



## Cast Iron Paleo: 101 One-Pan Recipes for Quick-and-Delicious Meals plus Hassle-free Cleanup (Paperback)

By Pamela Ellgen

Ulysses Press, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book. PALEO COOKING HAS NEVER BEEN EASIER THAN WITH THIS COLLECTION OF QUICK CAST IRON SKILLET RECIPES Your healthy Paleo lifestyle is about to get easier and so much more delicious thanks to one pan and one book, Cast Iron Paleo. On the stovetop or in the oven, your cast iron skillet brings out the flavors of pastured meats, fresh vegetables, healthy fats, and the savory spices you'll find in these recipes, including: \* Maple-Glazed Pork Chops \* Sizzling Portobello Fajitas \* Bacon-Wrapped Filet Mignon with Broccoli \* Eggplant Involtini \* Mussels in Thai Coconut Broth \* Sage Pork Belly with Greens \* Honey Mustard Rosemary \* Chicken Thighs \* Plus breakfasts, desserts and more!



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