



[DOWNLOAD](#) 

Main Dish Quinoa Recipes (Paperback)

By Marriah Tobar

Createspace Independent Publishing Platform, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Quinoa is a type of edible seed that is harvested from grain-like crops belonging to the genus *Chenopodium*. Though it is not a true cereal grain, quinoa is often used in a similar manner as an ingredient in breakfast dishes, baked goods and more. The name quinoa is derived from the Spanish name for the food, *kinwa*. This food has been consumed by humans for over 3,000 years and it is valued for its excellent nutrient content. Unlike many cereal grains, quinoa is a good source of calcium, phosphorus and iron - it also contains several essential amino acids. Many people refer to quinoa as a super food because it provides a number of significant health benefits. One benefit of quinoa is that it contains more protein than rice, millet and wheat. This food is also a good source of riboflavin which has been linked to improved energy metabolism in the brain and muscle cells. In addition to protein and riboflavin, quinoa is also a good source of fiber - in fact, it contains almost twice as much fiber...



[READ ONLINE](#)
[3.97 MB]

Reviews

Good electronic book and valuable one. It is one of the most incredible publication we have read through. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- Mrs. Bridgette Rau MD

Without doubt, this is the best operate by any publisher. I was able to comprehend everything out of this written e publication. Its been developed in an remarkably easy way which is only following i finished reading through this ebook by which basically altered me, modify the way i believe.

-- Dr. Ofelia Grant Sr.