Smart Tuna Salad Stuffed Peppers
Serves 1

1 6-oz can of wild caught tuna packed in water (or 6 oz of leftover chicken, diced)
1-2 stalks of celery, minced
1 Tbsp red onion, minced
½ granny smith apple, minced
3 Tbsps flat-leaf parsley, minced
2 tsps lime juice
3-4 Tbsps plain nonfat greek yogurt
¼ cup minced walnuts, lightly toasted
Bell peppers, halved and seeded

Flake tuna with a fork in a mixing bowl or Tupperware container. Add remaining ingredients and mix well. Season with salt and pepper as needed. Spoon into bell pepper halves and chill until ready to eat.

Estimated nutrition analysis: 440 calories, 24 g carbohydrates, 30 g protein, 10 g fiber