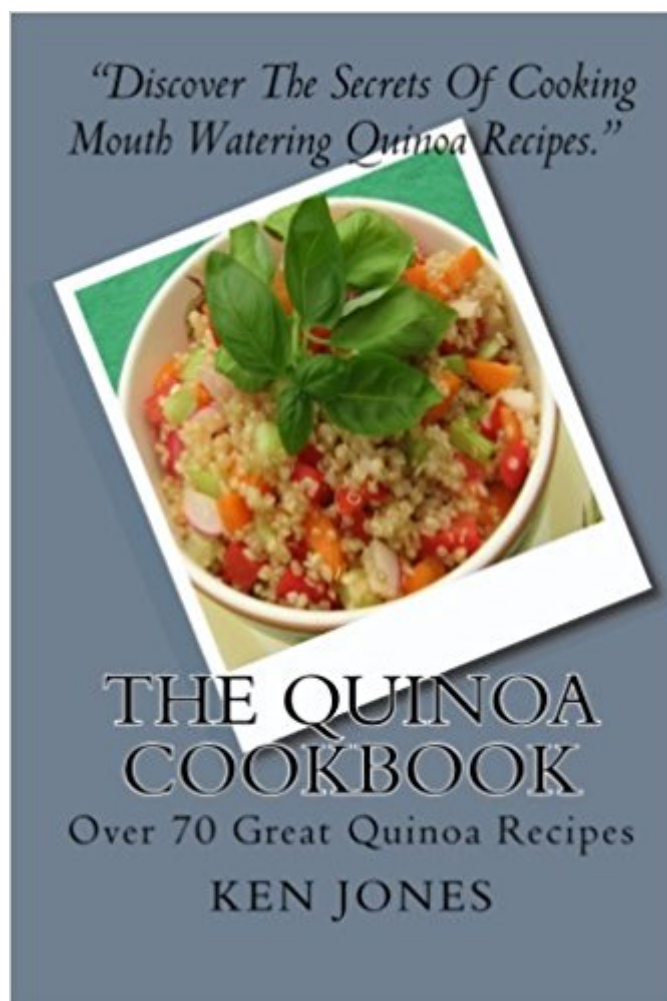


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# The Quinoa Cookbook: Over 70 Great Quinoa Recipes



## Synopsis

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.

## Book Information

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## Customer Reviews

This 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. . . .

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.

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.

The book gave me the answers I was looking for. Information recipe health benefits easy to read . I will b e using it again and again

The ingredients are hard to get and the recipies are not as precise as would like. The pictures are great and information good.

This book has good information, although very limited in content (only 70 recipes) and the only photo is on the cover. I paid \$17.95 before tax and shipping charges. Easily \$12.00 overpriced. There are far superior books on the subject with extensive photos, 3 times as many recipes and rich in content for less money. I would pick one of those. On his website he wants \$27.00 for an ebook!

Great recipes and ideas. If you are a picture person do not buy, non in this book but love it otherwise.

This is the quinoa book I've been looking for!!I've been wanting to cook with quinoa after seeing a couple of good-sounding recipes demonstrated on TV shows. In addition, some members of my family have food allergies, and others are sensitive to certain foods, so I'm always looking for ingredients that are both healthy and generally non-allergenic.Quinoa seemed to meet my requirements, but... well, even my favorite "healthy" cookbooks didn't offer many recipes. The recipes that I could find included ingredients that were a little too healthy to be popular in my home (meaning: did not resemble junk food in any way).So, when I found this cookbook, I was very pleased. There's something for everyone -- including picky eaters -- in these recipes.The recipes are simple and most ingredients are very normal. They don't require a trip to several gourmet, health food or ethnic grocers. (I don't have time for that.)This cookbook's recipe measurements are in teaspoons, tablespoons, cups, etc., as well as in grams and litres. So, I can recommend this

cookbook to friends in America and in Europe. I like that. I especially like the section that explains a variety of ways to cook quinoa. It's not one of those grains or seeds that require overnight preparations or complicated/gourmet cooking methods. That's another big plus, with my busy schedule. In general, this cookbook takes the mystery and anxiety out of quinoa. In today's economy, I'm careful to buy only groceries that I'll actually cook and my family will enjoy. This cookbook showed me that quinoa is a basic staple for most kitchens, and can be used in many ways and a wide range of cooking and baking styles. Like another reviewer, I wish this book had more photos. I respond very visually to the world around me, so I want to see a dish that makes me say, "Ooh, that looks yummy!" The pictures in the book are very appealing... I just wanted more of them. On the other hand, the recipes are so straightforward, my mouth was watering even without lots of photos. So, the illustrations aren't a big issue; I'm only mentioning this because I wouldn't want someone to dismiss this book because it's mostly text. (But, within a few minutes of skimming the many delicious-sounding recipes, I think you'll be pleased with this book, too.) The health information about quinoa is especially motivating. My initial interest in quinoa has been... well, from seeing Emeril cook with it on "Planet Green" TV shows. However, after reading quinoa's history, health-related information, and the many ways to use quinoa, I'm amazed this isn't considered a basic ingredient in all kitchens. (I predict that it will be, when more people learn how to cook with quinoa. It's healthy, affordable, delicious, and easy to cook with.) This book provides far more interesting information and ready-to-use recipes than most "health food" cookbooks, and it's very well written. If you've had any interest in cooking with quinoa, this cookbook is probably all you'll need to become a quinoa enthusiast.

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