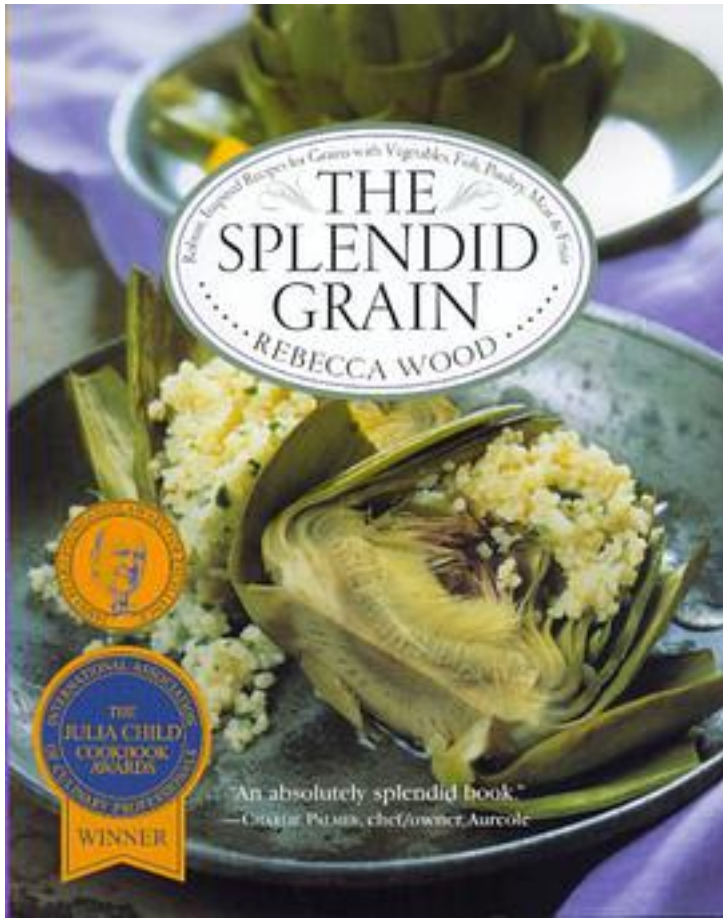


The Splendid Grain



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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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