

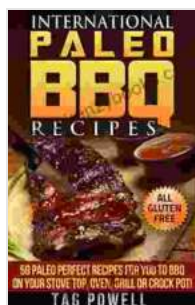
# 59 Paleo Perfect Recipes For You To Bbq On Your Stove Top Oven Crock Pot Or

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## Stovetop

Stovetop cooking is a great way to quickly and easily cook your favorite paleo recipes. Here are a few of our favorites:



**INTERNATIONAL PALEO BBQ RECIPES: 59 Paleo Perfect Recipes For You To BBQ On Your Stove Top, Oven, Crock Pot or Grill, All Paleo Perfect, Gluten-Free, Low ... (International Paleo Recipes Book 4)** by Tag Powell

★★★★☆ 4.7 out of 5

Language : English  
File size : 594 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 133 pages  
Lending : Enabled



1. Grilled Chicken Skewers

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## **Grilled Chicken Skewers**

These grilled chicken skewers are a quick and easy way to get your protein fix. Simply marinate chicken breasts in your favorite paleo marinade, then skewer and grill until cooked through.

### **Ingredients:**

- 1 pound chicken breasts, cut into 1-inch pieces
- 1/4 cup olive oil
- 2 tablespoons lemon juice
- 1 tablespoon minced garlic
- 1 teaspoon dried oregano
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper

### **Instructions:**

1. In a large bowl, combine the chicken, olive oil, lemon juice, garlic, oregano, salt, and pepper. Stir to coat.
2. Cover and refrigerate for at least 30 minutes, or up to overnight.
3. Preheat your grill to medium-high heat.

4. Thread the chicken onto skewers and grill for 10-12 minutes, or until cooked through.
5. Serve immediately.

## **Pan-Fried Salmon**

Pan-frying salmon is a simple and delicious way to cook this healthy fish. Simply season salmon fillets with your favorite paleo spices, then pan-fry in a little bit of olive oil until cooked through.

### **Ingredients:**

- 1 pound salmon fillets, skin-on
- 1 tablespoon olive oil
- 1 teaspoon dried thyme
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper

### **Instructions:**

1. Preheat a large skillet over medium-high heat.
2. Season the salmon fillets with thyme, salt, and pepper.
3. Add the olive oil to the skillet and swirl to coat.
4. Place the salmon fillets in the skillet, skin-side down.
5. Cook for 4-5 minutes, or until the skin is crispy.
6. Flip the salmon fillets and cook for an additional 4-5 minutes, or until cooked through.

7. Serve immediately.

## **Sautéed Zucchini and Mushrooms**

Sautéed zucchini and mushrooms is a quick and easy side dish that is perfect for any paleo meal. Simply sauté zucchini and mushrooms in a little bit of olive oil until tender.

### **Ingredients:**

- 1 medium zucchini, sliced
- 1/2 pound mushrooms, sliced
- 1 tablespoon olive oil
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper

### **Instructions:**

1. Heat the olive oil in a large skillet over medium-high heat.
2. Add the zucchini and mushrooms to the skillet and cook, stirring occasionally, until tender.
3. Season with salt and pepper.
4. Serve immediately.

## **Roasted Broccoli and Cauliflower**

Roasted broccoli and cauliflower is a delicious and nutritious side dish that is perfect for any paleo meal. Simply toss broccoli and cauliflower florets in a little bit of olive oil and roast in the oven until tender.

## Ingredients:

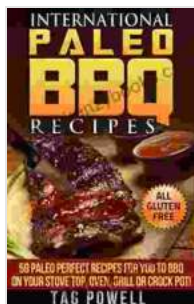
- 1 head of broccoli, cut into florets
- 1 head of cauliflower, cut into florets
- 2 tablespoons olive oil
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper

## Instructions:

1. Preheat the oven to 400 degrees Fahrenheit.
2. In a large bowl, combine the broccoli, cauliflower, olive oil, salt, and pepper. Toss to coat.
3. Spread the vegetables on a baking sheet and roast for 20-25 minutes, or until tender.
4. Serve immediately.

## Oven

Oven cooking is a great way to cook large meals or to cook food that requires a longer cooking time. Here are a few of our favorite paleo oven recipes:



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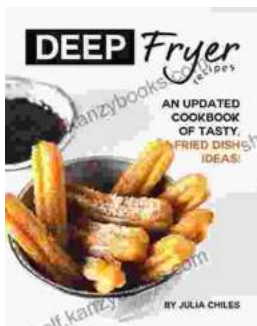
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