benefits because it has a lot of fiber!

Spanish Rice

Ingredients

- 1 tablespoon olive or vegetable oil
- ¼ cup onion, diced
- 1 cup long grain white or brown rice
- 1¼ cup low-sodium chicken or vegetable broth
- ½ cup mild salsa

Optional

- 2 cloves garlic, minced
- 1 jalapeño, seeded and minced
- ½ cup fresh corn off the cob, OR canned corn, drained
- ½ cup black beans, drained and rinsed, or your favorite vegetable

Steps

1. Wash your hands with soap and water.
2. Set the pressure cooker to sauté/sear.
3. Rinse the jalapeño and remove the seeds to reduce its heat.
Tip: Most of the heat is in the seeds, so be sure to wash your hands after handling peppers and their seeds.
4. Add cooking oil to the pot. Next, add the onion, jalapeño, and garlic and cook until tender, about 2–3 minutes.
5. Measure the rice, pour it in a colander, and rinse well. If using brown rice, use the cooking recommendations on the box.
Tip: Rinsing the rice removes the starch and improves the flavor and texture.
6. Next, add the rice and cook. Stir frequently until the rice becomes opaque, about 1–2 minutes. Add the stock and scrape the bits on the bottom of the pot.
7. Finally, add the salsa but do not stir. Replace the lid.
8. Cook on high pressure for 4 minutes and do a release for 5 minutes. Fluff with a fork.



Tip:

Use collard greens as a side for your meals to add a variety of vitamins and minerals!

Collard Greens

Ingredients

- 3 teaspoons olive oil
- ¼ pound (or 4 ounces) ham, sliced and chopped
- 1 small onion, chopped
- ¾ cup reduced-sodium chicken broth
- ⅓ cup apple cider vinegar
- 2 tablespoons brown sugar
- ½ teaspoon red pepper flakes, crushed
- 1 pound (16 ounces) collard greens, roughly chopped, OR 6–8 cups (two 14-ounce packages) frozen greens, thawed

Steps

1. Wash your hands with soap and water.
2. If using fresh greens, rinse them under cool, running water. Remove the thick center stems and roughly chop them into large, bite-sized pieces.
3. Add olive oil to the pot and press the sauté button, leaving the lid off. Once the oil has heated, add the chopped ham.
4. Sauté the ham for 4–5 minutes, and then add the chopped onion. Stir everything around periodically with a wooden spoon to keep it from sticking to the bottom of the pot.
5. Add the rest of the chicken broth, apple cider vinegar, brown sugar, and crushed pepper flakes, and stir.
6. Add the chopped collard greens to the pot and pack them in well. Packed in, the pot should be two-thirds full. You need adequate space in the pot before cooking with pressure.
7. Press the keep warm/cancel button to pause the sauté function for 1–2 minutes. Close and lock the lid and make sure the pressure release valve is set to sealing. Press the manual button. Then, using the down button, reduce the cooking time to 5 minutes. If you want softer greens, add more time in 2-minute increments.
8. The pressure cooker will take a few minutes to pressurize, during which you may hear a hissing noise, and then 5 minutes will appear on the display and will count down until done.
9. Allow the pot to naturally pressure release or do a quick release. Once the pressure is released, carefully remove the lid and stir everything up. Serve warm.



Tip:

Do not wash eggs before putting them in the pressure cooker. Washing removes the protective coating.

Boiled Eggs

Ingredients

- 1 cup water
- 1–6 large or jumbo eggs

Steps

1. Wash your hands with soap and water.
2. Pour water into the pressure cooker, and then put the trivet or wire basket in. Add the eggs.
3. Wash your hands.
4. Set the cooker to high pressure.
5. Cook the eggs for 5 minutes.
6. While the eggs are cooking, prepare an ice bath (water and ice in a bowl).
7. Once the cooking time is over, let the pot naturally release for 5 minutes. After 5 minutes, place the eggs directly into the ice bath for 5 minutes.
8. Peel and enjoy immediately.



Holiday Turkey Breast

Tips:

Turkey must reach an internal temperature of 165°F. Check it with a thermometer.

The herb mix is low in sodium or contains no sodium, so add salt if needed.

