



Gourmet Grains: Main Dishes Made of Nature: Maindishes Made of Nature

Candia Lea Cole

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Vegetarians and whole foods enthusiasts will love the recipes in *Gourmet Grains - Main Dishes Made of Nature*. In addition to well-known grains such as brown rice, wild rice, basmati rice, and millet, this book features ancient super grains such as quinoa, amaranth, teff and spelt, which the author artfully dresses in this book with a garden (and pantry) of delicious ingredients. Among the 75+ recipes in *Gourmet Grains* is Mexican Garden Fiesta Millet, which took top honors in Minnesota's "Great Growing Organic Food Fest" in 1989. Elegant dishes that can be table-ready in an hour or less include Savory Quinoa Parmesan with Green Beans and Quinoa Tabbouli Salad. Adventuresome tastebuds will appreciate the Eggplant Amaranth Souffle or Amaranth Stuffed Tortillas with Broccoli Cheese Sauce. Fans of ethnic food will like Basmati Rice with Dal. And lovers of rice will want to taste North Woods Wild Rice or Sesame Buttered Brown Rice and Vegetable Dish. Cole asserts in her book that whole grains provide the body with fiber and other vital food nutrients that function together to regulate digestion, balance blood sugar, and "keep our human ecology system running smoothly." The benefits to our environment (of eating grains) are numerous.



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