

Baked Flounder in Lemon-Soy Vinaigrette

Ingredients

2 each Flounder Fillets
1 garlic clove
2 tbsp fresh lemon juice
2 tsp soy sauce
1/2 tsp sugar
1/2 tsp salt
2 tbsp olive oil

Directions

Preheat oven to 450. Arrange fillets in a glass baking dish just large enough to hold them in one layer. Mince garlic and in a small bowl combine with lemon juice, soy sauce, sugar and salt. Whisk in oil until emulsified and pour vinaigrette over fish.

Bake in middle of oven until cooked through and no longer translucent, about 8 –10 minutes.

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