



# The Carrot Cookbook

*Audra Hendrickson, Jack Hendrickson*

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You know that carrots are great for the eyes, skin, and digestion. But carrots are also bursting with beta-carotene (the source of Vitamin A), and growing evidence indicates that this element may protect you from cancer. Although carrots are one of America's favorite vegetables - delicious, easy to grow, and available year round - they are woefully underused, traditionally appearing only raw with dip or boiled with a pot roast. In this lively cookbook, the Hendricksons explore the flavor possibilities of the carrot, just as scientists are exploring its health benefits. Unlike many vegetables, carrots are even better for you when cooked. You'll find carrots in every form from delicious creamy soups (17 in all) to tempting desserts, including six recipes for carrot cake. There are elegant main dishes such as "Boeuf en Daube" and "Coq au Vin aux Carottes," refreshing salads, side dishes both unique and traditional - even breakfast dishes. And try Carrot Fudge - it's luscious, nutritious, and orange!

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