



## Side Dish Quinoa Recipes (Paperback)

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By Marriah Tobar

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. 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...



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