



Stir Crazy! : More than 100 Quick, Low-Fat Recipes for Your Wok or Stir-Fry Pan

Susan Jane Cheney, Nava Atlas

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
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From Moroccan lentil tangine to mushroom-stuffed steamed buns, *Stir Crazy!* shows readers how to create more than 100 memorable, meatless meals in minutes! And not only can each recipe easily be made in a wok or stir-fry pan, but all are high in flavor and naturally low in fat--combining the irresistible flavors of fresh vegetables, fruits, herbs, and spices with staples such as grains, noodles, beans, nuts, seeds, oils, and seasonings. *Stir Crazy!* even includes helpful advice on selecting pans and accessories, streamlining cooking methods, and more.

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