JANE SMITH LIFESTYLE

Tuna & Avocado Mini Pepper Boats

Prep: 10 min | Cook: 0 min | Serves: 2



A can of tuna becomes a fresh, satisfying snack with avocado and crisp little peppers. Lemon and celery keep the filling bright and crunchy.

Ingredients

- 1 can (5 oz) tuna in water, drained well
- 1/2 ripe avocado
- 1 celery stalk, finely diced
- 1 Tbsp lemon juice
- 1 Tbsp chopped fresh parsley
- 1/8 tsp kosher salt, plus more to taste
- Freshly ground black pepper
- 4 mini sweet peppers, halved and seeded

Directions

1. Mash avocado with lemon juice in a small bowl. Fold in drained tuna, celery and parsley. Season with salt and pepper.
2. Spoon the filling into the pepper halves and divide between two plates. Serve immediately.

Jane's Note

I keep a can of tuna and a bag of mini peppers around for days when I need something more substantial than crackers.

Storage: The filling tastes best freshly made. If needed, press wrap against the surface and refrigerate for up to 1 day; fill the peppers just before serving.