

## Turkey Meatballs in Tomato-Curry Sauce

Active 15 minutes Total 30 minutes  
Serves 18



Enjoy as an entrée on a bed of butternut squash veggie spirals.

**1½ pounds 93% lean ground turkey**

**2 tablespoons finely chopped fresh cilantro**

**1 tablespoon minced garlic**

**½ teaspoon kosher salt**

**Cooking spray**

**2 cups lower-sodium marinara sauce (from 1 [25.5-ounce] jar)**

**1 tablespoon curry powder**

**2 teaspoons honey**

**1 teaspoon grated fresh ginger**

**1 lime, halved**

**¼ cup fresh mint sprigs**

**1** Combine the turkey, cilantro, garlic, and ¼ teaspoon of the salt in a medium bowl; mix gently with a fork. Shape the mixture into 18 (1½-inch) meatballs; place in a single layer in a 6-quart Instant Pot® coated with cooking spray.

**2** Combine the marinara sauce, curry powder, honey, and remaining ¼ teaspoon salt. Pour evenly over the meatballs; do not stir. Cover the cooker with the lid, and lock the lid in place. Turn the steam release handle to the SEALING position. Select the MANUAL/PRESSURE COOK setting. Select HIGH pressure for 6 minutes.

**3** Carefully turn the steam release handle to the VENTING position, and let the steam fully escape (the float valve will drop). Remove the lid from the cooker. Place the meatballs in a bowl. Stir the ginger into the sauce, and pour over the meatballs. Squeeze the lime juice over the meatballs, and sprinkle with the mint.

Per serving (1 meatball and about 2 tablespoons sauce): 69 Cal, 4g Total Fat, 1g Sat Fat, 137mg Sod, 3g Total Carb, 2g Sugar, 1g Fib, 7g Prot

## Rio Grande Dip

Active 15 minutes Total 4 hours, 15 minutes Serves 28



Serve this crowd-friendly dip with sliced ZeroPoint red bell peppers.

**Cooking spray**

**8 ounces bulk Italian turkey sausage**

**1 small onion, finely chopped**

**2 (15-ounce) cans refried black beans**

**6 ounces Monterey Jack cheese, shredded (about 1½ cups)**

**1½ cups salsa**

**1 (4-ounce) can diced green chile peppers, undrained**

**1** Select SAUTÉ on a 6-quart Instant Pot®. Select the HIGH temperature setting, and allow to preheat. Coat the cooker with cooking spray. Add the sausage and onion; cook, stirring to crumble, until the sausage is browned, about 3 minutes. Press CANCEL. Stir in the refried beans and remaining ingredients.

**2** Cover the cooker with the lid, and lock the lid in place. Turn the steam release handle to the VENTING position. Select the SLOW COOK setting. Select the LOW temperature setting for 4 hours (or select the HIGH temperature setting for 2 hours).

**3** Remove the lid from the cooker, and stir well before serving. Serve immediately, or keep warm in the cooker on LOW setting for up to 2 hours.

Per serving (¼ cup): 66 Cal, 3g Total Fat, 1g Sat Fat, 352mg Sod, 6g Total Carb, 1g Sugar, 2g Fib, 5g Prot

## Roasted Garlic-White Bean Dip

Active 15 minutes Total 2 hours, 15 minutes Serves 30



The dip will thicken when cooled. For a thinner consistency, add 2 to 3 tablespoons of water; stir well.

- ¼ cup extra-virgin olive oil**
- 6 garlic cloves, thinly sliced**
- 2 (15.5-ounce) cans cannellini beans, drained and rinsed**
- ⅓ cup water**
- 1 cup low-fat ricotta cheese**
- 3 ounces Parmesan cheese, grated (about ¾ cup)**
- 1 teaspoon chopped fresh or dried rosemary**
- ¼ teaspoon freshly ground black pepper**
- ¼ cup pitted kalamata olives, coarsely chopped**
- 2 teaspoons lemon zest (from 1 lemon)**

**Additional chopped fresh rosemary (optional)**

- 1** Select SAUTÉ on a 6-quart Instant Pot®. Select the MEDIUM temperature setting, and allow to preheat. Add 2 tablespoons of the oil to the cooker; heat 1 minute. Add the garlic; cook, stirring constantly, 1½ minutes. Press CANCEL. Transfer the garlic mixture to a food processor, and add the beans and ⅓ cup water; blend until smooth. Add the ricotta and next 3 ingredients; blend until smooth.
- 2** Transfer the bean mixture to the cooker. Cover the cooker with the lid, and lock the lid in place. Turn the steam release handle to the VENTING position. Select the SLOW COOK setting. Select the LOW temperature setting for 2 hours.
- 3** Remove the lid from the cooker. Stir in the olives, lemon zest, and remaining 2 tablespoons olive oil. Garnish with the additional rosemary, if desired.

Per serving (2 tablespoons): 66 Cal, 4g Total Fat, 1g Sat Fat, 146mg Sod, 5g Total Carb, 0g Sugar, 1g Fib, 4g Prot

## Meatloaf with Shiitake Mushrooms

Active 20 minutes Total 1 hour, 25 minutes Serves 6



Shiitake mushrooms add umami flavor to this hearty meatloaf.

**2 (1-ounce) slices whole-wheat bread, torn into small pieces**

**¾ pound 90% lean ground round**

**¾ pound 93% lean ground turkey**

**1½ cups chopped fresh shiitake mushrooms**

**½ cup grated onion**

**2 large eggs, lightly beaten**

**1 teaspoon dried Italian seasoning**

**¾ teaspoon table salt**

**1 garlic clove, minced**

**1 cup water**

**Cooking spray**

**3 tablespoons ketchup**

**1½ teaspoons Dijon mustard**

**⅛ teaspoon cayenne pepper**

- 1 Place the bread in a food processor or blender, and pulse until crumbs measure 1½ cups. Combine the crumbs, ground round, and next 7 ingredients in a large bowl; shape the mixture into a (7- x 5-inch) loaf on a dinner plate.
- 2 Place a steam rack and 1 cup water in the bottom of a 6-quart Instant Pot®.
- 3 Fold each of 3 (18-inch-long) heavy-duty aluminum foil sheets in half lengthwise. Crisscross the strips in a spoke-like fashion to act as a sling, and coat the strips with cooking spray. Slide the loaf onto the center of the “spokes”. Lift the ends of the foil strips to place the loaf on the rack. Tuck the ends of the foil strips into the cooker. Cover the cooker with the lid, and lock the lid in place. Turn the steam release handle to the SEALING position. Select the MANUAL/PRESSURE COOK setting. Select HIGH pressure for 40 minutes.

**4** Carefully turn the steam release handle to the VENTING position, and let the steam fully escape (the float valve will drop). Remove the lid from the cooker. Test for doneness with a meat thermometer inserted in the thickest portion of the meatloaf. If the thermometer registers less than 165°F, reseal the cooker, and cook an additional 2 minutes. Test again for doneness. Once the thermometer registers 165°F, carefully remove the meatloaf from the cooker using the ends of the foil, and place the foil and meatloaf on a cutting board.

**5** Combine the ketchup, mustard, and cayenne pepper in a small bowl, and stir until well blended. Spread the ketchup mixture evenly over the top of the loaf; let stand 10 minutes before slicing.

Per serving (4 ounces): 253 Cal, 12g Total Fat, 4 g Sat Fat, 544mg Sod, 9g Total Carb, 3g Sugar, 1g Fib, 26g Prot

## Beef and Broccoli

Active 20 minutes Total 40 minutes Serves 6



**2 pounds lean beef flank steak, thinly sliced against the grain**

**1 medium onion, halved and thinly sliced**

**½ cup water**

**¼ cup coconut aminos**

**½ teaspoon sea salt or table salt**

**½ teaspoon ground ginger**

**¼ teaspoon black pepper**

**3 cups broccoli florets**

**1 teaspoon toasted sesame seeds**

**Fresh parsley leaves (optional)**

**1** Place the beef and onion in a 6-quart Instant Pot®. Stir in ½ cup water, coconut aminos, salt, ginger, and pepper. Cover the cooker with the lid, and lock the lid in place. Turn the steam release handle to the SEALING position. Select the MANUAL/PRESSURE COOK setting. Select HIGH pressure for 7 minutes.

**2** Carefully turn the steam release handle to the VENTING position, and let the steam fully escape (the float valve will drop). Remove the lid from the cooker.

**3** Press CANCEL. Remove the beef and onion with a slotted spoon; keep warm. Select the SAUTÉ setting. Select the MEDIUM temperature setting. Add the broccoli to the cooker, and cook, stirring often, until tender-crisp, 5 to 8 minutes. Remove the broccoli with a slotted spoon, and add to the beef and onion mixture. If desired, continue simmering the liquid until thickened, 1 to 2 minutes. Spoon the sauce over the beef mixture. Top with the sesame seeds and, if desired, the fresh parsley.

Per serving (about 1 cup): 266 Cal; 11g Total Fat, 5g Sat Fat, 466mg Sod, 6g Total Carb, 3g Sugar, 1g Fib, 34g Prot

**If you're trying to reduce sodium in your diet, consider swapping coconut aminos for soy sauce. Coconut aminos have 73% less sodium than regular soy sauce and are soy- and gluten-free.**



## Beef with Chimichurri

Active 15 minutes Total 55 minutes

Serves 8



Consider serving with fat-free roasted carrots and green beans.

