

## Caribbean Jerk Salmon with Pineapple Skewers

---

**Serves:** 6

**Ingredients:**

12 wooden skewers  
1-1/2 Tablespoons Caribbean jerk seasoning  
2 cloves garlic, minced  
1/2 cup brown sugar, divided  
1/4 cup fresh orange juice  
1/4 cup soy sauce  
Carapelli® Extra Virgin Olive Oil, as needed  
1-1/2 to 2 pounds skinless Alaska Salmon fillets  
1 whole (2 to 3 pounds) fresh pineapple  
3 Tablespoons Kosher or sea salt  
1 teaspoon chili powder  
1/2 teaspoon allspice



**Directions:**

Prior to grilling, soak wooden skewers in water for at least 30 minutes.

Mix together jerk seasoning, garlic, 1/4 cup brown sugar, orange juice, soy sauce and 1/4 cup olive oil. Lay Alaska Salmon on a cutting board so that the grain of the flesh is horizontal; cut salmon length-wise into 2-inch wide strips. Place the strips in a large resealable plastic bag. Pour jerk marinade over the salmon; seal bag and turn several times to coat. Marinate, refrigerated, for 15 to 30 minutes.

Preheat grill or broiler/oven to medium-high heat. Slice off top, bottom and skin of the pineapple. Cut into 1-inch slices, then cut each slice into 8 to 10 pieces. In large bowl, mix salt, 1/4 cup brown sugar, chili powder and allspice. Add pineapple; stir to coat. Thread salmon and pineapple chunks onto skewers. Place skewers onto a grill or broiling pan brushed with Carapelli® Extra Virgin Olive Oil and cook, 5 to 6 inches from heat, for 3 to 4 minutes per side. Turn once during cooking. Cook just until salmon is opaque throughout.

Recommended wine pairing: Robert Mondavi Private Selection Pinot Noir Makes 6 servings

Nutrients per serving: 292 calories, 10.5g total fat, 2g saturated fat, 32% calories from fat, 84mg cholesterol, 24g protein, 26g carbohydrate, 1.5g fiber, 3548mg sodium, 41mg calcium, and 1.7g omega-3 fatty acids.