INGREDIENT TIPS
The **PANKO** (Japanese breadcrumbs) for the fish sticks can be found in the Asian foods section of some supermarkets, as well as at Asian markets./ Try topping the French toast with **MASCARPONE** (also called Italian cream cheese), sold at supermarkets.

HALIBUT FISH STICKS WITH DILL-CAPER TARTAR SAUCE

PREP 30 minutes **TOTAL** 30 minutes
4 SERVINGS A coating of egg and *panko* (rather than a heavy batter) makes these lighter than the average fish stick. Plus, they're sautéed rather than deep-fried.
CALORIES 553 Fat 38 g Fiber 0.7 g

- ½ cup mayonnaise
- 2½ tablespoons chopped fresh dill
- 2 tablespoons drained capers
- 2 tablespoons chopped fresh chives
- 2 tablespoons finely chopped cornichons or dill pickles plus 1 tablespoon pickle juice from jar
- 1¼ cups panko (Japanese breadcrumbs)
- 1 large egg
- 1½ pounds ¾-inch-thick halibut fillets, cut into 3x¾-inch strips
- 3 tablespoons olive oil, divided

Mix first 5 ingredients in bowl. Season with pepper. Cover and chill tartar sauce.

Spread panko on plate. Whisk egg in small bowl. Sprinkle fish with salt and pepper. Working in batches, coat fish in egg. Coat in panko; shake off excess.

Heat 1½ tablespoons oil in large nonstick skillet over medium heat. Add half of fish and cook, turning often, until fish is opaque in center and golden on all sides, about 4 minutes total. Transfer to 2 plates; cover to keep warm. Repeat with remaining oil and fish. Spoon tartar sauce alongside.

QUICK BRUNCH ENTRÉE

CARAMELIZED FRENCH TOAST WITH CINNAMON AND BERRIES

PREP 25 minutes **TOTAL** 25 minutes
4 SERVINGS Brown sugar and butter form a caramelized crust on the French toast. Use a light-textured bread; for a special touch, top with mascarpone (see "Ingredient Tips").
CALORIES 623 **FAT** 29 g **FIBER** 3 g

- 7 tablespoons unsalted butter, room temperature
- 6 tablespoons (packed) golden brown sugar
- 1½ cups whole milk
- 3 large eggs
- 1 tablespoon vanilla extract
- 1½ teaspoons ground cinnamon
- ½ teaspoon ground nutmeg
- 8 1-inch-thick slices French bread
- Powdered sugar
- Fresh blueberries and raspberries
- Pure maple syrup

Mix butter and brown sugar in small bowl to blend. Whisk milk, eggs, vanilla, and spices in large bowl to blend.

Melt 2 tablespoons brown sugar-butter mixture in each of 2 large nonstick skillets over medium-high heat. Dip bread slices 1 at a time in egg mixture to coat. Add 4 slices to each skillet. Cook until bottoms are deep brown, 3 to 4 minutes. Spread remaining butter mixture over bread in skillets. Turn slices over. Cook until bottoms are deep brown, 3 to 4 minutes. Divide French toast among 4 plates. Sift powdered sugar over. Top with blueberries and raspberries; drizzle with maple syrup.

ROASTED APRICOTS WITH HONEY-VANILLA CRÈME FRAÎCHE

PREP 15 minutes **TOTAL** 30 minutes
6 SERVINGS
CALORIES 352 **FAT** 15 g **FIBER** 0.5 g

- 1 cup (packed) golden brown sugar
- 1 teaspoon ground cardamom
- 6 large or 12 small apricots (about 1½ pounds), halved, pitted
- 3½ tablespoons honey, divided
- 2 tablespoons unsalted butter, diced
- 1 8-ounce container crème fraîche or sour cream
- 2 teaspoons vanilla extract

Preheat oven to 425°F. Mix brown sugar and cardamom in 11x7x2-inch glass baking dish. Add apricots. Pour ¼ cup water and 2 tablespoons honey over fruit; dot with butter. Roast until apricots are tender, occasionally basting with syrup in dish, 12 to 15 minutes. Cool 5 minutes.

Whisk crème fraîche, remaining 1½ tablespoons honey, and vanilla in small bowl.

Divide warm apricots and syrup among small bowls. Spoon honey-vanilla crème fraîche over and serve.

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