

Baked Season Salmon

Serves 4

1 lb Salmon
1 T cider Vinegar
1 T GF Worcestershire Sauce
1 T Lemon Juice
1 t salt
1 t prepared mustard
1/8 t pepper
1/4 c olive or canola oil

Preheat oven to 450. Arrange fillets in shallow baking dish Mix together the remaining ingredients, & pour half of this mixture over the fish. Bake 20 minutes, basting with the remaining sauce. Salmon should flake easily with a fork when done.

<http://www.lincolntent.com/GFCF-Meatless.html>