



Cornmeal Coated Sweet Potatoes and Fish Fillets With Sautéed Green Summer Squash

1/3 cup yellow cornmeal
1 Tablespoon white whole wheat flour
1/2 teaspoon salt
1/4 teaspoon black pepper
1/8 to 1/4 teaspoon cayenne pepper
1/4 teaspoon ground cumin
2 egg whites, whipped
2 thick boneless fish fillets
12 ounces mini sweet potatoes, cook to tender
1 zucchini
5 Tablespoons vegetable oil or as needed
1 large onion, peeled, sliced
Garnish: as desired: sunflower seeds, minced chives; pickled red pepper halves

On a piece of waxed paper, combine first 6 ingredients. Whip egg whites; place in shallow dish. Pat fish fillets dry with paper towel. Dip each fish fillet in egg whites; then coat completely with dry cornmeal ingredients. Set aside.

Prick **sweet potatoes** with a fork. Place **potatoes** and about 4 Tablespoons water in a microwave-safe **baking** dish; cover; microwave on high power for about 10 minutes or able to slice. Check doneness occasionally during cooking. Cool potatoes until able to handle. Cut off thin tips; slice potatoes in half lengthwise; then into chunks. Set aside.

Cut zucchini in half. Slice one part in half lengthwise; then into thick slices. Using a julienne peeler, cut the remaining zucchini into thin spaghetti strips. Set aside.

Heat about 1 Tablespoon oil in 10 inch nonstick skillet; sauté onion over medium heat until golden brown; remove to serving platter; set aside to stay warm..

Heat 3 Tablespoons oil in skillet over medium high heat, fry fillets for about 5 minutes per side or until golden brown and flakes easily; remove to platter; set aside to stay warm.

Place 2 Tablespoons oil in skillet; over medium high heat, cook potato chunks; lightly browning all sides; remove to serving platter.

Toss zucchini slices in skillet to warm but remain still crisp. Place on serving platter; toss thin slices in skillet; toss until bright green color; remove to serving platter.

Garnish platter as desired with sunflower seeds, fine chopped chives, and red pickled chili halves.

Serves: 2 to 4

Cook's Note: I used two large cod fillets for this recipe. As I finished cooking each part, I placed them on the serving platter. You can also use mini Yukon or red potatoes in place of the sweet potatoes. I like to treat the zucchini in two ways, thicker slices and thin strands. You can just slice them as desired.

Inspired by: Authentic Recipes of the Southwest – Kokopeli's – James and Carol Cunkle

Stories of fish abound in Pueblo mythologies. In one story, people were magically turned by Warrior Twins into fish so they could cross a lake and then turned back into people.

About the Recipe: The cornmeal coating flavors the fish as well as the veggies. The coating is crisp and golden while the fish remains soft and flaky. I understand that many Native Americans liked serving meals on one large platter for the family to share. I like the addition of some pickled red peppers for a nice contrasting flavor.