

# Instant Pot School - Eat at Home - Lesson Three

Assignment: Use your Instant Pot to make a side dish.

We've already made rice and/or mashed cauliflower in the Instant Pot, but let's expand the side dish options this week. I've included the recipe for my favorite Mac & Cheese. You're going to love it!

The Instant Pot is also fantastic for baked potatoes, spaghetti squash and more.

## Instant Pot Mac & Cheese:

### Ingredients

- 16 oz macaroni
- 4 cups water
- 1 tsp. salt
- 1 tsp. dry mustard
- pinch cayenne pepper
- 1 1/2 cups milk
- 1 1/2 cups half & half
- 8 oz cheddar cheese shredded
- 8 oz Monterey Jack cheese shredded
- black pepper to taste

### Instructions

1. Stir macaroni, water, salt, mustard and cayenne pepper together in the pressure cooker.
2. Lock the lid and select high pressure and set the timer for 4 minutes.
3. Use a quick pressure release when the 4 minutes are up.
4. Remove lid and stir in the milk and half & half.
5. Turn on the "browning" setting and cook 1-3 minutes until thick, stirring often.
6. Add the cheese a handful at a time, stirring to allow it to melt into the macaroni.
7. Season with pepper and serve.

## Instant Pot Baked Potatoes:

Place a rack in the bottom of the Instant Pot. Add 1 ½ cups of water to the pot. Place clean potatoes, that you pierced with a fork into the pot. You can stack them on top of each other if you have a lot. Set the cook time for 12 minutes for a few, small potatoes or up to 25 minutes for many, larger potatoes. Do a quick pressure release when the cooking is done.

## Instant Pot Spaghetti Squash:

### Ingredients

- 1 spaghetti squash
- 2 cups water
- 1 tsp kosher salt

### Instructions

1. Cut squash in half horizontally.
2. Scoop out seeds using a spoon.
3. Place half of squash in Instant Pot, cut side up. If both halves will fit, place both in the pot.
4. Pour water into bottom of pot. Sprinkle squash with salt.
5. Seal lid and set cook time for 17 minutes.
6. When cooking time is finished, do a quick pressure release.
7. Open lid and carefully remove squash. Use tongs or a fork to pull the "noodles" from the squash and serve.