**Healthy Tuna Stuffed Avocado**

This Healthy Tuna Stuffed Avocado is stuffed with a flavorful southwest mixture of tuna, bell pepper, jalapeno, and cilantro. No mayo necessary here! It's the perfect healthy lunch.

**Ingredients**

* 1 avocado halved and pitted
* 1 4.5 oz can tuna, drained
* ¼ cup diced red bell pepper
* 1 tablespoons minced jalapeno
* 1/4 cup cilantro leaves roughly chopped
* 1 tablespoon lime juice
* salt and pepper to taste

**Instructions**

Scoop out some of the avocado from the pitted area to widen the "bowl" area. Place the scooped avocado into a medium-size [mixing bowl](http://amzn.to/2F2Ppx8). Mash it with a fork.

* Add the tuna, bell pepper, jalapeno, and cilantro to the mixing bowl. Pour lime juice over. Stir it all together until everything is well mixed.
* Scoop the tuna into the avocado bowls. Season with salt and pepper.

**Nutrition**

Calories: 225kcal | Carbohydrates: 10g | Protein: 14g | Fat: 15g | Saturated Fat: 2g | Cholesterol: 22mg | Sodium: 166mg | Potassium: 659mg | Fiber: 7g | Sugar: 1g | Vitamin A: 19.6% | Vitamin C: 55.2% | Calcium: 2.3% | Iron: 8.8%