



GRILLED PEPPERS WITH MORROCAN SARDINES AND MOZZARELLA

- 2 cans **Crown Prince Natural Skinless & Boneless Sardines in Water**, drained
- 4 Anaheim peppers
- 1 15 ounce can pitted black olives, drained
- 6 cherry tomatoes, halved
- 4 ounces mozzarella cheese, cubed



Dressing:

- 3 tablespoons olive oil
- 2 tablespoons capers, drained
- 1 tablespoon chopped fresh parsley
- finely grated rind and juice of 1/2 lemon
- salt and black pepper to taste

Preheat broiler to high. Cut each pepper in half lengthwise and remove any seeds. Arrange them on a broiler pan cut side up and place under broiler for 8 minutes. Meanwhile, gently combine sardines, olives and tomatoes. Set aside. Remove the peppers from the broiler and let them cool.

While the peppers are cooling, combine dressing ingredients and set aside. Once the peppers are cool enough to handle, stuff them with the sardine mixture and cheese. Place the stuffed peppers back into the broiler for 5 minutes, or until the cheese is completely melted and slightly brown. Drizzle the peppers with dressing just before serving. *Serves 8.*

Per Serving: 134 Calories (86 Calories from Fat), 10g Fat, 7g Protein, 5g Carbohydrate, 13mg Cholesterol, 346mg Sodium