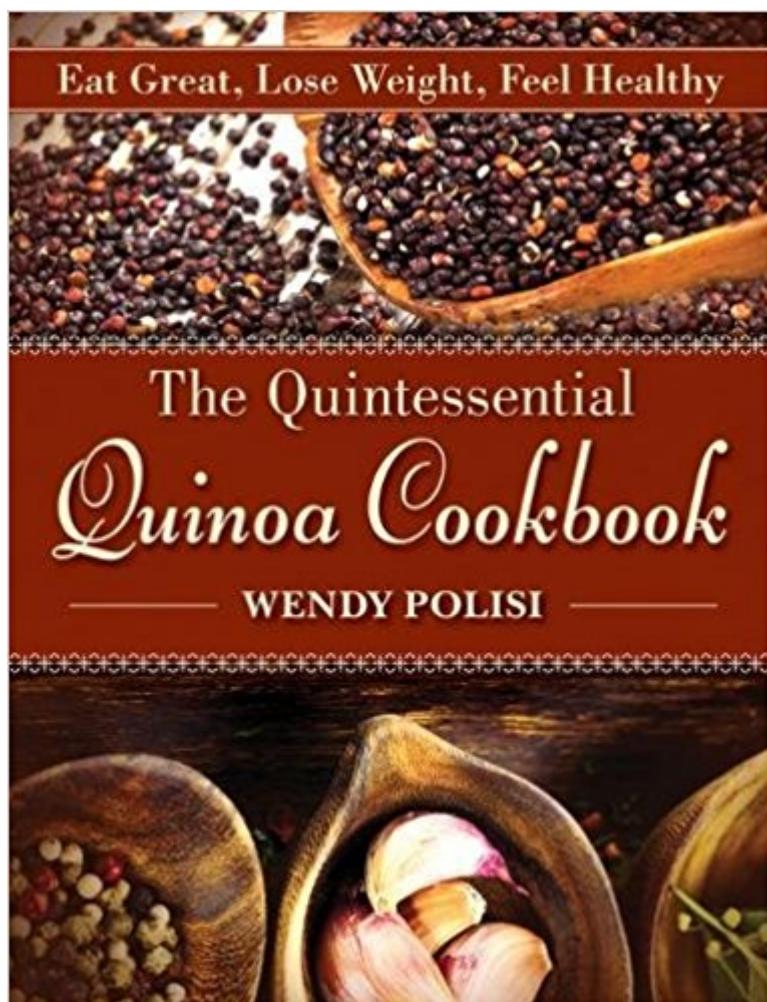


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# The Quintessential Quinoa Cookbook: Eat Great Lose Weight Feel Healthy



## Synopsis

With over 200 pages of quinoa-inspired cuisine, The Quintessential Quinoa Cookbook is unlike any other quinoa cookbook. Inside you'll find Wendy's exclusive, hand-crafted recipes, photographs of every recipe, nutritional information for every recipe, and alternative ingredients and preparation methods. Included are vegan, gluten-free, sugar-free, fast & easy, eating clean, quinoa recipes for kids, and even desserts! Let's take a quick peek at the recipes included: Strawberry Spinach Quinoa Salad, Black Bean and Quinoa Tostadas, Quinoa Burgers, Almond Fudge Quinoa Brownies, Sun-Dried Tomato and Goat Cheese Pizza, and much more!

## Book Information

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Average Customer Review: 4.3 out of 5 stars 88 customer reviews

Best Sellers Rank: #561,040 in Books (See Top 100 in Books) #145 in Books > Cookbooks, Food & Wine > Cooking by Ingredient > Rice & Grains #170 in Books > Cookbooks, Food & Wine > Special Diet > Wheat Free

## Customer Reviews

Quinoa is called the "perfect" protein for a reason: it contains all nine of the essential amino acids humans need to stay healthy. In addition, the wonder grain is rich in lysine, antioxidants, vitamins, and minerals, but getting the average American to try quinoa hasn't been easy. Polisi, whose website, CookingQuinoa.net, gets 200,000 visitors a month, knows a thing or two about taking the fear (or yuck) factor out of cooking with this South American quasigrain. With her debut cookbook, she shares her favorite recipes ranging from breakfast to dessert. In addition to providing basic details on the different forms of quinoa and how to cook it, Polisi includes nutritional information for each dish as well as options for making recipes more quickly or even healthier.

**VERDICT** Despite fierce competition from other cookbooks on the topic . . . this is bound to be in demand by both cooks looking for creative new ways to serve more nutritional dishes and anyone

trying to live a healthier lifestyle. (John Charles - Library Journal) "Which protein substitute might be the star of Polisi's first-ever cookbook? It's quinoa (pronounced keenwah), a hearty grain few people know how to pronounce, let alone cook. Although nearly all of her more than 80 recipes are meatless, to the author's credit, she doesn't go overboard vegan; she uses dairy and eggs . . . most [recipes] are the healthier version of such favorite dishes as pancakes, hummus, burgers, and brownies. Every recipe includes a color photograph and complete nutritional information, often accompanied by recommendations for quicker preparation or to make it vegan, gluten free, or with fewer calories. Although she's a real aficionado of the grain and has used it for years, she makes no claims to being a gluten or vegan expert. (Barbara Jacobs - Booklist) "The Quintessential Quinoa Cookbook is highly recommended. In addition to alternative ingredients, preparation tips and nutritional information, recipes are divided into eight main sections: Quinoa Breakfast Recipes; Appetizers; Soups & Salads; Entrees & Sides; Quinoa Pasta, Polenta & Pizza; Breads & Muffins; Desserts; and Quinoa for Kids. The full-color illustrations add just the right touch. It is user-friendly and the section for kids will inspire even youngsters to have fun in the family kitchen. I tested four recipes from this excellent collection and have begun to develop an appreciation for what I think is a super food. . . All four recipes were tasty and fairly easy to prepare. (Larry Cox - The Tuscon Citizen) "In her new cookbook, The Quintessential Quinoa Cookbook, author Wendy Polisi demonstrates that one such atypical grain, quinoa, can be put to work in myriad tasty and healthful dishes. (Sauce Magazine)

Wendy Polisi's goal is to create whole nutritious foods that are also exceptionally delicious. She came across quinoa by accident - as a busy mom, she felt run-down and out of shape, but after trying out a quinoa recipe one day she was hooked - and she's never looked back. Author of the bestselling The Quintessential Quinoa Cookbook, she lives in Arizona with her family.

Great Book! Great Price!

Not much we were interested in.

Wonderful Recipes!

Very healthy and fun with great recipes. Love trying all of them. So flavorful and delicious

Great book!

This wonderful cookbook utilizes one of the most potent grains available to us. It's just simply packed with nutrients, has an amazing look and texture that's just simply fun . . . and tastes great. Now with this cookbook I can have much more diversity as it has opened my eyes to possibilities. It's well presented with photos and wonderful recipes to savor, visually and to prepare! I'm going to enjoy it! When I saw it at the library, I knew I was a gonner with my resolve to not buy any more cookbooks . . . and purchased it right away from these folks. Smart move!!

There is so much good written about this book that I don't think anything's been left out!!!The photography is great! Looks like REAL food under true circumstances and as it would be consumed...I thinkit's really well done! LOTS of variety and well, just a well done book! If in question, read the great reviews--they're spot on! And check out her blog... BTW, the book's binding and paper reminds me of the great books donewith nice paper, tightly bound and I just love it!! :0)

Love it, thanks

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