**Maple-Glazed Salmon and Pineapple**

This sweet and spicy salmon recipe makes good use of your broiler. Maple syrup and cayenne are brushed onto the salmon and pineapple for extra flavor. Ready in less than 20 minutes,

serve this dish alongside some cauliflower rice with a squeeze of lime.

**ingredients**

1 lb. salmon fillet, skin removed and cut into 4 pieces

1/4 cup maple syrup

1 clove garlic, minced

Salt and freshly ground pepper

1/2 pineapple, peeled, cored, and chopped

2-3 tbsp fresh cilantro, roughly chopped

2 cups cauliflower rice, cooked

**directions**

1. Preheat the oven broiler with the rack in the top position. Line a rimmed baking sheet with foil. Stir the maple syrup and garlic together in a small bowl.

2. Season the salmon fillets with salt and pepper. Place the salmon and pineapple on the prepared baking sheet and brush with the maple glaze, reserving half for later. Broil for

6 minutes, and then brush with the rest of the glaze. Broil for an additional 3-4 minutes until the salmon is opaque. Serve warm with cauliflower rice and topped with fresh cilantro.