

Simply sublime

A reader's Chilean sea bass garnered our Test Kitchens' highest rating.



Cumin-Crusted Chilean Sea Bass ▲

Toasting and grinding cumin seeds is a bit more time-consuming than opening a jar, but it makes a big difference in the flavor. Grouper will also work well in this recipe.

1	tablespoon cumin seeds	fillets (about 1 inch thick)
½	teaspoon salt	½ teaspoon olive oil
¼	teaspoon freshly ground black pepper	2 tablespoons chopped fresh parsley
4	(6-ounce) Chilean sea bass	4 lemon wedges

1. Preheat oven to 375°.
2. Cook cumin seeds in a large skillet over medium heat 2 minutes or until toasted. Place cumin, salt, and pepper in a spice or coffee grinder; process until finely ground. Rub cumin mixture over top and bottom sides of fillets.
3. Heat oil in pan over medium-high heat. Add fillets; cook for 2 minutes on each side or until browned. Wrap handle of pan with foil. Bake at 375° for 4 minutes or until fish flakes easily when tested with a fork. Sprinkle with parsley; serve with lemon wedges. Yield: 4 servings (serving size: 1 fillet).

CALORIES 172 (22% from fat); FAT 4.2g (sat 0.9g, mono 1.3g, poly 1.3g); PROTEIN 30.6g; CARB 1.5g; FIBER 0.5g; CHOL 68mg; IRON 1.7mg; SODIUM 408mg; CALC 36mg