- 1 (2-pound) lean eye-of-round beef roast, trimmed**
- 1¼ teaspoons table salt**
- ½ teaspoon black pepper**
- 1 tablespoon vegetable oil**
- 1 cup beef broth**
- 1 small onion, halved and sliced**
- 3 garlic cloves, smashed**
- 1 cup packed roughly chopped fresh parsley stems and leaves**
- ¾ cup packed fresh cilantro stems and leaves**
- 3 tablespoons red wine vinegar**
- 2 large garlic cloves**
- ½ cup extra-virgin olive oil**

**1** Sprinkle the beef on all sides with 1 teaspoon of the salt and ¼ teaspoon of the pepper. Select the SAUTÉ setting on a 6-quart Instant Pot®. Select the MEDIUM temperature setting, and allow to preheat. Heat the vegetable oil in the cooker; add the beef, and cook until lightly browned in spots, about 2 minutes per side. Remove from the cooker, and set aside.

**2** Press CANCEL. Combine the broth, onion, and 3 smashed garlic cloves in the cooker. Place a steam rack over the mixture. Place the beef on the rack. Cover the cooker with the lid, and lock the lid in place. Turn the steam release handle to the SEALING position. Select the MANUAL/PRESSURE COOK setting. Select HIGH pressure for 5 minutes.

**3** Let the pressure release naturally. (This will take 7 to 8 minutes.) Remove lid from cooker. Remove the beef to a platter; tent with aluminum foil, and let rest until a thermometer inserted in the thickest portion registers 120°F for rare, about 20 minutes.

**4** Meanwhile, place parsley, cilantro, vinegar, 2 large garlic cloves, and remaining ¼ teaspoon each salt and pepper in a blender; blend until well combined. With blender running, slowly add the olive oil, and blend until smooth.

**5** Slice the beef very thinly, and serve with the chimichurri.

Per serving (about 3 ounces cooked beef and about 4 teaspoons chimichurri): 288 Cal, 20g Total Fat, 4g Sat Fat, 533mg Sod, 2g Total Carb, 1g Sugar, 0g Fib, 27g Prot

## Pork with Apples

Active 20 minutes Total 40 minutes  
Serves 6



Consider serving with oven-roasted Brussels sprouts for an additional SmartPoints value of 0.

- 1 (1½-pound) pork tenderloin, trimmed
- ¼ teaspoon table salt
- ¼ teaspoon black pepper
- 1 tablespoon ~~canola~~ <sup>olive</sup> oil
- 3 medium shallots, peeled and quartered lengthwise
- ½ cup apple cider or apple juice
- 2 tablespoons cider vinegar
- 3 fresh thyme sprigs and/or sage
- 3 tart red apples, unpeeled, cored, and thinly sliced
- 3 cups hot cooked noodles or spaetzle

### Chopped fresh parsley (optional)

- 1 Sprinkle the pork with the salt and pepper. Select the SAUTÉ setting on a 6-quart Instant Pot®. Select the MEDIUM temperature setting, and allow to preheat. Heat the oil in the cooker; add the pork, and cook, turning occasionally, until browned, about 4 minutes. Add the shallots and next 3 ingredients to the cooker.
- 2 Press CANCEL. Cover the cooker with the lid, and lock the lid in place. Turn the steam release handle to the SEALING position. Select the MANUAL/PRESSURE COOK setting. Select HIGH pressure for 2 minutes.
- 3 Let the pressure release naturally 10 minutes. Then carefully turn the steam release handle to the VENTING position, and let any remaining steam fully escape (the float valve will drop). Remove the lid from the cooker. Remove and discard the herb sprigs.
- 4 Press CANCEL. Transfer the pork to a cutting board; cover and keep warm. Select the SAUTÉ setting. Select the MEDIUM temperature setting, and bring the cooking liquid to a simmer. Add the apples; cook, stirring occasionally, until the apples are tender, about 5 minutes.

- 5 Slice the pork into 12 slices. Using a slotted spoon, spoon the apples and shallots over the pork, and serve with the noodles. Garnish with the parsley, if desired.

Per serving (2 slices pork, ½ cup apple mixture, and ½ cup noodles): 331 Cal, 8g Total Fat, 2g Sat Fat, 349mg Sod, 36g Total Carb, 12g Sugar, 4g Fib, 28g Prot

## Bacon, Corn, and Cheese Frittata

Active 15 minutes Total 1 hour, 5 minutes  
Serves 4



This easy frittata is perfect for brunch or breakfast-for-dinner.

### Cooking spray

- 6 large eggs, lightly beaten
- ¼ cup fresh or frozen, thawed whole kernel corn
- ½ cup thinly sliced scallions
- 6 center-cut bacon slices, crisp-cooked and crumbled
- ¼ cup finely chopped roasted red bell peppers
- ¼ cup half-and-half
- ½ teaspoon black pepper
- ¼ teaspoon table salt
- 3 ounces pepper Jack cheese, shredded (about ¾ cup)
- 1 cup water
- ¼ cup chopped fresh chives or parsley

- 1 Lightly coat a 1½-quart soufflé dish or round baking dish with cooking spray. Combine the eggs and next 7 ingredients in a bowl. Stir in 2 ounces of the cheese. Transfer the egg mixture to the prepared dish. Top with the remaining 1 ounce cheese.

- 2 Place a steam rack in a 5- to 6-quart Instant Pot®. Add 1 cup water to the pot. Place the prepared dish on the rack. Cover the cooker with the lid, and lock the lid in place. Turn the steam release handle to the SEALING position. Select the MANUAL/PRESSURE COOK setting. Select HIGH pressure for 18 minutes.

- 3 Let the pressure release naturally 15 minutes. Then carefully turn the steam release handle to the VENTING position, and let any additional steam fully escape (the float valve will drop). Remove the lid from the cooker. Let stand 10 minutes before serving. Sprinkle with the chives.

Per serving (one-fourth of frittata): 287 Cal, 19g Total Fat, 9g Sat Fat, 644mg Sod, 9g Total Carb, 2g Sugar, 1g Fib, 20g Prot

### ZEROPOINT SIDE

## Cucumber and Honeydew Salad

Active 5 minutes  
Total 5 minutes

Combine **2 cups cubed honeydew melon**, **2 cups chopped English cucumber**, **2 tablespoons chopped fresh mint**, **2 tablespoons fresh lime juice**, **2 tablespoons finely chopped red onion**, and **½ teaspoon table salt** in a large bowl; toss gently. Cover and chill until ready to serve. Serves 4 (serving size: 1 cup)

## Saucy Italian-Style Chicken Thighs

**Active 10 minutes Total 55 minutes**  
**Serves 6**



Serve with zucchini “zoodles” or steamed broccoli.

**12 bone-in, skinless chicken thighs (about 3 pounds)**

**1 (14.5-ounce) can Italian-style diced tomatoes, undrained**

**1 (6-ounce) can tomato paste**

**½ cup chopped onion**

**½ cup water**

**1 tablespoon dried Italian seasoning**

**1 tablespoon bottled minced garlic**

**¼ teaspoon black pepper**

**1 tablespoon balsamic vinegar**

**¾ teaspoon table salt**

**Chopped fresh parsley (optional)**

**1** Place the chicken in a 6-quart Instant Pot®. Combine the tomatoes and next 6 ingredients in a bowl; stir until well blended. Pour the tomato mixture over the chicken. Do not stir.

**2** Cover the cooker with the lid, and lock the lid in place. Turn the steam release handle to the SEALING position. Select the MANUAL/PRESSURE COOK setting. Select HIGH pressure for 20 minutes.

**3** Carefully turn the steam release handle to the VENTING position, and let the steam fully escape (the float valve will drop). Remove the lid from the cooker. Place the chicken in a shallow serving bowl. Stir the vinegar and salt into the sauce in the cooker, stirring and scraping to loosen the browned bits from the bottom of the cooker. Pour the sauce over the chicken. Let stand about 10 minutes to absorb the flavors. Garnish with parsley, if desired.

Per serving (2 chicken thighs and ⅔ cup sauce):  
261 Cal, 10g Total Fat, 3g Sat Fat, 678mg Sod,  
14g Total Carb, 9g Sugar, 3g Fib, 27g Prot

## Honey-Orange Chicken with Zucchini and Onion

Active 20 minutes Total 45 minutes  
Serves 6



Put your farmers' market haul to good use with this hearty dish.

- 1 **teaspoon garlic powder**
- 1 **teaspoon paprika**
- ½ **teaspoon sea salt or table salt**
- ¼ **teaspoon black pepper**
- 2 **pounds boneless, skinless chicken thighs**
- 1 **tablespoon olive oil**
- 1 **medium onion, halved and thinly sliced (1 cup)**
- 1 **teaspoon orange zest plus ½ cup fresh orange juice (from 1 large orange)**
- 3 **tablespoons honey**
- 2 **medium zucchini, halved lengthwise and cut into ½-inch pieces**
- 2 **tablespoons chopped fresh cilantro**
- 1 **garlic clove, minced**

- 1 Combine the first 4 ingredients in a small bowl. Sprinkle over the chicken, and rub in with fingers.
- 2 Place the oil in a 4- to 6-quart Instant Pot®. Select the SAUTÉ setting. Select the MEDIUM temperature setting, and allow to preheat. Add the chicken to the hot oil in batches, if necessary; cook until browned, 3 to 4 minutes. Turn the chicken; cook 2 minutes. Return all the chicken to the cooker. Add the onion, orange juice, and 2 tablespoons honey.
- 3 Press CANCEL. Cover the cooker with the lid, and lock the lid in place. Turn the steam release handle to the SEALING position. Select the MANUAL/PRESSURE COOK setting. Select HIGH pressure for 10 minutes.
- 4 Carefully turn the steam release handle to the VENTING position, and let the steam fully escape (the float valve will drop). Remove the lid from the cooker. Transfer the chicken and onion to a serving platter.

