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Phot: KulksarnsCheno alsarnsplude German naturalist Alexander von Humboldt came across quinoa during a trip throughout South America in the early 1800s.

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Quinoa 365 The Everyday Superfood by Patricia Green

New to quinoa - so had to have this book. Have not made a recipe that we have not likely (husband included and he is a tough sell on quinoa). Chicken Broccoli Casserole is my new favorite comfort food (and I don't like curry!)Haven't made anything requiring quinoa flour as I haven't been able to find int in the stores (health food included!)

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If you re looking for great quinoa recipes, you re in the right place! Quinoa [Keen-wah] is a fantastic grain to utilize in year-round cooking. It has long been celebrated as a nutritional powerhouse protein-rich, delicious, and charmingly versatile. I use it in soups, on salads, as a base

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