

Salmon Stuffed Pepper

Portions: 2

Ready in: 10 minutes

Ingredients:

- 1 can salmon, rinsed and drained
- Juice of 1 lemon
- 1 tsp olive oil
- ¼ onion, finely diced
- ¼ cup chopped parsley
- 1 bell pepper

Instructions:

1. Combine the first 5 ingredients together and mix well.
2. Wash and cut pepper in half. Remove seeds.
3. Scoop half of the salmon mixture into each pepper.

Tip:

- Serve cold or can be put under the broiler with a sprinkle of cheese if preferred warm.

