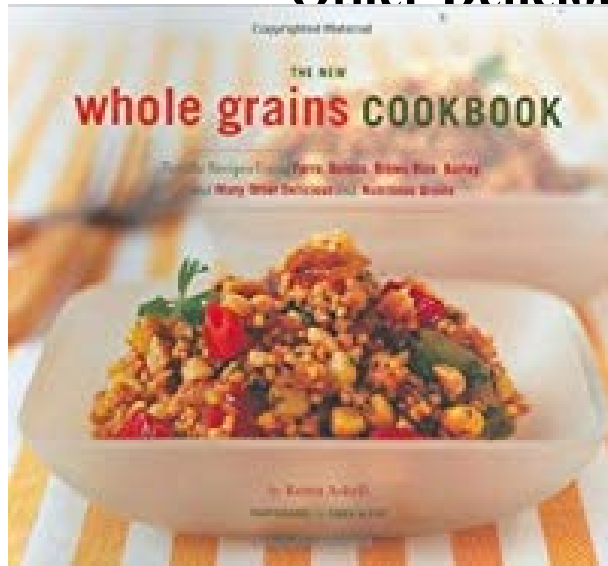


The New Whole Grain Cookbook: Terrific Recipes Using Farro, Quinoa, Brown Rice, Barley, and Many Other Delicious and Nutritious Grains



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From whole wheat, oats, and rice to farro, barley, and quinoa, no grain is left unturned in this compendium of more than 75 healthful recipes. There's a tasty dish for every meal of the day: Quick Skillet Flatbreads made with millet or teff for breakfast, or a hearty dinner entre of lamb and rye berries braised in red wine. Even desserts get the whole-grain touch with such sweets as Chocolate-Chunk Buckwheat Cookies. A source list helps find the more unusual grains and a glossary describes each one in detail. The New Whole Grains Cookbook makes it easy to eat your grains and love them, too.