

Sweet Potato Stuffed Turbo Fish

-Buttery and crispy, and no dairy or gluten!-

4 decent-sized turbo fish filets, *cleaned* (cod is a nice substitute, in a pinch)
2 medium yams (yellow-fleshed sweet potatoes)
6 tbs. high heat oil (canola, avocado, grapeseed, vegetable, etc.), *divided*
1 tsp. sea salt, *divided*
about 3/4 tsp. ground black pepper
1 yellow onion, *sliced*

Preparation time: 6 minutes

Cook time: about an hour total

Serves 4

1. Pre-heat oven to 375 degrees Fahrenheit. Lightly oil, salt, and pepper 2 medium yams and bake on a baking sheet for 35-45 minutes, or until center is completely soft. (You can tell by simply squeezing the potato with a hot pad.)
2. Keep the oven on, and remove potatoes from oven, and while they are cooling, heat 2 tbs. oil over medium-high heat in a saute' pan. Once oil is hot, add sliced onions, and cook, stirring frequently, until soft and caramelized (about 5 minutes). Remove from heat and set aside.
3. Pat your fish dry with a paper towel and salt and pepper those filets. In a medium bowl, combine flesh of the flesh of the sweet potatoes (everything but the skin), caramelized onion, 1/4 tsp. sea salt, and 1/8 tsp. black pepper. Whisk well with a fork until gooey and blended. Cover 1/2 of the fish filet with potato mash, and fold other half over it like a sandwich.
4. In a large, oven-proof saute' dish, heat 2 tbs. oil over high heat. Once oil is hot, but not bubbling, place stuffed turbo on heat and cook for 1-2 minutes, or until bottom sides are browned, flip, and cook for another minute. Place the whole pan in the oven, and cook for 6-8 minutes, or until fish is heated through and cooked to your liking. Remove fish from oven, and serve up with the potato skins salted and peppered and whatever other greens/salad you'd like!