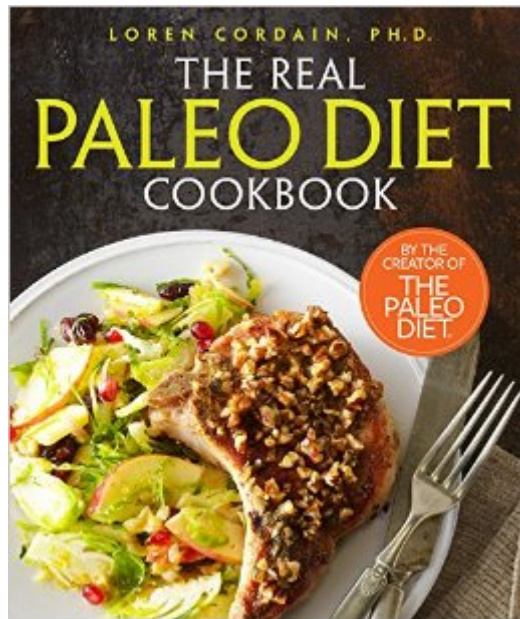


The book was found

The Real Paleo Diet Cookbook: 250 All-New Recipes From The Paleo Expert



Synopsis

The return of the true Paleo diet with 250 enticing recipes that prove following The Paleo Diet is as delicious, inventive, and inspiring as it is healthy. It's official: the real Paleo Diet is back. Loved for its simplicity, health benefits, and because it really works, the diet has been widely imitated since its release. Yet no one knows this plan better than Loren Cordain, its creator. As an expert in evolutionary medicine, Cordain realized we had moved away from the foods we were designed to eat: lean proteins, fruits, and vegetables while modern staples such as sugar, salt, and carbohydrates were creating a host of 21st-century health issues, including obesity and heart disease. By eating the right food, people are healthier. But can eating Paleo be tasty? In this all-new cookbook with 250 recipes and 75 photos, Cordain makes eating Paleo a pleasure, not a burden. Ranging from Cucumber Aqua Fresca to Fruit-Stuffed Top Loin Roast with Brandy Sauce, the recipes satisfy even the most finicky. This is the book the Paleo community has been waiting for: scientific accuracy combined with great taste.

Book Information

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Customer Reviews

View larger Seared Scallops with Beet Relish from The Real Paleo Diet Cookbook Start to finish: 30 minutes | Servings: 4 For a beautiful golden crust, be sure the surface of the scallops is really dry and that the pan is nice and hot before adding them to the pan. Also, let the scallops sear without disturbing them for 2 to 3 minutes, carefully checking before turning.

Directions 1. Thaw scallops, if frozen. 2. For beet relish, in a medium bowl combine beets, apple,

jalapeños, cilantro, onion, 2 tablespoons of the olive oil, and lime juice. Mix well. Set aside while preparing scallops. 3. Rinse scallops; pat dry with paper towels. In a large skillet heat the remaining 2 tablespoons olive oil over medium-high heat. Add scallops; sauté for 4 to 6 minutes or until golden brown on the exterior and barely opaque. Sprinkle scallops lightly with white pepper. 4. To serve, divide beet relish evenly among serving plates; top with scallops. Serve immediately.

Ingredients 1 pound fresh or frozen sea scallops, patted dry with paper towels
3 medium red beets, peeled and cut chopped 1/2 of a Granny Smith apple, peeled and chopped
2 jalapeños, stemmed, seeded, and minced 1/4 cup chopped fresh cilantro 2
tablespoons finely chopped red onion 4 tablespoons olive oil 2 tablespoons fresh lime juice
White pepper

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