- 5 Press CANCEL. Add the zucchini to the cooking liquid in the cooker. Select the SAUTÉ setting. Select the MEDIUM temperature setting, and simmer, uncovered, until the zucchini is tender, 3 to 5 minutes. Using a slotted spoon, transfer the zucchini to the platter with the chicken. Drizzle with the remaining 1 tablespoon honey. Combine the cilantro, garlic, and orange zest in a small bowl. Sprinkle over the chicken and zucchini.

Per serving (1 cup): 266 Cal, 8g Total Fat, 2g Sat Fat, 328mg Sod, 15g Total Carb, 13g Sugar, 1g Fib, 31g Prot

## Indian-Spiced Chicken

Active 10 minutes Total 30 minutes  
Serves 6



For an additional SmartPoints value of 0, serve this saucy chicken over fat-free cooked cauliflower rice.

- 2 **pounds boneless, skinless chicken thighs, cut into 1½-inch pieces**
  - 2 **cups chopped tomato**
  - 1 **cup sliced onion**
  - 1 **medium-size orange or yellow bell pepper, cut into 1-inch pieces (about 1 cup)**
  - 4 **garlic cloves, minced**
  - 1 **tablespoon curry powder**
  - ¾ **teaspoon table salt**
  - ¼ **teaspoon cayenne pepper**
  - ¾ **cup light coconut milk**
- 1 Combine all the ingredients except the coconut milk in a 6-quart Instant Pot®. Add the coconut milk; stir gently to coat.
  - 2 Cover the cooker with the lid, and lock the lid in place. Turn the steam release handle to the SEALING position. Select the MANUAL/PRESSURE COOK setting. Select HIGH pressure for 5 minutes.
  - 3 Carefully turn the steam release handle to the VENTING position, and let the steam fully escape (the float valve will drop). Remove the lid from the cooker. Stir before serving.

Per serving (about 1¼ cups): 232 Cal, 8g Total Fat, 3g Sat Fat, 429mg Sod, 7g Total Carb, 4g Sugar, 2g Fib, 31g Prot

### ZEROPOINT SIDE

#### Ginger-Lime Fruit Salad

Active 5 minutes  
Total 10 minutes

Combine **1 cup chopped ripe mango, 1 cup quartered strawberries, ½ cup blueberries, 1 teaspoon lime zest, 1 tablespoon fresh lime juice, and ½ teaspoon grated fresh ginger** in a bowl; let stand 5 minutes before serving. Serves 4 (serving size: about ⅓ cup)

## Chicken Cacciatore

**Active 35 minutes Total 1 hour, 5 minutes Serves 4**



The whole family will enjoy this saucy chicken concoction.

**2 tablespoons olive oil**

**4 (6-ounce) bone-in, skinless chicken thighs**

**1½ cups chopped celery**

**1½ cups sliced fresh mushrooms**

**½ cup chopped onion**

**2 garlic cloves, minced**

**1 (14.5-ounce) can stewed tomatoes, undrained**

**2 tablespoons tomato paste**

**2 teaspoons herbes de Provence**

**¾ cup fat-free, lower-sodium chicken broth**

**2 tablespoons dry red wine**

**¼ teaspoon table salt**

**1** Select the SAUTÉ setting on a 6-quart Instant Pot®. Select the MEDIUM temperature setting, and allow to preheat. Heat the oil in the cooker. Add the chicken; cook until browned, about 6 minutes per side. Transfer the chicken to a plate, reserving the drippings in the cooker.

**2** Add the celery, mushrooms, and onion to the cooker; cook, stirring often, until soft, about 5 minutes. Add the garlic; cook, stirring constantly, until fragrant, about 2 minutes. Return the chicken to the cooker; stir in the tomatoes and tomato paste. Sprinkle with the herbes de Provence, and pour in the broth.

**3** Press CANCEL. Cover the cooker with the lid, and lock the lid in place. Turn the steam release handle to the SEALING position. Select the MANUAL/PRESSURE COOK setting. Select HIGH pressure for 11 minutes.

**4** Let the pressure release naturally 5 minutes. Then carefully turn the steam release handle to the VENTING position, and let any remaining steam fully escape (the float valve will drop). Remove the lid from the cooker. Transfer the chicken to a plate, reserving the sauce in the cooker; cover the chicken, and keep warm.

**5** Press CANCEL. Select the SAUTÉ setting. Select the MEDIUM temperature setting, and stir in the wine and salt. Bring to a boil, and cook, uncovered, until thickened, about 10 minutes. Serve the sauce with the chicken.

Per serving (1 chicken thigh and ¼ cup sauce): 312 Cal, 17g Total Fat, 4g Sat Fat, 610mg Sod, 13g Total Carb, 7g Sugar, 3g Fib, 27g Prot

## Provençale Chicken Supper

**Active 15 minutes Total 55 minutes Serves 4**



To easily remove the skin from the chicken, use a paper towel to hold a chicken piece and another to pull the skin off. The paper towels cause “traction” needed to prevent the chicken and skin from slipping from your fingertips.

**4 bone-in, skinless chicken thighs (about 1¾ pounds)**

**4 bone-in, skinless chicken drumsticks (about 1 pound)**

**2 cups diced green bell pepper**

**1 (14.5-ounce) can diced tomatoes with basil, garlic, and oregano, undrained**

**⅓ cup dry white wine or unsalted chicken broth**

**1 teaspoon dried oregano**

**⅓ teaspoon black pepper**

**½ cup chopped fresh basil**

**1 (15.5-ounce) can no-salt-added cannellini beans or other white beans, drained and rinsed**

**½ teaspoon table salt**

**1** Place the chicken pieces in a 6-quart Instant Pot®; top with the bell pepper, tomatoes, wine, oregano, black pepper, and ¼ cup of the basil. Cover the cooker with the lid, and lock the lid in place. Turn the steam release handle to the SEALING position. Select the MANUAL/PRESSURE COOK setting. Select HIGH pressure for 20 minutes.

**2** Carefully turn the steam release handle to the VENTING position, and let the steam fully escape (the float valve will drop). Remove the lid from the cooker. Transfer the chicken pieces to a serving bowl, and keep warm.

**3** Press CANCEL. Select the SAUTÉ setting. Select the HIGH temperature setting, and bring the tomato mixture to a boil; boil until slightly thickened, about 5 minutes. Stir in the beans and salt; cook 1 minute. Pour the bean mixture over the chicken, and top with the remaining ¼ cup basil.

Per serving (1 chicken thigh, 1 chicken drumstick, and 1 cup bean mixture): 381 Cal, 12g Total Fat, 3g Sat Fat, 684mg Sod, 23g Total Carb, 5g Sugar, 7g Fib, 42g Prot



## Sriracha-Ginger Chicken

Active 25 minutes Total 1 hour, 10 minutes Serves 6



**3 bone-in, skinless chicken breasts (about 2¼ pounds)**

**⅓ cup honey**

**3 tablespoons Sriracha chile sauce**

**2 tablespoons rice vinegar**

**1 tablespoon grated fresh ginger**

**3 garlic cloves, minced**

**½ teaspoon toasted sesame oil**

**3 cups hot cooked brown rice**

**2 tablespoons sliced scallions**

**1** Place the chicken in a 6-quart Instant Pot®. Combine the honey and next 5 ingredients in a small bowl; pour over the chicken. Cover the cooker with the lid, and lock the lid in place. Turn the steam release handle to the SEALING position. Select the MANUAL/PRESSURE COOK setting. Select HIGH pressure for 15 minutes.

**2** Let the pressure release naturally 15 minutes. Then carefully turn the steam release handle to the VENTING position, and let any additional steam fully escape (the float valve will drop). Remove the lid from the cooker. Transfer the chicken mixture to a plate; cover and keep warm.

**3** Press CANCEL. Strain the cooking liquid through a fine-mesh sieve into a small bowl, then return the strained liquid to the cooker. Select the SAUTÉ setting. Select the MEDIUM temperature setting, and bring to a boil. Reduce the heat, and simmer, uncovered, until the sauce is reduced by half, 10 to 12 minutes.

**4** Remove the bones from the chicken, and cut each breast in half crosswise. Serve the chicken over the rice; top with the sauce and the scallions.

Per serving (about 3 ounces chicken, ½ cup rice, and about 1 tablespoon sauce):  
360 Cal, 5g Total Fat, 1g Sat Fat, 274mg Sod,  
44g Total Carb, 17g Sugar, 2g Fib, 34g Prot

## Moroccan Tagine

Active 15 minutes Total 55 minutes Serves 6



To save time, purchase frozen, peeled and cubed butternut squash.

