



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

Pamela Ellgen

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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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