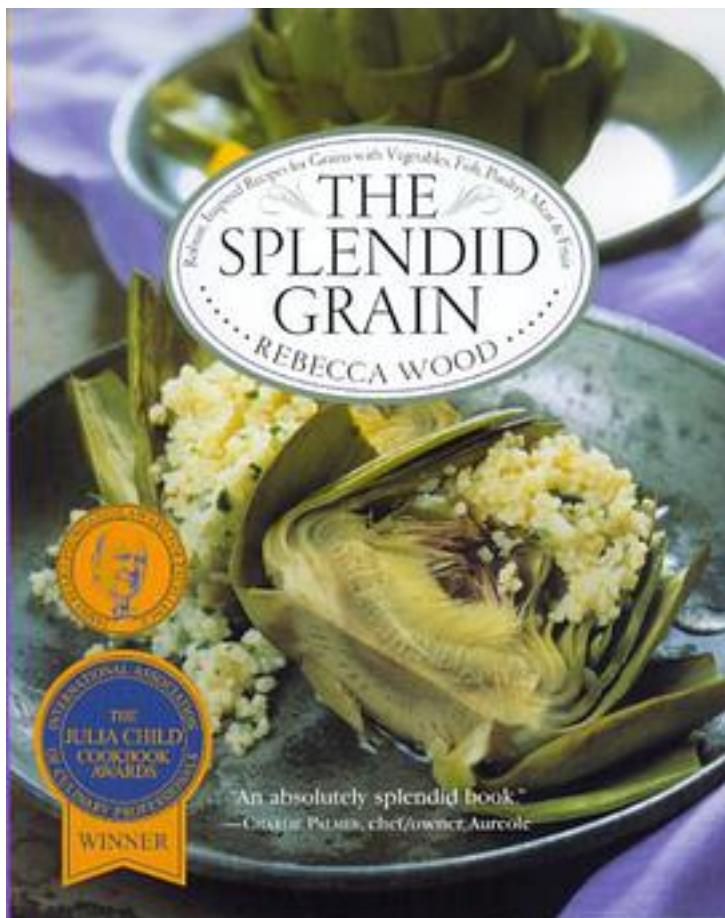


The Splendid Grain



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With 250 luscious recipes, along with eight pages of color photographs, The Splendid Grain dramatizes how you can incorporate extraordinarily healthful grains into your life without changing your lifestyle. Grains can transform taste and texture in unsurpassed ways like these: Nutty, sweet oats form the delicious crust of fried chicken Piquant

quinoa heightens and absorbs the savory juices of gingered lamb. Hearty buckwheat becomes a sweet, delicate, Parisian-inspired crepe. Thai black sticky rice flavored with coconut makes unforgettable exotic banana dumplings. The natural and native history of each grain is also explored along with its health benefits.

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