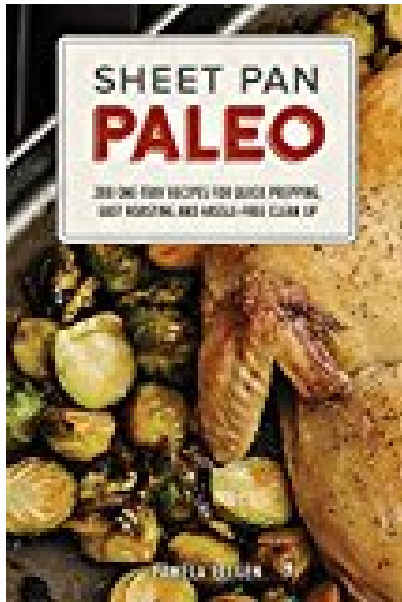


# Sheet Pan Paleo 200 One-Tray Recipes for Quick Prepping Easy Roasting and Hassle-free Clean Up

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## BOOK DETAILS

- Author : Pamela Ellgen
- Pages : 288 Pages
- Publisher : Ulysses Press
- Language : English
- ISBN : 1612435238

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## **BOOK 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!

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