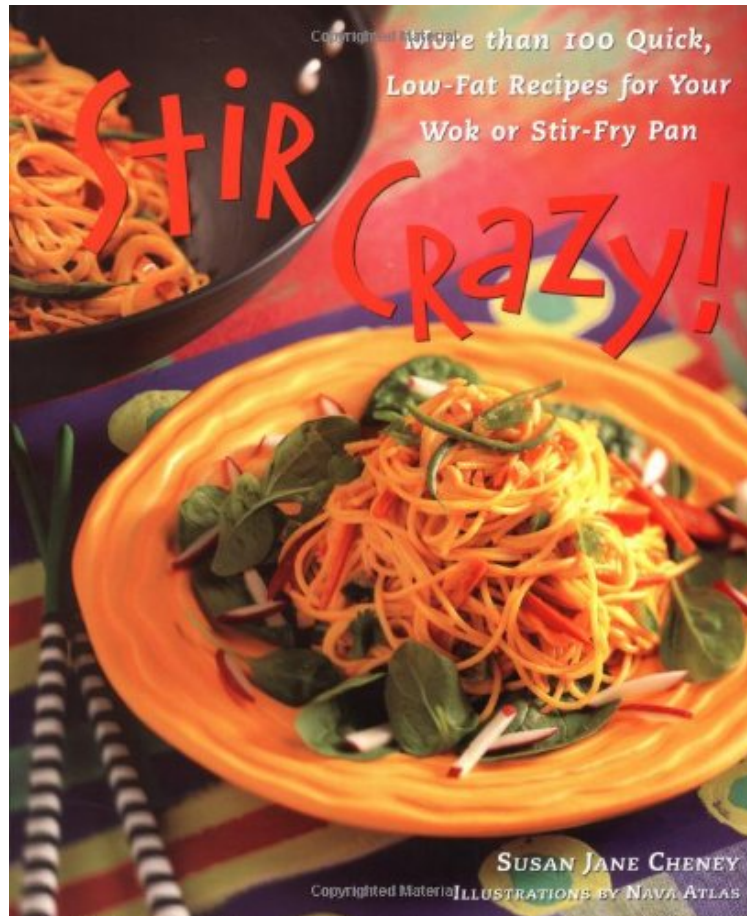


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## Stir Crazy! : More than 100 Quick, Low-Fat Recipes for Your Wok or Stir-Fry Pan

*Susan Jane Cheney, Nava Atlas*  
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**Susan Jane Cheney, Nava Atlas : Stir Crazy! : More than 100 Quick, Low-Fat Recipes for Your Wok or Stir-Fry Pan** before purchasing it in order to gage whether or not it would be worth my time, and all praised Stir Crazy! : More than 100 Quick, Low-Fat Recipes for Your Wok or Stir-Fry Pan:

From Moroccan lentil tangine to mushroom-stuffed streamed 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.