

## Tuna Avocado Stuffed Sweetpeps

### What You'll Need

- > 1 (5 oz) canned tuna (low sodium), drained and rinsed
- > 1/2 avocado, peeled and pitted
- > 1 tbsp olive oil
- > 1 tbsp lemon juice
- > 1 tsp mustard
- > 1 tsp honey
- > 2 tbsp chopped fresh parsley
- > 1/4 cup chopped red onion
- > 1/2 cup diced English cucumber
- > 1 1/2 cups cheese of choice (cheddar, mozzarella, or a mixture)
- > Sea salt and black pepper to taste
- > 10 Sweetpeps, cut in half with seeds and ribs removed



### Directions

1. Preheat the oven to 350 degrees F.
  2. Place the tuna, avocado, olive oil, lemon juice, mustard, honey, and parsley in a bowl. Mash with a potato masher to mix. Add the onion, cucumber, and cheese. Mix. Season with sea salt and pepper.
  3. Scoop the mixer into the half pepper shells and place on a baking sheet.
  4. Bake in the oven for 15 to 20 minutes. Remove from the oven and serve.
- Tip.** These can be served raw. Top with extra parsley.