

Trim Healthy
W I S D O M

Fish Smash Sweetie Bowl (E or XO)

(S – Pearl turned her nose up at the sound of this bowl but once I made it for her, she has now enthusiastically come over to the Fish Smash side of life! This concept of unlikely pairings (fish and sweet potatoes) is kind of like my Yuck Yum Smoothie. It just works somehow, so don't be scared of this recipe. It masks overly fishy flavors and makes a fish eater out of a fish hater. In fact, this bowl happens to be one of my all-time favorites for a single-serve meal. I always bake an oven full of sweeties to store on hand in the fridge as a super healthy carb for quick meals. It is so easy to pick a lean protein... quickly reheat the sweetie, shove in some spices, and you are healthfully fueled! After sweet potatoes have been cooked and cooled in the fridge, part of their starch content turns into resistant starch and becomes even more gentle on your blood sugar levels. Heating them up again doesn't undo this hack at turning starch into resistant starch.

You can use any canned or pouched fish you have on hand, even simple tuna. Oh... and don't leave the hot sauce out of this recipe. You need a little for the zing... even if you hate spicy heat... Okay, if you can't hack hot sauce, then add two tsp of ACV (apple cider vinegar).

If you want to keep this recipe a true E, you'll use pouch or canned tuna, and if using the pecorino cheese... enjoy just 1 rounded tablespoon of it, grated on as a garnish. I usually have this as a nice Crossover using canned salmon or sardines, which have some good fat. I do the full serving of the cheese and never do Pearl's Protein Option 1 thing with lower amounts of fish. I guess you can if you want but the whole idea of this recipe is to get more fish into your life! The sheep's cheese chosen for this recipe is a dry cheese and lighter than most cheeses in calories and fat. The addition of this topping and only 1 teaspoon of coconut oil, plus taking into consideration the natural fat in the salmon or sardines, makes it a nice wise XO, not too heavy to burn.)

Single Serve Recipe

INGREDIENTS:

- 1 medium to large, sweet potato (slow-baked; unpeeled; generous in size)
- Up to 5 ounces (1 single serving portion; drained, canned, tinned, or pouch fish, choose from the following: canned salmon (Red Sockeye is our fave), tinned sardines OR a pouch or canned tuna)
- hot sauce to taste or 2 tsp apple cider vinegar (ACV)

- 1 Tbs [TH Nutritional Yeast](#)
- ½ tsp chili powder or curry powder
- 1 light sprinkle cayenne pepper (go super light if you're not a spice lover but heavy if you are!)
- 1 tsp extra virgin coconut oil (for topping)
- 1-2 Tbs Pecorino Romano sheep's cheese (finely grated; optional, but preferred)

INSTRUCTIONS:

1. Set a small to medium-sized, healthy-style non-stick skillet to medium heat and lightly spray it with coconut oil. Put the sweetie in the pan and squash it with a fork. (You might need to help pull the skin apart so that the sweetie doesn't smash into one attached blob. Keep the skin on, though, as it is wonderfully nutritious.)
2. Add the drained fish to the pan along with all the spices. Smash until everything is nice and combined and piping hot.
3. Put your Fish Smash Sweetie in a bowl, sprinkle with cheese, and top with the extra virgin coconut oil as a succulent dollop. The oil will melt into the cheese and the spicy smash and crown the dish with super healthy decadence.

Protein Nerd Notes:

If you choose Protein Option 1 for this E Meal and use the garnish amount (just 2-3 ounces) of fish (*S – which I'm telling you not to do "hebe"*), you'll need to get more protein via a powdered form. You can have a ½ serving of [TH ESSENTIAL](#), or if you prefer getting super filled up... the *Side Protein & Fiber Chocolate Milk* should do the trick. Other ways to get more protein would be to use close to a full serving of [TH Optimized Collagen](#) in a coffee or tea on the side or by including the *PYY Booster* using 1 tablespoon each of the [TH Optimized Plant Protein Powder](#) and the [TH Optimized Whey Protein Powder](#). (*S – Just throw the whole fish portion in there, aye – that would be Pearl's Wizzy E Protein Option 2, I guess. You'll get all your protein that way for your Protein Nerd Level 3 needs, and I want you to love this recipe and not worry about Pearl's Wizzy stuff for this! IT'S ALL ABOUT THE FISH!*)