**1 tablespoon olive oil**

**1 pound boneless, skinless chicken breasts, cut into 2-inch chunks**

**½ cup chopped onion**

**3 garlic cloves, minced**

**1 (1½-pound) butternut squash, peeled and cubed (about 4 cups)**

**1 (15.5-ounce) can chickpeas, drained and rinsed**

**1 (14.5-ounce) can diced tomatoes, undrained**

**1 (14.5-ounce) can vegetable broth**

**⅓ cup chopped carrot**

**1 tablespoon granulated sugar**

**2 teaspoons ground coriander**

**¾ teaspoon table salt**

**¾ teaspoon cayenne pepper**

**1 tablespoon fresh lemon juice**

**1** Select the SAUTÉ setting on a 6-quart Instant Pot®. Select the MEDIUM temperature setting, and allow to preheat. Heat the oil in the cooker. Add the chicken, onion, and garlic, and cook, stirring often, until the chicken is browned, about 4 minutes.

**2** Press CANCEL. Stir in the squash and remaining ingredients. Cover the cooker with the lid, and lock the lid in place. Turn the steam release handle to the SEALING position. Select the MANUAL/PRESSURE COOK setting. Select HIGH pressure for 7 minutes.

**3** Let the pressure release naturally. (This will take about 15 minutes.) Remove the lid from the cooker. Stir gently before serving.

Per serving (1½ cups): 253 Cal, 5g Total Fat,  
1g Sat Fat, 581mg Sodium, 33g Total Carb, 10g  
Sugar, 7g Fib, 22g Prot

### ZEROPOINT SIDE

#### Asparagus with Parsley

Active 8 minutes  
Total 8 minutes

Heat a large skillet over medium. Coat the skillet with olive oil cooking spray. Add **3 cups (2-inch) diagonally sliced asparagus**; cook, stirring occasionally, 7 minutes or until crisp-tender. Remove from heat; stir in **2 tablespoons chopped parsley, 1 tablespoon lemon juice, ¼ teaspoon salt, and ¼ teaspoon pepper**. Serves 4 (serving size: ½ cup)

## Garlic-Lemon Chicken and Asparagus

Active 15 minutes Total 45 minutes  
Serves 4



10 to 12 garlic cloves might sound excessive, but trust us: You'll love the burst of flavor they provide.

- 1½ pounds boneless, skinless chicken breasts**
- ¼ teaspoon table salt**
- ¼ teaspoon black pepper**
- 1 tablespoon olive oil**
- ½ cup fat-free, lower-sodium chicken broth**
- 1 lemon, sliced**
- 10 to 12 garlic cloves, coarsely chopped**
- 2 thyme sprigs, plus more for garnish**
- 1½ pounds fresh asparagus spears, trimmed and steamed**
- 2 tablespoons Dijon mustard**
- 2 tablespoons sour cream**

- 1** Sprinkle the chicken with the salt and pepper. Select the SAUTÉ setting on a 6-quart Instant Pot®. Select the MEDIUM temperature setting, and allow to preheat. Heat the oil in the cooker. Add the chicken, and cook, turning once, until browned, about 4 minutes. Add the broth, lemon slices, garlic, and 2 thyme sprigs.
- 2** Press CANCEL. Cover the cooker with the lid, and lock the lid in place. Turn the steam release handle to the SEALING position. Select the MANUAL/PRESSURE COOK setting. Select HIGH pressure for 15 minutes.
- 3** Carefully turn the steam release handle to the VENTING position, and let the steam fully escape (the float valve will drop). Remove the lid from the cooker.

- 4** Transfer the chicken to a cutting board; slice crosswise. Place the chicken on a serving platter with the steamed asparagus; cover and keep warm. Strain the cooking liquid from cooker using a wire-mesh strainer, reserving ¼ cup strained liquid; discard the remaining cooking liquid. Add the mustard and sour cream to the reserved ¼ cup cooking liquid, stirring with a whisk. Serve the chicken and asparagus with the sauce. Garnish with the additional thyme sprigs, if desired.

Per serving (about 4 ounces chicken, one-fourth of asparagus, and 2 tablespoons sauce): 291 Cal, 7g Total Fat, 2g Sat Fat, 595mg Sod, 10g Total Carb, 4g Sugar, 4g Fib, 45g Prot

## Turkey and Vegetable Meatloaf

Active 15 minutes Total 1 hour  
Serves 6



This kid-friendly meatloaf is a delicious way to sneak in extra veggies, including zucchini.

- 1 (8-ounce) can tomato sauce**
- ½ cup fat-free, lower-sodium chicken broth**
- 1 tablespoon light brown sugar**
- 1 tablespoon cider vinegar**
- ½ teaspoon dried Italian seasoning**
- ½ cup minced yellow onion**
- ½ cup finely chopped zucchini**
- ¾ cup seasoned fine dry breadcrumbs**
- ¾ cup finely chopped red bell pepper**
- 1 tablespoon minced garlic**
- 1 teaspoon dried thyme**
- ½ teaspoon table salt**
- ½ teaspoon black pepper**
- ⅙ teaspoon ground allspice**
- 2 pounds 93% lean ground turkey**

- 1** Combine the first 5 ingredients in a 6-quart Instant Pot®.
- 2** Combine the onion and next 8 ingredients in a large bowl; add the turkey, and mix well. Shape the mixture into a 6-inch round loaf, and place in the cooker.
- 3** Cover the cooker with the lid, and lock the lid in place. Turn the steam release handle to the SEALING position. Select the MANUAL/PRESSURE COOK setting. Select HIGH pressure for 25 minutes.
- 4** Let the pressure release naturally 10 minutes. Then carefully turn the steam release handle to the VENTING position, and let any additional steam fully escape (the float valve will drop). Remove the lid from the cooker. Serve the meatloaf with the sauce.

Per serving (about 5 ounces meatloaf and ¼ cup sauce): 278 Cal, 13g Total Fat, 3g Sat Fat, 594mg Sod, 11g Total Carb, 5g Sugar, 1g Fib, 30g Prot

### ZEROPOINT SIDE

#### Lemony Broccoli Spears

Active 5 minutes  
Total 10 minutes

Trim **1 pound broccoli stems** to about 3 inches in length; peel stems. Cut the broccoli lengthwise into spears. Place the broccoli in a large skillet; add **¼ cup water**. Bring to a boil; cover and cook until tender-crisp, about 5 minutes. Uncover; stir in **1½ teaspoons lemon zest, 1 tablespoon fresh lemon juice, ¼ teaspoon kosher salt, and ¼ teaspoon black pepper**. Serves 4 (serving size: one-fourth of broccoli)

## Turkey with Olives and Lemon

Active 15 minutes Total 35 minutes  
Serves 4



Fennel adds a licorice-like flavor that works well with the briny olives.

- 2 (1-pound) turkey tenderloins**
- ¼ teaspoon black pepper**
- 1 medium-size fennel bulb**
- 1 tablespoon olive oil**
- ½ cup fat-free, lower-sodium chicken broth**
- ¼ cup fresh lemon juice (from 2 lemons)**
- ½ cup pitted green olives, quartered**
- 1 lemon, thinly sliced**

- 1** Slice each tenderloin in half horizontally, making 4 cutlets. Season the turkey with the pepper. Trim the fennel. Chop some of the leafy fronds, and set aside for a garnish. Core, quarter, and slice the fennel bulb.
- 2** Select the SAUTÉ setting on a 6-quart Instant Pot®. Select the MEDIUM temperature setting, and allow to preheat. Heat the oil in the cooker. Add 2 of the cutlets; cook 1 to 2 minutes. Turn the cutlets, and cook until browned, about 2 minutes. Remove the cutlets to a plate, and repeat with remaining 2 cutlets. Add the fennel bulb, broth, and lemon juice to the cooker.
- 3** Press CANCEL. Cover the cooker with the lid, and lock the lid in place. Turn the steam release handle to the SEALING position. Select the MANUAL/PRESSURE COOK setting. Select HIGH pressure for 10 minutes.

- 4** Carefully turn the steam release handle to the VENTING position, and let the steam fully escape (the float valve will drop). Remove the lid from the cooker. Stir in the olives. Serve the turkey and olive mixture topped with the lemon slices and reserved fennel fronds.

Per serving (1 cutlet and ¾ cup olive mixture): 340 Cal, 9g Total Fat, 1g Sat Fat, 642mg Sod, 7g Total Carb, 3g Sugar, 2g Fib, 55g Prot

## Turkey-Stuffed Peppers

Active 15 minutes Total 45 minutes  
Serves 4



- 4 large multicolored bell peppers**
- 1 pound 93% lean ground turkey**
- ¾ cup cooked brown rice**
- ⅓ cup seasoned breadcrumbs**
- 1 large egg, beaten**
- ¼ cup minced onion**
- 1 ounce Parmesan cheese, grated (about ¼ cup)**
- 3 tablespoons chopped fresh parsley**
- 2 teaspoons tomato paste**
- ¼ teaspoon kosher salt**
- ¼ teaspoon black pepper**
- 1 garlic clove, minced**
- ¾ cup reduced-sodium marinara sauce**
- ½ cup water**
- 1 ounce shredded mozzarella cheese (about ¼ cup)**

- 1** Cut the tops off the bell peppers; discard the seeds and membranes. Chop the bell pepper tops. Combine the chopped bell pepper tops with the ground turkey, next 10 ingredients, and ¼ cup of the marinara sauce; mix well.
- 2** Stuff about 1 cup of the ground turkey mixture into each bell pepper. Pour ½ cup water into the bottom of a 6-quart Instant Pot®. Place a steam rack in the cooker; stand the stuffed peppers upright on the rack. Cover each pepper top with 2 tablespoons of the remaining marinara sauce. Cover the cooker with the lid, and lock the lid in place. Turn the steam release handle to the SEALING position. Select the MANUAL/PRESSURE COOK setting. Select HIGH pressure for 15 minutes.
- 3** Let the pressure release naturally. Remove the lid from the cooker. Top the stuffed peppers with the mozzarella; cover and let stand until the mozzarella melts, about 2 minutes.

