Pepper-Crusted Grilled Salmon with Tropical Fruit Salsa

in a new light

Makes: 4 servings
Prep Time: 20 minutes
Cook Time: 10 minutes
Difficulty: Easy

Ingredients:

- 2 cups fresh pineapple, diced
- 1 mango, peeled, pitted, and cut into 3/4-inch dice
- 1 small papaya, peeled, seeded and cut into 3/4-inch dice
- 1/4 cup fresh cilantro, chopped
- 2 teaspoons lime juice
- 2 teaspoons packed light brown sugar
- 4 (1/4-pound) salmon fillets
- 3/4 teaspoon coarsely ground black pepper
- 1/2 teaspoon salt

Directions:

To make the salsa, gently stir together pineapple, mango, papaya, cilantro, lime juice, and brown sugar in a medium bowl.

Sprinkle salmon with pepper and salt. Spray a nonstick ridged grill pan with cooking spray and set over medium-high heat. Add salmon and cook just until opaque in the center, about 4 minutes per side. Place 1 fillet on each of 4 plates; top evenly with salsa.

Nutritional Information: Per serving (1 salmon fillet with about 3/4 cup salsa): 260 calories, 7 g fat (1 g saturated, 0 g trans), 60 mg cholesterol, 350 mg sodium, 26 g carbohydrate, 3 g fiber, 23 g protein.