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Grain Bowls: Bulgur Wheat, Quinoa, Barley, Rice, Spelt And More



Synopsis

Master the techniques of making your perfect grain bowl! Ancient grains are making their way back into the modern-day diet, which is great news for health-inspired home cooks. They have always been around, but now you can find bulgur wheat, freekeh, buckwheat, quinoas, rices, barley, farro, kamut, wheatberries, and spelt at your local market. Here are recipes for every appetite, including lighter fare such as salads, filling vegetarian (even vegan) meals, as well as heartier bowls with meat and seafood. There are one-pot recipes such as stews and risottos, as well as classic assembled grain bowls topped with dressings and sauces. All of them can be prepared in advance for quick, healthy weekday meals that are far from boring. Many of the dishes use gluten-free grains, such as buckwheat and rice. And grain bowl additions, such as fruits, vegetables and proteins are so adaptable that it is easy to eliminate or add items based on any fussy eaters in the family.

Book Information

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Customer Reviews

"Grain Bowls, a new cookbook by Anna Shillinglaw Hampton, makes you feel healthy just by reading the recipes. In addition to the nutritional benefits that come with eating more grains, they're also economical. The variations and combinations for grain bowls seems endless in this collection of recipes; the range of low-cost meals is a bonus. "Grain Bowls" promotes good quality, healthy food. Bear in mind that the key to using these recipes is advance preparation, but as most cooks know, good food is worth the planning and effort." - Portland Press Herald (Maine)

ANNA SHILLINGHAW HAMPTON is a commercial and editorial food stylist and recipe developer. Based in New York City, her clients include Real Simple, Epicurious, Seagram's Gin, Blue Apron and Outside Magazine.

Fantastic! Great ideas, simply presented with inspiring photography.

Loved the book.

Great Book and Recipes!

This book is awesome...I bought it over the weekend at Barnes and Noble (should have saved a buck or two by purchasing on , but I had to have it!). It was exactly what I was looking for. Easy, nutritious, and interesting combinations. I loved that each recipe was simple, but with a lot of flavor. I just had the Harissa Chicken Bowl and OMG amazing with the Cherry Tomato Topping Recipe!!! Delicious. So fast and easy to put together. I use an instant pot to cook all the grains so that makes it even better. I also love the photos...one page is the ingredients (which are not lists and lists of overwhelming ingredients) and the next page shows the bowl assembled and the steps to do so. Hope that she makes another one!

Basically a good book, without some of the crazy ingredients I've seen in other such books. Basic grain cooking instructions along with good combinations and sauces to enhance things. The tuna with cannellini beans my favorite so far.

What a fantastic book of easy to whip together, tasty recipes that you want to eat. Makes eating simple and joyful!

This quickly became one of my favorite cookbooks. And I have a lot of cookbooks. Very healthy and easy recipes.

I have a lot of "bowl" cookbooks. This one might just be my favorite. Easy and creative!

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Lunch, Rice Drinks, Leftover Rice Recipes etc) Great Bowls of Food: Grain Bowls, Buddha Bowls, Broth Bowls, and More Rice Rice Baby - The Second Coming Of Riced - 50 Rice Cooker Recipes (Rice Rice Baby, Rice Cooker Recipes) Wheat Belly: Wheat Belly Slow Cooker: 30 Delicious Grain-Free Slow Cooker Recipes for Beginners (Wheat Belly, Wheat Belly Slow Cooker) Quinoa Cookbook: Top Quinoa Recipes for Rapid Weight Loss (Quinoa Superfood) Ancient Grains for Modern Meals: Mediterranean Whole Grain Recipes for Barley, Farro, Kamut, Polenta, Wheat Berries & More Wheat Belly: Top Slow Cooker Recipes: 230+ Grain & Gluten-Free Slow Cooker Recipes for Rapid Weight Loss with The Revolutionary Wheat Belly Diet (The Wheat-Free Cookbook) Rice Cooker Recipes - 50+ VEGAN RICE COOKER RECIPES - (RICE RICE BABY!) - Quick & Easy Cooking For A Healthy Way of Life: 100% Vegan Approved! Rice Cooker Vegan Recipes - Easy Meal Prep Plant Based Cooking: 50 Vegan Recipes Total - 20 Quinoa Recipes (Vegan Rice Cooker Recipes Book 1) Rice Cooker Vegan Recipes - Easy Meal Prep Plant Based Cooking: 50 Vegan Recipes Total - 20 Quinoa Recipes (Rice Cooker Recipes) Rice Cooker Vegan Recipes: Easy Meal Prep - Easy Vegan Meals - 30+ Quinoa Recipes - 75+ Recipes Total (Vegan Rice Cooker Recipes Book 2) Rice Cooker Vegan Recipes: Easy Meal Prep - Easy Vegan Meals - 30+ Quinoa Recipes - 75+ Recipes Total (Vegan Rice Cooker Recipes) (Volume 2) Grain Belly, Wheat Brain: How Wheat And Gluten Are Destroying Your Health And What To Do About It Wheat Belly Cookbook Bundle: The Best-Of The Essential Kitchen Series Wheat Belly Recipes: Over 100 Delicious Grain-Free Recipes to Help You Lose Weight and Feel Great The Everything Healthy Meal Prep Cookbook: Includes: Shrimp Taco Meal Prep Bowls * Zucchini Noodles with Shrimp * One Pan Honey-Lime Chicken * No-Bake ... * Jerk Chicken Bowls ... and hundreds more! My Grain & Brain Gluten-free Slow Cooker Cookbook: 101 Gluten-free Slow Cooker Recipes to Boost Brain Power & Lose Belly Fat - A Grain-free, Low Sugar, Low Carb and Wheat-Free Slow Cooker Cookbook The Quinoa Cookbook: Over 70 Great Quinoa Recipes WHEAT BELLY: SLOW COOKER: Cookbook of 25 Grain Free Recipes for Weight Loss (Weight Loss, Low Carb, Grain Free, Healthy) Rice Recipes: Enjoy All Types of Rice with Delicious and Easy Rice Recipes

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