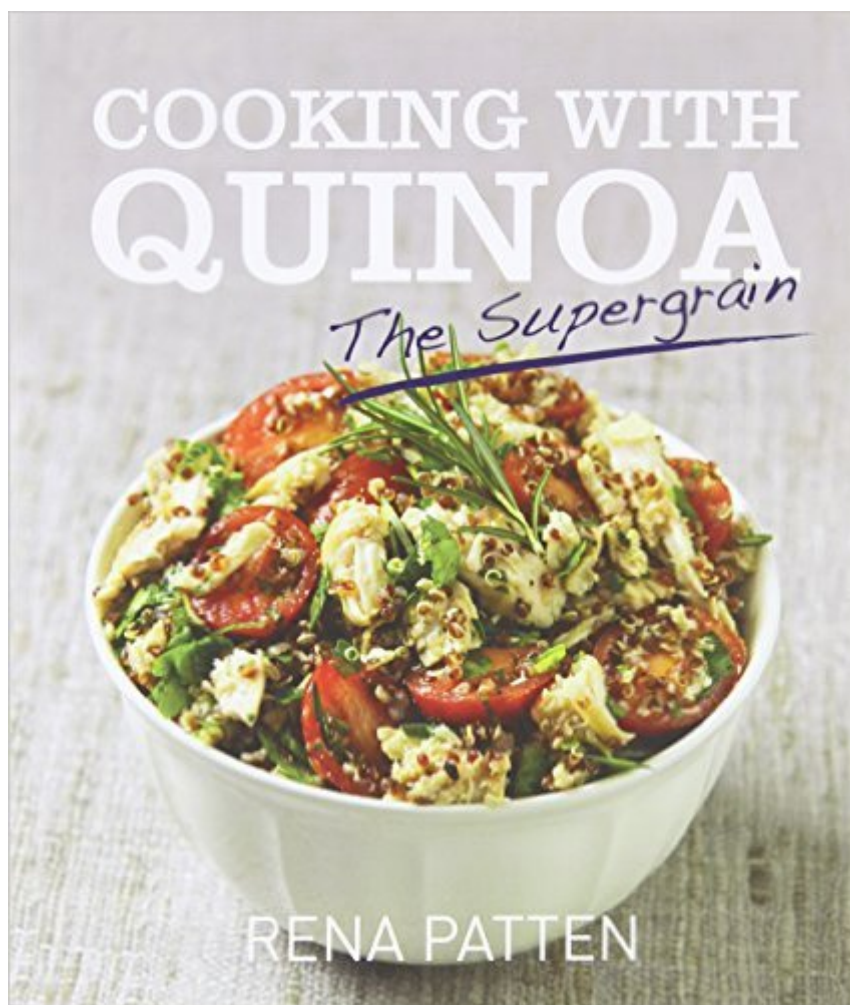


The book was found

# Cooking With Quinoa: The Supergrain



## Synopsis

Quinoa-pronounced keen-wah-is a grain, but not just any grain. It is considered to be almost a complete food. It is very high in protein, full of vitamins, gluten- and wheat-free, cholesterol-free and usually organic. And it is simply delicious. An ancient plant native to the Andes mountains, quinoa is known to have been a staple food of the Incas. Quinoa contains more protein than any other grain. The quality of this protein has been likened by the World Health Organization as being closest to milk. Quinoa is also a very good source of manganese, magnesium, potassium, phosphorous, copper, zinc, vitamins E and B6, riboflavin, niacin and thiamine. It has more calcium than cow's milk, is an excellent antioxidant, is rich in dietary fibre and has more iron than any grain. It also has the highest content of unsaturated fats and a lower ratio of carbohydrates than any other grain plus a low Glycemic Index level. The health benefits are truly enormous.

