



We Love Quinoa: Fresh and Healthy Inspiring Recipes (Paperback)

By Karen S Burns-Booth

Taunton Press, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book. Quinoa is in a heyday right now, and it's easy to understand why. Its health benefits are lauded, its versatility is appreciated, and its unique, tender texture makes it a favorite ingredient for cooks. If you are on the lookout for delicious quinoa recipes, you've found them in We Love Quinoa. Discover new ways to incorporate slightly nutty, crunchy, healthful quinoa into hearty breakfasts, flavorful soups, light salads, satisfying mains, and bright desserts. In all, there are 100 ways to savor this superfood, including: Quinoa Crab Cakes Quinoa Pancakes with Spiced Strawberry Compote and Yogurt Black Bean, Quinoa, and Vegetable Chili Quinoa Pizza with Eggplant and Blue Cheese Lamb and Quinoa Meatballs Smoky Spanish Quinoa with Chicken and Chorizo Roasted Cauliflower Quinoa Soup Winter Vegetable, Quinoa, and Wild Rice Salad Multiseed and Quinoa Bread Chocolate Peanut Butter Candy Bars Apple Crisp with Quinoa Crumble Topping and many more! Because quinoa is a complete protein, which means that it contains all of the essential amino acids, and is a good source of minerals, it is an excellent ingredient for anyone who is looking to improve...



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