

# Salmon with Pineapple Tomato Salsa

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4 (six ounce) fresh salmon  
fillets, one-inch-thick  
1/2 cup low-sodium chicken  
broth

squeeze fresh lemon juice, `  
pinch black pepper

## SALSA

3 tablespoons fresh lime  
juice

3 tablespoons extra-virgin  
olive oil

3 tablespoons finely  
chopped shallots

1 tablespoon less-sodium  
soy sauce

1/4 teaspoon salt

1/4 teaspoon black pepper

2 large (one cup) Roma  
tomatoes, chopped

1/2 cup chopped fresh  
pineapple

1/4 cup chopped fresh basil

Preheat the oven to 375 degrees. Line a  
9x13-inch baking pan with foil.

Arrange the salmon, skin sides down, on the  
prepared baking pan. Pour the broth over the  
salmon and sprinkle with lemon juice and a  
pinch of black pepper. Bake until the fish flakes  
easily with a fork, about 25 minutes.

Meanwhile, make the salsa. In a bowl, whisk  
together the lime juice, olive oil, shallots, soy  
sauce, salt and black pepper. Stir in the  
tomatoes, pineapple and basil.

Serve the salsa with the fish. If desired, garnish  
with more basil, cracked black pepper and/or  
lime slices.

Per Serving (excluding unknown  
items): 1269 Calories; 66g Fat  
(46.7% calories from fat); 14g  
Protein; 27g Carbohydrate; 4g  
Dietary Fiber; 354mg Cholesterol;  
1033mg Sodium. Exchanges: 10  
Grain(Starch); 19 1/2 Lean Meat;  
1/2 Vegetable; 1 Fruit; 8 Fat.