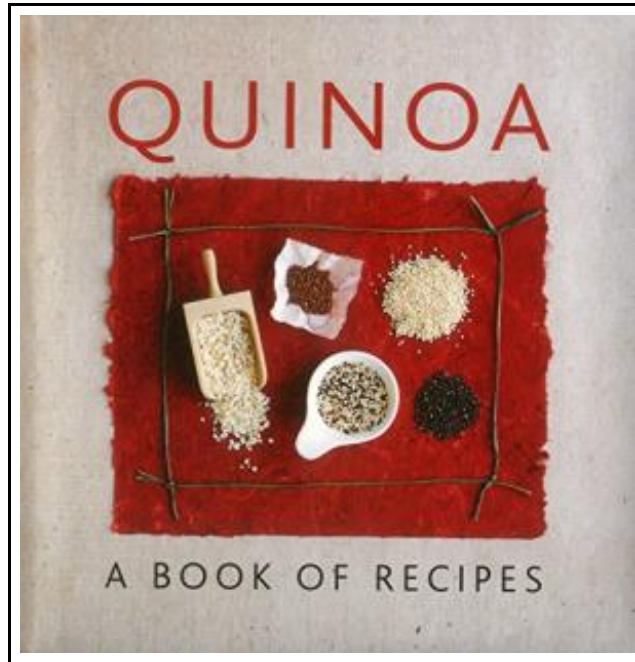


Quinoa



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Anness Publishing. Paperback. Book Condition: new. BRAND NEW, Quinoa, Penny Doyle, This is a book of recipes. There are 30 fabulous recipes making the most of this adaptable and nutritious wonder grain. An informative introduction introduces the incredible properties of quinoa and shows how to use it to maximum effect in a healthy diet. It features enticing appetizers, hearty soups, wholesome main courses featuring fish, meat and vegetarian options, original side dishes and delicious desserts that are packed with taste and full of goodness. Rich in protein, cholesterol-free and low in fat, the vibrant recipes in this book will help you radically improve your eating habits. Each recipe has a full nutritional breakdown so you can see exactly what the benefits of quinoa are. It is illustrated with wonderful photographs by Nicki Dowey of practical steps and sumptuous final dishes. Native to the Altiplano people of South America, the cultivation of quinoa is now spreading across the world, and it has proved itself to be an adaptable and hardy crop, valued as a good source of minerals and vitamins. This book offers a fabulous introduction to this amazing grain with recipes such as Salmon and Quinoa Frittata, Quinoa-stuffed Trout, Quinoa Lime Curry or Mocha Quinoa Brownies, each giving a refreshing new take on classic dishes. If you are interested in healthy eating and contemporary ideas there is plenty to tempt you here.

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