



## 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:

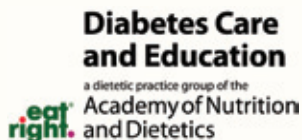
#### Marinade and Fish:

- 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, 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

Materials have been reviewed by 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. You may need more or less carbohydrates each day depending on how you manage your diabetes. Work with your healthcare team to determine a meal plan that works for you.

### 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.*

### Making it lighter

- Trimmed the ample portion size to save fat, saturated fat, and calories.
- Lowered sodium by cutting back on salt and using reduced-sodium teriyaki sauce.
- Bumped up the seasonings a little to punch up the flavor so that no one misses the salt.
- Reduced sugar and used brown sugar instead for an extra boost of flavor.
- **Note:** If you're using canned pineapple, choose varieties packed in unsweetened pineapple juice, and reserve a tablespoon of the juice for the marinade.

### What's the difference?

**Maple-Glazed Salmon with Pineapple Salsa *in a new light*** cuts out 111 calories, 7 g fat, and 570 mg sodium from the original.