

## Pan-Grilled Salmon with Pineapple Salsa

### Ingredients

1 cup chopped fresh pineapple

2 tablespoons finely chopped red onion

2 tablespoons chopped cilantro

1 tablespoon rice vinegar

1/8 teaspoon ground red pepper

Cooking spray

4 (6-ounce) salmon fillets (about 1/2-inch thick)

1/2 teaspoon salt

### Preparation

Combine first 5 ingredients (through pepper) in a bowl; set aside.

Heat a nonstick grill pan coated with cooking spray over medium-high heat. Sprinkle fish with salt. Cook fish 4 minutes on each side or until it flakes easily when tested with a fork. Top with salsa.