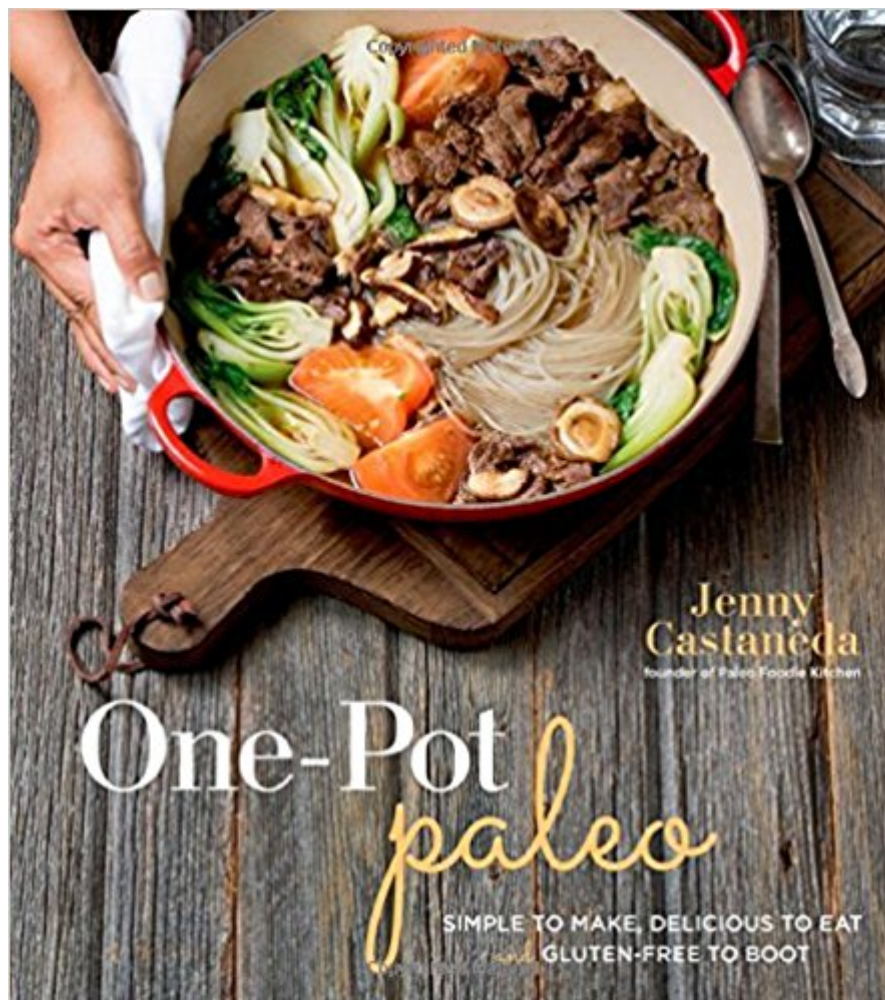




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One-Pot Paleo: Simple To Make, Delicious To Eat And Gluten-free To Boot



Synopsis

Healthy, Hearty Paleo Meals Without the Dishes, Mess or Stress Paleo cooking has never been so easy! In One-Pot Paleo, Jenny Castaneda shares delicious recipes for enticing Paleo meals that only require one pot, pan or bowl. That means tasty, filling Paleo meals without the mess. You'll spend less time cooking and cleaning and more time enjoying your meals. One-Pot Paleo's casseroles, stir fries, bakes, broils, soups and stews are a mix of Paleo essentials like Pan Seared Steak, Portobello Sandwiches, Chicken Pesto Zucchini and Plantain Pizza, as well as dishes Jenny has gathered from around the globe, like Loaded Spanish Tortillas, Hawaiian Meatballs and Austrian Pancake Bites. One-Pot Paleo is all about convenience, and Jenny makes it easy for readers to determine which recipes contain potential allergens and how to swap ingredients to tailor meals to individual dietary restrictions and preferences. She'll also help you prep a week's worth of meals on the weekend to save you even more time. Let One-Pot Paleo simplify your life and spice up your Paleo diet in the process!

Book Information

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Customer Reviews

One-Pot Paleo is a must have! I firmly believe that Paleo food is simple food--so simple, in fact, that it only requires a single pot in which to prepare. Jenny has masterfully crafted beautiful gluten-free recipes loaded with nutritious ingredients that anyone can cook with confidence. Exactly the kind of meals I choose for my family! Simplify your Paleo life; choose One-Pot Paleo. (CIARRA HANNAH, bestselling author of The Frugal Paleo Cookbook and creator of Popular Paleo) One-Pot Paleo knocks it out of the park with creativity, flavor and most importantly, simplicity. If you're looking for a

book to inspire you to start cooking at home, this is the one. (STEPH GAUDREAU, creator of Stupid Easy Paleo and author of The Performance Paleo Cookbook and The Paleo Athlete) Jenny Castaneda of The Paleo Foodie Kitchen has really outdone herself with this book. One-Pot Paleo is the perfect solution for busy families and folks who want scrumptious meals, minus the massive mound of dishes. This book is a complete page turner that will leave you wanting to make every single mouthwatering recipe (CINDY SEXTON, founder of PALEOdiSH and author of Paleo Takes 5 -or- Fewer) “Cooking for a real foods or Paleo diet can be time consuming and require a lot of equipment in the kitchen, which also means more cleanup! With One-Pot Paleo, every unique recipe is prepared using one cooking pot, minimizing your time spent in the kitchen, both before and after the meal! Sure to be a great addition to any Paleo kitchen!”

