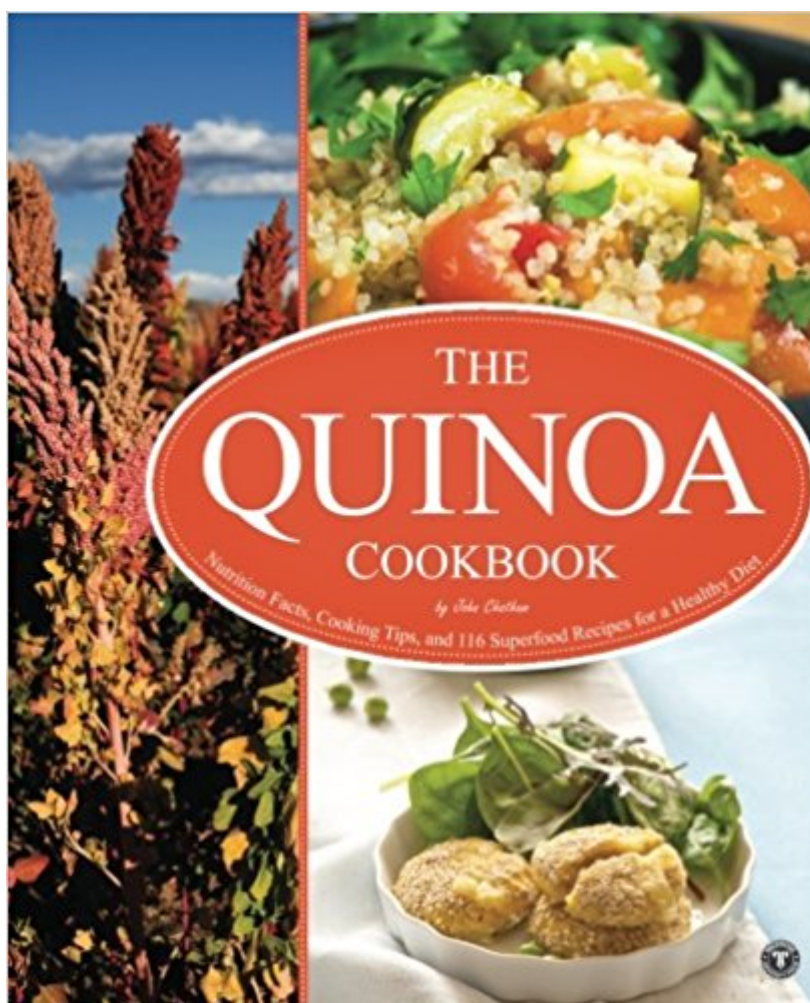


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Quinoa Cookbook: Nutrition Facts, Cooking Tips, And 116 Superfood Recipes For A Healthy Diet



Synopsis

WALL STREET JOURNAL BESTSELLER You've read about quinoa's myriad health benefits, noticed its migration onto restaurant menus, even learned how to correctly pronounce its name, and now the important part: How do you incorporate quinoa into your kitchen? Quinoa is a gluten-free superfood high in fiber, and rich in protein and antioxidants that can do wonders for your health. Quinoa is proven to promote weight loss, and is an excellent source of nutrients such as calcium, iron, and B vitamins. Many do not realize that quinoa can be incorporated into practically any recipe from breakfast to dessert. *The Quinoa Cookbook* will show you how to easily make quinoa one of your diet staples, and how quinoa can help you lose weight and improve your overall health. *The Quinoa Cookbook* will show you how to use quinoa in your everyday cooking, with: Quinoa nutrition facts, cooking tips, and a brief history of the ancient superfood. 116 recipes that introduce quinoa into every meal of the day, and dessert, too. Delicious versions of your favorite meals, including quinoa, such as Quinoa Risotto with Mushrooms and Flourless Chocolate Cake. A chapter dedicated to ensuring that you understand how to work with quinoa and achieve the tastiest results.

