

RECIPE | PEPPERS

TUNA SALAD & BELL PEPPER SANDWICH



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INGREDIENTS

Sandwich Ingredients:

- 6 pack Pure Flavor® Sweet Bell Peppers
- 2 Granny Smith apples
- 1 can of tuna in water
- 2 cups baby arugula (packed)
- ½ cup chopped celery
- 2 tsp lemon juice

Yogurt Sauce:

- ⅓ cup + 2 tbsp plain Greek yogurt
- 1 tbsp whole grain or Dijon mustard
- ½ tsp garlic powder
- 1 tbsp lemon juice
- Salt and pepper to taste

DIRECTIONS

1. Combine all of the ingredients for the yogurt sauce together in a small bowl and whisk until combined. Set aside.
2. Spiralize the apple using the ribbon blade and sprinkle with lemon juice to prevent it from turning brown and set aside.
3. In a medium bowl mix together tuna, celery, and yogurt sauce.
4. Slice off the tops of the peppers, cut them in half and remove the seeds.
5. Fill each bell pepper with tuna mixture. Top with arugula and spiralized apples.



TOTAL TIME

20 minutes

PREP TIME

20 minutes

COOK TIME

N/A

SERVES

6

COOKING LEVEL

Easy