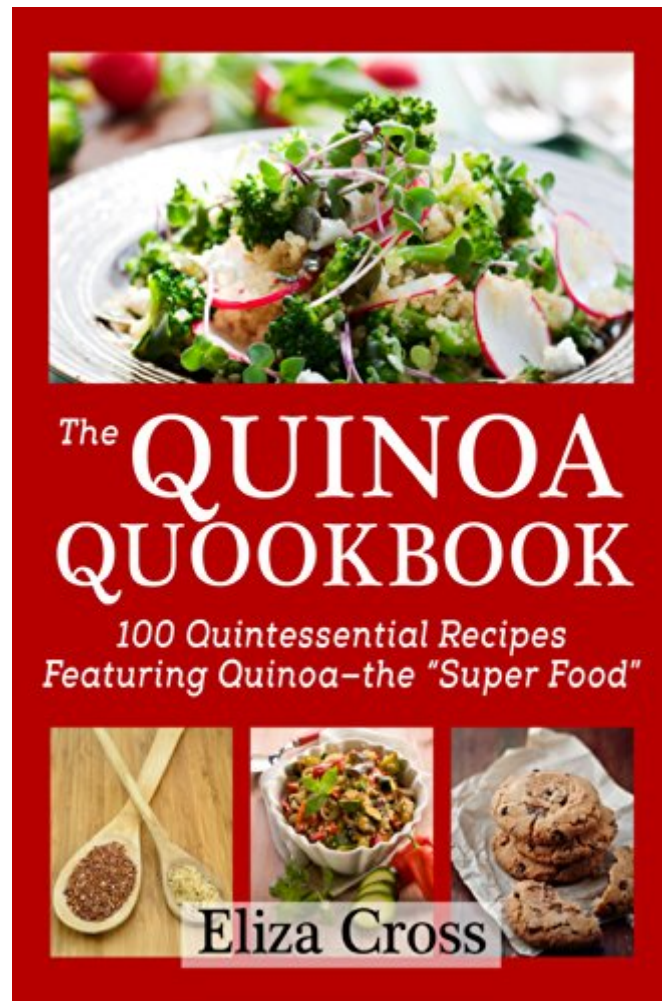


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# The Quinoa Quookbook: 100 Quintessential Recipes Featuring Quinoa-the "Super Food"



## 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.

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## 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 "quaught" 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 simply and appetizing. It's on my to-do list for the next rainy day!

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