



## Maple-Glazed Salmon with Pineapple Salsa *in a new light*

**Makes:** 4 servings

**Prep Time:** 1 hour 10 minutes

**Cook Time:** 10 minutes

**Difficulty:** Moderate

### Ingredients:

#### *Marinade and Fish:*

- 1 tablespoon maple syrup
- 1 tablespoon reduced-sodium teriyaki sauce
- 1 tablespoon pineapple juice
- 1 1/2 teaspoons fresh ginger, minced
- 1 large clove garlic, crushed
- 4 (4-ounce) salmon fillets

#### *Pineapple Salsa:*

- 1 ripe medium tomato, diced
- 1/2 cup diced fresh pineapple, or drained canned pineapple tidbits
- 1/4 cup red bell pepper, finely chopped
- 2 pickled jalapeño pepper slices, deseeded and finely chopped
- 2 teaspoons packed brown sugar
- 1/4 teaspoon salt

### Directions:

To marinate the fish, combine maple syrup, teriyaki sauce, pineapple juice, ginger, and garlic in a gallon-size sealable plastic bag. Add fillets and seal bag, squeezing out air. Marinate in the refrigerator, turning bag occasionally, at least 1 hour or up to 24 hours. Drain and discard marinade.

To prepare the salsa, combine tomato, pineapple, bell pepper, jalapeño, brown sugar, and salt in a small nonreactive saucepan. Bring to a simmer and cook over low heat, stirring occasionally, until vegetables soften, about 5 minutes. Cool and refrigerate until ready to serve. Makes about 1 cup.

To grill the fillets, preheat grill for a hot fire. Spray a grill basket with cooking spray, place fillets in the basket skin-side down and cook 3–4 minutes or until well scored with grill marks. Flip and cook for another 1–3 minutes, or until desired doneness. Serve with pineapple salsa spooned on the side.

**Nutritional Information:** *Per serving (1 fillet with 1/4 cup salsa): 260 calories, 12 g fat (2.5 g saturated, 0 g trans), 65 mg cholesterol, 310 mg sodium, 13 g carbohydrate, 1 g fiber, 24 g protein.*

Material reviewed by Diabetes Care and Education, a dietetic practice group of the Academy of Nutrition and Dietetics.

**Diabetes Care  
and Education**  
a dietetic practice group of the  
Academy of Nutrition  
and Dietetics

A good balance of the right foods, along with regular exercise and your prescribed medications, can help you feel better and stay healthier. As with any meal, remember to pay attention to portion size and enjoy every dish as part of your overall meal plan. Work with your health care team to determine a meal plan that works for you.