## Book Information

Hardcover: 192 pages

Publisher: New Holland Australia; 1 edition (November 1, 2011)

Language: English

ISBN-10: 1742570550

ISBN-13: 978-1742570556

Product Dimensions: 7.7 x 0.9 x 9.2 inches

Shipping Weight: 1.9 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars Â Â See all reviews Â (35 customer reviews)

Best Sellers Rank: #128,438 in Books (See Top 100 in Books) #31 in Â Books > Cookbooks, Food & Wine > Cooking by Ingredient > Rice & Grains #225 in Â Books > Cookbooks, Food & Wine > Special Diet > Allergies

## Customer Reviews

This book far surpasses my expectations and hopes. It is a beautiful book with a great selection of quinoa recipes. Table of Contents are: What is Quinoa? (5 photos) Soups (2 photos) Carrot, Ginger, Garlic and Coriander Soup (full-page photo) Cream of Lettuce Soup (full-page photo) Creamy Coconut Seafood Soup (full-page photo) Greek Egg and Lemon Meatball Soup Zucchini, Garlic and Parmesan Cheese Soup Roasted Tomato and Fennel Soup with Basil and Garlic Pesto (full-page photo) Sweet Potato, Chili, Basil, and Balsamic Vinegar Bean Soup (full-page photo) Lentil Soup Pumpkin, Tomato and Pea Soup Breads and Pasta (2 photos) Buttermilk Bread Loaf (full-page photo) this is a very clean healthy bread whose only ingredients are oil, quinoa flakes, quinoa flour,

baking soda, brown sugar, salt, buttermilk, eggs, water and red or black quinoa) Herb Bread (full-page photo) another bread recipe free of wheat, gluten, gums, yeasts, and acid-forming ingredients. The only ingredients are quinoa flour, baking soda, quinoa flakes, salt, paprika, fresh chives, fresh parsley, fresh rosemary, fresh thyme, olive oil, and milk Olive Flat Bread (full-page photo) ANOTHER clean healthy bread recipe!

[Download to continue reading...](#)

Cooking With Quinoa: the Supergrain Southern Cooking: Southern Cooking Cookbook - Southern Cooking Recipes - Southern Cooking Cookbooks - Southern Cooking for Thanksgiving - Southern Cooking Recipes - Southern Cooking Cookbook Recipes Quinoa Cookbook: Nutrition Facts, Cooking Tips, and 116 Superfood Recipes for a Healthy Diet 500 Best Quinoa Recipes: 100% Gluten-Free Super-Easy Superfood The Quintessential Quinoa Cookbook: Eat Great, Lose Weight, Feel Healthy Grain Bowls: Bulgur Wheat, Quinoa, Barley, Rice, Spelt and More Over a Fire: Cooking with a Stick & Cooking Hobo Style - Campfire Cooking The Everything Guide To Cooking Sous Vide: Step-by-Step Instructions for Vacuum-Sealed Cooking at Home (Everything: Cooking) Tamalitos: Un poema para cocinar/A Cooking Poem (Bilingual Cooking Poems) Blank Cookbook Recipes & Notes: Recipe Journal, Recipe Book, Cooking Gifts (Floral) (Cooking Gifts Series) Modernist Cooking Made Easy: Sous Vide: The Authoritative Guide to Low Temperature Precision Cooking Smoothies for Diabetics: 85+ Recipes of Blender Recipes: Diabetic & Sugar-Free Cooking, Heart Healthy Cooking, Detox Cleanse Diet, Smoothies for ... loss-detox smoothie recipes) (Volume 54) Easy Campfire Cooking: 200+ Family Fun Recipes for Cooking Over Coals and In the Flames with a Dutch Oven, Foil Packets, and More! Dutch Oven Cooking: 30 Mouthwatering Dutch Oven, One Pot Recipes for Quick and Easy Campfire Meals (Dutch Oven & Camp Cooking) Instant Pot Complete How To Guide (For Beginners): Cooking Time Guide With Lots Of Interesting Recipes For Easy Pressure Cooking Secrets of Fat-free Greek Cooking: Over 100 Low-fat and Fat-free Traditional and Contemporary Recipes (Secrets of Fat-free Cooking) The Cooking of Spain and Portugal, plus accompanying Recipes: The Cooking of Spain and Portugal (Time-Life Foods of the World) Whole Cooking and Nutrition: An Everyday Superfoods Approach to Planning, Cooking, and Eating with Diabetes Cooking with Beans and Legumes: Simple Recipes for Cooking Delicious, Healthy Meals with Beans and Legumes Cooking Light Annual Recipes 2016: Every Recipe! A Year's Worth of Cooking Light Magazine

[Dmca](#)