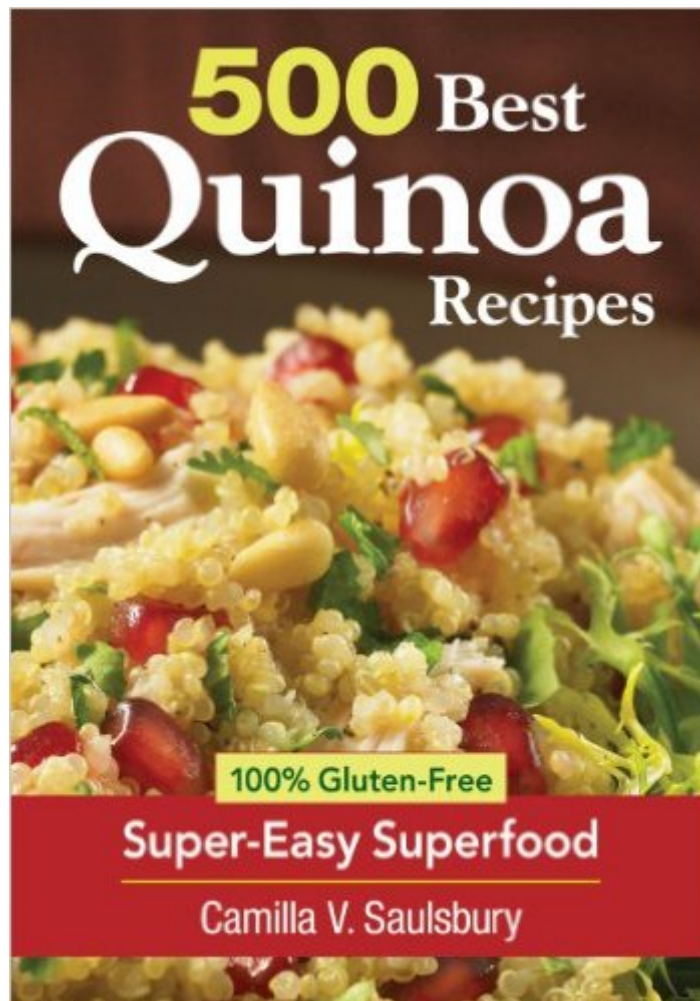


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# 500 Best Quinoa Recipes: 100% Gluten-Free Super-Easy Superfood



## Synopsis

Hundreds of meal ideas for incorporating this delicious protein powerhouse into your cooking repertoire. By now you've probably heard and seen all the positive press about quinoa -- it's now firmly established in the superfoods hall of fame. Not only is quinoa high in protein (more than any other grain) but the protein it supplies is complete protein, which means it includes all the essential amino acids. It's also an excellent source of magnesium, folate, phosphorus, iron and fiber so it's an ideal ingredient for vegans, vegetarians and flexitarians. And because it's also gluten-free, it's a valuable ingredient for anyone affected by gluten intolerance. Quinoa naturally has a wonderful texture (reminiscent of couscous) and a delicious nutty flavor, is quick and easy to work with and is now readily and inexpensively available in grocery and health food stores. And because it comes in so many different forms -- like puffed, rolled, as a flour or whole (seeds) -- it lends itself to a myriad of recipe ideas. Camilla, with her degree in food studies, has created mouthwatering quinoa recipes suitable for every meal and occasion -- these excellent recipes are sure to become a mainstay in home kitchens. Get your breakfast off to an excellent start with either Quinoa Granola, Chorizo-Quinoa Hash Browns or a Quick Quinoa Breakfast Burrito with enough energy to burn through to the afternoon. Your next get-together can be both delicious and nutritious with Smoky Quinoa-Sausage Sliders, Herbed Cornbread Bites or Quinoa-Olive Tapenade. These recipes take you from breakfast and appetizers to soups, stews, chilis, meatless mains, lean chicken, meat and fish entrees, to breads, muffins, scones, salads and side dishes. Camilla also includes comprehensive and interesting information on the nutritional values and history of quinoa along with handy tips and techniques for preparation.

## Book Information

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## Customer Reviews

This is the only quinoa cookbook you will ever need. I've been a vegetarian for more than 25 years and have eaten quinoa for over a decade, but still I am astounded by the wealth of recipes and information in this book. I have never baked with quinoa before now--thanks to this book, I am now making quinoa flour on a regular basis in my coffee grinder and baking the most delicious, healthful breads, muffins, flatbreads, even desserts, imaginable. I've even made the quinoa tortillas which were surprisingly easy and very, very good. An excellent resource of information as well as outstanding, easy recipes. Note: the majority of the recipes are vegetarian, many are vegan; however, the recipes that use lean chicken, beef and fish are easily converted to vegetarian by using something like tofu or tempeh or beans or chickpeas in place of the meat.

