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.