

Healthy Meal Plans for August...

Ingredients

- 2 tablespoons fresh lemon juice
- 2 tablespoons maple syrup
- 1 tablespoon cider vinegar
- 1 tablespoon canola oil
- 4 (6-ounce) skinless salmon fillets
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- Cooking spray

How to Make It...

1. Preheat your broiler.
2. Combine first 4 ingredients in a large zip-top plastic bag. Add fish to bag; seal. Refrigerate 10 minutes, turning bag once.
3. Remove fish from bag, reserving marinade. Place marinade in a microwave-safe bowl. Microwave at HIGH 1 minute.
4. Heat a large ovenproof nonstick skillet over medium-high heat. Sprinkle fish evenly with salt and pepper. Coat pan with cooking spray. Add fish to pan; cook 3 minutes. Turn fish over. Brush marinade evenly over fish. Broil 3 minutes or until fish flakes easily when tested with a fork or until desired degree of doneness.

Enjoy!

Marinated Pork With Pineapple Salsa

Pineapple Salsa

Ingredients

- * 5 (1-inch) slices fresh pineapple (about 4 1/2 pounds)
- * 1 red bell pepper
- * 1 yellow bell pepper
- * Cooking spray
- * 1/2 cup finely chopped red onion
- * 1/2 cup chopped fresh cilantro
- * 3 tablespoons fresh lime juice
- * 1 tablespoon brown sugar
- * 1 1/2 teaspoons minced crystallized ginger
- * 2 jalapeño peppers, seeded and minced
- * 1 drained canned chipotle chile in adobo sauce, minced

Preparation

Preheat grill.

Place first 3 ingredients on a grill rack coated with cooking spray; grill 3 minutes on each side. Discard stems and seeds from bell peppers; dice pineapple and bell peppers. Combine pineapple, bell pepper, onion, and remaining ingredients; toss gently.

PORK TENDERLOIN

8 servings (serving size: 3 ounces pork and 1/3 cup salsa)

Ingredients

- * 1 cup fresh lime juice (about 8 limes)
- * 2 teaspoons black pepper
- * 2 teaspoons dried oregano
- * 2 teaspoons ground cumin
- * 1 1/2 teaspoons salt
- * 6 garlic cloves, crushed
- * 2 pounds pork tenderloin
- * 1 1/2 teaspoons olive oil
- * Cooking spray
- * 1/4 cup coarsely chopped fresh cilantro
- * 2 tablespoons finely chopped green onions

Preparation

Combine first 6 ingredients in a 2-quart baking dish. Trim fat from pork. Place pork in dish, turning to coat; cover and marinate in refrigerator 1 hour, turning pork occasionally.

Prepare grill.

Remove pork from dish; discard marinade. Brush with oil. Insert a meat thermometer into thickest portion of pork. Place on a grill rack coated with cooking spray; grill 25 minutes or until thermometer registers 160° (slightly pink). Cut into 1/4-inch-thick slices. Sprinkle with cilantro and green onions. Serve with Grilled-Pineapple Salsa.