



Sesame Seed

Sesame seeds were one of the first crops processed for oil as well as one of the earliest condiments. They are highly valued for their high content of sesame oil, an oil that is very resistant to rancidity. Sesame seeds are the main ingredient in tahini. They come in a host of different colors, depending upon the variety, including white, yellow, black and red.

Add sesame seeds into the batter the next time you make homemade bread, muffins or cookies. Sesame seeds add a great touch to steamed broccoli that has been sprinkled with lemon juice. Spread tahini (sesame paste) on toasted bread and either drizzle with honey for a sweet treat or combine with miso for a savory snack. Combine toasted sesame seeds with rice vinegar, soy sauce and crushed garlic and use as a dressing for salads, vegetables and noodles. Sauté chicken with sesame seeds, soy sauce, garlic, ginger and your favorite vegetables for a healthy, but quick, Asian-inspired dinner. whfoods.com



683145 6/18 oz.

Crisp Sesame Fish Fillets

Ingredients

2 tablespoons oil, divided
1 egg white, at room temperature
1/2 cup cracker meal
1 teaspoon sesame seed
1/2 teaspoon ground dry mustard
1/4 teaspoon salt or to taste
1/4 teaspoon ground black pepper
4 (4 to 6 ounce) fish fillets
paprika

Preparation

Brush an aluminum foil-lined 12 x 8 x 2-inch baking pan with half the oil. In a small bowl, combine remaining oil with egg white, beating well. In a separate bowl, combine cracker meal, sesame seeds, mustard, salt, and pepper. Dip fish fillets into egg white mixture and then into cracker meal mixture, turning to coat fillets evenly. Sprinkle each, both sides, lightly with paprika; arrange in the prepared baking pan. Bake in a preheated hot oven (425°F) for 10 minutes, or until fish flakes easily with a fork. Turn (over) fish fillets halfway through baking time.

