

**QUINOA CUISINE: 150 CREATIVE RECIPES FOR  
SUPER NUTRITIOUS, AMAZINGLY DELICIOUS DISHES**

**Mark Feenstra**

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Only the poor and provincial fed it to their families. Carrots are also rich in antioxidants and vitamins like A, C, and K. You can freeze an extra pan of this whole-grain main for kid-friendly comfort or make it ahead of time for a busy weeknight. ServingSize:1cucumberand2tablespoonssalsaProtein:2. This tasty, well balanced snack has it all - fruit for fiber and vitamins, goat cheese for protein, and multigrain crackers for complex carbs. Serve with a tossed lettuce-based salad, on a bed of mashed cauliflower, or with a shaved vegetable salad—make ribbons of carrots, zucchini, cucumber, and yellow squash with a vegetable peeler.

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