



Tuna Melt Stuffed Peppers



Entire recipe: 328 calories, 11.5g total fat (3.5g sat. fat), 730mg sodium, 17g carbs, 3.5g fiber, 8g sugars, 39.5g protein

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Prep: 10 minutes **Cook:** 35 minutes

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Ingredients

1 tbsp. light mayonnaise
1 tsp. Dijon mustard
1/4 tsp. garlic powder
1/4 tsp. onion powder
5 oz. albacore tuna packed in water (about 1 can or 2 pouches), drained and flaked
1/4 cup finely chopped onion
1 large bell pepper
1 slice reduced-fat cheddar cheese, halved
Optional seasonings: salt, black pepper

Directions

Preheat oven to 400 degrees. Spray a baking pan with nonstick spray.

In a medium bowl, combine mayo, mustard, garlic powder, and onion powder. Mix until uniform. Add tuna and onion, and stir to coat.

Slice off and discard stem end of bell pepper. Remove and discard seeds.

Slice pepper in half lengthwise (top to bottom), and place in the baking pan, cut sides down. Bake until mostly softened, 25 - 30 minutes, flipping halfway through.

Blot away excess moisture from pepper halves. Fill with tuna, and top with cheese. Bake until tuna is hot and cheese has melted, about 5 minutes.

MAKES 1 SERVING

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