



AMAZINGPALEO.COM PRESENTS

## 5 Incredible Paleo Appetizers

Kick-start your menu with these delicious paleo diet recipes and please the whole crowd!

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If you like delicious, healthy appetizer recipes that are paleo approved then look no further. I love making each of these recipes for different occasions and I hope you love them too!

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# Paleo Diet Halibut Ceviche

by Mariel Lewis



Ceviche is a very traditional appetizer in Latin America. One more commonly enjoyed on the coast. However, it can be enjoyed anywhere and at any time.

In Ecuador, we have a bunch of different kinds of ceviche; ceviches particular to the coast (*made with ingredients found in the coast*), ceviches particular to the Andes (*mad with ingredients found in the highlands*), and ceviches made with all kinds of seafood.

Traditionally, Ceviches carry seafood...which is so delicious and great...but there are some Ceviches that are made Vegan or Vegetarian for those that can't or don't eat animal products, where the seafood is substituted by different kinds of vegetables (*like my paleo [Heart of Palm Ceviche](#)*). The cool part is that no matter the main ingredient, all Ceviches are refreshing, flavorful, super healthy and straight up delicious due to their base ingredients (*lime, cilantro, onions and oil*).

Back home, we eat our Ceviches cold and with a small side of [Patacones](#) or plantain chips mixed with [popcorn](#). I think it's really nice to accompany this refreshing appetizer with something crunchy and starchy. If you make this Ceviche or any of my other Ceviches, be sure to try it along with the sides I mentioned above! You'll love it this way.

The Ceviche I am sharing with you today is one particular to the Coast and is one made with fish. I love to enjoy this Paleo Diet Halibut Ceviche Recipe for lunch on warm or sunny days!

It is important to know that the fish in this Paleo Diet Ceviche takes around four hours to be "cooked" (*by the lime juice you'll have it soaked in with*), so if you want to have this recipe for lunch, be sure to prepare it early in the morning for it to be done on time. I promise it'll be worth it.

Apart from this Ceviche (*which is called "Ceviche de Pescado"*), other very traditional coastal Ecuadorian Ceviches are:

- Ceviche de Camaron ([Shrimp Ceviche](#))
- Ceviche de Concha (Oyster Ceviche)
- Ceviche de Langostinos (Prawn Ceviche)
- Ceviche de Pulpo (Octopus Ceviche)

If you want to see any of these Ceviches on the blog (*other than the [Shrimp Ceviche](#), which I already have a recipe for*), let me know in the comments below!

Enjoy this amazing appetizer, and have a beautiful weekend.

Paleo Diet Halibut Ceviche Recipe

Author: Mariel Lewis

Prep time: 10 mins

Cook time: 4 hours 30 mins

Total time: 4 hours 40 mins

Serves: 4 servings

Ingredients

- 1 lb. halibut, cut into squares

- 1 purple onion, finely chopped
- 2 tomatoes, finely chopped
- 1 yellow bell pepper, finely chopped
- 10 limes, juice of
- ½ bunch cilantro, finely chopped
- 1 tablespoon olive oil
- Sea salt, to taste

### Instructions

1. Place halibut in mixing bowl, and add in sea salt and lime juice. Cover the bowl with a lid and refrigerate for 4+ hours (to let the lime “cook” the fish).
2. Soak the onions in cold salted water for 45 minutes. Rinse well and drain.
3. Add onions, peppers, cilantro and olive oil to the fish bowl (you can add a little more sea salt here if needed). Cover bowl and place it back in the refrigerator for 30 more minutes.
4. Serve along with a side of Patacones, plantain chips or a little popcorn!

Serving size: 1 serving -- Calories: 281 Fat: 16 g. Carbohydrates: 24 g. Protein: 18 g.

### Notes

#### Tools You'll Need:

- Mixing bowls
- Cutting board
- Sharp knife
- Citrus juicer

# Turkey Thai Lettuce Wraps

by Mariel Lewis



Turkey Thai Lettuce Wraps. They're such a cute and fun way to eat your protein and your veggies! I absolutely love how much flavor is packed in every bite, and how many different textures can be experienced from all of the fun ingredients that are used.

They are super versatile too, as they can make for a colorful appetizer, an awesome healthy lunch or a satisfying light dinner. Recipes like these are great to have in your recipe arsenal (*or pinned on Instagram for later use*), because if you know that your kids, husband or friends really enjoy these, you know you can prepare some for them in a jiffy whether it's noon, 4pm or 8pm. It'll be easy peasy for you and delicious for them!

Just yesterday I was devouring two of these yummys, in between lunch and dinner, to keep me from going hangry (*as I try to avoid that "beast" at all cost,*

*haha*) and to get an extra push of energy to finish up some work I still had to do. They totally hit the spot and accomplished their goal, keeping me completely satisfied and energized. Love these delicious little bundles of joy!

