

Pressure Cooker Lasagna

8 oven-ready lasagna noodles
2 cups Mozzarella cheese, shredded
1/4 cup Parmesan cheese, grated
2-3/4 cups meat sauce (see Instant Pot Spaghetti Meat Sauce recipe)
Salt and pepper to taste

Ricotta Cheese Mixture:

3/4 cup Ricotta cheese
1 teaspoon Italian seasoning
1 large egg
1/3 teaspoon kosher salt

1. In a mixing bowl, beat one large egg, then add in Ricotta cheese. Season with Italian seasoning, ground black pepper and kosher salt.
2. Line a 7-inch springform pan with cut-out parchment paper (optional). Break the uncooked oven-ready lasagna noodles into smaller pieces, then layer them at bottom of pan in a single layer. Layer 1/3 portion of meat sauce on the lasagna noodles. Layer Ricotta cheese mixture on the meat sauce, then add shredded Mozzarella cheese on top. Repeat this layering cycle twice. Add freshly grated Parmesan cheese on the very top. Then, wrap the springform pan tightly with aluminum foil.
3. Pour 1 cup cold water, then place a trivet in Pressure Cooker. Create a sling foil, then place springform pan in Instant Pot. Close lid, then pressure cook at High Pressure for 24 minutes plus 10 minutes Natural Release. Note: Since some oven-ready lasagna noodles take longer to cook, make sure to check the noodles are properly cooked before proceeding to the next step. If they are still a bit firm, cover it with aluminum foil, place it back in the Pressure Cooker, then Pressure Cook at High Pressure for another 5 to 6 minutes plus Quick Release.
4. Optional broil: Preheat oven to 425°F when Pressure Cooker is Natural Releasing. Place the cooked lasagna in 425°F oven until the cheese is browned on top (7 to 9 minutes).
5. Use a paring knife to gently release the lasagna from the springform pan. Slice and serve.

Makes 4 servings

Source: www.pressurecookrecipes.com

Extension Master Food Volunteers

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Nutrition Facts	
4 servings per container	
Serving size	1/4 of recipe
Amount per serving	
Calories	630
% Daily Value*	
Total Fat 28g	36%
Saturated Fat 14g	70%
Trans Fat 0.5g	
Cholesterol 170mg	57%
Sodium 2020mg	88%
Total Carbohydrate 48g	17%
Dietary Fiber 3g	11%
Total Sugars 10g	
Includes 0g Added Sugars	0%
Protein 49g	
Vitamin D 1mcg	6%
Calcium 603mg	45%
Iron 6mg	35%
Potassium 1013mg	20%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.