Per serving (1 stuffed pepper): 414 Cal, 17g Total Fat, 5g Sat Fat, 651mg Sod, 32g Total Carb, 10g Sugar, 6g Fib, 33g Prot

**Turkey-Stuffed Peppers are an excellent clean-out-the-fridge meal. Use up odds and ends like leftover brown rice, the final few teaspoons of tomato paste, and that lonely egg.**

## Poached Cod with Tomato-Caper Salsa

Active 15 minutes Total 30 minutes

Serves 4



Cod is a good source of lean protein. If you typically eat it battered and fried, you'll enjoy this light but flavorful alternative.

- 2 medium shallots**
- 1 cup dry white wine**
- 1 cup water**
- ½ cup fresh lemon juice**
- 2 tablespoons brined caper juice from jar**
- 6 fresh thyme sprigs, plus more for garnish**
- 1 tablespoon plus 1 teaspoon extra-virgin olive oil**
- 10 ounces grape tomatoes, halved**
- 2 tablespoons drained brined capers**
- ½ teaspoon kosher salt**
- 4 (6-ounce) cod fillets (about ¾ inch thick)**
- ¼ teaspoon black pepper**

**1** Cut 1 shallot into quarters. Stir together the quartered shallot, wine, 1 cup water, lemon juice, caper juice, 4 of the thyme sprigs, and 1 teaspoon of the oil in a 6-quart Instant Pot®. Cover the cooker with the lid, and lock the lid in place. Turn the steam release handle to the SEALING position. Select the MANUAL/PRESSURE COOK setting. Select HIGH pressure for 5 minutes.

**2** Carefully turn the steam release handle to the VENTING position, and let the steam fully escape (the float valve will drop). Remove the lid from the cooker.

**3** Press CANCEL. Mince 2 thyme sprigs. Thinly slice the remaining shallot. Combine the tomatoes, capers, salt, minced thyme, sliced shallot, and remaining 1 tablespoon oil in a small bowl. Stir in 1 tablespoon of the wine mixture from the cooker; set aside.

**4** Add the fish to the cooker, and nestle into the wine mixture. Cover the cooker with the lid, and lock the lid in place. Turn the steam release handle to the SEALING position. Select the MANUAL/PRESSURE COOK setting. Select HIGH pressure for 3 minutes.

**5** Carefully turn the steam release handle to the VENTING position, and let the steam fully escape (the float valve will drop). Remove the lid from the cooker.

**6** Transfer the fish to a platter, discarding the wine mixture in the cooker. Sprinkle the fish with the black pepper, and serve with the tomato-caper salsa. Garnish with the additional thyme sprigs, if desired.

Per serving (1 fillet and about ½ cup salsa): 200 Cal, 6g Total Fat, 1g Sat Fat, 596mg Sod, 8g Total Carb, 4g Sugar, 2g Fib, 28g Prot

## Citrus Tilapia Bundles

Active 20 minutes Total 30 minutes

Serves 4



Orange juice adds an acidic kick to the tender tilapia fillets.

- 20 (6-inch) pencil-thin asparagus spears (about 12 ounces)**
- 4 (6-ounce) fresh or frozen, thawed, tilapia fillets, rinsed and patted dry**
- 1 cup water**
- 2 teaspoons orange zest plus ¾ cup fresh juice (from 1 orange)**
- 1 teaspoon grated fresh ginger**
- ¼ teaspoon table salt**
- ¼ teaspoon black pepper**
- ¼ cup plain nonfat Greek yogurt**
- 2 tablespoons light mayonnaise**

**Fresh parsley sprigs (optional)**

**1** Place five asparagus spears crosswise in the center of each fish fillet. Wrap the fillets around the asparagus spears. Secure the bundles with wooden toothpicks. Place a steam rack and 1 cup water in a 6-quart Instant Pot®; arrange the bundles on the rack.

**2** Stir together the orange zest, orange juice, and ginger in a small bowl. Spoon half of the orange mixture over the fish bundles in the cooker. Sprinkle the bundles evenly with the salt and pepper.

**3** Stir the yogurt and mayonnaise into the remaining orange mixture; set aside.

**4** Cover the cooker with the lid, and lock the lid in place. Turn the steam release handle to the SEALING position. Select the MANUAL/PRESSURE COOK setting. Select HIGH pressure for 2 minutes.

**5** Carefully turn the steam release handle to the VENTING position, and let the steam fully escape (the float valve will drop). Remove the lid from the cooker. Carefully remove the fish bundles from the cooker; remove the toothpicks, if desired. Serve bundles with the yogurt sauce. Garnish with the parsley, if desired.

Per serving (1 fish bundle and 2 tablespoons sauce): 216 Cal, 5g Total Fat, 1g Sat Fat, 304mg Sod, 6g Total Carb, 3g Sugar, 2g Fib, 38g Prot

## Lemon and Dill Fish Packets

Active 10 minutes Total 35 minutes  
Serves 2



Parchment paper makes this meal extra easy to clean up. Use the same cooking technique with your favorite fish and herb combinations.

**2 (6-ounce) fresh or frozen, thawed tilapia or cod fillets**

**¼ teaspoon table salt**

**¼ teaspoon garlic powder**

**¼ teaspoon black pepper**

**8 lemon slices**

**2 teaspoons salted butter**

**Fresh dill sprigs**

**1 cup water**

- 1 Rinse the fish; pat dry. Place each fillet in the center of a large square of parchment paper. Sprinkle the fillets with the salt, garlic powder, and pepper; top each fillet with 4 lemon slices, 1 teaspoon butter, and fresh dill sprigs.
- 2 Bring up 2 opposite edges of the paper; seal with a double fold. Fold the remaining ends to enclose the fish, leaving space for steam to build.
- 3 Place a steam rack or trivet in the bottom of a 6-quart Instant Pot®. Add 1 cup water to the cooker. Place the fish packets on the rack. Cover the cooker with the lid, and lock the lid in place. Turn the steam release handle to the SEALING position. Select the MANUAL/PRESSURE COOK setting. Select HIGH pressure for 5 minutes.
- 4 Carefully turn the steam release handle to the VENTING position, and let the steam fully escape (the float valve will drop). Remove the lid from the cooker. Let stand 5 minutes before serving.

Per serving (1 fillet): 203 Cal, 7g Total Fat, 3g Sat Fat, 410mg Sod, 2g Total Carb, 1g Sugar, 1g Fib, 34g Prot

## Fish Poached in Court Bouillon

Active 10 minutes Total 25 minutes  
Serves 4



Depending on what you have handy in the fridge, feel free to substitute 1 sliced leek or 4 sliced scallions for the shallots.

**1 cup water**

**1 cup dry white wine**

**1 lemon, orange, or lime, sliced**

**4 to 6 fresh herb sprigs (such as Italian parsley, rosemary, thyme, or dill)**

**2 shallots, sliced**

**1 bay leaf**

**1 teaspoon whole black peppercorns**

**1 teaspoon kosher salt**

**4 (6-ounce) fresh or frozen, thawed, fish fillets (such as salmon, cod, or halibut), about ¾ inch thick**

**1 tablespoon extra-virgin olive oil**

**Lemon, orange, or lime wedges (optional)**

- 1 Combine the first 7 ingredients and ¾ teaspoon of the salt in a 6-quart Instant Pot®. Select SAUTÉ setting. Select HIGH temperature setting, and bring to a boil; boil 5 minutes.
- 2 Press CANCEL. Add the fish to the cooker. Cover the cooker with the lid, and lock the lid in place. Turn the steam release handle to the SEALING position. Select the MANUAL/PRESSURE COOK setting. Select HIGH pressure for 3 minutes.

**3** Carefully turn the steam release handle to the VENTING position, and let the steam fully escape (the float valve will drop). Remove the lid from the cooker.

**4** Remove the fish from the cooker with a slotted spatula, and place on a serving platter. Drizzle with the oil, and sprinkle with the remaining ¼ teaspoon salt. Serve fish with the lemon wedges, if desired.

