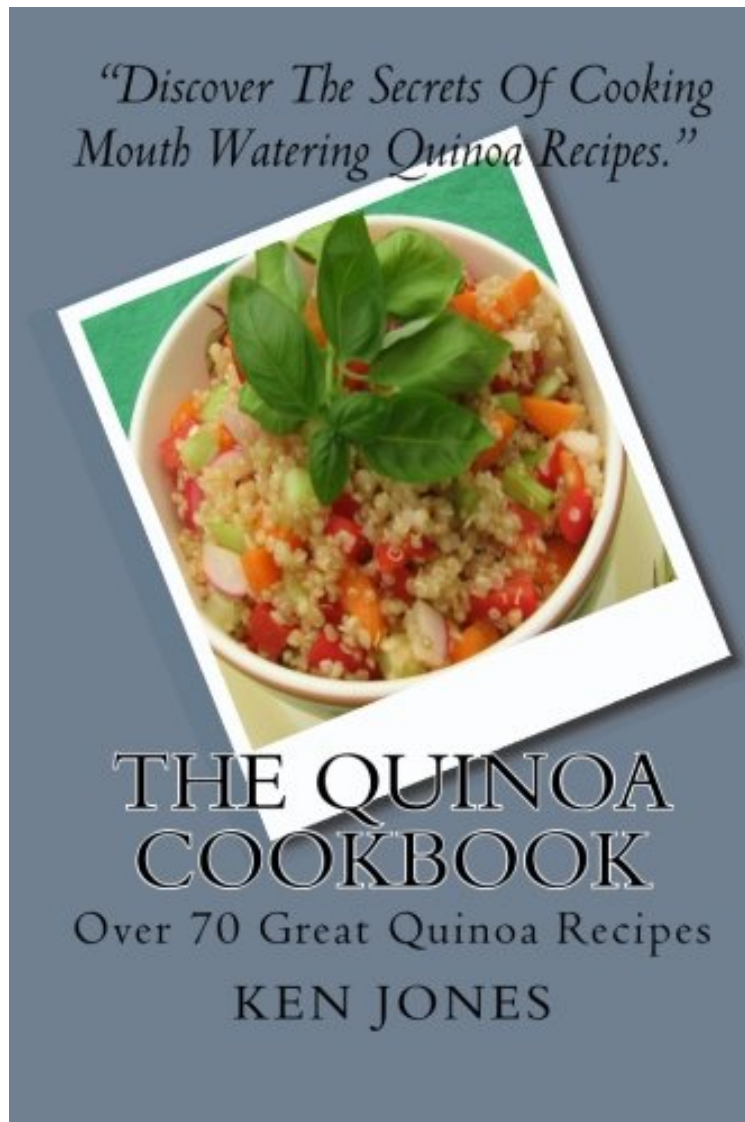


[Read free] The Quinoa Cookbook: Over 70 Great Quinoa Recipes

The Quinoa Cookbook: Over 70 Great Quinoa Recipes

Ken Jones

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Ken Jones : The Quinoa Cookbook: Over 70 Great Quinoa Recipes before purchasing it in order to gage whether or not it would be worth my time, and all praised The Quinoa Cookbook: Over 70 Great Quinoa Recipes:

13 of 13 people found the following review helpful. Nice introduction to quinoa!By Steven PetersonThis past week, I have begun to use this old Inca food in my cooking. Quinoa (pronounced, I think, kee-nwah). It is a plant (looks like a grain but isn't) and a great protein source. Hence, the base of some vegetarian dishes.The book begins with a brief description of quinoa and then discusses how you cook it. The book is slender (just 70 recipes in 109 pages), but it provides quite a few recipes that look tasty and healthy (there are others that are pretty bland)..Some of the more

interesting recipes? Chicken and quinoa soup; Quinoa, leek, and potato soup in a slow cooker; Chili quinoa; Quinoa tabouleh (a better recipe than one from another of my cookbooks); Tangy salad; Spinach omelette; English stir fry. Most of the recipes are easy to make. Quinoa is not difficult to use as an ingredient. Special features of the volume: a seven day quinoa diet, background information about quinoa. If you want a quick and dirty introduction to this old food, this is a good starting point. . . .0 of 0 people found the following review helpful. With the exception of the recipes that use quinoa flour ...By Cheri Love With the exception of the recipes that use quinoa flour, rather than the whole grain, the recipes don't look flavorful, there aren't very many of them, and some use British ingredients.1 of 1 people found the following review helpful. SyncroseekBy Customer Many books relating to nutrition and healthy weight loss have suggested the use of Quinoa. This book provided a wealth of background information and recipes to help not only make this a substitute for wheat products in our diet, but has propelled Quinoa into a preferred staple in many of our home-cooked meals. For me, the only thing missing from this book is a Table of Contents.

Discover the secrets of cooking mouth watering Quinoa recipes that taste great and can help improve your health. Do you want to cook Quinoa but have no idea what to do with it? Have you heard that Quinoa is one of the super foods with high protein content and really good for your health? The Quinoa Cookbook has full instructions on how to cook quinoa and include it in your daily diet. The recipes are for everyday cooking at home. From simple quinoa salads and stir fry dishes to desserts and quinoa cookies.