



A Recipe from Know Gluten

Gluten Free Poached Salmon

Ingredients:

- 4 Skinless salmon fillets
- 2 stalks celery
- 1/2 onion
- 3 cloves garlic
- Water to 1.5" deep in a large flat bottomed skillet or in a big pot.
- 1T salt
- 1/4 cup red wine vinegar, white wine or lemon juice

Directions:

1. Slice celery, onion and garlic until very thin.
2. Add to water and bring to a boil.
3. Cover and boil veggies until tender (about 5 minutes)
4. Reduce heat to a simmer (tiny bubbles)
5. Add vinegar (or lemon juice or wine) and salmon
6. Cover and cook about 5 minutes or until salmon is pale and flakes easily.