# everyday quinoa

## Rena Patten

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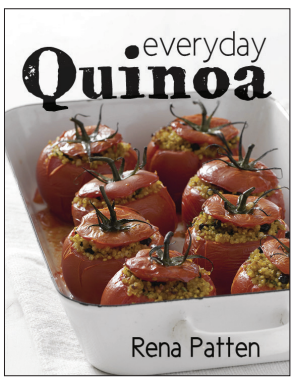
The third book in the successful Quinoa collection from New Holland. Rena's back with more great quinoa recipes to feed the family, whatever the budget, taste or dietary requirement. Did you know that 2013 is the International Year of Quinoa? That's because this tiny seed has so many nutritional and unique health benefits. And with Rena's fantastic everyday meals, you and your family will be able to enjoy a healthy diet, full of good nutrients and delicious textures.

Everyday Quinoa contains information on this amazing seed as well as how to prepare the different varieties of quinoa. There are delightful breakfast meals such as Apple and Cinnamon Porridge and Savoury Buttermilk Pancakes, heartwarming soup recipes such as Creamy Chicken and Leek Soup and Roasted Red Pepper Soup, tasty salads like Smoked Trout and Fennel Salad and Avocado Salad with Toasted Quinoa and Balsamic Dressing. For delicious everyday mains there are Creamy Leek and Asparagus 'Quinotto', Mexican Chili, Herb-crusted Veal Schnitzel, Barbque Pork with Asian-style Quinoa, Thai Fish Cakes and Piri Piri Chicken with Pomegranate and Herb Quinoa.

And a quinoa book wouldn't be complete with some wonderful desserts such as Gooey Chocolate Puddings, Orange, Coconut and Cherry Jam Cake and Pistachio Biscuits. Everyone in the family will be satisfied and begging for more.




Rena Patten, author of *Cooking with Quinoa* and *Quinoa for Families* has some 20 years cooking experience as a recipe developer; held cooking classes on Mediterranean cooking; and assisted Geoff Janz and Lyndey Milan in cooking demonstrations.

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