Book Information

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Customer Reviews

"This book struck a nice balance for me. It had plenty of information on the benefits of quinoa, but you didn't need a PhD. to understand what they were talking about. And there were lots of recipes which didn't take 6 hours to make, but which I really enjoyed both making and eating." - Michael Griffin

For someone who isn't confident in the kitchen, quinoa was one of those foods I'd only heard of and thought of as difficult. The Quinoa Cookbook is user-friendly, non-intimidating, and makes sense of quinoa. The Quinoa Cookbook is part recipes, part information. The informational sections are very thorough. You're "introduced" to quinoa in learning about its history, how to prepare it, and the many health benefits of this grain. I had no idea that quinoa was a protein powerhouse! I was also unaware of how versatile quinoa is. The recipes in this book are broken down into breakfast, lunch and dinner, and dessert chapters. One doesn't think of many foods that are appropriate for different meals throughout a day, but quinoa has you covered - and this collection doesn't lack in the recipe department. Some of the recipes that you can find in this collection include: Quinoa Black Bean Salad, Quinoa Fried Chicken Cutlets, Quinoa Oatmeal Cookies, Quinoa Chocolate Cake. The author has also included a chapter of global recipes that utilize quinoa. Greek, Italian, Indian, Asian, Mexican... there is something that fits just about any cuisine. I'm still getting used to referencing cookbooks on my Kindle. I love cookbooks with pictures, but this collection doesn't have as many as I'd like. I would love to see more quinoa and how it's grown, prepared, etc. on display in the informational section. But don't let that deter you from The Quinoa Cookbook. This is a wonderful reference for anyone looking to try quinoa.

As other reviewers have mentioned, the subtitle is inaccurate. There are many recipes in the book that include all-purpose or bread flour. The other thing that bothers me is that there is no nutritional information for the recipes. When recipes are presented as being 'healthy' I think they should be backed up with nutritional information. Although there are only a handful of photographs, this e-cookbook is formatted VERY well and I didn't encounter any spelling or grammatical errors. Each recipe begins on its own page. I do wish that the table of contents, instead of grouping the recipes by categories, listed individual recipe titles. I enjoyed the historical and nutritional information, although I already knew most of it. I was surprised that the author didn't include the pronunciation of the word. I'm over 50 and I didn't realize until a few years ago that it is pronounced KEEN-wah, not kwin-NO-ah. But maybe everybody else already knows this - lol! Another tip that I've learned about quinoa is that you can cook it in a rice-cooker just like you cook rice. I liked the inclusion of roasted and pureed sweet potato and roasted butternut squash recipes, which are then added to several of the quinoa recipes. Those are two of my favorite things and so good for you. Some of the desserts sound kind of weird, but 'Chapter 9 - Going Global with Quinoa' with adaptations of various ethnic dishes using quinoa was particularly intriguing. The Mexican Sweet Potato Quinoa Salad is

definitely on my menu for this week, there are several Risotto recipes that sound delicious, and Curried Quinoa Salad with Mango sounds delightful. This cookbook definitely expanded my thinking about uses for quinoa, which so far I've only used in salads and in meatloaf in place of bread crumbs. I wonder if you could make sushi rice using quinoa? Now that would be some serious fusion!

My daughter convinced me to try quinoa (and she had to remind me several times how to pronounce it - keen-wa), so I purchased a large bag of the grain at Costco - then I couldn't figure out what to do with it. Though some people may like it plain and unadorned, it has a rather gritty texture and tasted quite bland to me. After some research, I chose this book and downloaded it to my iPad and have been pleased with all the recipes I've tried so far. Quinoa is healthy base for a variety of ingredients, from salty to sweet to savory. I have made the version with caramelized onions several times to rave reviews, and the left-overs are tasty too. It was also interesting to read some of the background and history and cultivation techniques for this healthy old-world grain. As a "perfect protein", it is very useful in the vegetarian diet, and for us non-vegetarians a practical and economical way to swap out some of the less healthy alternatives. I usually don't like e-reader versions of cookbooks because they're too difficult to browse and notate, and the pictures don't display well; however this book works well on the iPad with good spacing, clear fonts and easy to follow instructions. There are not a lot of photographs, but those that are included are well done and appealing. I found some of the recipes rather odd, and perhaps totally not in keeping with the healthy theme, such as "Baked Breakfast Quinoa With Chocolate Chips". I was also disappointed in the lack of an index. Frequently I will pick up a cookbook and go straight to the index to find a recipe that uses a specific ingredient; for instance, if I just returned from the farmer's market with Japanese eggplant, I want to find a recipe to use that ingredient. This cookbook is a nice introduction to the wonders of quinoa, and after trying a few recipes you will feel confident enough to strike out on your own and incorporate quinoa into your repertoire and regular meal rotation.

I have always been a fan of losing weight and staying healthy. But, it can be very expensive to eat out at vegan restaurants all of the time. I have been on a gluten free diet for about 4 months now. It has helped me out a lot. The reason I like this cookbook is because it has so many great recipes that you could use to maintain a healthy and gluten free diet. The recipes are great, it's like being on a gluten free diet without it tasting like a gluten free diet. There is so much variety to choose from, especially seafood. I'm not much of a cook, but I could definitely follow these recipes. I highly

recommend!

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