Per serving (1 fillet): 399 Cal, 26g Total Fat, 6g Sat Fat, 582mg Sod, 2g Total Carb, 1g Sugar, 0g Fib, 35g Prot

### ZEROPOINT SIDE

## Oven-Roasted Zucchini

Active 3 minutes  
Total 28 minutes

Preheat the oven to 475°F. Arrange **2 pounds zucchini (halved lengthwise and cut into 1½-inch pieces)** in a single layer on a rimmed baking sheet coated with olive oil cooking spray. Coat the zucchini lightly with the cooking spray. Bake in the preheated oven until tender, about 25 minutes. Sprinkle with **½ teaspoon table salt** and **¼ teaspoon black pepper**; serve immediately. Serves 4 (serving size: 1 cup)

## Quick and Easy Salmon

Active 5 minutes Total 20 minutes

Serves 4



1 cup cold water

$\frac{1}{4}$  cup fresh lemon juice  
(from 2 lemons)

Cooking spray

4 (4-ounce) frozen salmon fillets

$\frac{1}{4}$  teaspoon table salt

$\frac{1}{8}$  teaspoon freshly ground black pepper

1 lemon, cut into wedges

Fresh parsley sprigs (optional)

- 1 Add 1 cup cold water and lemon juice to a 6-quart Instant Pot®. Coat a steam rack with cooking spray, and place inside the cooker. Arrange the salmon fillets, skin sides down, on the rack.
- 2 Cover the cooker with the lid, and lock the lid in place. Turn the steam release handle to the SEALING position. Select the MANUAL/PRESSURE COOK setting. Select HIGH pressure. Allow the cooker to come up to pressure. Immediately turn the steam release handle to the VENTING position, and let the steam fully escape (the float valve will drop). Remove the lid from the cooker; salmon should flake easily with a fork.
- 3 Sprinkle the salmon evenly with the salt and pepper. Serve with the lemon wedges, and garnish with the parsley, if desired.

Per serving (1 fillet): 241 Cal, 15g Total Fat, 4g Sat Fat, 213mg Sod, 2g Total Carb, 1g Sugar, 0g Fib, 23g Prot



Quick and Easy Salmon

## Salmon with Lentil Hash and Bacon

Active 20 minutes Total 35 minutes  
Serves 4



- 1 small head cauliflower (1½ pounds), cut into large florets
- 1 pound baby yellow potatoes, quartered
- 1 large onion, quartered
- 2 cups fat-free, lower-sodium chicken broth
- 1 cup dried brown lentils, rinsed and drained
- 4 garlic cloves, minced
- 1 tablespoon curry powder
- ½ teaspoon ground cumin
- ½ teaspoon ground coriander
- ¾ teaspoon kosher salt
- ¾ teaspoon cayenne pepper
- 1 (1½-pound) wild salmon fillet, skinned

### Freshly ground black pepper (optional)

- 6 center-cut bacon slices, cooked and crumbled

- 1 Combine the first 11 ingredients in a 6-quart Instant Pot®.
- 2 Cut the salmon fillet in half crosswise, and place on top of the lentil mixture; season with the black pepper, if desired. Cover the cooker with the lid, and lock the lid in place. Turn the steam release handle to the SEALING position. Select the MANUAL/PRESSURE COOK setting. Select HIGH pressure for 1 minute. When the cooker reaches HIGH pressure, immediately turn the steam release handle to the VENTING position, and let the steam fully escape (the float valve will drop). Remove the lid from the cooker.
- 3 Divide the salmon and lentil mixture among 4 bowls. Top with bacon.

Per serving (4 ounces salmon, 1½ cups lentil mixture, and one-fourth of bacon): 589 Cal, 12g Total Fat, 3g Sat Fat, 805mg Sod, 66g Total Carb, 6g Sugar, 12g Fib, 58g Prot

## Salmon and Potatoes

Active 20 minutes  
Total 40 minutes Serves 4



A side of ZeroPoint steamed asparagus pairs well with the salmon and buttery potatoes.

- 1 (1-pound) center-cut wild salmon fillet
- ½ teaspoon table salt
- ½ cup dry white wine
- ½ cup water
- 1 pound baby tricolor potatoes, halved
- 1 small shallot, quartered
- 4 fresh tarragon sprigs, plus more for garnish
- 5 thin lemon slices, plus additional lemon wedges for garnish
- 2 tablespoons unsalted butter, cubed

- 1 Pat the salmon dry, and sprinkle with ¼ teaspoon of the salt.
- 2 Add the wine, ½ cup water, and remaining ¼ teaspoon salt to a 6-quart Instant Pot®. Add the potatoes and shallot to the cooker; top with 2 of the tarragon sprigs and 3 of the lemon slices.
- 3 Place a steam rack over the potatoes. Place the salmon on the rack; top with 1 of the tarragon sprigs and the remaining 2 lemon slices. Cover the cooker with the lid, and lock the lid in place. Turn the steam release handle to the SEALING position. Select the MANUAL/PRESSURE COOK setting. Select HIGH pressure for 3 minutes.

- 4 Carefully turn the steam release handle to the VENTING position, and let the steam fully escape (the float valve will drop). Remove the lid from the cooker. Meanwhile, finely chop the leaves from the remaining tarragon sprig; set aside.
- 5 Press CANCEL. Carefully remove the salmon and the rack from the cooker. Transfer the potatoes and shallot to a bowl using a slotted spoon; discard the lemon slices and tarragon sprigs.
- 6 Select the SAUTÉ setting on the cooker. Select the MEDIUM temperature setting, and allow to preheat. Simmer the sauce until reduced by half, about 8 minutes. Turn off the cooker, and add the butter and reserved chopped tarragon; stir until the butter melts.
- 7 Return the potato mixture to the cooker, tossing to coat. Serve the salmon with the potatoes. Garnish with the additional tarragon and serve with lemon wedges, if desired.

Per serving (3½ ounces cooked salmon and 1 cup potato mixture): 327 Cal, 12g Total Fat, 5g Sat Fat, 397mg Sod, 23g Total Carb, 1g Sugar, 2g Fib, 26g Prot

**Salmon is a tasty source of omega-3 fatty acids, which are important for brain health. If you can, purchase wild salmon. It has less fat and fewer calories than farm-raised salmon.**

## Vegetable Soup

Active 15 minutes Total 6 hours, 40 minutes Serves 8



- 1 large tomato, chopped
- 1 pound thin carrots, cut into 1-inch pieces
- 3 cups pearl onions, peeled (about 10 ounces)
- 4 cups vegetable broth
- 8 ounces green beans, trimmed
- 8 ounces new potatoes, halved or quartered
- 1 teaspoon ground cumin
- ¾ teaspoon ground white pepper

- 1 Combine the tomato, half of the carrots, and 2 cups of the onions in a 6-quart Instant Pot®. Add 1 cup of the vegetable broth. Cover the cooker with the lid, and lock the lid in place. Turn the steam release handle to the SEALING position. Select the MANUAL/PRESSURE COOK setting. Select HIGH pressure for 12 minutes.
- 2 Carefully turn the steam release handle to the VENTING position, and let the steam fully escape (the float valve will drop). Remove the lid from the cooker; cool slightly.
- 3 Pour the mixture into a blender. Secure the lid on the blender, and remove the center piece to allow steam to escape. Place a clean towel over the opening. Process until smooth. Return to the cooker. Add the green beans, potatoes, cumin, white pepper, and remaining 3 cups of the broth, half of the carrots, and 1 cup of the onions. Cover the cooker with the lid, and lock the lid in place. Turn the steam release handle to the VENTING position. Select the SLOW COOK setting. Select the MEDIUM temperature setting for 6 hours.

Per serving (1 cup): 87 Cal, 0g Total Fat, 0g Sat Fat, 325mg Sod, 20g Total Carb, 8g Sugar, 4g Fib, 3g Prot

## Wild Mushroom Soup

Active 20 minutes Total 4 hours, 20 minutes Serves 7



Marsala, a fortified wine from Sicily, gives this soup a wonderful richness. Feel free to substitute sherry for a similar effect.

- 4 cups boiling water
- 1 ounce dried porcini mushrooms (about 1¼ cups)
- 2 tablespoons olive oil
- 1½ cups sliced shallots (about 6 ounces)
- 1 garlic clove, minced
- ¾ cup dry Marsala or sherry
- 1 pound assorted mushrooms (such as cremini, portobello, shiitake, and button), sliced
- 2 teaspoons dried thyme
- 1 teaspoon granulated sugar
- ½ teaspoon freshly ground black pepper
- 2 tablespoons lower-sodium soy sauce
- 2 tablespoons balsamic vinegar
- ½ teaspoon table salt
- ⅓ cup chopped fresh parsley

- 1 Pour 4 cups boiling water over the dried mushrooms. Cover and let stand 10 minutes. Strain the mushrooms and liquid through a sieve lined with paper towels into a medium bowl, reserving the liquid. Slice the mushrooms, if needed.

- 2 Select the SAUTÉ setting in a 6-quart Instant Pot®. Select the MEDIUM temperature setting, and allow to preheat. Add the oil to the cooker. Add the shallots and garlic to the hot oil; cook, stirring occasionally, until the shallots are beginning to brown richly, about 5 minutes. Add the Marsala; bring to a boil, and cook 1 minute.

- 3 Press CANCEL. Stir in 1 pound assorted mushrooms, thyme, sugar, pepper, porcini mushrooms, reserved mushroom liquid, and 1 tablespoon of the soy sauce. Cover the cooker with the lid, and lock the lid in place. Turn the steam release handle to the VENTING position. Select the SLOW COOK setting. Select the HIGH temperature setting for 4 hours, and cook until the vegetables are very tender and the flavors blend.
- 4 Remove the lid from the cooker. Stir in the vinegar, salt, and remaining 1 tablespoon soy sauce. Serve topped with the parsley.

