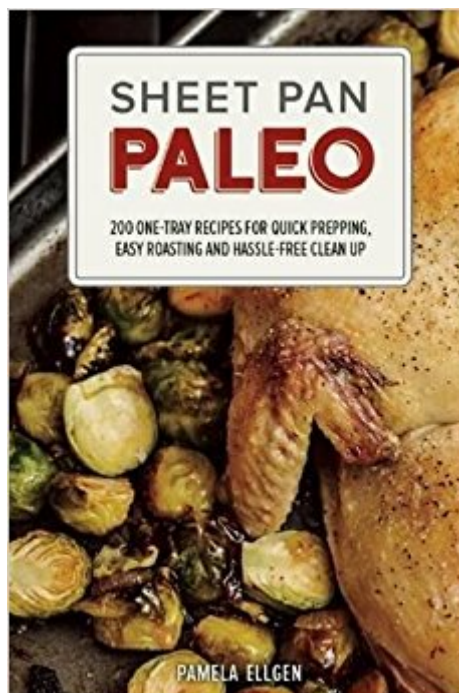




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# Sheet Pan Paleo: 200 One-Tray Recipes For Quick Prepping, Easy Roasting And Hassle-free Clean Up



## Synopsis

PALEO COOKING HAS NEVER BEEN EASIER THAN WITH THIS COLLECTION OF 200 ONE-PAN RECIPES THAT TAKE 20 MINUTES OR LESS FOR COMPLETE PREP AND CLEAN UP! Your Paleo dinner just got a whole lot easier. Simply toss the ingredients onto a pan. Roast, bake or broil. Soon you'll be enjoying a hearty Paleo meal (and the one-pan cleanup is a snap!). Sheet Pan Paleo recipes combine healthy proteins, fresh veggies and savory spices that cook together, enhancing the flavors of each. • Lemon Garlic Chicken with Wilted Spinach • Slow-Roasted Salmon with Asparagus • Beef Tenderloin and Bell Pepper Fajitas • Citrus and Herb Marinated Pork Shoulder • Whole Baked Trout with Rainbow Carrots • Chipotle Turkey Legs and Sweet Potatoes • Broiled Oysters with Lemon and Zucchini • Bison Burgers with Bacon Mayonnaise • Ginger Chicken Hearts with Bok Choy Plus desserts, energy bars and more!

## Book Information

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Psoas Strength and Flexibility|Pamela|Ellgen|9781612434322|15.95 |Ulysses Press|02/24/2015|1200|

This is a great recipe book. It is for a healthy, balanced diet. I especially like the idea that all meals

are made on one pan. In the book, it is called a half sheet pan. My mom taught me that is a sweetroll pan. I guess that meant that it has the one inch sides. There are a variety of recipes. A whole meal can be made from this one cookbook. Chapters are: Appetizers & Sides, Vegetarian, Fish and Seafood, Poultry, Pork, Beef, Bison & Veal, Lamb & Goat, Game & Offal, Desserts and Sauces. Recipes are easy to follow and most of the ingredients are readily available in most everyones pantry and spice rack. I really like that the number of servings, prep time and cook time are included in every recipe. In the vegetable chapter is a table with vegetable and fruits available each season of the year. This would be very helpful for me in the winter when not all foods are easily found. It also will help with the budget when these foods are in season, they would be cheaper.

If you need a glamour photo of each meal you want to prepare, this cookbook is not for you. No photos except the nice cover art...but jam-packed with 200 recipes! I loved the variety of appetizers, desserts and complete meals-both vegetarian and those involving many different types of meat-so you can easily find items that the whole family might enjoy. I appreciated the brief introduction by the author along with an easy-to-understand review of the paleo diet with that dietary do's and do not's. All the recipes can be tweaked for individual needs and specific spice combinations that fit your taste. The best part? Quick prep time and cooking is generally all on a sheet pan so clean-up is a breeze. We have enjoyed each of the recipes we have prepared thus far. I am thrilled to have more vegetables and variety on the family menu!

Many complain that this book lacks pictures. I did not miss them. The recipes are sublime and you can put them together readily. You just need to plan in advance for what you are going to cook before you go shopping. I am also grateful that the author did not refrain from including vegetables related to the nightshade family. I have no fear of them, any more than I share the superstitions about beans that the Pythagoreans ranted about. There are poisonous plants in any given genus of plant life and if you are going to avoid all of one genus only because some of them are toxic, you will not be able to eat any vegetables at all.

Paleo is so popular nowadays. The market has become saturated with books by people who fake through it in order to cash in. This is not the book for that. Sheet Pan Paleo starts off by introducing the reader to Paleo. After that, the author, Pamela Ellgen, shares all the different vegetables used for Paleo and in what season they come in. Then there are the recipes. Oh, the glorious recipes!

They feel almost too fancy until you realize there are only a handful of steps needed to execute them. Some of my favorites include zucchini and sweet potato fritters with chipotle aioli, ahi tuna and mushroom bake, and crab-stuffed salmon with roasted celeriac, mint, and pear. Sound fancy right? Of course they do, but the prep is easy (roughly 15 minutes) and most cook times can range from 15 minutes to two hours, depending on the dish. Best part though after finishing a glorious meal? Clean-up is relatively simple as everything is cooked on a single sheet pan. Do yourself a favor and line the pan with foil. Then you're really on easy street for fast clean-up.

I own over 40 Paleo cookbooks and I'm delighted to have found this one. There are so many great recipes that require very little prep work and clean up. Everything I made so far turned out delicious. There are no pictures but the instructions are well written and easy to follow. Somebody put a lot of love and work into this book and I'm amazed how inexpensive it is.

My best friend has recently made the decision to become paleo! To help support her, I purchased a few different paleo cookbooks. This one is one of my favorites! There a ton of delicious recipes in here. I've made a good deal of these recipes and they've all been great. This book comes with an introduction on paleo basics, which I found to be really helpful. I didn't know much about paleo before my friend decided, so this was awesome for me! Some of my favorite recipes from this book include: bacon-skinned chicken breast with rosemary fingerling potatoes, pork chops with peach chutney, apple crisp, and my friend's ultimate favorite- paleo thin mints!

This has become my number 1 go to cook book!! The Pork tenderloin with parsnips is now a standard for us. The Paleo Thin Mints are to die for !!!!! People cannot believe they are no bake cookies and so easy to make. Forget those nasty Girl Scout fake ingredient cookies! Buy the book just for that recipe!! You will be amazed at how delicious so many of the recipes are and so easy in one sheet pan.

Some very interesting recipes. Large section on unusual meats-bison,lamb and goat, game and offal.I'm sure including that is a bonus for those who eat in those categories (not me)Two negatives-no pictures whatsoever, and no index. But at least the Table of Contents lists the recipes in each category and an easy to understand explanation of Paleo.

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