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## **KSL TV, Eyewitness News at Noon**

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### **“Grilled Salmon Spinach Salad”**

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Great luncheon salad and a great way to serve lean meats, following the 2005 Dietary Guidelines.  
Recipe serves 4-5

#### **Ingredients:**

- 1 can (20 oz.) pineapple slices
- 3 tablespoons soy sauce
- 1/2 teaspoon dry mustard
- 2 cloves garlic, minced
- 1 teaspoon ground ginger
- 1 tablespoon packed brown sugar
- 1 pound salmon or other fish fillets\*
- 2 tablespoons vinegar\*
- 2 tablespoons oil
- 6 cups fresh spinach, washed
- 4-5 tablespoons crumbled feta cheese
- 20-30 grape or cherry tomatoes

#### **Method:**

Open can pineapple and drain juice into a cup. Combine 1/3 cup pineapple juice with soy sauce, dry mustard, garlic, ginger and brown sugar; stir to blend. Cut salmon into 4-5 servings and place in shallow dish. Pour marinade over fish and all to stand 15-20 minutes; turn once and allow to marinate an additional 15-20 minutes.

Heat grill or broiler in oven. Remove fish from marinade, reserving marinade. Spray fish with non-stick spray; grill or broil 3-4 minutes per side (about 10 minutes total for every 1-inch thick fillets). Grill pineapple slices at the same time fish is grilling.

While fish is grilling, place marinade in small saucepan and bring to a full boil. Remove from heat, cool, and whisk in vinegar and oil.

To serve: place washed spinach on plates, arrange tomatoes and crumbled feta over spinach. Place grilled fish in middle of plate and drizzle with 1-3 tablespoons dressing.

\*NOTE: May substitute other fish for the salmon. Three-ounce serving salmon is approximately 6-10 grams fat; Mahi Mahi or Orange Roughy is approximately 1 gram fat.

For more detailed information on the 2005 Dietary Guidelines see  
<http://www.healthierus.gov/dietaryguidelines>