

*Pop these little bites in your mouth
for a fun lunch!*

Tuna Poppers

Ingredients:

- 1 can water or oil pack, broth-free tuna (see Prepared Items page for brands)
- $\frac{1}{4}$ c. grated Cheddar cheese
- 1 Tbs. (Bubbies) dill pickle, chopped
- 1 onion slice, about $\frac{1}{4}$ inch thick
- 3 Tbs. homemade plain yogurt
- Sugar Snap peas
- Mini sweet peppers

Instructions:

1. Open the can of tuna. Place the tuna in a colander to drain.
2. Grate the Cheddar cheese.
3. Cut the onion slice into very small pieces and measure 1 Tbs. of the chopped onion.
4. In a small bowl, combine the tuna, cheese, pickle, onion and yogurt. Mix well until everything is combined.
5. Wash the sugar snap peas. Cut off each end and use the knife to carefully pull the strings off of the peas. Use a butter knife to split open one side of each of the peas. Set aside.
6. Wash the sweet peppers and cut off the tops. Cut them in half and take out the seeds.
7. With clean fingers, make the tuna poppers by stuffing tuna mixture into the peas and peppers.

