

## Tuna Stuffed Mini Peppers

I got a big bag of mini sweet peppers at the farmer's market recently, and while I sliced the majority of them up for salads, I still had a bunch left to find a use for.

When trying to come up with a quick lunch the other day, it hit me that I could stuff these with Barnacle Bill's Oregon Hook and Line Caught Albacore Tuna, and I gotta say, I don't regret it at all.

This was pretty simple, but really delicious. The tiny sweet peppers are the perfect vessel for the tuna: sweet, extra-crunchy, and have a lot of flavor on their own, so I didn't want to do too much to the tuna. Some cilantro, avocado oil, and lemon juice flavored it nicely, while a bit of Colima Sea Salt added crunch and brought out the clean flavor of the tuna. It was quite literally, the perfect mid-day snack — healthy, no heat or cooking required, and ridiculously good.

These would also make a pretty good appetizer for a party if you want something different. They're small enough to be finger food, and easy to put together in advance. And you can get the mini peppers in red, yellow, and orange for a stunning visual effect.

### Tuna Stuffed Mini Peppers

Serves 2-4

Prep time: 15 minutes

#### Ingredients:

1 package Barnacle Bill's Oregon Hook and Line Caught Albacore Tuna  
1 tablespoon Ava Jane's Kitchen extra-virgin avocado oil  
2 tablespoons chopped fresh cilantro  
Juice of 1 lemon  
8 baby sweet bell peppers, any color, cut in half, seeds and ribs removed  
Colima Sea Salt, to taste

#### Directions:

Mix the tuna, oil, cilantro, and lemon juice in a bowl, making sure to break the tuna up into small pieces.

Lay the peppers cut side up on a plate or sheet pan. Spoon the tuna into the peppers, and sprinkle with the Colima Sea Salt. Serve immediately.