

Boiling Hot Sweet Salmon

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Silverdale, WA. Chamber Of Commerce Favorite Recipes - 1991

*2 salmon fillets
1 can (16 ounce) crushed
pineapple
1 1/2 teaspoons cayenne
pepper
1/2 cup honey
1/2 cup orange juice
3/4 cup mild salsa*

Place the salmon in enough foil to come over the top and roll into a "pouch" (enough room that it will act as a steaming pouch).

In a bowl, mix 3/4 can of the pineapple, cayenne pepper, 1/4 cup of honey, 1/2 cup of salsa and half of the orange juice. Pour over the salmon.

Roll the top of the foil closed. Seam all of the edges tightly so no juice spills.

Place on a hot barbeque for 15 minutes or until done.

In a saucepan, place the remaining ingredients. Heat through. Pour over the salmon and serve.

Per Serving (excluding unknown items): 1124 Calories; 13g Fat (9.7% calories from fat); 71g Protein; 193g Carbohydrate; 3g Dietary Fiber; 177mg Cholesterol; 239mg Sodium. Exchanges: 0 Grain(Starch); 9 1/2 Lean Meat; 3 1/2 Fruit; 0 Fat; 9 1/2 Other Carbohydrates.