



Cooking with Quinoa For Dummies

Cheryl Forberg

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140+ gluten-free recipes for adding quinoa to every meal and snack

Touted as "the gold of the Incas", quinoa (pronounced *keen-wah*) has many health benefits. It is high in both protein and fiber, gluten-free, and has been known to help those with cardiovascular health problems, as well as people who suffer from migraine headaches. Research also shows that the nutritional composition of quinoa is important in fighting breast cancer, especially in post-menopausal women. It is a great gluten alternative, and provides complete protein in vegetarian or vegan dishes. Not only does it have all of these phenomenal health qualities, quinoa is also delicious and extremely versatile!

Quinoa can be made into a breakfast porridge, stuffed into a wrap for lunch, combined with vegetables for a hearty salad, rolled with spices and breadcrumbs to make a delicious burger, and added to an assortment of cakes and breads for an extra protein punch. *Cooking with Quinoa for Dummies* shows you how you can easily incorporate quinoa into each and every one of your meals and snacks.

- Offers over 140 gluten-free recipes for incorporating quinoa into breakfasts, lunches, snacks, dinners, and desserts
- Explains the health benefits and disease-fighting power of this superfood
- Provides the 4-1-1 on how quinoa can help you lose those unwanted pounds
- Includes a 16 page color insert with beautiful photos of gluten-free quinoa-packed meals

Cooking with Quinoa For Dummies shows you how to use this hot new superfood in all your favourite dishes!

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