

MEDITERRANEAN PALEO COOKING

over 125 grain-free recipes to tempt your palate



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CAITLIN WEEKS & NABIL BOUMRAR

Table of Contents

FOR FULL VERSION OF MEDITERRANEAN PALEO COOKING

INTRODUCTION

Nabil's Story	6
Caitlin's Story	6
Caitlin and Nabil: The Collaboration.....	7
The Trip of a Lifetime.....	9
What is the basis for Mediterranean Paleo Cooking?..	11
What is the Paleo Diet?	12
Mediterranean Paleo Pyramid.....	14
Stocking a Mediterranean Paleo Kitchen.....	15
How to Choose Healthy Fats.....	21
Mediterranean Paleo Cooking Shopping List.....	22
Resources: Where to Find High Quality Foods.....	23

BREAKFAST

Crab Hash with Poached Eggs and Hollandaise.....	25
Eggs Florentine	26
Crepes with Pomegranate Sauce.....	27
Easy Pomegranate Sauce.....	27
Swiss Chard and Garlic Frittata	28
Beef and Spinach Frittata	29
Pomegranate Smoothie.....	30
Cumin and Cauliflower Egg Bake	31
Strawberry Coffee Cake	32
Sweet Potato Muffins	33
Orange Blossom Pancakes.....	34
Spicy Breakfast Sausage.....	35
Feta and Olive Scramble.....	36
Fried Sweet Potato Frittata.....	37
Apricot Scones.....	38
Herb de Provence Biscuits.....	39

SALADS

Mint Cucumber Tomato Salad.....	41
Mediterranean Seafood Salad.....	42
Beet and Carrot Salad.....	43
Caprese Salad.....	44
Shaved Jicama Salad with Citrus Vinaigrette	45
Arugula and Artichoke Salad with Citrus Vinaigrette	46
Seared Tuna Salad Nicoise.....	47
Tabouli Salad.....	48
Fattoush Shrimp Salad	49

SOUPS

Cumin Cauliflower Soup	51
Creamy Broccoli Soup.....	52
Cilantro Pumpkin Soup.....	53
Cabbage and Meatball Soup.....	54
Harrira	55
Savory Onion Soup.....	56
Chunky Vegetable Soup.....	57
Oxtail Soup.....	58
Nora's Green Bean Soup.....	59

