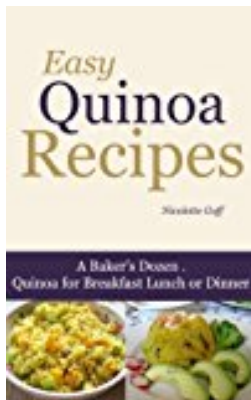


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Ready to include quinoa, the nutritional powerhouse, into your meals? Here is a baker's dozen recipes - for breakfast, lunch or dinner. Suggestions for varying each recipe are included, along with complete ingredient lists and directions. Many of the recipes are gluten-free, some are vegetarian. And the bonus dessert recipe, if you're a chocolate lover, will fast become a favorite.

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