• DANIELLE WALKER, New York Times bestselling author of Against All Grain and Meals Made Simple “There’s an art to getting one-pot meals just right--the recipe needs to be simple, the ingredients need to make a complete meal, and the finished dish has to be crave-worthy. Jenny Castaneda has cracked the code in One-Pot Paleo and your life will be changed forever.”

• MICHELLE TAM, New York Times bestselling author of Nom Nom Paleo: Food for Humans “With innovative efficiency, One-Pot Paleo serves up healthful meals that save you time in the kitchen without sacrificing flavor.”

• DR. SARAH BALLANTYNE, PhD, New York Times bestselling author of The Paleo Approach and The Paleo Approach Cookbook “One-Pot Paleo is a much needed resource for Paleo eaters. When cooking from scratch, we can spend much of our time at the kitchen sink and prepping our ingredients. Equipped with Jenny’s tantalizing recipes we will keep our taste buds happy, our bodies healthy and save time in the kitchen!”

• ARSY VARTANIAN, author of The Paleo Foodie Cookbook and The Paleo Slow Cooker

JENNY CASTANEDA is the founder of PaleoFoodieKitchen.com. Her recipes have been featured on Rubies & Radishes, The Paleo Mom, Paleo Parents, Against All Grain and other popular Paleo blogs. She lives in La Mirada, California.

bomb ass cook book. Try the plantain pizza; you will NOT be disappointed. My WHOLE family LOVED IT. Irish stew. I’ve made this twice so far. Uses hard cider.. MmMM.**Have to come in and edit my review, after reading some.**Yes there are a lot of recipes that you CAN use rice, rice noodles or white potatoes, but if that is not YOUR thing is sub out what is your thing.Example: Chicken Biryaniit does call for Basmati rice, which is easy on digestion and has a glycemic index of

55, which is pretty low but if that is not your thing and you find it hard to digest then sub out cauliflower rice. Easy. Paleo is a template, a spectrum, a guide, its designed to get rid of processed JUNK out of our kitchen and lifestyle, it is NOT a box that you fit yourself in. I know a lot of people, who follow paleo, who WILL eat raw cheese, rice, potatoes (gasp). If YOU don't want rice, for hopefully educated reasons, then by all means sub in cauliflower rice, which the BOOK does say. I know a lot of people who are paleo who cannot tolerate tapioca flower, or arrowroot, does that mean we should omit that too? Do what is good for your body but know the reasons first, not because someone on their blog said its okay or not okay or because that is what the masses are doing. If you don't want rice noodles, by all means use alternative, as stated by the author. But please don't come on here berating the author for thinking outside the box and thinking on her own. I find it great that so many bloggers are going out of this rigid box.

I have a huge collection of paleo cookbooks and I think this one is my favorite of them all. I've made the pineapple chicken (top favorite), pizza quiche, japchae, portobello sloppy joes, ginger chicken noodles, Asian braised chicken (top favorite), and a few others, with many more I still need to try. The recipes are simple and delicious. This cookbook even separates recipes by cooking style (braise, stir-fry, casseroles, etc). I really like the simplicity of the layout of this cookbook. Every recipe has a picture and short, but clear instructions. And the tangy BBQ sauce recipe is amazing!

This debut cookbook from Jenny Castaneda has exactly what I'm looking for in a Paleo cookbook today - a wide variety of no-fuss recipes that are smart, delicious, and weeknight-friendly. Although the book has just shy of 100 total recipes, I found myself earmarking over half of them for future weeknight meals (that's a LOT when compared to my typical Paleo cookbook experience). I'm really excited to see some internationally inspired dishes like Pancit and Filipino Chicken BBQ, both staples of the author's upbringing in a traditional Filipino home; but all the same, there are some really great Western staples like Hamburger Steak and Breakfast Pizza Quiche which really hit the spot. The chapters are arranged by technique instead of cuisine, which makes it very easy to plan your meals. The chapters include Sizzling Cast Iron, Comforting Casseroles, Scrumptious Stir-Fries, Bake, Broil or Grill, Warming Soups and Stews, and Sensational Salads. Flavors from all over the world are well represented, without relying too much on exotic ingredients - I'd say 90% of these dishes can be made using everyday ingredients and your typical Paleo pantry items like coconut aminos, kelp noodles, or ghee. Jenny is also thoughtful in including some ingredients that flex the Paleo template, like butter and white rice, for those who tolerate it well (and substitutions for

everyone else). For example, there are recipes like Chicken Biryani and Chicken and Rice Porridge, both purely authentic, and Sukiyaki made with sweet potato noodles. The recipes in general are really flavor-focused (and nutrient-dense), including seafood dishes like Crab and Shrimp-Topped Salmon (seafood x3!). I'm also particularly fond of some of the unique salads in the book, like Grilled Romaine and an Ahi Poke Bowl. As you can tell, I'm really excited about this release and what it means for the Paleo community. We should be spending less time doing the dishes and more time expanding our palates - this is the perfect resource in that regard!

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