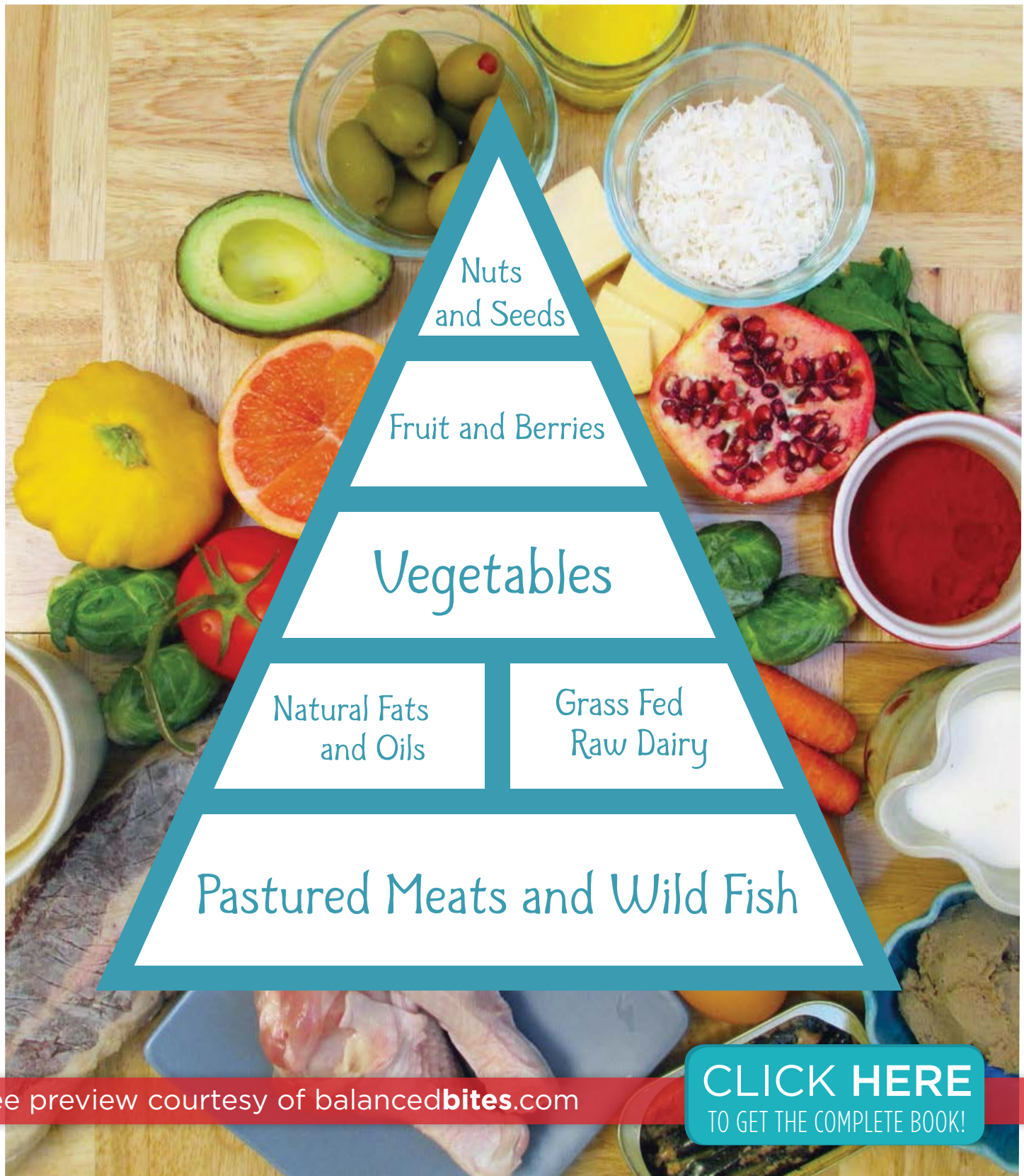
APPETIZERS

Sardine Cakes.....	61
Hmis	62
Meatball Chakchouka.....	63
Mediterranean Paleo Pizza.....	64
Chicken Liver Pate.....	65
Lemon-Butter Steamed Mussels	66
Salmon and Crab Roll Ups.....	67
Crispy Crab Cakes.....	68
Lemon Garlic Shrimp.....	69
Eggplant Baba Ghanoush.....	70
Harrissa Spiced Chicken Wings.....	71
Roasted Garlic Cauliflower Hummus	72
Crunchy Cilantro Crackers.....	73
Easy Paleo Falafel	74
Tahini Dipping Sauce.....	74

POULTRY

Olive and Chicken Tajine.....	76
Crispy Fried Chicken Fillets.....	77
Savory Chicken Kebabs.....	78
Stuffed Chicken Thighs	79
Brick Chicken.....	80
Kabyl Tajine.....	81
Zatar Roasted Duck.....	82
Saffron Braised Chicken	83
Spicy Chicken.....	84
Nacera's Lemon Ginger Chicken Tajine.....	85
Fig and Ginger Chicken Tajine.....	86

Mediterranean Paleo Pyramid



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Crab Hash with Poached Eggs and Hollandaise

Prep Time: 10 minutes

Cooking Time: 10 minutes

Serves: 2

- | | |
|---|---|
| <p>2 tbsp butter or ghee
1 cup sweet potato, diced & steamed
Pinch of sea salt and pepper
1 tbsp shallots, diced
1 tsp garlic, minced
1 tbsp green onion
1 cup fresh spinach
2 tbsp cherry tomatoes, halved
1 cup crab meat, drained
1 tbsp apple cider vinegar
1 recipe hollandaise sauce (
2 tbsp chives, chopped
1 tsp paprika</p> | <p>1 In a sauté pan melt the butter over medium heat.
2 Add the sweet potatoes, salt and pepper and sauté for 1 minute.
3 Next add the shallots and keep sautéing for 1 minute.
4 Add the garlic, green onion, spinach and tomatoes then sauté for 2 minutes.
5 Add the crab to the pan and sauté for 1 minute.
6 Set the hash aside and keep warm.
7 Heat up a pot with simmering water and add the vinegar.
8 Drop 4 eggs carefully into the rolling water.
9 Cook the eggs for 1-2 minutes, then remove them with a slotted spoon.
10 Tap the spoon over a clean towel to remove excess water from the egg.
11 Serve the poached eggs on top of crab hash and cover with hollandaise sauce.
12 Top with fresh chopped chives and paprika as desired.</p> |
|---|---|



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Nutritionist's Tip: Egg yolks from pastured chickens are some of nature's most nutritious foods. They're full of Vitamin D and choline, both of which support the immune system and help us maintain a healthy weight.

