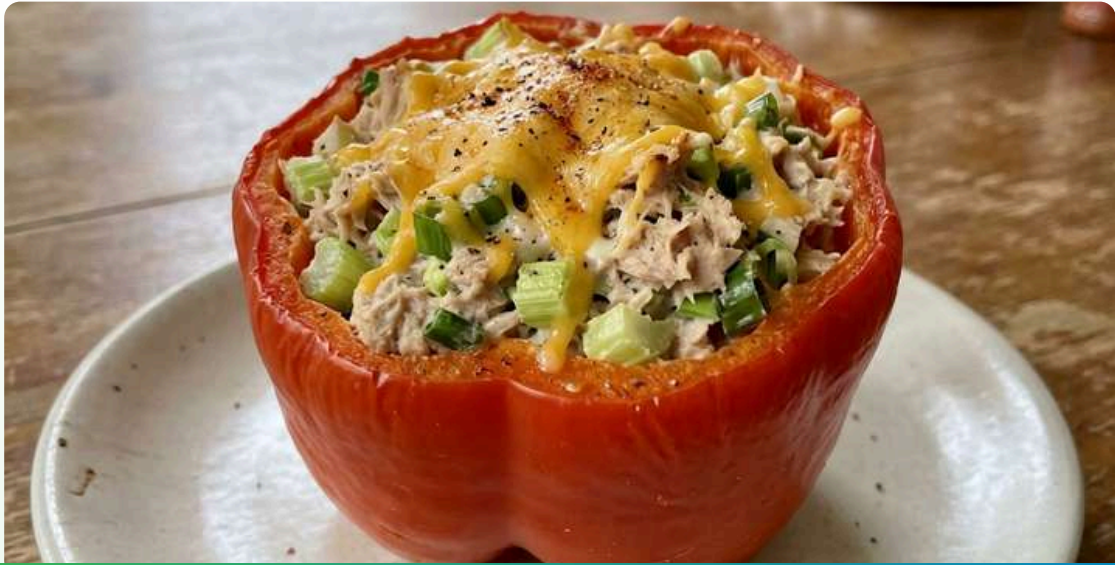




BAKED TUNA-STUFFED BELL PEPPER

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Large Bell Pepper	1	Shredded Reduced-fat Cheddar Cheese, divided	2 Tbsps.
Tuna Packed in Water, drained	1 Can	Lemon Juice	1 Tsp.
Nonfat Plain Greek Yogurt	2 Tbsps.	Garlic Powder	¼ Tsp.
Dijon Mustard	1 Tbsp.	Smoked Paprika	¼ Tsp.
Celery, finely diced	2 Tbsps.	Salt and Black Pepper, to taste	
Green Onion, finely chopped	1 Tbsp.		

SERVING SIZE 1

PREPARATION

- Preheat oven to 400°F.
- Slice the bell pepper in half lengthwise and remove the seeds and membrane.
- Place the pepper halves cut-side up in a small baking dish.
- In a bowl, combine tuna, Greek yogurt, Dijon mustard, celery, green onion, 1 tbsp cheese, lemon juice, garlic powder, smoked paprika, salt, and pepper.
- Mix until well combined.
- Divide the tuna mixture evenly between the pepper halves.
- Sprinkle the remaining cheese over the top.
- Add 2-3 tbsps. of water to the bottom of the baking dish.
- Cover loosely with foil and bake for 20 minutes.
- Remove the foil and bake for another 8-10 minutes, until the pepper is tender and the cheese is melted.
- Allow to cool for several minutes before serving.