

## **Grilled Ham Steak with Pineapple Salsa**

(from Weight Watchers "Shortcuts" cookbook)

Servings: 4 (1/4 of ham steak & ½ cup salsa)

Points: 4

### **Ingredients:**

2 cups peeled, cored, and diced fresh pineapple

2 tablespoons chopped fresh mint

1 tablespoon minced peeled ginger

1 tablespoon lime juice

1 jalapeno pepper, seeded and minced (wear gloves to prevent irritation)

1 (1 pound) fully cooked boneless reduced-sodium lean ham steak, ½ inch thick

### **Directions:**

1) To make salsa, combine the pineapple, mint, ginger, lime juice, and jalapeno in a medium bowl; set aside.

2) Spray a nonstick ridged grill pan or medium nonstick skillet with canola oil nonstick spray and set over medium-high heat. Add the ham steak and cook until browned and heated through, about 4 minutes on each side. Cut into quarters and serve with salsa.