

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
- $\frac{3}{4}$ cup whole-milk Greek-style yogurt
- $1\frac{1}{2}$ 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
- $\frac{3}{4}$ cup bittersweet chocolate chips
- 2 tablespoons sugar
- 1 tablespoon natural unsweetened
cocoa powder
- $\frac{3}{4}$ teaspoon ground ancho chiles
- $\frac{1}{4}$ teaspoon freshly grated nutmeg
- $\frac{1}{4}$ teaspoon plus $\frac{1}{8}$ 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. »