

## Maple-Glazed Salmon with Pineapple

1/2 cup maple syrup  
2 tablespoons Dijon mustard  
4 6-oz salmon fillets  
1 1/2 teaspoons kosher salt  
1/2 teaspoon black pepper  
1/2 fresh pineapple  
1 jalapeno, seeded and finely chopped  
2 cups white rice

Heat broiler. Whisk together the maple syrup and mustard in a small saucepan over medium heat and bring to a boil. Simmer until slightly thickened, about 5 min. Remove from heat and set aside, reserving a few tablespoons full to serve with. Place the salmon in a foil lined 9x13" baking dish. Season with salt and pepper. Remove the peel from the pineapple, cut lengthwise into quarters, then into 1/2" thick triangles. Scatter the pineapple and jalapeno around the salmon. Brush with the syrup mixture. Broil for 5-7 min. or until salmon flakes easily with a fork and the inside is the same color throughout (inside should be 145°) Serve the salmon and pineapple with rice and drizzle with remaining glaze, if desired.

Nutrition information: 453 calories, 37g protein, 57g carbohydrates, 7.6g fat, trace saturated fat, 127mg cholesterol, 838mg sodium, 1.3g fiber

(To reduce overall sodium, reduce amount of salt used, also increase fiber (2.75g) by using brown rice vs. white)