

Pan-Seared Salmon with Pineapple-Jalapeno Relish

from **CookingLight**

Tangy, spicy and fruity, this inviting recipe belies its simple preparation. Seed the jalapeño pepper if you prefer a milder dish, and serve over coconut rice accompanied by a crunchy salad.



Randy Mayor; Melanie J. Clarke

2 cups chopped pineapple
1/4 cup finely chopped red onion
1/4 cup finely chopped red bell pepper
1 tablespoon fresh lemon juice
2 teaspoons sugar
1 finely chopped seeded jalapeño pepper
1/2 teaspoon salt, divided
Cooking spray
1 teaspoon chili powder
1/4 teaspoon black pepper
4 (6-ounce) salmon fillets

Combine first 6 ingredients in a medium bowl; stir in 1/4 teaspoon salt.

Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Combine remaining 1/4 teaspoon salt, chili powder, and black pepper, stirring well; sprinkle evenly over fish. Add fish to pan, skin side up; cook 4 minutes on each side or until fish flakes easily when tested with a fork or until desired degree of doneness. Serve with pineapple mixture.

Yield: 4 servings (serving size: 1 fillet and about 1/2 cup pineapple mixture)

CALORIES 308 (46% from fat); FAT 15.6g (sat 3.2g,mono 5.7g,poly 5.7g); IRON 0.7mg; CHOLESTEROL 80mg; CALCIUM 31mg; CARBOHYDRATE 11.7g; SODIUM 394mg; PROTEIN 28.8g; FIBER 1.3g

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