Tuna-Stuffed Bell Peppers

PREP TIME: 10 MIN | COOK TIME: 4-15 MINUTES | SERVINGS: 2

INGREDIENTS:
- 2 cans tuna, drained
- 2 Tbsp oil, mayo or Greek yogurt
- 2 stalks celery, chopped
- 1 tomato, diced
- 1/4 of an onion, diced
- Salt and pepper, to taste
- 2 bell peppers

DIRECTIONS:
- Wash all produce before chopping/dicing.
- In a bowl, combine tuna, mayo or oil, celery, tomato, onion, salt and pepper.
- Cut bell peppers in half length-wise and remove the stems and seeds.

Microwave:
- Place bell pepper halves on a microwave-safe plate and cook for 1 minute to soften. Fill peppers with tuna mixture and microwave for an additional 2-3 minutes.

Oven:
- Preheat oven to 350F. Fill bell peppers with tuna mixture. Place in a baking dish and pop in the oven for 15 minutes.

RECIPE NOTES:
- In the mood for a cold meal? Skip the microwave/oven and enjoy these stuffed bell peppers cold.
- Top with shredded cheese in the last 1-2 minutes of cooking, if desired.