Per serving (1 cup): 103 Cal, 4g Total Fat, 1g Sat Fat, 342mg Sod, 11g Total Carb, 5g Sugar, 2g Fib, 4g Prot

**Slow-cooked soups are a great option for both busy weekdays and slow Sunday afternoons. No need to stand over the stovetop to stir; just assemble the ingredients and return a few hours later to a warm meal.**



## Creamy Cauliflower and Sweet Potato Soup

Active 15 minutes Total 50 minutes  
Serves 10



Full-fat coconut milk contributes a satisfying richness in this flavorful appetizer soup. You can opt for fat-free, lower sodium chicken broth instead of the vegetable broth called for here, but the soup will no longer be vegetarian or vegan.

- 1½ pounds sweet potatoes, peeled and cut into 1-inch pieces (4 cups)**
- 6 cups vegetable broth**
- 4 cups cauliflower florets**
- 1 cup chopped onion**
- ½ cup chopped carrot**
- 2 garlic cloves, minced**
- 2 teaspoons ground coriander**
- 1 teaspoon ground cumin**
- ½ teaspoon ground ginger**
- ⅓ teaspoon cayenne pepper**
- 1 cup canned unsweetened full-fat coconut milk**

### Chopped fresh cilantro (optional)

- 1** Combine the first 10 ingredients in a 6-quart Instant Pot®. Cover the cooker with the lid, and lock the lid in place. Turn the steam release handle to the SEALING position. Select the MANUAL/PRESSURE COOK setting. Select HIGH pressure for 6 minutes.
- 2** Let the pressure release naturally 15 minutes. Then carefully turn the steam release handle to the VENTING position, and let any additional steam fully escape (the float valve will drop). Remove the lid from the cooker. If desired, reserve a few vegetable pieces for garnish. Using a handheld immersion blender, blend the remaining soup mixture until smooth. Stir in the coconut milk. If desired, garnish with the reserved vegetables and cilantro.

Per serving (1 cup): 115 Cal, 5g Total Fat, 4g Sat Fat, 366mg Sod, 17g Total Carb, 6g Sugar, 3g Fib, 2g Prot

## Chickpea, Pasta, and Parmesan Soup

Active 10 minutes Total 4 hours, 18 minutes Serves 6



- 4 cups unsalted chicken or vegetable stock**
- 1 (16-ounce) can unsalted chickpeas, drained and rinsed**
- 1 cup diagonally sliced carrot (from 2 carrots)**
- 1 cup chopped yellow onion**
- 1 cup thinly diagonally sliced celery (from 2 celery stalks)**
- 2 teaspoons dried oregano**
- 1 teaspoon fennel seeds**
- ½ teaspoon black pepper**
- ⅓ teaspoon crushed red pepper**
- 4 ounces uncooked small shell pasta**
- 1 teaspoon table salt**
- 1½ ounces Parmesan cheese, finely shredded (about ⅓ cup)**

- 1** Combine the first 9 ingredients in a 6-quart Instant Pot®. Cover the cooker with the lid, and lock the lid in place. Turn the steam release handle to the VENTING position. Select the SLOW COOK setting. Select the LOW temperature setting for 4 hours, and cook until the vegetables are tender.
- 2** Press CANCEL. Remove the lid from the cooker, and stir in the pasta. Cover the cooker with the lid, and lock the lid in place. Turn the steam release handle to the SEALING position. Select the MANUAL/PRESSURE COOK setting. Select HIGH pressure for 4 minutes.
- 3** Carefully turn the steam release handle to the VENTING position, and let the steam fully escape (the float valve will drop). Remove the lid from the cooker. Stir in the salt. Divide the soup among 6 bowls, and sprinkle with the Parmesan.

Per serving (1½ cups soup and about 1½ tablespoons Parmesan): 200 Cal, 3g Total Fat, 1g Sat Fat, 646mg Sod, 32g Total Carb, 4g Sugar, 5g Fib, 11g Prot

If you're lucky enough to have any leftover soup, here's how to freeze for future use: First, cool the soup completely. Label a zip-top plastic freezer bag with the recipe name and date. Place the bag in a bowl and cuff over the edge of the bowl. Carefully ladle soup into the bag, squeeze out excess air, and seal. Lay flat in the freezer until frozen; stack bags to save space. Thaw the soup overnight in the fridge before reheating on the stove.

## Confetti White Chili

Active 20 minutes Total 8 hours,  
35 minutes Serves 9



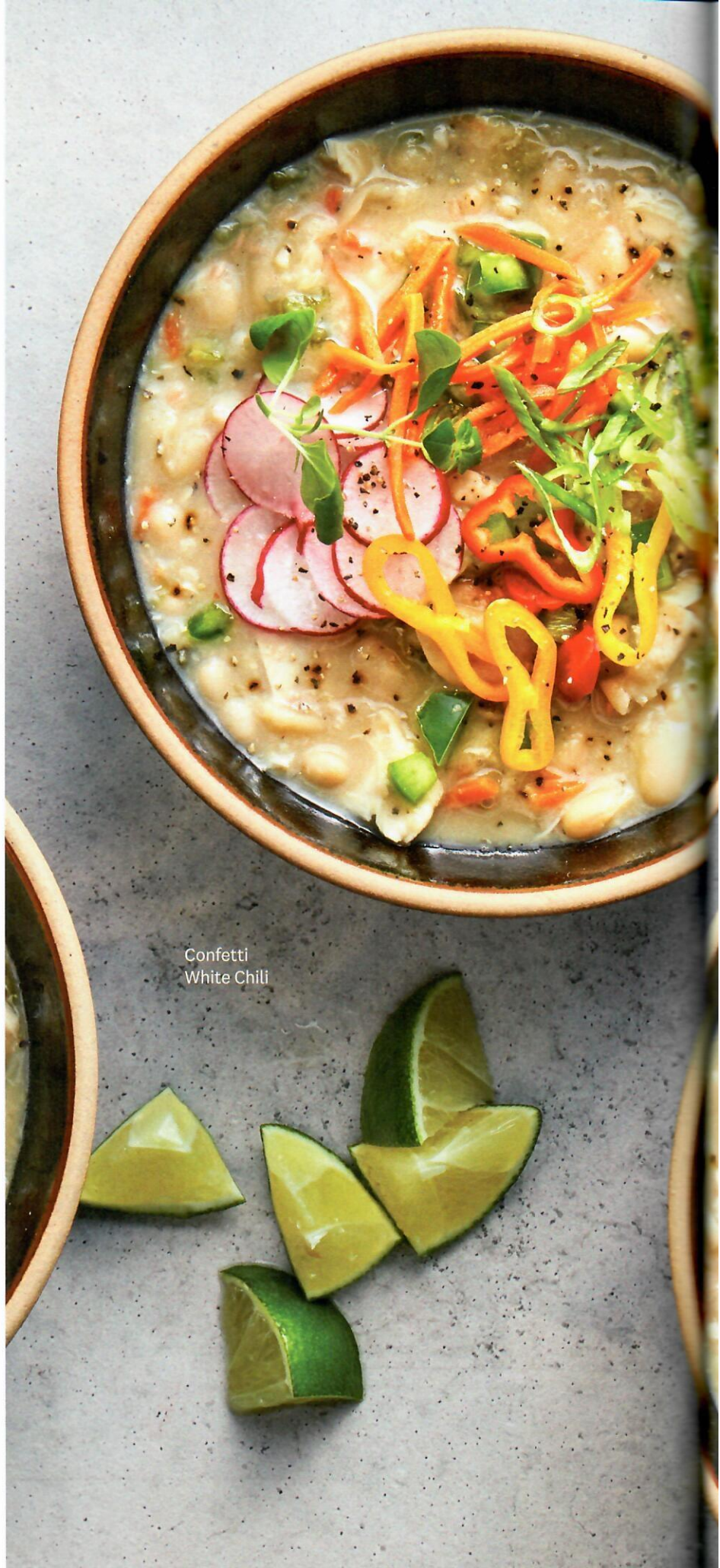
- 3 (15-ounce) cans unsalted great Northern, navy, or white cannellini beans, drained and rinsed
- 2 (14-ounce) cans lower-sodium chicken broth
- 2 cups chopped green bell pepper
- 1 cup matchstick-cut carrots
- 2 garlic cloves, chopped
- 2 teaspoons dried oregano
- 1 cup sliced scallions
- 1½ teaspoons ground cumin
- 2½ cups chopped cooked chicken breast or turkey breast
- 1 teaspoon table salt

Vegetable toppers such as sliced radishes, matchstick-cut carrots, and sliced red and yellow peppers (optional)

### Fresh oregano sprigs (optional)

- 1 Combine the first 6 ingredients, ½ cup of the scallions, and 1 teaspoon of the cumin in a 6-quart Instant Pot®. Cover the cooker with the lid, and lock the lid in place. Turn the steam release handle to the VENTING position. Select the SLOW COOK setting. Select the LOW temperature setting for 8 hours.
- 2 Using a potato masher, mash the bean mixture to thicken slightly. Stir the chicken, salt, and remaining ½ teaspoon cumin into the chili. Cover the cooker with the lid, and lock the lid in place. Turn the steam release handle to the VENTING position. Select the SLOW COOK setting. Select the HIGH temperature setting for 15 minutes or until the chicken is heated through. Serve the chili topped with the remaining ½ cup scallions and desired toppers. Garnish with the oregano sprigs, if desired.

