Tuna-Stuffed Red Pepper  
Yield: 1  
  
1 red bell pepper  
1 (3 1/2-ounce) can chunk light tuna, drained and flaked  
1 small scallion chopped  
1/4 cup cooked brown rice  
2 tablespoons chopped celery or water chestnuts  
2 teaspoons low sodium soy sauce  
1/2 teaspoon fresh grated ginger  
2 teaspoons rice vinegar  
1/2 teaspoon sesame oil  
sea salt  
  
1. Remove stem from red bell pepper and slice in half, lengthwise. Set aside half for another use.  
2. In a small bowl, mix together the tuna, green onion, cooked brown rice and celery or water  
chestnuts.  
3. Add the remaining ingredients and combine. Spoon tuna mixture into the pepper shell and garnish with reserved green onion slices.  
4. Serve slices of the red pepper with the tuna filling.

[[#Recipe time! Share to save on your wall, and grab my cookbook here: http://bit.ly/1a5LF8x

Tuna-Stuffed Red Pepper
Yield: 1

1 red bell pepper
1 (3 1/2-ounce) can chunk light tuna, drained and flaked
1 small scallion chopped
1/4 cup cooked brown rice
2 tablespoons chopped celery or water chestnuts
2 teaspoons low sodium soy sauce
1/2 teaspoon fresh grated ginger
2 teaspoons rice vinegar
1/2 teaspoon sesame oil
sea salt

1. Remove stem from red bell pepper and slice in half, lengthwise. Set aside half for another use.
2. In a small bowl, mix together the tuna, green onion, cooked brown rice and celery or water
chestnuts.
3. Add the remaining ingredients and combine. Spoon tuna mixture into the pepper shell and garnish with reserved green onion slices.
4. Serve slices of the red pepper with the tuna filling.](https://www.facebook.com/photo.php?fbid=533284353451981&set=a.440060809441003.1073741825.116663908447363&type=1)](https://www.facebook.com/photo.php?fbid=533284353451981&set=a.440060809441003.1073741825.116663908447363&type=1)