



Pineapple Salmon Kabobs

Prep: 30 minutes plus marinating

Grill: 15 minutes • Serves: 6

- 1 garlic clove, minced
- ½ cup pineapple juice
- ⅓ cup light coconut milk
- ¼ cup fresh lime juice
- 2 tablespoons honey
- 2 tablespoons vegetable oil
- 1½ pounds skinless salmon fillets, cut into 1½-inch chunks
- 6 (10-inch) wooden skewers
- 1 red bell pepper, cut into 1½-inch pieces
- ½ medium red onion, cut into 1½-inch wedges, separated
- 2½ cups pineapple, cut into 1½-inch chunks
- Olive oil
- 2 tablespoons shredded coconut, toasted

1. In medium bowl, whisk together garlic, pineapple juice, coconut milk, lime juice, honey and oil. Place salmon in large zip-top plastic bag, pour marinade over salmon. Seal bag and refrigerate 30 minutes to marinate.

2. Soak skewers in water 20 minutes. Prepare outdoor grill for direct grilling over medium-high heat. Remove salmon from marinade; reserve ¼ cup marinade. Alternately thread salmon, bell pepper, onion and pineapple onto skewers.

3. Coat grill rack with olive oil; reduce grill heat to medium. Place kabobs on hot grill rack and cook 12 to 16 minutes, or until salmon turns opaque throughout and internal temperature of salmon reaches 145°, rotating kabobs ¼ turn every 3 to 4 minutes. Remove kabobs from grill and place on large serving plate; keep warm.

4. In small saucepan, heat reserved marinade over medium heat 2 to 3 minutes or until temperature reaches 165°. Drizzle marinade over kabobs and sprinkle with toasted coconut. Serve with a side of your favorite rice, if desired.

Chef Tip

If you have a grilling basket, place skewers in the basket and grill each side for about 6 to 8 minutes.

Approximate nutritional values per serving: 238 Calories, 9g Fat (34% of total calories), 2g Saturated Fat (8% of total calories), 47mg Cholesterol, 70mg Sodium, 21g Carbohydrates, 2g Fiber, 19g Protein

Dietary Exchanges:

1 Starch; 3 Protein; 2 Fat