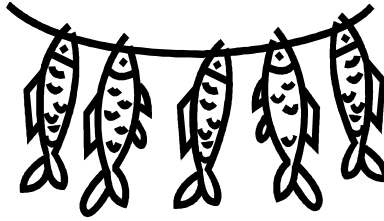


# **George's Place Fish Market**

*Local Seafood Market & Take-Out Seafood Deli*



## **Bluefish with Mustard and Yogurt**

1 ½ lbs. Bluefish - (4 to 6 small fillets)  
1 tablespoon Dijon mustard  
1 teaspoon minced fresh ginger  
1 cup low-fat plain yogurt  
Freshly-ground black pepper, to taste  
2 tablespoons lemon juice

Preheat oven to 350 degrees. Combine mustard, ginger, pepper and yogurt and place mixture in a baking dish. Add bluefish fillets. Cover dish with foil and bake for 10 to 15 minutes until fish flakes easily with a fork. Remove fillets and keep warm. Reduce liquid in baking dish by about half. Add lemon juice. Pour over fish fillets and serve immediately.

### **Fun Fact:**

*Bluefish are a pelagic schooling species that primarily travel in groups of like-sized fish.*

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