

## **CALORIE CONTROL RECIPES**

### **MAINS**

#### **Grilled Salmon with Pineapple Sauce – serves 6**

1 medium pineapple, peeled, cored and cut into 2 cm chunks

2 tbsp lime juice

½ to 1 tsp minced jalapeno pepper

1 tbsp cornstarch

2-3 tbsp Dentasweet or Stevia

pepper to taste

¾ cup unsweetened pineapple juice

2 cloves garlic, minced

2 tbsp cold water

salt

6 salmon steaks or fillets, grilled

heat pineapple, pineapple juice, lime juice, garlic and jalapeno pepper to boiling in medium saucepan, reduce heat and simmer, uncovered, for 5 minutes. Heat to boiling. Mix cornflour and cold water, stir into boiling mixture, stirring constantly until thickened. Remove from heat and cool for 2-3 minutes. Stir in sweetener and season to taste with salt and pepper. Serve warm sauce over grilled fish.

This sauce can also be served with pork and lamb.