

Pineapple Teriyaki Salmon

Bobby Collins

2 Tbsp. brown sugar	4 (6 oz.) salmon fillets (about 1 inch thick)
2 Tbsp. low-sodium soy sauce	
1 tsp. finely grated orange zest	¼ tsp. freshly ground black pepper
1 (6 oz.) can pineapple juice	Grated orange rind (optional)
½ tsp. salt, divided	
2 tsp. canola oil	

Combine first 4 ingredients and ¼ teaspoon salt in a small saucepan over high heat, and bring to a boil. Reduce heat and simmer until reduced to ¼ cup, about 15 minutes. Set aside. Preheat oven to 400°.

Heat oil in a large nonstick skillet over medium-high heat. Sprinkle both sides of salmon with remaining ¼ teaspoon salt and black pepper. Add fish to pan; cook 3 minutes. Turn fish over and place in oven; bake at 400° for 3 minutes. Remove from oven. Brush 1 tablespoon sauce over each fillet. Return to oven and cook 1 minute or until fish flakes easily when tested with a fork or until desired degree of doneness. Sprinkle with orange rind, if desired.