

# Healthy Eating Made Easier with the Instant Pot



## Easy Instant Pot Pasta

Yields: 4-6 servings

Recipe adapted from [lifeisbutadish.com](http://lifeisbutadish.com)

2 tablespoons olive oil  
1 small onion, small dice  
1 pound ground turkey  
½ teaspoon salt  
½ teaspoon garlic powder  
½ teaspoon paprika  
½ teaspoon dried oregano  
¼ teaspoon lemon pepper  
2 tablespoons tomato paste  
2 cups water  
12 ounces penne pasta (or any short pasta)  
2 cups marinara sauce (your favorite kind)  
2–3 large handfuls fresh spinach  
1 lemon  
Parmesan cheese

1. Press the sauté button on the Instant Pot and let it preheat. Add the olive oil and onion and cook for 1-2 minutes. Add the ground turkey, salt, garlic powder, paprika, oregano and lemon pepper and use a wooden spoon to break up the turkey meat and cook it through. Cook for about 5 minutes until turkey is browned. Add tomato paste and mix in.
2. Press cancel. Add the water and dried pasta and mix until well combined. Pour the tomato sauce on top but DO NOT mix in. (Mixing in the sauce can cause the Instant Pot to have the burn notification). Close lid, turn the vent to seal and cook on high pressure for about 5-6 minutes. NOTE: The amount of time you cook on high pressure should be half the amount of time the box calls for. So if the box says to cook the pasta for 8 minutes, cook it for 4 minutes on high pressure. If the box says to cook for 12 minutes, cook it for 6. Time will vary depending on which pasta you use.
3. Once it's done cooking, quick release and open lid. Stir in spinach and the juice from one lemon. Add Parmesan cheese to taste and serve!



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## Apple Pecan Arugula Salad

Recipe adapted from [minimalistbaker.com](http://minimalistbaker.com)

Yields: 4 servings

### For the Salad:

- 1/2 cup raw pecans
- 7 ounces arugula (organic when possible)
- 2 small apples (1 tart, 1 sweet // peeled, quartered, cored and thinly sliced lengthwise)
- 1/4 red onion (thinly sliced)
- 2 Tbsp dried cranberries (*optional*)

### For the Dressing:

- 1 large lemon, juiced (1 lemon yields ~3 Tbsp or 45 ml)
- 1 Tbsp maple syrup
- 1 pinch each sea salt + black pepper
- 3 Tbsp olive oil

1. Preheat oven to 350 degrees F and arrange pecans on a bare baking sheet.
2. Bake pecans for 8-10 minutes or until fragrant and deep golden brown. Remove from oven and set aside.
3. While pecans are toasting, prep remaining salad ingredients and add to a large mixing bowl.
4. Prepare dressing in a mixing bowl or mason jar by adding all ingredients and whisking or shaking vigorously to combine. Taste and adjust flavor as needed.
5. Add pecans to salad and top with dressing. Toss to combine and serve immediately. Serves two as an entrée and 4 as a side (as original recipe is written // adjust if altering default number of servings).
6. Store leftovers (dressing separate from salad) covered in the refrigerator for 2-3 days (though best when fresh). Dressing should keep at room temperature for 2-3 days when well sealed.