Pineapple Salmon Kabobs

Prep: 30 minutes plus marinating
Grill: 12 minutes • Serves: 4

- 1 garlic clove, minced
- ½ cup pineapple juice
- ⅓ cup light coconut milk
- ¼ cup fresh lime juice
- 2 tablespoons grapeseed oil
- 2 tablespoons honey
- 1¼ pounds skinless salmon fillets, cut into 1½-inch chunks
- 8 (10-inch) wooden skewers
- 1½ red bell peppers, cut into 1½-inch pieces
- ¾ medium red onion, cut into 1½-inch wedges, separated
- 2½ cups fresh pineapple, cut into 1½-inch chunks
- Vegetable oil
- 2 tablespoons toasted shredded coconut or coconut chips

1. In medium bowl, whisk together garlic, pineapple juice, coconut milk, lime juice, grapeseed oil and honey. Place salmon in large zip-top plastic bag, pour marinade over salmon. Seal bag and refrigerate 30 minutes to marinate.

2. Soak skewers in water 20 minutes. Prepare outdoor grill for direct grilling over medium-high heat. Remove salmon from marinade; reserve ½ cup marinade. Alternately thread salmon, bell pepper, onion and pineapple onto skewers.

3. Coat grill rack with oil; reduce grill heat to medium. Place kabobs on hot grill rack and cook 12 minutes, or until salmon turns opaque throughout and internal temperature of salmon reaches 145°, rotating kabobs ¼ turn every 3 to 4 minutes. Remove kabobs from grill and place on large serving plate; keep warm.

4. In small saucepan, heat reserved marinade to a boil over medium heat; boil 1 minute. Drizzle marinade over kabobs and sprinkle with toasted coconut.

Approximate nutritional values per serving:
398 Calories, 17g Fat (4g Saturated), 90mg Cholesterol, 86mg Sodium, 28g Carbohydrates, 3g Fiber, 34g Protein

Chef *tips*:

> If you have a grilling basket, place skewers in the basket and grill each side for about 6 to 8 minutes.

> Serve with a side of your favorite rice.