## Turkey Thai Lettuce Wraps

Author: Mariel Lewis

Prep time: 10 mins

Cook time: 20 mins

Total time: 30 mins

Serves: 5 servings

### Ingredients

- 1 lb. ground turkey (I used lean turkey)
- 1 tablespoon coconut oil
- ¼ chopped white onion
- 3 garlic cloves, minced
- 1 teaspoon cumin
- 1 teaspoon sea salt
- ½ teaspoon black pepper
- ¼ teaspoon cayenne pepper
- 1 head of butter lettuce, washed and pat dried
- 1 cup shredded carrots
- 1 cup shredded purple cabbage
- ½ cup lightly chopped cilantro
- ¼ cup chopped roasted and salted cashews
- ¼ cup diced avocado
- Lemon wedges
- Peanut sauce (store bought or homemade paleo peanut sauce)

### Instructions

For your turkey:

1. Place frying pan under medium heat and add coconut oil. Once pan is hot and coconut oil has melted, add in onions and garlic, and cook until translucent.
2. Add in ground turkey and use your wooden spoon to break it down and help it cook. After 2-3 minutes of cooking, add in spices (cumin, cayenne pepper, sea

salt and black pepper), stir and let cook for another 3 minutes. Cover frying pan, bring heat to medium-low and allow it to cook for 8-10 minutes. Remove from heat and set aside.

To assemble your wraps:

1. Grab a large butter lettuce leaf and add the following ingredients in your preferred order: ground turkey, cabbage and carrots.
2. Sprinkle some cashew pieces, add some cilantro and avocado, squeeze a bit of fresh lime on top and drizzle some peanut sauce. Enjoy!

Notes

Tools You'll Need:

- Frying pan with lid
- Wooden spoon or spatula
- Cutting board and knife
- Measuring spoons



# Pico de Gallo

by Mariel Lewis



Pico de Gallo is a condiment you want to keep in your refrigerator at all times. Reason being: it is so versatile and stupid delicious! You can use it to top proteins (*goes really well on top of grilled chicken or steak*), to top omelets or egg scrambles, to spread on any type of roasted root or sweet potato, or to dip **sweet potato chips** in.

There is something really addictive about the Pico de Gallo & **sweet potato chips** combo. Wouldn't you say? It's so salty, so citrusy, so crunchy...SO GOOD! Sometimes, I find that I can't stop reaching out for the next chip dipped in pico, or the next one, or the one after that. Seriously, it's stronger than me. It always sounds like a great idea to make pico and open a bag of sweet potato chips as a snack (*especially when drinking a little vino*), but I've found it to be a bit of a dangerous activity, given that I end up finishing the whole thing all by myself. You think I'm crazy? You try it and see how it goes. ;)

I am a chips and salsa kind of gal; it's just how it is. My guilty pleasure, if you will. I tell myself that it's at least one of the "healthier" guilty pleasures out there...especially compared to things like cupcakes, donuts, ice cream, or smoking (*ew, who even does that anymore?*)

This little condiment/dip would be fabulous to serve on Super Bowl Sunday. Just open a bag of [purple hairloom potato chips](#) or [sweet potato chips](#) and dip away. Everyone will reach out for this bowl. Guaranteed!

Pico de Gallo

Author: Mariel Lewis

Prep time: 10 mins

Cook time: 1 min

Total time: 11 mins

Serves: 1 cup

Ingredients

- 1 medium plum roma tomato, diced
- ¼ medium purple onion, diced
- 2 garlic cloves, minced
- 1 jalapeno pepper, minced
- 1 lime, juice of
- 1 tablespoon fresh cilantro, chopped
- ½ teaspoon sea salt
- ¼ teaspoon ground black pepper

Instructions

1. Combine all ingredients in a bowl and serve. Easy!

Serving size: 2 tablespoons -- Calories: 6 Fat: 0 g. Carbohydrates: 1 g. Protein: 0 g.

Notes

Tools You'll Need:

- Mixing bowl

- Spatula
- Cutting board and knife
- Measuring cups
- Measuring spoons

# Paleo Nachos

by Mariel Lewis



I made you a colorful and large plate of Paleo Nachos today! Isn't it pretty? It's got everything you'd want in a regular nachos plate, minus the cheese. But who needs dairy when you have spicy beef, creamy guacamole, flavorful salsa and crunchy sweet potato chips? Yum! Doesn't it all just sound wonderful?

A good nacho recipe has a perfect combination of crunchy, creamy and spicy...as well as a good protein, carb and fat mix. And that's exactly what this dish has to offer. The cool part about my recipe is that it is fully customizable, so you can add a little more beef, salsa, avocado, chips...whatever sounds best to you. You could even throw in some chopped green onions to top it off. Make these nachos YOURS, and have fun with the ingredient mix.

Nachos are such a great appetizer to serve when you have friends or family over. They are super easy to make, very affordable and you know that most (*if not all*) of

your guests will be happy to see them floating around. In fact, these babies might be gone before you know it, so if you do serve these, make sure you make a little extra!

