



A Recipe from Know Gluten

Gluten Free Baked Tilapia on a Bed of Sweet Onions

Ingredients:

- Tilapia filets, one for each person (if you're planning on leftovers, cook 2 each)
- 1 sweet onion, thinly sliced
- 2 T melted butter
- Red wine vinegar
- Salt and pepper (or favorite seasoning, we used Louisiana Cajun Seasoning but made on just salt for the 3 year old)

For optional brine:

- 1 3/4 cups cool water
- 1/4 cup red wine vinegar
- 2-3 T sea salt (it should taste salty, but not really really salty)
- 3 tsp sugar

Directions:

If using brine:

1. In a 2 cup measuring cup, combine brine ingredients.
2. Place fish in large bowl or ziplock bag.
3. Pour brine over fish and let sit 5 minutes.
4. Drain well.

After brine (or if you didn't use it):

1. Thinly slice onion and lay in the bottom of a large parchment lined casserole dish or cake pan.
2. Lay fish on top.
3. Drizzle melted butter over fish.
4. Sprinkle with red wine vinegar, salt and pepper.
5. Bake at 400F for 15 minutes or until fish flakes.
6. If you think you made "extra" hide some for tomorrow's lunch.