

GOOD TO KNOW

Ground ANCHO CHILES (for the hot cocoa) are made from dried poblanos, the mildly spicy chiles also called ANCHOS.



CRISPY TILAPIA
FILLET WITH
FENNEL-MINT
TZATZIKI

GREEK-STYLE YOGURT

CRISPY TILAPIA FILLETS WITH
FENNEL-MINT TZATZIKI

PREP 35 minutes TOTAL 45 minutes

4 SERVINGS

THE PRODUCT Rich yogurt with great flavor.

THE PAYOFF No need to drain regular yogurt.

CALORIES 432 FAT 19 g FIBER 2 g

- 1 cup finely diced fennel bulb plus 1 tablespoon chopped fennel fronds
- ¾ cup whole-milk Greek-style yogurt
- 1½ tablespoons chopped fresh mint
- 1 teaspoon white balsamic vinegar
- 4 tablespoons extra-virgin olive oil, divided
- 4 large tilapia fillets
- 1 teaspoon fennel seeds, finely ground
- 1 large egg white, beaten until frothy
- 2 cups (about) panko (Japanese breadcrumbs) or fresh breadcrumbs

Place fennel bulb and fronds in small bowl. Sprinkle lightly with salt; toss. Let stand 10 minutes. Mix in yogurt, mint, vinegar, and 1 tablespoon oil. Season with salt and pepper.

Sprinkle 1 side of each fillet with ground fennel, salt, and pepper. Brush with egg white; coat with panko. Turn over; repeat with seasoning, egg, and panko.

Heat 3 tablespoons oil in large nonstick

skillet over medium-high heat. Add fish. Cook until opaque in center, about 2 minutes per side. Serve with tzatziki.

GROUND ANCHO CHILES

HOT COCOA WITH ANCHO
CHILES AND SPICES

PREP 15 minutes TOTAL 20 minutes

4 SERVINGS

THE PRODUCT Earthy-fruity spice powder with a mild kick.

THE PAYOFF Hot chocolate with complex, subtle flavor and an intriguing, gentle spiciness.

CALORIES 243 FAT 10 g FIBER 3 g

- 3 cups low-fat milk
- ¾ cup bittersweet chocolate chips
- 2 tablespoons sugar
- 1 tablespoon natural unsweetened cocoa powder
- ¾ teaspoon ground ancho chiles
- ¼ teaspoon freshly grated nutmeg
- ¼ teaspoon plus ⅓ teaspoon ground allspice
- 3 cinnamon sticks, broken in half

Bring first 7 ingredients and pinch of salt to simmer in medium saucepan, whisking often. Add cinnamon sticks. Cover; remove from heat and let steep 5 minutes. Bring to simmer, whisking. Discard cinnamon. »