



INGREDIENTS

- 8 piquillo peppers, canned
- 8 oz canned high-quality tuna
- 1 oz mayonnaise
- ½ oz extra virgin olive oil
- ½ tsp sea salt
- 1 clove garlic, smashed into paste
- ½ oz parsley, fresh chopped
- 1 oz lemon juice



Franklin Becker
CELEBRITY CHEF

A type 2 diabetes diet doesn't have to be bland. You can still enjoy tasty, delicious food

PEPPERS STUFFED WITH TUNA

METHOD:

1. Remove piquillo peppers from the can and set aside
2. Mix the mayonnaise with the lemon, parsley, olive oil, garlic, and salt
3. Mix the tuna with the mayo mixture and stuff inside the peppers
4. Refrigerate and serve with a drizzle of olive oil and a dash of sea salt

Yield: 4 servings. **Per Serving:** 286 calories, 12.4g fat, 17.4g protein, 24.4g carbs.

Want more recipes? Download more delicious and nutritious type 2 diabetes–friendly recipes at Ozempic.com.

Estimated nutrition information is provided as a courtesy. Data gathered via Verywell Fit and/or other online calculators. We strive to make this information as accurate as possible; however, Novo Nordisk makes no warranties regarding its accuracy.

Franklin Becker is a celebrity chef living with type 2 diabetes, Ozempic® patient since 2020, and a paid spokesperson of Novo Nordisk.