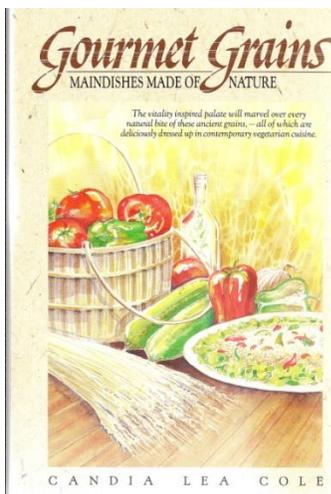


## FOR IMMEDIATE RELEASE

### **Award-Winning Organic Cook Candia Lea Cole, Shares Gourmet Grain Recipes in a Fun Video Format for Vegetarians and Whole Foods Lovers Alike**

*"Gourmet Grains presents a healthful and artistic way of nourishing oneself. It's a helpful, detailed book."* -Knight-Ridder



City: St. Paul, Minnesota, April 21, 2016 — In the 90's, Candia Lea Cole published three whole foods cookbooks whose recipes landed on the pages of popular food, health, and gardening publications such as *Vegetarian Gourmet*, *Organic Gardening Almanac*, *Woman's World*, the *Boston Globe*, and the *International Cookbook Revue*. One of those books was "*Gourmet Grains- Main Dishes Made of Nature*." It was one of the first books of its kind to whet the public's appetite for gourmet tasting main dishes that feature whole grains and ancient pseudo grains. Though the soft cover edition of the book went out of print when her publisher (Woodbridge Press) closed its doors, she has since created a *cooking class* featuring videos that show her preparing some of her recipe favorites.

Vegetarians, and those who are interested in adding more healthy unprocessed grains to their meals, will discover creative new ways to prepare brown rice, wild rice, basmati rice, and millet, as well as amaranth, quinoa, spelt, and teff. Each of these grains, Candia says, offers to enrich the diet with fiber, protein, vitamins, and minerals, which serve to regulate digestion, balance blood sugar, and help maintain a healthy body weight.



One of the recipes that Candia prepares in her video class is *Mexican Garden Fiesta Millet*. It earned her a \$1,000 first prize at the "*Great Growing Organic Food Fest*" –a food cooking contest whose purpose was to support the organic agricultural movement in Minnesota, where she lives. Some of the other recipes Candia demonstrates in her video class include delicious and hearty dishes such as:

- Quinoa Parmesan with Green Beans and Tomatoes
- North Woods Wild Rice Dish with Craisins and Pecans
- Basmati Rice with Indian Spiced Dal
- Sesame Buttered Brown Rice and Vegetable Dish
- Country Garden Millet Salad with Dill and Veggies
- Savory Millet Stuffed Cabbage Rolls with Red Sauce
- Quinoa Tabouli Salad with Lemon Garlic Dressing

- Potato Salad Spelt
- Rustic Eggplant Amaranth Bake
- Autumn Harvest Veggie Loaf
- Spanish Garden Rice with Tempeh Bacon

Do you like the idea of using your food choices to save precious environmental resources? If so, these dishes will support you being what Candia calls “an eco-intelligent eating advocate.” She says: “It takes 25 gallons of water to produce a single pound of grain, versus 2500-5000 gallons to produce a single pound of meat. In the process of producing meat, domestic lands as well as South American rainforests are burned to the ground and greenhouse gases are released into the atmosphere. Habitats and species are destroyed, and waste produced by the animals pollutes land and waterways. We can do better!”

*“My cookbook features the finest whole foods ingredients, and invites you to connect with the spirit of nature when you cook!” -Candia Lea Cole*

**To purchase the book in PDF format, along with the videos go to: [www.ecointelligenteating.com](http://www.ecointelligenteating.com)**

Gourmet Grains: Main Dishes Made of Nature© 235 pages 6 x 9  
Editions: 1991, 2013

**The cooking class is also available on [www.udemy.com](http://www.udemy.com)  
<https://www.udemy.com/course/gourmet-grains-ebook-package-96-savory-recipes-20-videos/>**

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