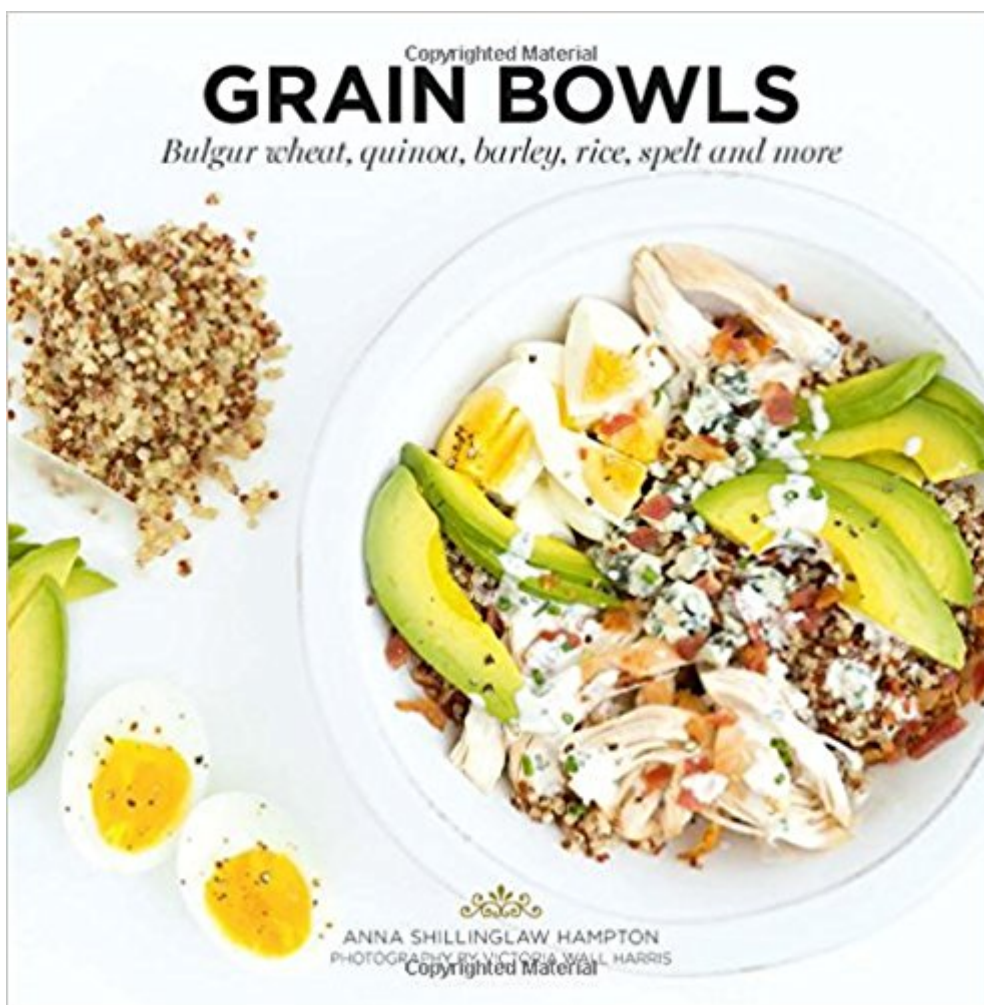


The book was found

Grain Bowls: Bulgur Wheat, Quinoa, Barley, Rice, Spelt And More



Synopsis

Master the techniques of making your perfect grain bowl! Ancient grains are making their way back into the modern-day diet, which is great news for health-inspired home cooks. They have always been around, but now you can find bulgur wheat, freekeh, buckwheat, quinoas, rices, barley, farro, kamut, wheatberries, and spelt at your local market. Here are recipes for every appetite, including lighter fare such as salads, filling vegetarian (even vegan) meals, as well as heartier bowls with meat and seafood. There are one-pot recipes such as stews and risottos, as well as classic assembled grain bowls topped with dressings and sauces. All of them can be prepared in advance for quick, healthy weekday meals that are far from boring. Many of the dishes use gluten-free grains, such as buckwheat and rice. And grain bowl additions, such as fruits, vegetables and proteins are so adaptable that it is easy to eliminate or add items based on any fussy eaters in the family.

