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Sheet Pan Paleo: 200 One-Tray Recipes for Quick Prepping, Easy Roasting and Hassle-Free Clean Up

By Pamela Ellgen

Ulysses Press. Paperback. Book Condition: new. BRAND NEW, Sheet Pan Paleo: 200 One-Tray Recipes for Quick Prepping, Easy Roasting and Hassle-Free Clean Up, Pamela Ellgen, 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! The Paleo diet is awesome. But it's tough to find time to whip up Paleo meals every night. That's why making all-in-one sheet pan dishes is perfect if you are eating primal. The delectable recipes in Sheet Pan Paleo feature combinations of proteins and fresh veggies that cook together, enhancing their flavors for a delicious meal with minimal cleanup. Featuring meals like Roasted Chicken with Bacon Glazed Brussel Sprouts and Rock Salt Roasted Prawns with Fingerling Potatoes, these recipes offer gourmet combinations open to all diets. Each recipe is gluten- and dairy-free and the author notes which are nightshade-free, low-FODMAP, and Specific Carbohydrate Diet compliant. Chapters arranged by protein source--from lamb to beef to offal to wild fish--make it easy to build a meal around your taste and dietary concerns. A chapter of recipes specifically for children's tastes guarantees that even the littlest members of the family will leave...



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