

Here are two delicious and easy Paleo recipes that do not include corn:

1. Paleo Chicken Stir-Fry

Ingredients:

- 1 pound boneless, skinless chicken thighs, sliced into thin strips
- 2 tablespoons coconut oil or avocado oil
- 1 bell pepper, sliced (any color)
- 1 cup broccoli florets
- 1 carrot, julienned
- 2 cloves garlic, minced
- 1 tablespoon fresh ginger, minced
- 3 tablespoons coconut aminos (as a soy sauce substitute)
- Salt and pepper to taste
- Fresh cilantro or green onions for garnish (optional)

Instructions:

1. **Heat the Oil:** In a large skillet or wok, heat the coconut oil over medium-high heat.
2. **Cook the Chicken:** Add the sliced chicken thighs to the skillet. Season with salt and pepper and cook for about 5-7 minutes until browned and cooked through.
3. **Add Vegetables:** Add the bell pepper, broccoli, carrot, garlic, and ginger to the skillet. Stir-fry for another 5 minutes until the vegetables are tender but still crisp.
4. **Add Coconut Aminos:** Pour in the coconut aminos and stir well to combine. Cook for another 1-2 minutes.
5. **Serve:** Remove from heat, garnish with cilantro or green onions if desired, and serve hot.

2. Zucchini Noodles with Pesto and Cherry Tomatoes

Ingredients:

- 4 medium zucchinis, spiralized into noodles (zoodles)
- 1 cup cherry tomatoes, halved
- 1 cup fresh basil leaves
- 1/4 cup pine nuts (or walnuts)
- 1/4 cup olive oil
- 2 cloves garlic
- Salt and pepper to taste
- Grated nutritional yeast (optional, for a cheesy flavor)

Instructions:

1. **Make the Pesto:** In a food processor, combine basil leaves, pine nuts, olive oil, garlic, salt, and pepper. Blend until smooth. You can add a little water if it's too thick.
2. **Sauté the Zoodles:** In a large skillet, lightly sauté the zucchini noodles over medium heat for about 2-3 minutes until slightly tender.
3. **Combine:** Add the halved cherry tomatoes and pesto to the skillet with the zoodles. Toss to coat and cook for another 1-2 minutes until heated through.
4. **Serve:** Remove from heat and sprinkle with nutritional yeast if using. Serve immediately.

Enjoy Your Meals!

These recipes are not only easy to make but also packed with flavor and nutrients. Perfect for anyone following a Paleo diet!