Using sage in different dishes is good for oral health!

Removing the skin is a great way to reduce fat. But since turkey is naturally dry, you may want to leave the skin on to help it retain moisture.

Ingredients

- 7 pounds turkey breast, bone-in and skin-on
- 3 tablespoons olive oil
- ¾ teaspoon paprika
- 2 teaspoons fresh poultry herb mix, chopped (rosemary, sage, and thyme)
- 1 teaspoon salt
- 1 teaspoon cayenne pepper
- ½ teaspoon black pepper
- 1 cup low-sodium chicken broth
- 1 medium apple, quartered
- 1 medium onion, cut into large slices
- 4 cloves garlic
- 2 stalks celery

Steps

1. Wash your hands with soap and water.
2. Add the chicken broth to your pressure cooker. Place the trivet/wire basket inside, and then add the onions, garlic, apple, and celery.
3. In a small bowl, mix the olive oil, paprika, herb mix, salt, and pepper thoroughly.
4. Remove the gravy packet from the turkey. You can throw this away and make your own gravy (instructions below).
5. Brush the turkey with the olive oil mixture. Place the turkey in the trivet/wire basket breast side up.
6. Wash your hands with soap and water.
7. Seal the cooker and close the vent. Set the timer to 35 minutes on high pressure. Let the cooker naturally release.
8. Remove the turkey from the cooker, being careful because it will be very hot.
9. To crisp the skin, place the turkey in the oven at 440°F. Broil until the skin is golden and crispy.
10. To make gravy, drain the pan drippings through a sieve. Measure 2 cups of liquid and place it back into the pressure cooker. Set the cooker to sauté. Once the liquid is simmering, add a mixture of 2 tablespoons of cornstarch and ¼ cup water and whisk well. Sauté until the gravy thickens.



White Rice

Tips:

Rinsing the rice removes starch and improves the flavor and texture.

You can use brown rice instead of white rice. Use the cooking recommendations on the box.

White rice is enriched with B vitamins that can give you energy throughout your day!

Ingredients

- 1 cup long grain white rice, rinsed
- 1¼ cups water
- ½ teaspoon salt

Steps

1. Wash your hands with soap and water.
2. Add the rinsed rice, water, and salt to your pressure cooker and stir.
3. Close the cooker and set it on high for 3 minutes.
4. Allow the natural pressure to release for 10 minutes. Quick release the remaining pressure.
5. Fluff rice with a fork.



Tip:

The internal temperature of the chicken must be 165°F. Check it with a food thermometer.

Honey Garlic Chicken

Ingredients

- 1/3 cup honey
- 1 teaspoon onion powder
- 4 cloves garlic, minced
- 1 teaspoon onion powder
- 1/2 cup low-sodium soy sauce
- 1/2 cup no-salt ketchup
- 1/2 teaspoon oregano, dried
- 2 tablespoons parsley, chopped
- 2 tablespoons sesame seed oil (or vegetable oil)
- 4–6 chicken thighs, bone-in and skinless
- Salt and pepper to taste
- 1/2 tablespoon sesame seeds, toasted (for garnish)
- Green onions (optional, for garnish)

Steps

1. Wash your hands with soap and water.
2. In a small mixing bowl, combine the honey, onion powder, minced garlic, soy sauce, ketchup, oregano, and parsley. Mix until well combined and set aside.
3. Heat your pressure cooker in sauté mode. Add the sesame oil to the pot.
4. Season the chicken thighs with salt and pepper and arrange so they are close but not touching in the cooker.
5. Wash your hands.
6. Cook the chicken thighs for 2–3 minutes per side.
7. Add the prepared honey garlic sauce to the pot; cover and lock the lid.
8. Cook in poultry mode for 20 minutes.
9. Turn off the pot and allow it to release the pressure about 5 minutes. Transfer the chicken thighs to a serving plate and spoon the sauce over the chicken. Garnish with toasted sesame seeds and green onions.



Tip:

Oats are packed with fiber that can help keep your blood sugar at a normal range throughout the day. Boost the health benefits by adding 1/2 teaspoon of turmeric and black pepper for a savory oatmeal.

