

Grilled Salmon with Pineapple-Cilantro Sauce

Ingredients:

1 (20-ounce) can sliced pineapple
in juice, drained, reserving juice
3/4 cup pineapple juice
2 T lime juice
1 tsp minced garlic
1 jalapeño chile, seeded, minced
2 T cilantro, minced
1 T cornstarch
2 T cold water
Salt and black pepper
6 salmon, halibut, haddock steaks
or fillets (about 4 oz each), grilled

Prepare sauce:

Cut pineapple slices into 1/2" pieces. Heat pineapple, pineapple juice, lime juice, garlic and jalapeño to boiling in medium saucepan. Reduce heat and simmer 5 min. Stir in cilantro; heat to boiling. Mix cornstarch and cold water; stir into boiling mixture. Boil, stirring constantly, until thickened. Remove from heat. Cool 2 to 3 min. Season to taste with salt and pepper. Serve warm sauce over grilled fish. Serves 6.

*Calories: 185 Protein: 24 g
Carbohydrates: 16 g*

