Herb-Infused Tuna-Stuffed Bell Peppers

Low-carb bell peppers packed with a zesty tuna salad, fresh herbs, and crunchy celery for a protein-rich, flavorful meal.

Servings: 2 **Time:** 35 minutes

Ingredients

- 2 large bell peppers (any color)
- 1 can (5 oz) tuna in water, drained
- 1/4 cup plain Greek yogurt
- 2 tbsp chopped fresh parsley
- 1 tbsp chopped fresh dill
- 1 stalk celery, finely diced
- 1 tbsp red onion, finely diced
- 1 tsp Dijon mustard
- 1/2 tsp lemon juice
- Salt and black pepper to taste
- 1 tbsp olive oil

Instructions

1. Preheat oven to 375°F.
2. Slice the tops off the bell peppers and remove seeds and membranes.
3. In a bowl, combine tuna, Greek yogurt, parsley, dill, celery, red onion, Dijon mustard, lemon juice, salt, and pepper; mix well.
4. Drizzle olive oil over the outside of the bell peppers.
5. Stuff each bell pepper with the tuna mixture, pressing gently to fill completely.
6. Place stuffed peppers upright in a baking dish.
7. Bake for 20 minutes or until peppers are tender but still firm.
8. Remove from oven and let cool for 5 minutes before serving.

powered by dishgen