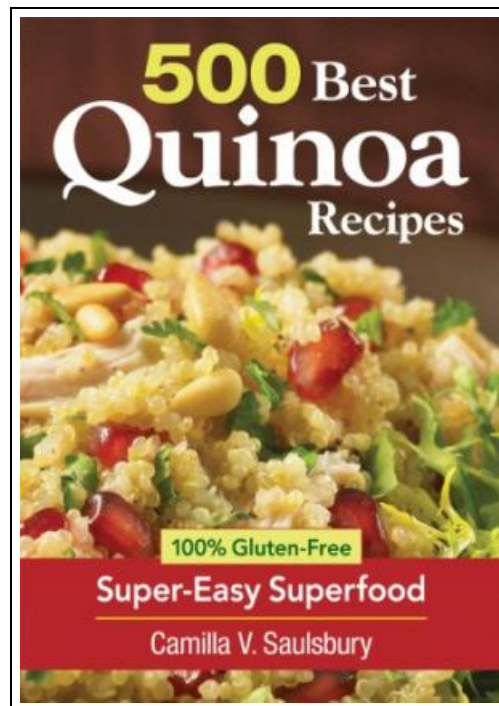


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ROBERT ROSE INC, Canada, 2012. Paperback. Condition: New. Language: English . Brand New Book. By now you ve probably heard and seen all the positive press about quinoa - it s now firmly established in the superfoods hall of fame. Not only is quinoa high in protein (more than any other grain) but the protein it supplies is complete protein, which means it includes all the essential amino acids. It s also an excellent source of magnesium, folate, phosphorus, iron and fibre so it s an ideal ingredient for vegans, vegetarians and flexitarians. And because it s also gluten-free, it s a valuable ingredient for anyone affected by gluten intolerance. Quinoa naturally has a wonderful texture (reminiscent of couscous) and a delicious nutty flavour, is quick and easy to work with and is now readily and inexpensively available in grocery and health food stores. And because it comes in so many different forms - like puffed, rolled, as a flour or whole (seeds) - it lends itself to a myriad of recipe ideas. Camilla, with her degree in food studies, has created mouthwatering quinoa recipes suitable for every meal and occasion - these excellent recipes are sure to become a mainstay in home kitchens. Get your breakfast off to an excellent start with either Quinoa Granola, Chorizo-Quinoa Hash Browns or a Quick Quinoa Breakfast Burrito with enough energy to burn through to the afternoon. Your next get-together can be both delicious and nutritious with Smoky Quinoa-Sausage Sliders, Herbed Cornbread Bites or Quinoa-Olive Tapenade. These recipes take you from breakfast and appetizers to soups, stews, chillies, meatless mains, lean chicken, meat and fish entrees, to breads, muffins, scones, salads and side dishes. Camilla also includes comprehensive and interesting information on the nutritional values and history of quinoa along with handy tips...



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