

GOOD COOKING

Sometimes popular fish can be in danger of becoming overfished or extinct and need some time to build up their numbers. Check online, or ask your fishmonger, which fish are the smart ones to choose.



Tilapia with Lemon Vinaigrette

Yields 6 servings

5 tablespoons extra-virgin olive oil
3 shallots, thinly sliced
1 large head radicchio (about 12 ounces), coarsely chopped
1 15-ounce can cannellini beans, drained and rinsed
 $\frac{1}{2}$ cup fish broth
Salt and freshly ground black pepper
6 5- to 6-ounce tilapia fillets
All-purpose flour, for dredging

Lemon Vinaigrette

2 teaspoons finely grated lemon zest
 $\frac{1}{4}$ cup fresh lemon juice (about 2 lemons)
 $\frac{1}{4}$ cup lightly packed fresh Italian parsley
2 cloves garlic
 $\frac{1}{2}$ teaspoon salt, plus additional for seasoning
 $\frac{1}{4}$ teaspoon freshly ground black pepper, plus additional for seasoning
 $\frac{1}{2}$ cup extra-virgin olive oil

Heat 2 tablespoons of oil in a heavy, large skillet over medium heat. Add the shallots and sauté until tender, about 2 minutes. Add the radicchio and sauté until wilted, about 5 minutes. Add the beans and broth and cook until the beans are heated through, stirring often, about 5 minutes. Season the radicchio mixture with salt and black pepper to taste.

Meanwhile, heat the remaining 3 tablespoons of oil in a 14-inch nonstick frying pan over medium-high heat. Sprinkle the fillets with salt and black pepper to taste. Dredge the fillets in flour to coat completely. Shake off the excess flour and fry the fillets until they are golden brown on both sides and just cooked through, about 3 minutes per side.

For the vinaigrette, blend the lemon zest, lemon juice, parsley, garlic, salt and black pepper in a blender. With the machine running, gradually drizzle in the oil. Season the vinaigrette with additional salt and black pepper to taste.

Spoon the radicchio mixture over the center of the plates. Top with the fillets. Drizzle lemon vinaigrette over and serve immediately.

From "Food Network Favorites."