



Fort Bend County

April 2022

DINNER IN AN INSTANT!

Awesome recipes using an Electric Pressure Cooker!

Baked Potatoes

Source: https:// www.crunchycreamysweet.com /instant-pot-baked-potatoesrecipe/#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

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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.