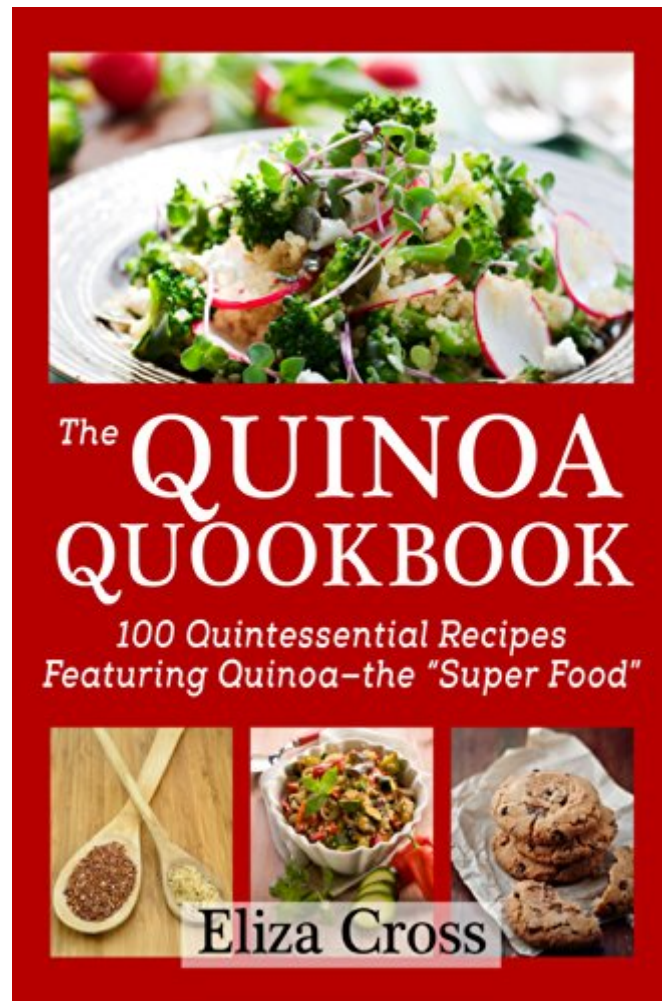


The book was found

The Quinoa Quookbook: 100 Quintessential Recipes Featuring Quinoa-the "Super Food"



Synopsis

Savor the flavor of quinoa with 100 quintessential recipes featuring breakfasts, breads, appetizers, soups, salads, dinners, sides and dessertsâplus helpful cooking tips and organic quinoa sources. Experience quinoaâs versatility and appealing flavor, and discover why itâs called the âsuper food.â Quinoa is often featured in vegan, dietetic and gluten-free recipes, but The Quinoa Cookbook makes a strong case for pairing nutty quinoa with a wide variety of delicious ingredients, from crispy bacon and tender crab to fresh raspberries and sweet chocolate. 100 easy-to-follow recipes include Banana Maple Quinoa Pancakes, Quinoa Corn Hush Puppies, Cheesy Quinoa, Ham and Artichoke Bites, Quinoa Crab Cakes, Bacon Quinoa, Quinoa Pork âFried Rice,â BBQ Chicken Quinoa and Corn, Crunchy Thai Quinoa Salad with Peanut Ginger Dressing, Quinoa Garlic Polenta Fries, Raspberry Quinoa Streusel Bars and Peanut Butter Toffee Quinoa Cookies.

Book Information

File Size: 464 KB

Print Length: 162 pages

Simultaneous Device Usage: Unlimited

Publisher: Providence Publishers; 1 edition (June 5, 2014)

Publication Date: June 5, 2014

Sold by:Â Digital Services LLC

Language: English

ASIN: B00KTNL854

Text-to-Speech: Enabled

X-Ray: Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #12,714 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #3 inÂ Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Cooking by Ingredient > Rice & Grains #4 inÂ Books > Cookbooks, Food & Wine > Cooking by Ingredient > Rice & Grains #1487 inÂ Kindle Store > Kindle eBooks > Nonfiction

Customer Reviews

I have been eating quinoa for close to 20 years but had no idea the variety of ways I could use

quinoa until I read Eliza's book. Using it in breads, or even desserts never crossed my mind. You won't find exotic ingredients here, just things you would normally have on your shopping list or in the house. After trying a couple of the recipes: The quinoa burrito bowl, Dried Cherry Almond and Quinoa Cookies plus the Baked French Onion Quinoa and Cauliflower, I know this will be my go-to book for quinoa.

I was given this book as a gift. As a result I was introduced to the super-food quinoa. This is one of the best cookbooks I've ever used and I'll tell you why. Not only is this cookbook filled with mouth-watering recipes and step-by-step directions that even my husband can follow, but the author did such a fabulous job of introducing quinoa and explaining its multiple uses and health benefits. Her tight prose is beautifully written; it almost reads like a story. Which I really enjoyed. I would highly recommend this cookbook to anyone looking for a tasty treat, a main meal, side dish, or a healthy snack. Quinoa is so versatile it can really be used in anything-- another aspect of the book that I loved, the way the author creatively designed alternatives using quinoa as the main ingredient. Eliza Cross, the author, even included cooking tips, a FAQ section, recipe guidelines and knife terms so there are no hidden secrets. Purchase this book. You won't be sorry you did. While you're at it, send a copy to a friend or relative to either help with a health issue or maintain a healthy mind, body, and spirit.