Steel Cut Oats

Ingredients

- 2 cups steel cut oats
- 3 1/2 cups water
- 2 cups 2% milk (try almond or soy milk if you prefer)
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon salt
- 2 tablespoons maple syrup (plus more for serving)
- 1 teaspoon pure vanilla extract
- 1 medium banana, sliced
- 1/2 cup blueberries or strawberries

Optional Toppings

- Chopped apples
- 3/4 cup dried fruit (golden raisins, dried cherries or cranberries)
- 1 teaspoon chia seeds or flaxseed
- Handful of pecans
- Drizzle of honey

Steps

1. Wash your hands with soap and water.
2. Combine the oats, water, milk, cinnamon, and salt.
3. Add the oat mixture to the pot and set your pressure cooker on high for 5 minutes. Let it naturally release for 20 minutes. Carefully remove the lid.
4. Stir the oats well. Carefully taste (it will be hot), and add vanilla extract and additional cinnamon and/or maple syrup to taste. The oats will continue to thicken as they cool.
5. Ladle into serving bowls and serve hot with desired toppings.



Broccoli Cheddar Soup

Tips:

The soup thickens more about 3–5 minutes after turning off the electric pressure cooker.

To boost flavor, add black or cayenne pepper before serving the soup.

Ingredients in this dish, such as carrots and paprika, contain antioxidants that can help lower your risk of developing cancer.

Ingredients

1 tablespoon unsalted butter
1 medium yellow onion, finely diced
1 large carrot, shredded
1 celery stalk, finely diced
2 garlic cloves, OR 2 teaspoons garlic, minced
1 teaspoon salt
1 teaspoon cayenne pepper or Cajun seasoning (optional)
½ teaspoon smoked paprika or paprika
1 pound broccoli florets, chopped (fresh or frozen)
3 cups vegetable broth
1 cup skim milk or 2% milk
2 tablespoons cornstarch
1 tablespoon hot sauce (optional)
2 cups loosely packed shredded cheddar cheese
Black pepper or cayenne

Steps

1. Wash your hands with soap and water.
2. Peel then gently rub the onion under cold, running water. Finely dice the onion.
3. Scrub the carrot with a clean vegetable brush under running water. Peel and shred the carrot. **Tip: If you don't have a carrot shredder, use a cheese grater. If you don't have a cheese grater, slice the carrot into thin pieces.**
4. Scrub the celery with a clean vegetable brush under running water. Finely dice the celery.
5. Peel then rub the garlic under cold, running water. Mince the garlic or use 2 teaspoons of prepared minced garlic.
6. Gently rub the broccoli under cold, running water. Chop the broccoli.
7. On the sauté or sear setting on medium heat, melt the butter. Add the onion, carrot, celery, garlic, and ½ teaspoon salt. Sauté for 5 minutes until the onions are softened but not brown. Turn off the cooker.
8. Add the broccoli and vegetable broth. Lock the lid and vent. Set the cooker to cook 1 minute on high.
9. While the soup is cooking, mix the milk, cornstarch, and hot sauce in a bowl.
10. Let the cooker naturally release for 5 minutes, then quick release the remaining pressure. Turn off the cooker and set it to sauté.
11. Stir the cornstarch mixture, add to the pot, and toss.
12. Stir in the cheese.
13. Let the soup come to a simmer and cook for 1–2 minutes or until thickened. Turn off the cooker.
14. Let the soup cool for at least 5 minutes. Serve and enjoy!



Vegetable Soup

Tips:

If you don't have fresh vegetables, use a frozen soup blend or canned vegetables (drained).

Eating a diet rich in leafy greens can reduce your risk of heart disease and high blood pressure—and improve your brain health!