Robert Rose published cookbooks are nearly always a good choice - well written, easy to use. 500 Best Quinoa is a great entry into quinoa cookbooks - for both those new to the seed and those interested in trying it. From breakfast to dessert, meat eaters to vegetarians, there is plenty to choose from - and every recipe is gluten-free as well. The Quinoa Pizza Crust is fantastic, crispy, fast and it doesn't "feel" like you are missing wheat. Same with the Multi-Seed Bread we tried. Delicious and yeast free as well. If you are looking for new inspiration, especially if you cook all from scratch, check it out. While it may not have a ton of photos, the recipes make up for that.

I've browsed other quinoa books in the past, but they never left me feeling inspired enough to want to add them to my already large cookbook collection. But since I've had so much success with Camilla's recipes in the past, I just knew this one wouldn't let me down, and it certainly did not! For any of you who NEED tons of photos in your cookbooks, please do not let the fact that there are only a handful in this one dissuade you. These recipes can stand on their own, with or without photographic evidence. I have a particular fondness for the Vegetarian Main Dishes chapter, but the book also features many other types of dishes: Breakfasts, Appetizers & Snacks, Soups, Stews, & Chilis, Salads & Sides, Seafood, Poultry, & Lean Meat Main Dishes, Breads, and Desserts. Yes, Desserts. This book has got it ALL. So far I've made: Quinoa al Pomodoro; Swiss Chard Quinoa with Goat Cheese; Zucchini, Carrot and Butter Bean Quinoa; Caramelized Onion Tart; Scottish Oat Scones, Pumpkin Spice Scones, and Cinnamon Applesauce Bread (made as muffins). I highly

recommend all of these recipes since they were all easy to make and incredibly delicious. I have yet to have a single recipe fail and I feel confident that any recipe I choose to try will be a success -- and THAT really says something about the quality of this cookbook. All Camilla's recipes work extremely well for the home cook. They are tried & true recipes I can always count on and I hope you enjoy them as much as I do!

Some of the unusual recipes in the 500 Best Quinoa Recipes: 100% Gluten-Free Super-Easy Superfood cookbook include: Smoky Quinoa-Sausage Sliders, Quinoa-Olive Tapenade, Herbed Cornbread Bites, Quick Quinoa and Tofu Stir-fry, California Quinoa Club Sandwich, and Sweet potato Whiskey Pie. What recipes will I likely try first? The Rosemary Walnut Bread sounds fabulous and it uses quinoa flour. There's also a fresh Herb and Pesto Bread with substitution to make it completely gluten-free if necessary. There are plenty of dishes that include meat as well as vegetarian and vegan version. All-in-all it's a well-rounded cook book highlighting this popular and nutritional ingredient. Saulsbury also has included a great list of interesting information about the history of quinoa, handy tips, and nutritional values. The book includes a handful of great photos and a wipe-clean cover (thankfully since I've already spilled on it!).

I have been experimenting with quinoa for a little while now, but was bored with my regular recipes, so I was happy to come across 500 Best Quinoa Recipes which is full of wonderful, tasty quinoa recipes in any category you can imagine. Some of my favorite recipes from the book include: Andean Hash, Quinoa Cashew Power Balls, Quinoa Pilaf, Black Bean Quinoa Chipotle Chili, Cinnamon Raisin Cookies, Quinoa Almond Butter Blondies. I also really enjoyed the intro which talked in depth about cooking with quinoa. I would recommend this to anyone on a meat free or gluten free diet, but also to anyone that just likes to have a variety of flavors in their kitchen.\*I received a complimentary copy of this book via the publisher.

Whenever I've purchased cookbooks in the past, I've been happy if there have been just a few recipes that I love. This is my first quinoa cookbook, and I couldn't be more thrilled! I have tried several recipes. I have rated them 8 and above and have dozens more recipes marked to make next. With this cookbook I feel that I have become Queen of Quinoa. This cookbook is a must if you, too, are loving quinoa!

I've been semi-gluten free (about 80%) for almost a year now and I thought I was pretty creative

with quinoa...and then I saw this book. 500 quinoa recipes - I felt like I hit the jackpot!! The day I got the book, I brought it with me to the nail salon, and the man in the pedicure chair next to me was reading over my shoulder and giving commentary about how delicious the recipes looked. I tagged a bunch to try and was excited to gather the ingredients and get started. I have three very picky gluten loving children so I wasn't sure how it was going to go...but I'm thrilled to report they have loved every single thing I've made! The waffles were especially popular. I tend to cook more in the colder months so I am looking forward to trying more things. Who knows - maybe the whole family will be gluten free by 2013!

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