



Grains, Rice and Beans

Kevin Graham

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It's comfort food, it's high-energy food, and it's cheap food, enthuses Kevin Graham about beans, lentils, peas, whole grains, rice, and pasta. In *Grains, Rice, and Beans*, award-winning chef Graham transforms these humble staples into one hundred creative, flavorful, and stylish recipes for main courses, side dishes, appetizers, even desserts.

In their collection of naturally low-fat recipes for vegetarians and meat lovers alike, grains both familiar and unexpected star in dishes that range from comforting classic to creative contemporary.

Here are unexpected recipes for familiar grains and for less familiar ones—Kasha with Shrimp, Lemon, and Rosemary, and Amaranth Pear Pie. Beans, simple and sophisticated, shine in Spinach and Black Beans Quesadilla and Scarlet Runner Beans with Crawfish and Ginger. Saffron Pilaf with Shredded Lamb and Basil and Soba Noodles with Citrus and Smoked Fish demonstrate Graham's passion for rice and noodles.

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