Cilantro Pumpkin Soup

Prep Time: 5 minutes

Cooking Time: 30 minutes

Serves: 2

- | | | |
|--------------------------------|----|--|
| 1 tbsp butter or ghee | 1 | Melt the butter or ghee in a saucepan over medium heat. |
| 1 onion, minced | 2 | Sauté the onion until it is translucent. |
| 1/2 tsp fresh grated nutmeg | 3 | Add the spices, coconut milk, and pumpkin to the saucepan and stir to combine. |
| 1 tsp paprika or cayenne | 4 | Bring the mixture to a simmer over medium heat. |
| 2 cups coconut milk, full fat | 5 | Keep cooking for about 10 minutes, stirring often. |
| 2 cups baked or canned pumpkin | 6 | Remove from heat. |
| 2-3 cups homemade broth | 7 | Puree the soup in a blender or use an immersion blender. |
| 1/4 cup cilantro, minced | 8 | Add some more broth if it seems too thick. |
| Sea salt and pepper to taste | 9 | Adjust the seasonings to taste. |
| | 10 | Add half the chopped cilantro and stir. |
| | 11 | Garnish with the remaining cilantro before serving. |



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Easy Paleo Falafel

Prep Time: 10 minutes

Cooking Time: 10 minutes

Serves: 4 (makes 12 balls)

1 medium head cauliflower
2 eggs, beaten
1/2 cup almond flour
Sea salt and pepper to taste
2 tbsp parsley, minced
2 tsp cumin
1.5 cups palm shortening
or coconut oil

- 1 Cut the cauliflower into florets.
- 2 Place the cauliflower florets in the food processor to make fine crumbles.
- 3 Steam the cauliflower until al dente.
- 4 Squeeze the cauliflower in a clean towel to get rid of the excess water.
- 5 Place the cauliflower in a bowl, then stir in the eggs, almond flour, salt, pepper, parsley and cumin.
- 6 Heat the palm shortening in a frying pan over medium-high heat.
- 7 Form the dough into 2-inch balls and carefully drop them into the hot fat.
- 8 Cook the falafel balls for two minutes then flip them with a slotted spoon.
- 9 Remove the balls and let them rest on a paper towel for 2 minutes.
- 10 Serve with tahini dipping sauce.

Tahini Dipping Sauce

Prep Time: 2 minutes

Cooking Time: n/a

Serves: 2

- 1/2 cup tahini (sesame seed paste) 1 Whisk all the ingredients together and use as a dip or salad dressing.
1/2 cup water
Sea salt and pepper to taste
2 tbsp apple cider vinegar or lemon juice
2 tsp garlic powder



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Fig and Ginger Chicken Tajine

Prep Time: 15 minutes

Cooking Time: 50 minutes

Serves: 4

- | | | |
|------------------------------|---|--|
| 1 tbsp butter or duck fat | 1 | Melt the butter in a soup pan over medium heat. |
| 1 chicken, cut into 8 pieces | 2 | Place the chicken in the pan. |
| 1 onion, diced | 3 | Add onion, garlic, cumin, coriander, cinnamon, ginger, sea salt and pepper to the pan and stir for 8-10 minutes. |
| 4 garlic cloves, minced | 4 | Add broth to cover the chicken and cook for 20 minutes. |
| 1 tsp cumin | 5 | Add the dried figs and cook for 20 more minutes. |
| 1 tsp coriander | 6 | Top with fresh herbs and serve with your favorite vegetables. |
| 1 tsp cinnamon | | |
| 2 tbsp ginger, grated | | |
| Sea salt and pepper to taste | | |
| 3-4 cups chicken broth | | |
| 1 cup dried figs | | |



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Chef's Tip: If you like a crispy skin, broil the chicken in the oven for a few minutes after it has cooked. Be sure to watch closely to prevent burning.

El Mechewak (Almond Cookies)

Prep Time: 15 minutes

Cooking Time: 15 minutes

Serves: 6

- | | | |
|-------------------------------------|----|---|
| 3.5 cups blanched almond flour | 1 | Preheat the oven to 300 degrees. |
| 1 cup honey or maple syrup | 2 | In mixing bowl, combine the almond flour with the sweetener. |
| 1 tsp vanilla extract (gluten free) | 3 | Add the vanilla and rose water to the almond mixture. |
| 1 tsp rose water | 4 | Then mix in the eggs very gradually into the almond mixture. |
| 2 eggs, beaten | 5 | Stir the mixture with a spatula or knead by hand until a paste forms. |
| 1 cup almonds, slivered | 6 | Roll the dough into one-inch balls. |
| 1/4 cup dried apricots, chopped | 7 | Roll each ball in the slivered almonds until lightly coated. |
| | 8 | Place the dough balls on parchment paper covering a cookie sheet. |
| | 9 | Push one piece of apricot into the top of each cookie. |
| | 10 | Bake the dough for 15 minutes. |
| | 11 | Cool and serve. |

For a Lower Carb Version:

- Use 1 cup birch xylitol or 1 tsp powdered stevia extract in place of the honey or maple syrup.



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We hope you have enjoyed your culinary trip through the Mediterranean. We hope this book inspires you on your journey towards optimal health.

Sincerely,

Caitlin and Nabil

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