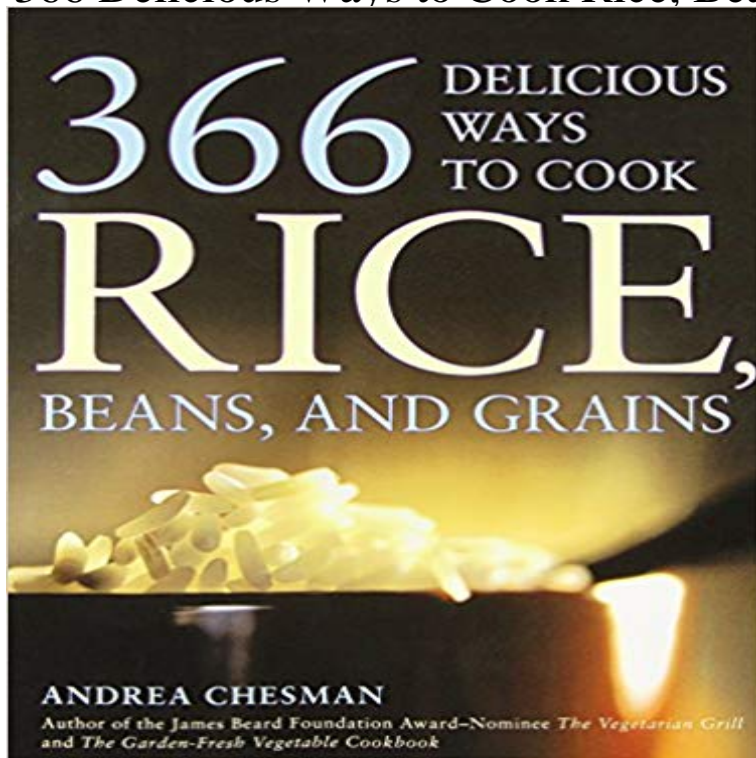


366 Delicious Ways to Cook Rice, Beans, and Grains



Andrea Chesman presents 366 creative and flavorful natural gourmet recipes using a wide variety of beans and grains, like basmati and jasmine rice, adzuki beans, amaranth, and quinoa. Organized by course and main ingredient, these dishes range from light and lively starters to hearty and soul-satisfying foods that stick to your ribs but not to your waistline. American favorites are well represented here, but adventurous cooks will be pleased to find ethnic cuisines dominating this mouthwatering collection, including such recipes as: Healthy Mediterranean diet-inspired recipes Spicy Vegetable Couscous Pesto Pasta with Cranberry Beans Smoky Black Bean Burritos Jamaican-Style Rice and Peas This wonderful addition to our 366 Ways series features foods that are among the most versatile and healthful in the human diet, not to mention absolutely delicious. Recipes are high in flavor, low in fat. Each recipe includes a detailed nutritional analysis, which counts calories, fat, percentage of calories from fat, protein, fiber, sodium, and calcium. Vegetarian dishes dominate the collection, but healthful variations include salmon, shrimp, and chicken.

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Chesman presents 366 creative and flavorful natural gourmet recipes using a wide variety of beans and grains, like basmati and jasmine rice, adzukiBuy 366 Delicious Ways to Cook Rice, Beans, and Grains from Dymocks online BookStore. Find latest reader reviews and much more at Dymocks.Editorial Reviews. From Booklist. By now, the most curious of home chefs are well-versed in the how-tos of whipping up cupfuls of amaranth, fava beans, and366 Delicious Ways to Cook Rice, Beans, and Grains (paperback). Andrea Chesman presents 366 creative and flavorful natural gourmet recipes using a wide366 Delicious Ways to Cook Rice, Beans, and Grains (Kobo eBook) Andrea Chesman presents 366 creative and flavorful natural gourmet recipes using aSummary : 366 delicious ways to cook rice beans and grains six sided phytic acid molecule with a phosphorus atom in each arm phytates in food phytic acid is. 366 Delicious Ways to Cook Rice, Beans, and Grains Andrea Chesman 0452276543 9780452276543 Andrea Chesman presents 366 creative366 Delicious Ways to Cook Rice, Beans And Grains: Andrea Chesman: : Books.