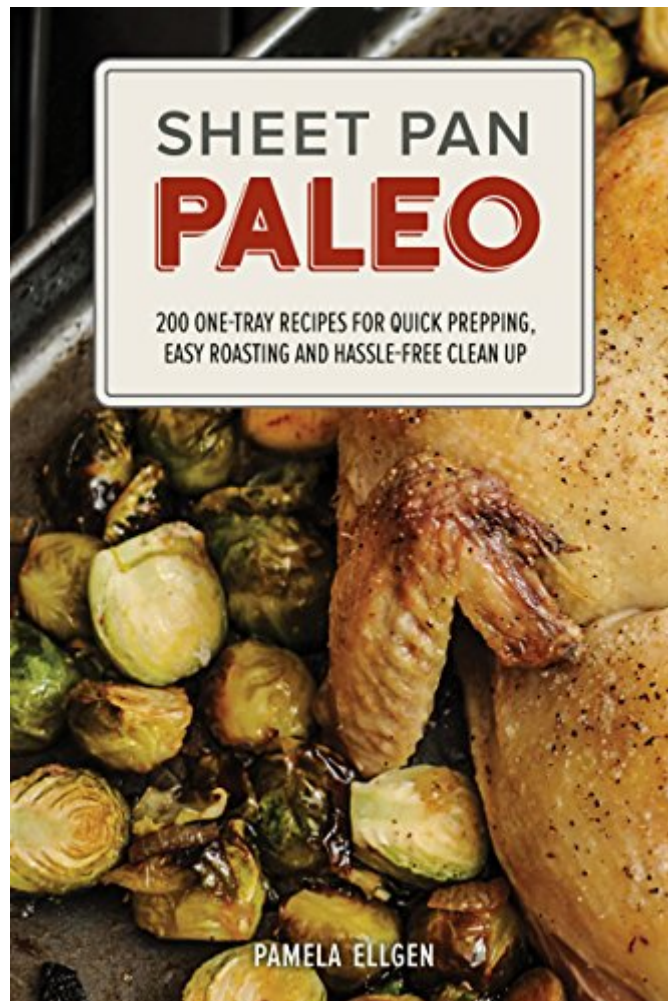


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# Sheet Pan Paleo: 200 One-Tray Recipes For Quick Prepping, Easy Roasting And Hassle-free Clean Up



## 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

File Size: 2094 KB

Print Length: 274 pages

Page Numbers Source ISBN: 1612435238

Publisher: Ulysses Press (December 21, 2015)

Publication Date: December 21, 2015

Sold by: Â Digital Services LLC

Language: English

ASIN: B0181NLCHM

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #418,467 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #135

in Â Books > Cookbooks, Food & Wine > Special Diet > High Protein #369 in Â Kindle Store >

Kindle eBooks > Cookbooks, Food & Wine > Special Diet > Gluten-Free #399 in Â Kindle Store >

Kindle eBooks > Cookbooks, Food & Wine > Special Diet > Paleo

## Customer Reviews

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.

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.

Simple foods made well, with an emphasis on simply broiling and roasting, make this an engaging book for anyone looking for healthier and more convenient ways to cook at home, even if you're on a paleo diet. What the book lacks in illustrations it makes up for with a generous amount of deeply flavorful recipes which require a minimum of setup and cleanup, throughout its 260 pages. I enjoyed the caramelized asparagus, which I made by roasting them with olive oil, balsamic vinegar, and some salt and pepper. Plus, it's really nice to just have one pan to clean up, I usually use foil covering the bottom of the pan to make clean up extra easy.

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.

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.

One pan and 200 recipes, this is really a great straightforward recipe book, this recipe book isn't about glitz and glamour it just gives you tasty and easy to recreate recipes. The thing that sets this book apart from other Paleo diet books I own is the variety in recipes, which is very surprising considering you only require one pan. This book is separated by types of meat that are the main ingredient of the recipe (there's also a vegetarian section), a good way to organize a cookbook as we often find ourselves craving "chicken" or "pork" but not sure what to make. When that happens you just flip to that section, get out your pan and pick from the large selection of delicious meals.

One of the biggest frustrations I have as a cook is the dishes left behind--pots, pans, strainers, etc. The best part of this book is the limited space that the recipes take up. I've taken to planning meals based on which recipes use the same oven setting-- prep two of these dishes, put them on separate racks, and it's a piece of cake--well, not literally, since paleo isn't big on white carbs. I also really appreciate the real-food focus of this book--the variety of vegetables and meats is extraordinary. Who knew you could have a whole chapter on pork in a diet book? This book has reassured me that even while watching my weight and nutrition, I don't have to give up the foods I enjoy.

I have made several of the recipes in this book and each of them has been easy and delicious! This author has a balanced view of diet and does not recommend especially strict adherence to any one diet, rather she lists the benefits of the paleo diet while advising the individual to pay attention to which foods make them feel the best, regardless of what "diet" they come from. She also indicates which recipes are vegan, low-FODMAP and nightshade-free. There are very simple recipes like roasted Balsamic Red Cabbage with few ingredients, to more elaborate and special recipes like Veal Shoulder with Wild Mushrooms and Red Wine Demi-glacé. I hope to try them all!

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