

HERBED TUNA STUFFED PEPPERS



INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Medium Red Bell Peppers	2	Black Pepper	1/5 Tsp.
Extra Virgin Olive Oil	2 Tbsp.	Chunk Light Tuna In Water, Drained	2 Can
Fresh Lemon Juice	5 Tsp.	Lightly Packed Baby Arugula, Chopped	3/4 Cup
Dijon mustard	1 Tsp.	Fresh Basil, Minced	1/2 Cup
Salt	1/4 Tsp.	Fresh Parsley, Minced	1/2 Cup
		Fresh Dil or Fresh Herb, Minced	5 Tsp.



PREPARATION

- 👉 Preheat your oven to 375°F (190°C).
- 👉 Cut off the tops of the bell peppers and remove the seeds and membranes. Place the bell peppers upright in a baking dish.
- 👉 In a small bowl, whisk together the extra virgin olive oil, fresh lemon juice, Dijon mustard, salt, and black pepper to create a dressing.
- 👉 In a separate bowl, flake the drained tuna with a fork.
- 👉 Add the chopped baby arugula, minced fresh basil, minced fresh dill or herb, and the prepared dressing to the bowl with the tuna. Mix well to combine.
- 👉 Spoon the tuna mixture into the hollowed-out bell peppers, dividing it evenly among them.
- 👉 Cover the baking dish with foil and bake in the preheated oven for about 25-30 minutes, or until the peppers are tender and the filling is heated through.
- 👉 Remove the foil and bake for an additional 5 minutes to lightly brown the tops, if desired.
- 👉 Remove from the oven and let the stuffed peppers cool for a few minutes before serving.
- 👉 Enjoy the delicious herbed tuna stuffed peppers as a tasty and nutritious meal!