## Paleo Nachos

Author: Mariel Lewis

Prep time: 10 mins

Cook time: 20 mins

Total time: 30 mins

Serves: 2 large plates

### Ingredients

- ½ lb. ground organic beef
- 1 tablespoon coconut oil
- 2 garlic cloves, minced
- 2 tablespoons minced white onion
- ½ serrano pepper, chopped
- ½ teaspoon cumin
- ½ teaspoon sea salt
- ¼ teaspoon black pepper
- 1 tablespoon chopped cilantro
- 2 cups shredded lettuce (or spinach)
- About 32 chips Crinkled Sweet Potato with Sea Salt Terra Chips
- Homemade paleo guacamole, to taste
- Homemade paleo salsa, to taste

### Instructions

1. Place frying pan under medium heat. Once hot add coconut oil and allow it to melt. Add in minced garlic and onions, and cook until garlic is golden and onions are translucent. Add in serrano peppers and cook for another 2 minutes. Add in ground beef and help break it apart with your spoon. From here on out, you'll want to stir the beef constantly.
2. After about 3 minutes of adding the beef, add in spices (sea salt, black pepper and cumin) and continue to stir. Cover pan for about 10 minutes to let beef cook well. Remove cover and continue to stir until all the liquid from the

vegetables is gone. Turn heat off, add chopped cilantro and mix well.

3. Place sweet potato chips in large bowls and top with these ingredients in the following order: lettuce, beef, salsa and guacamole. Keep in mind this recipe yields for two large Paleo Nacho plates, so distribute accordingly.
4. Garnish with a little cilantro and serve right away. Enjoy!

Serving size: 1 large plate -- Calories: 618 Fat: 50 g. Carbohydrates: 22 g. Protein: 19 g.

## Notes

### Tools You'll Need:

- Frying pan
- Wooden spoon or spatula
- Cutting board and sharp knife
- Measuring cups
- Measuring spoons
- Large serving plate

# Delicious Paleo Crepes

*by Mariel Lewis*



Paleo Crepes...say whaaaaaat?! Yes, they are possible. And yes, they are amazing!

I've been a crepe lover for as long as I can remember. In Ecuador, crepes were very popular, and growing up, we had awesome little restaurants where we could go to and get some yummy crepes. They had all sorts of savory and sweet crepes, which meant that you could have an entire meal of crepes. Yuuuuum.

My favorite place to get crepes was at a restaurant in an Ecuadorian beach called Casablanca; a beach we used to go to every year for Christmas and New Years Eve as a family. The Creperie at Casablanca was super quaint, peaceful, and it had an amazing view of the ocean. The best time to go was in between 5pm, when the sun was about to set and you could see all sorts of beautiful orange, pink and yellow colors in the sky. It was an outdoor sort of restaurant; there were

no walls, only a ceiling made of straws, so you could feel the breeze coming in from the ocean. It was the perfect setting.

I almost always ordered a sweet crepe. They had all sorts of amazing tropical flavors, like one with homemade mango syrup, freshly shaved coconut, bananas and whipped cream on top...or another one with warm cacao sauce, fresh coconut flakes, bananas and vanilla ice cream on top. Beautiful ingredient combinations.

It has been a long time since I've had a real crepe (*being Paleo and all*), but I recently created a recipe for a Paleo-approved one! It's fantastic. You can fill these crepes with either savory or sweet ingredients, so have fun making your own Paleo Crepe creations at home. I'll post some fun crepe recipes in the near future, so stay tuned!

Prep time: 20 mins

Cook time: 15 mins

Total time: 35 mins

Serves: 5 crepes

### Ingredients

- 2 tablespoons coconut flour
- 1 teaspoon tapioca flour
- 1 teaspoon sea salt
- 1 cup unsweetened carton coconut milk
- 2 tablespoons coconut oil, soft or melted
- 6 eggs
- Coconut oil, to grease pan

### Instructions

1. Place all ingredients in a blender and blend on low for about 1 minute, or until well combined. Let mixture sit for 15 minutes.
2. Preheat crepe pan under medium heat for about 5 minutes.
3. Once mixture has sat for 15 minutes, blend on low again for less than a minute just to make sure all is well mixed again.
4. Add about ½ teaspoon of coconut oil to the pan and swirl the pan so that the oil coats the entire surface.
5. Pour ½ cup of batter into the pan; use crepe spreader in a circular movement



to distribute batter evenly to form a large, thin crepe.

6. Allow it to cook until bubbles begin forming at the surface, then loosen edges with spatula and flip the crepe. This will take about 5-7 minutes, be patient.
7. Other side only cooks for about 1 minute. Use spatula to remove crepe from pan, placing it on a large plate.
8. Follow steps 3-6 until all batter is gone. Recipe makes 5 crepes.

Serving size: 1 crepe -- Calories: 166 Fat: 13 g. Carbohydrates: 5 g. Protein: 8 g.

## Notes

### Tools You'll Need:

- Cast iron crepe pan (I use this one)
- Crepe spreader
- Crepe spatula
- Blender
- Measuring cups
- Measuring spoons

The background of the entire page is a close-up photograph of fresh raspberries. The raspberries are in various shades of red and pink, with some in sharp focus and others blurred in the background. The lighting is soft, highlighting the texture of the fruit.

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That's not all folks! :)

Want more mouth-watering paleo diet recipes?  
Well what are you waiting for? They're all yours!

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