Book Information

Paperback: 192 pages

Publisher: Hardie Grant (September 6, 2016)

Language: English

ISBN-10: 1784880485

ISBN-13: 978-1784880484

Product Dimensions: 8.2 x 0.8 x 8.6 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: Be the first to review this item

Best Sellers Rank: #166,369 in Books (See Top 100 in Books) #42 in Books > Cookbooks, Food & Wine > Cooking by Ingredient > Rice & Grains #345 in Books > Cookbooks, Food & Wine > Special Diet > Gluten Free #588 in Books > Cookbooks, Food & Wine > Cooking Methods > Quick & Easy

[Download to continue reading...](#)

Grain Bowls: Bulgur Wheat, Quinoa, Barley, Rice, Spelt and More Great Bowls of Food: Grain Bowls, Buddha Bowls, Broth Bowls, and More Wheat Belly Diet For Beginners: Grain-Free, Wheat-Free, Gluten-Free Cookbooks and Recipes For Weight Loss Plans and Solutions Included! (Wheat Free Grain Free Gluten Free Weight Loss Diet) (Volume 1) Rice Rice Baby - The Second Coming Of Riced - 50 Rice Cooker Recipes (Rice Rice Baby, Rice Cooker Recipes) Wheat Belly: Top Slow Cooker Recipes: 230+ Grain & Gluten-Free Slow Cooker Recipes for Rapid Weight Loss with The Revolutionary Wheat Belly Diet (The Wheat-Free Cookbook) Ancient Grains for Modern

Meals: Mediterranean Whole Grain Recipes for Barley, Farro, Kamut, Polenta, Wheat Berries & More Spelt Healthy! Quality Whole Food Cooking and Baking with Spelt Homegrown Whole Grains: Grow, Harvest, and Cook Wheat, Barley, Oats, Rice, Corn and More Wheat Belly: Wheat Belly Slow Cooker: 30 Delicious Grain-Free Slow Cooker Recipes for Beginners Rice Cooker Recipes - A Low Carb Cookbook - Low Sugar & 1001% Refined Sugar Free - Gluten Free & Diabetic Friendly (Rice Rice Baby - Rice Cooker Cookbook) (Volume 2) 150 Best Meals in a Jar: Salads, Soups, Rice Bowls and More Wheat Belly 30-Minute (Or Less!) Cookbook: 200 Quick and Simple Recipes to Lose the Wheat, Lose the Weight, and Find Your Path Back to Health Low Carb Aroma Rice Cooker: 50 Easy, Low Carb and Paleo Recipes with Your Rice Cooker for Busy People (Low Carb Meals & Rice Cooker) Quick & Easy Recipes: Over 50 Simple and Delicious Vegan & Vegetarian Rice Cooker Recipes That Anyone Can Make! Recipes for Weight Loss & Overall ... (Rice cooker Recipes - Rice Cooker Cookbook) Rice Cooker Zojirushi Guide: The Best Recipes For Your Rice Cooker: Make The Best Tasting Rice Cooker Recipes Quick And Easy Wheat Belly: Lose the Wheat, Lose the Weight, and Find Your Path Back to Health Rice Cooker Recipes - Asian Cooking - Quick & Easy Stir Fry - Low Sugar - Low Sodium: Bonus: Trader Joe's Ingredients Asian Style Recipes (Rice Rice ... - Healthy Eating On a Budget) Rice Cooker Recipes: 50+ Rice Cooker Recipes - Quick & Easy for a Healthy Way of Life (Slow cooker recipes - rice cooker - recipes) The Ultimate Rice Cooker Cookbook: The Best Rice Cooker Recipes Cookbook You Will Find; Over 25 Mouthwatering Rice Cooker Recipes You Will Love! The Everything Wheat-Free Diet Cookbook: Simple, Healthy Recipes for Your Wheat-Free Lifestyle

[Dmca](#)