Ingredients

1 teaspoon canola oil
1 medium onion, finely diced
2 garlic cloves, OR 2 teaspoons garlic, minced
2 teaspoons Italian seasoning
2 teaspoons salt
¼ teaspoon black pepper
6 cups low-sodium chicken or vegetable broth
1 pound potatoes, chopped (about 3–4 medium; try 2 white potatoes and 2 sweet potatoes, or use what you have)
3 large carrots, peeled and chopped
2 ribs celery, sliced
1½ cups fire-roasted tomatoes, diced
1 cup fresh or frozen green beans, cut into thirds (or use canned)
1 cup of your favorite finely chopped leafy green or microgreen like collards, kale, or spinach

Steps

1. Wash your hands with soap and water.
2. Peel the onion, rub it under cold, running water, and then dice it.
3. Set the cooker to sauté or sear. Add the oil and onion and cook until clear and soft. Turn the cooker off.
4. Add garlic, Italian seasoning, salt, and pepper. Stir and cook for 1 minute.
5. Add the chicken broth to the hot pan and scrape the bottom with a spoon to remove any bits.
6. Wash all fresh produce under running water.
7. Scrub, peel, and cube the potatoes and carrots.
8. Slice the celery.
9. Rub the tomatoes gently under cold, running water, and then dice them.
10. Rub the green beans under cold, running water, and then cut them into thirds.
11. Add the potatoes, carrots, celery, tomatoes, and green beans to the cooker and stir.
12. Seal the cooker and close the vent. Set it to manual and cook for 2 minutes. Let the cooker naturally release for 8–10 minutes before opening.
13. Rub the leafy greens under cold, running water, and then finely chop or tear them. Or you can use frozen greens (thawed and drained) or canned greens (drained).
14. Stir in the greens, and adjust the seasonings to taste. Simmer for a few minutes to heat the greens.
15. Serve and enjoy!



Tips:

Add your favorite color of bell pepper to increase the nutrition and flavor!

Potatoes are naturally gluten-free. This makes them an excellent food choice for people with celiac disease or non-celiac gluten sensitivity.

Warm Potato Salad

Ingredients

6 medium russet potatoes, peeled and cubed

1½ cups water

4 large eggs

1½ cups light mayonnaise

1 tablespoon white or cider vinegar

1 tablespoon Dijon mustard

1 teaspoon salt

2 celery stalks, chopped (about 1 cup)

1 medium onion, chopped

Steps

1. Wash your hands with soap and water.
2. Scrub the potatoes with a clean vegetable brush under running water. Peel and cube the potatoes.
3. Put the steamer basket in the pressure cooker pot. Add the water, potatoes, and eggs. Lock the lid in place, select high pressure, set the cooker to 4 minutes, and press start.
4. Wash your hands after handling eggs, even if they are not cracked.
5. When the cooking time is up, turn off the pressure cooker and do a quick release. Remove the lid.
6. Carefully remove the eggs and place them in ice water to cool. Once cooled, peel and chop them.
7. Drain the potatoes, being careful not to lean into the steam, because it will be very hot.
8. Scrub the celery with a clean vegetable brush under running water, and then chop it.
9. Peel the onion, rub it under cold, running water, and then chop it.
10. In a large bowl, add the potatoes, eggs, onion, celery, and bell pepper. Gently mix.
11. Mix the mayonnaise, vinegar, mustard, and salt together in a small bowl. Pour this mixture over the potato mixture and mix gently.
12. Serve warm and enjoy! If you want cold potato salad, refrigerate it before serving.



Tips:

Serve with hot sauce or malt vinegar for extra flavor!

Cabbage is rich in vitamins, minerals, and antioxidants.

Cabbage and Sausage

Ingredients

1½ pounds (24 ounces) smoked turkey sausage, sliced

1 large onion, chopped

1 cup low-sodium beef or chicken stock

½ teaspoon hot sauce (or to taste)

1 head cabbage, cored and chopped

1 bell pepper

1 teaspoon Cajun seasoning

Steps

1. Wash your hands with soap and water.
2. Peel and gently rub the onion under cold, running water, and then chop it.
3. Set your cooker to sauté. Cook the sausage and onion until well browned, 5–10 minutes.
4. Stir in the hot sauce, salt, and pepper to taste.
5. Gently rub the cabbage under cold, running water, and then core and chop it.
6. Add the cabbage to the cooker. Do not exceed the max line.
7. Pour in the stock and stir until the cabbage is coated.
8. Seal the cooker and close the vent.
9. Pressure cook on manual high pressure for 2 minutes. Use quick release for the pressure.
10. Serve and enjoy!

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