

DINNER IN AN INSTANT!

Awesome recipes using an Electric Pressure Cooker!

Baked Potatoes

Source:

[https://](https://www.crunchycreamysweet.com/instant-pot-baked-potatoes-recipe/#wprm-recipe-container-20168)

www.crunchycreamysweet.com/instant-pot-baked-potatoes-recipe/#wprm-recipe-container-20168

Nutrition Facts:

Calories: 168
Carbohydrates: 38g
Protein: 4g
Sodium: 13mg
Potassium: 888mg
Sugar: 1g
Vitamin C: 12.1mg
Calcium: 28mg
Iron: 1.8mg

Dianne Gertson, RD, LD
Family & Community
Health Agent

1402 Band Rd. Ste. 100
Rosenberg, Texas 77471
dlgertson@ag.tamu.edu

Check out our website at:
<https://fortbend.agrilife.org/>

Like us on Facebook at:
<https://www.facebook.com/FortBendCountyExtension/>

Ingredients:

- 5 medium Russet potatoes
- 1 cup water

Directions:

1. Make sure the stainless steel insert is inside the Electric Pressure Cooker. Add one cup of cold water to insert.
2. Wash and scrub the potatoes clean. Poke with fork several times all over the surface of each potato.
3. Place wire rack inside the insert. Arrange potatoes on the rack.
4. Place lid on Instant Pot and turn the valve to "sealing" position.
5. Make sure your electric pressure cooker is set to cook on HIGH pressure. Press the "manual" button and set timer to 14 minutes.
6. The electric pressure cooker will beep and start coming to pressure. When the valve comes up, it means it came to pressure and the timer will start within seconds.
7. When done, the electric pressure cooker will beep a few times. Let it release the pressure naturally.
8. Carefully open the lid away from your face.
9. Gently remove the potatoes and place on a platter.
10. Serve potatoes with your favorite toppings: butter, spices, cheddar, sour cream, chives or parsley.

