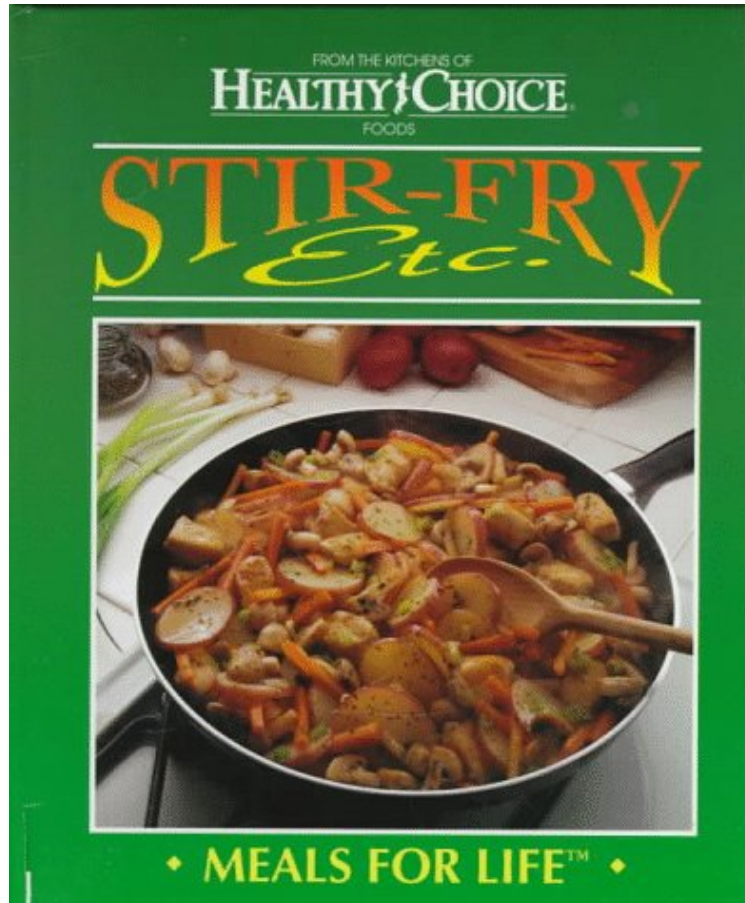


Stir-Fry, Etc.: Meals for Life

from the Kitchens of Healthy Choice
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from the Kitchens of Healthy Choice : Stir-Fry, Etc.: Meals for Life before purchasing it in order to gage whether or not it would be worth my time, and all praised Stir-Fry, Etc.: Meals for Life:

0 of 0 people found the following review helpful. An above-average cookbook . . .By Michael K. SmithI'm an avid but picky reader and collector of cookbooks and, being diabetic, I'm also always on the look-out for tasty low-fat, low-carb recipes. This new one "from the Kitchens of Healthy Choice Foods" will have a place on my primary kitchen bookshelf. I don't own a wok but I've already prepared several of these quite successfully in a large, flat-bottomed skillet, so don't let lack of specialized equipment stop you. Particularly good were the Lemon Chicken (of which there are several versions), the Spicy Beef with Peppers Oranges, and the Shrimp Curry. Even the Celery Root, which doesn't appeal to me at all, at least looks interesting, as does the Orange Scallops. On the other hand, there are a few puzzlers: What does a quartered acorn squash fixed in a casserole have to do with stir-fry. . . ?

Book by from the Kitchens of Healthy Choice