Savory Tuna-Stuffed Bell Peppers

Protein-packed bell peppers stuffed with tuna and creamy mayo, perfect for a low-carb, satisfying meal.

Servings: 2 **Time:** 30 minutes

Ingredients

- 2 large bell peppers, halved and seeded
- 1 can (5 oz) tuna in water, drained
- 2 tablespoons mayonnaise
- 1 tablespoon finely chopped red onion
- 1 teaspoon Dijon mustard
- 1/2 teaspoon lemon juice
- Salt and black pepper to taste
- 1 teaspoon olive oil

Instructions

1. Preheat the oven to 375°F.
2. Brush bell pepper halves with olive oil and place on a baking sheet cut side up.
3. Bake peppers for 10 minutes to soften slightly.
4. In a bowl, mix drained tuna, mayonnaise, red onion, Dijon mustard, lemon juice, salt, and pepper until combined.
5. Remove peppers from oven and spoon the tuna mixture evenly into each pepper half.
6. Return stuffed peppers to the oven and bake for another 8-10 minutes until heated through.
7. Serve warm and enjoy!

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