

Pineapple Teriyaki Glazed Salmon

Adapted from [Sunny Side Up in San Diego](#)

Ingredients:

2 (6 ounces) salmon fillets
6 ounces crushed pineapple
1 teaspoon fresh orange zest
2 Tablespoons brown sugar
2 Tablespoons low-sodium soy sauce
1 teaspoon sesame oil
Kosher salt & freshly ground black pepper
Fresh chopped chives, garnishment
Sesame seeds, garnishment

Preparation:

Preheat oven to 350 degrees.

In a small saucepan over medium high heat, add the crushed pineapple, soy sauce, orange zest, brown sugar and 1/4 teaspoon salt and bring to a slow boil for 10 minutes. Set aside until ready to use.

Season both sides of the salmon fillets with salt and pepper. In a large non-stick skillet over medium heat, warm the sesame oil until it slightly fragrant. Add the salmon fillets and cook for about 3 to 4 minutes, and then flip over and cook for another 3 to 4 minutes. Brush the prepared sauce on top of salmon fillets and place in oven. (Make sure to use an oven safe skillet, if not transfer cooked salmon in a baking dish).

Bake for 5 to 7 minutes until the fish flakes easily.

Garnish with fresh chopped chives and sesame seeds.

Best served with steamed rice and vegetables.

Yield: 2 servings

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