



Cooking with Sunshine: The Complete Guide to Solar Cuisine with 150 Easy Sun-Cooked Recipes

Lorraine Anderson, Rick Palkovic

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What could be more entertaining and magical than putting food into a cardboard box outdoors on a sunny day and taking it out fully cooked a few hours later? Solar cooking — a safe, simple cooking method using the sun's rays as the sole heat source — has been known for centuries and can be done at least during the summer in just about any place where there's sun. In *Cooking with Sunshine*, Lorraine Anderson and Rick Palkovic provide everything you need to know to cook great sun-fueled meals. They describe how to build your own inexpensive solar cooker, explain how solar cooking works and its benefits over traditional methods, offer more than 100 tasty recipes emphasizing healthy ingredients, and suggest a month's worth of menu ideas.

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