

Tuna Salad Bell Peppers

Yield: 1 Serving **Author:** Lauren

PREP TIME: 10 MIN TOTAL TIME: 10 MIN

Flavorful tuna salad stuffed into a bell pepper for a fresh and light tuna "sandwich" without the bread!

INGREDIENTS:

- 4 oz can Tuna
- 1/8 cup Fat Free Mayo
- 1/4th Yellow Onion
- 1/2 Stalk Celery
- 1 tbsp Dill
- 1 tsp Dijon
- Salt to taste

INSTRUCTIONS:

1. In a small bowl mix the tuna, mayo, onion, celery, Dijon, and dill
2. Wash and cut you bell pepper the long way and remove the seeds and membrane
3. Stuff each side of the bell pepper with half of the tuna salad mix, add a pinch of salt, Serve, and Enjoy!