

# Pineapple Teriyaki Salmon

## Ingredients

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2 T Brown Sugar  
2 T Soy Sauce  
1 t Orange Zest  
6 oz Pineapple Juice  
1/2 t Salt  
2 t Vegetable Oil  
4 Salmon Fillets (6 oz. each,  
1-inch thick)  
1/4 t Ground Black Pepper

## Instructions

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1. Combine first 4 ingredients and 1/4 teaspoon salt in a small saucepan over high heat, and bring to a boil. Reduce heat, and simmer until reduced to 1/4 cup (about 15 minutes). Set aside.
2. Preheat oven to 400 degrees.
3. Heat oil in a large nonstick skillet over medium-high heat. Sprinkle both sides of salmon with remaining 1/4 teaspoon salt and black pepper. Add fish to pan; cook 3 minutes. Turn fish over and place in oven; bake at 400 degrees 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.