Per serving (about 1 cup): 199 Cal, 3g Total Fat, 0g Sat Fat, 561mg Sod, 24g Total Carb, 3g Sugar, 9g Fib, 19g Prot



Confetti  
White Chili

## Chicken and Veggie Miso Soup

Active 30 minutes Total 55 minutes  
Serves 8



To keep the miso's probiotics intact, make sure the soup does not boil.

- 1 **tablespoon olive oil**
- 2 **leeks, diced (about 2 cups)**
- 5 **ounces shiitake mushrooms, stemmed and sliced (about 2 cups)**
- 5 **carrots, chopped (about 1½ cups)**
- 1 **onion, diced (about 1 cup)**
- 2 **pounds boneless, skinless chicken thighs**
- ¼ **teaspoon black pepper**
- 8 **cups unsalted chicken broth**
- ½ **cup white miso paste**
- 8 **garlic cloves, minced**
- 1 **tablespoon lower-sodium soy sauce**
- 1 **tablespoon grated fresh ginger**
- ⅓ **teaspoon Sriracha chili sauce**
- ½ **head napa cabbage, coarsely chopped (about 4 cups)**
- 1 **head baby bok choy, coarsely chopped (about 1½ cups)**

### Chopped fresh parsley (optional)

- 1 Select the SAUTÉ setting on a 6-quart Instant Pot®. Select the MEDIUM temperature setting, and allow to preheat. Add the first 5 ingredients to the cooker. Cook, stirring often, until the vegetables are softened, about 5 minutes.
- 2 Press CANCEL. Sprinkle the chicken with the pepper; add the chicken and broth to the cooker. Cover the cooker with the lid, and lock the lid in place. Select the SOUP setting. Select HIGH pressure for 7 minutes.
- 3 Carefully turn the steam release handle to the VENTING position, and let the steam fully escape (the float valve will drop). Remove the lid from the cooker.

- 4 Shred the chicken in the cooker using 2 forks. Stir in the miso paste and next 4 ingredients. Stir in the napa cabbage and bok choy. Select the SAUTÉ setting. Select the MEDIUM temperature setting. Cook, stirring often, until the miso paste dissolves and the cabbage and bok choy are softened, about 5 minutes. Garnish with the parsley, if desired.

Per serving (2 cups): 271 Cal, 11g Total Fat, 3g Sat Fat, 689mg Sod, 16g Total Carb, 6g Sugar, 3g Fib, 26g Prot

## French Chicken Stew

Active 15 minutes Total 50 minutes  
Serves 8



This soup's shortcut ingredient is a flavorful jar of garlic-Alfredo sauce.

- 4 **cups sliced fresh button and/or stemmed shiitake mushrooms**
- 1 **(14.5-ounce) can diced tomatoes, undrained**
- 1 **cup thinly sliced carrot**
- 1 **red potato, cut into 1-inch pieces**
- ½ **cup chopped onion**
- ½ **cup fresh green beans, trimmed and cut into 1-inch pieces**
- ½ **cup pitted and halved ripe olives**
- 1 **cup unsalted chicken broth**
- ½ **cup dry white wine or reduced-sodium chicken broth**
- 1 **teaspoon herbes de Provence or dried Italian seasoning**
- ¾ **teaspoon dried thyme**
- ¾ **teaspoon black pepper**
- 8 **boneless, skinless chicken thighs (about 2 pounds)**
- ½ **teaspoon seasoned salt**
- 1 **(15-ounce) jar garlic-Alfredo pasta sauce**

- 1 Stir together the first 12 ingredients in a 6-quart Instant Pot®. Top with the chicken, and sprinkle with the seasoned salt. Cover the cooker with the lid, and lock the lid in place. Turn the steam release handle to the SEALING position. Select the MANUAL/PRESSURE COOK setting. Select HIGH pressure for 8 minutes.

- 2 Let the pressure release naturally 15 minutes. Then carefully turn the steam release handle to the VENTING position, and let any additional steam fully escape (the float valve will drop). Remove the lid from the cooker. Stir in the Alfredo sauce.

Per serving (1 cup): 335 Cal, 18g Total Fat, 7g Sat Fat, 720mg Sod, 14g Total Carb, 5g Sugar, 3g Fib, 25g Prot

### WHAT'S THAT SMELL?

If you've scrubbed with no success, the silicone sealing ring is probably to blame. It's dishwasher safe, but if that doesn't work (or if you don't have a dishwasher), you can clear the air with some old-fashioned elbow grease. Fill the cooking insert in your Instant Pot® with two cups of vinegar, seal the lid, and set the STEAM setting for 2 minutes. Let the sealing ring air dry completely before using.

## Spanish-Style Beef Stew

Active 25 minutes Total 1 hour, 5 minutes Serves 8



Bored of your go-to beef stew? Shake things up with this refreshing recipe.

- 1 **tablespoon olive oil**
  - 1½ **pounds boneless lean beef chuck roast, trimmed and cut into 1-inch pieces**
  - 1 **(14.5-ounce) can fat-free, lower-sodium beef broth**
  - 1 **(28-ounce) can fire-roasted diced tomatoes, undrained**
  - 12 **ounces tiny red new potatoes, halved if large**
  - 2 **cups coarsely chopped red and/or green bell peppers**
  - 1 **medium onion, cut into wedges**
  - 1 **cup dry red wine**
  - 2 **teaspoons dried oregano**
  - 1 **teaspoon smoked paprika**
  - 1 **orange**
  - ½ **cup sliced pitted green olives**
  - ¼ **cup chopped fresh parsley**
- 1 Select the SAUTÉ setting on a 6-quart Instant Pot®. Select the MEDIUM temperature setting, and allow to preheat. Heat ½ tablespoon of the oil in the cooker. Add half of the beef to the cooker, and cook, stirring occasionally, until browned, 3 to 4 minutes. Remove the beef from the cooker, and keep warm. Repeat the procedure with the remaining ½ tablespoon oil and remaining beef.
  - 2 Add the broth to the cooker. Bring to a simmer, stirring and scraping to loosen the browned bits from the bottom of the cooker. Return the beef to the cooker. Stir in the tomatoes and next 6 ingredients. Press CANCEL.
  - 3 Cover the cooker with the lid, and lock the lid in place. Turn the steam release handle to the SEALING position. Select the MANUAL/PRESSURE COOK setting. Select HIGH pressure for 15 minutes.

- 4 Let the pressure release naturally 15 minutes. Then carefully turn the steam release handle to the VENTING position, and let any additional steam fully escape (the float valve will drop). Remove the lid from the cooker.
- 5 Remove 1 teaspoon zest and squeeze 2 tablespoons juice from the orange. Add the orange zest and juice to the beef mixture. Stir in the olives and parsley.

Per serving (1½ cups): 268 Cal, 13g Total Fat, 5g Sat Fat, 509mg Sod, 17g Total Carb, 6g Sugar, 4g Fib, 19g Prot

## Beef-Barley Soup with Red Wine and Pesto

Active 20 minutes Total 4 hours, 20 minutes Serves 6



Baby kale is best here because it is more tender than the older leaves.

- 1 **pound lean boneless beef chuck roast, cut into bite-size pieces**
  - ½ **teaspoon black pepper**
  - 2 **tablespoons olive oil**
  - 1½ **cups ½-inch-thick diagonally sliced carrot (from 3 carrots)**
  - 1 **cup chopped yellow onion (from 1 onion)**
  - ½ **cup dry red wine**
  - 3 **cups unsalted beef stock**
  - 1 **(14.5-ounce) can diced tomatoes with basil, garlic, and oregano, undrained**
  - ¼ **cup jarred pesto**
  - ½ **cup uncooked whole-grain hulled barley (not pearled; about 4 ounces)**
  - 1 **(5-ounce) package baby kale leaves**
  - ½ **teaspoon kosher salt**
- 1 Pat the beef dry with a paper towel; sprinkle with the pepper. Select the SAUTÉ setting on a 6-quart Instant Pot®. Select the MEDIUM temperature setting, and allow to preheat. Heat 1 tablespoon of the oil in the cooker. Add the beef to the cooker; cook, stirring occasionally, until lightly browned on all sides, about 4 minutes. Remove the beef from the cooker, and keep warm.

- 2 Add the carrot, onion, and remaining 1 tablespoon oil to the cooker; cook, stirring occasionally, until the vegetables are softened, about 3 to 4 minutes. Remove from the cooker.
- 3 Add the wine to the cooker; cook 1 minute, stirring and scraping to loosen the browned bits from the bottom of the cooker. Press CANCEL. Return the beef and vegetables to the cooker. Stir in the stock, tomatoes, and pesto.
- 4 Cover the cooker with the lid, and lock the lid in place. Turn the pressure release handle to the VENTING position. Select the SLOW COOK setting. Select the HIGH temperature setting for 2 hours. Remove the lid from the cooker. Stir in the barley. Cover the cooker with the lid, and lock the lid in place. Turn the pressure release handle to the VENTING position. Select the SLOW COOK setting. Select the HIGH temperature setting for 2 hours or until the beef and barley are tender. Remove the lid from the cooker. Stir in the kale and salt.

Per serving (1½ cups): 337 Cal, 18g Total Fat, 6g Sat Fat, 568mg Sod, 23g Total Carb, 6g Sugar, 6g Fib, 20g Prot