

Instant Pot Mac and Cheese

Whole wheat macaroni cooked straight in the pot, turned creamy with butter, Greek yogurt and two cups of sharp cheddar melted in by hand.

PREP	COOK	TOTAL	SERVES
5 min	4 min	25 min	4

INGREDIENTS

8 oz uncooked whole wheat elbow macaroni (or shells)	½ tsp dry mustard
1¾ cups water	¼ tsp ground black pepper
½ tsp kosher salt, divided	⅛ tsp ground cayenne
2 tbsp unsalted butter, cut into pieces	⅛ tsp ground nutmeg
1 (5.3 oz) container full-fat Greek yogurt (about ½ cup)	8 oz extra-sharp cheddar, shredded (about 2 cups)

METHOD

- 1 Stir the pasta, water and ¼ tsp of the salt together in the pot. Pressure cook on high for 4 minutes (5 for shells), then quick-release as soon as the timer sounds.
- 2 Open the lid; if the pasta looks very wet, drain off all but a thin layer of water and keep what you drain.
- 3 Stir in the butter until melted, then the mustard, pepper, cayenne, nutmeg and remaining ¼ tsp salt.
- 4 Stir in the Greek yogurt.
- 5 Add the cheddar a small handful at a time, stirring each addition until fully melted before the next — rushing makes it lumpy. Loosen with reserved pasta water if it tightens up, flick on sauté briefly if it cools, and season to taste.

NOTES

Use full-fat yogurt; fat-free splits.

Shred the cheese yourself — pre-shredded is coated in starch and melts grainy.

Per serving — Calories: 504 kcal · Carbs: 46 g · Protein: 26 g · Fat: 26 g · Sugar: 1 g

Adapted from Well Plated · <https://www.wellplated.com/instant-pot-mac-and-cheese/> · Potbelly, typeset