My wife has been cheating on me. She's been spending less and less time with me and more and more time in the kitchen. She's cheating on me with QUINOA. Burgers, as a base for pairing with meat and fish, or cold salads with avocado and sweet potato. It's shocking, but I am learning to share my life partner with this strange food. This book has given me a lot better meals than the garbage that my wife was trying to make from Pinterest. If you're also sharing your wife with quinoa, let me give this piece of advice: go ahead and get her this book. She'll spend less time surfing the internet for quinoa "food porn" images and their corresponding recipes. Trust me, there's plenty of yummy meals inside for those husbands that aren't quite as jazzed as their wife about this magical grain.

This is a new grain for our family and we needed ideas on how Quinoa could be used. It has some very good and unique dishes. Many of them we enjoyed and will be repeated. There are some unusual combinations that turn out to be surprising! While the adults in the family enjoyed the flavorful combinations, the children weren't as pleased with the tastes.

This is a well organized and easy to use cookbook. The recipes are tasty and the directions are clear. I have enjoyed using it and recommend it to cooks who have already discovered the versatility of quinoa and those who have never tried it before.

Excellent choice for cooks both familiar and unfamiliar with the Quinoa grain choices. A variety of tasty recipes with well written and clear directions tempt the eye and the palate. The choice of what to try out first is much more difficult than completing the dish chosen. This book will remain among my top go-to's for healthy meals. As a writer, the catchy title and book cover "quaght" my eye.

Eliza has done it again, creating practical and simple ways to prepare and enjoy a healthy high protein source I often don't think about, and using common ingredients I already have in my kitchen! Thank you for another beautiful cookbook I will use again and again. Diane Sieg, Author of 30 Days to Grace

I just jumped on the Quinoa bandwagon and since this was a freebie I downloaded. I'm glad I did. It is well laid-out and contains recipes in many different categories. It has a full index listing all recipes, which allows you to tap any one of them and go straight to the recipe. It also has recipes categorized... appetizes, desserts, etc., allowing you to check out recipes that way also. I haven't actually tried any of the recipes yet but they look relatively simple and appetizing. It's on my to-do list for the next rainy day!

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

The Quinoa Quookbook: 100 Quintessential Recipes Featuring Quinoa-the "Super Food" Pizza Recipes: 100 Pizza Recipes for Home Cook (+BONUS: 100 FREE recipes) (100 Murray's Recipes Book 9) Pasta Recipes: 100 Pasta Recipes for Home Cook (+BONUS: 100 FREE recipes) (100 Murray's Recipes Book 8) Camping Cookbook: Camping Recipes Made Easy: 50 Recipes! Featuring Foil Packet Recipes, Dutch Oven Recipes, Campfire Grilling Recipes, and Campfire Cooking Recipes 100 Slow Cooker Recipes: Get 'em! Mix 'em! Leave 'em! (Slow Cooker Recipes, Crockpot Recipes): Big Slow Cooker Recipes Cookbook - The 100 Slow Cooker Recipes Gluten Free Recipes: 39 Gluten Free Recipes With Rice, Polenta, Beans And Quinoa Plus Delicious Vegetable Side Dishes To Complete Your Gluten Free Meal-Discover ... Gluten Free Recipes On a Budget Book 6) The Quintessential PICÃÂ® Microcontroller (Computer Communications and Networks) How to Speak Brit: The Quintessential Guide to the King's English, Cockney Slang, and

Other Flummoxing British Phrases Uncle John's Bathroom Reader Quintessential Collection of Notable Quotables: For Every Conceivable Occasion (Uncle John's Bathroom Readers) The Clean Eating Cookbook: 101 Amazing Whole Food Salad, Soup, Casserole, Slow Cooker and Skillet Recipes Inspired by The Mediterranean Diet (Free Quinoa Recipes) (Healthy Eating Made Easy Book 5) Breakfast Meals Made Simple Cookbooks: 100 Sensation Breakfast Recipes - Healthy food (Breakfast, Meals Made Simple, Breakfast cookbooks, Breakfast recipes, Breakfast ... : 100 Sensation Breakfast Recipes) Crock Pot: 2,000 Crock Pot Recipes Cookbook (Crock Pot Recipes, Slow Cooker Recipes, Dump Meals Recipes, Dump Dinner Recipes, Freezer Meals Recipes, Crock Pot Recipes Free) Jello Shot Recipes: 55 Fun & Creative Jello Shot Recipes for your Party (Jello Shots, Jelly Shots, Party Recipes, Jungle Juice, Punch Recipes, Vodka Recipes, ... Rum Recipes, Cocktail Recipes, Wine Making) The Mega Crockpot Recipes Box Set: Crockpot Recipes, Slow Cooker Recipes, Crock pot Recipes, Dump Dinner Recipes, Quick Meal Recipes: Over 300 All Time ... Recipes For You & Your family (99+1 Book 4) Healthy Bread in Five Minutes a Day: 100 New Recipes Featuring Whole Grains, Fruits, Vegetables, and Gluten-Free Ingredients Vegetarian: Vegetarian Quinoa Cookbook-Gluten Free Plant Based Superfood Recipes (forks over knives, raw till 4, whole 30, Slow cooker, crockpot, Cast Iron) Easy Quinoa Recipes 2.0 : Nature's Newest Superfood For Breakfast, Lunch And Dinner (The easy recipe Book 1) Quinoa: The Everyday Superfood: 150 Gluten-Free Recipes to Delight Every Kind of Eater Superfoods at Every Meal: Nourish Your Family with Quick and Easy Recipes Using 10 Everyday Superfoods: * Quinoa * Chickpeas * Kale * Sweet Potatoes * ... Honey * Coconut Oil * Greek Yogurt * Walnuts The Quinoa Cookbook: Nutrition Facts, Cooking Tips, and 116 Superfood Recipes for a Healthy Diet

[Dmca](#)