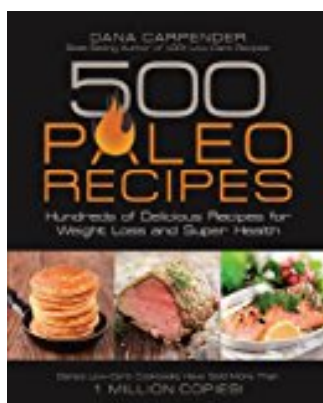


# [PDF] 500 Paleo Recipes

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## Books Details:

Title: 500 Paleo Recipes

Author:

Released: 2012-12-01

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## Description:

### About the Author

Best-selling author **Dana Carpender** was startled to discover that limiting her carbohydrate intake not only helped her control her weight, but produced the health and vitality a low fat diet had promised but never delivered. Years later, she laughs at people who say “You can’t eat that way long-term.” Her cookbooks are the result of her realization that the key to permanent dietary change is the answer to the age-old question, “What’s for supper?” To date they have sold over a million copies worldwide. Dana blogs about low carb nutrition at <http://www.HoldtheToast.com>; her weekly

blog digest goes out to over 20,000 readers. She is also Managing Editor of *CarbSmart Magazine* at <http://www.CarbSmart.com>, as well as a featured staff writer. Dana lives in Bloomington, IN with her husband and a menagerie of pets, all of whom are well and healthily fed.

**Excerpt. © Reprinted by permission. All rights reserved. Jerusalem Fries**

1/2 pound (225 g) Jerusalem artichokes  
Coconut oil  
Salt

Pick fairly straight, long, not-too-knobby Jerusalem artichokes for this. Scrub them well, then cut them lengthwise into strips about the size of a French fry.

Put your big, heavy skillet over medium heat and melt enough coconut oil in it to get it about 1/4-inch (6 mm) deep. When it's good and hot, throw in your 'choke strips and fry, turning often, till they're a good golden brown all over. Drain, salt, and serve.

Yield: 4 servings

Nutritional analysis:

Per serving: 43 calories; trace fat; 1 g protein; 10 g carbohydrate; 1 g dietary fiber; 9 g net carbs

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