**Salmon and Cream Cheese Stuffed Tempura Poppers**

**Filling Ingredients ≫≫**

1 can Wild Alaskan Salmon (or tuna), drained and rinsed

Jalapeños (we had 9, but could have done a lot more with the batter and ended up using mushrooms we had in the house as well)

1 Stick of Organic Cream Cheese

1/2 tsp Sea Salt

1/2 tsp Fresh Garlic

**Tempura Ingredients ≫≫**

1/4 cup Whole Wheat Flour

1/4 cup Corn Starch

1/2 tsp cayenne (optional)

1/2 cup Tonic Water

Oil for Frying (we used grapeseed)

**Directions ≫≫**

Heat your oil on high heat. Mix your package of cream cheese with the can of salmon (or tuna) and spices. Slice your jalapeños in half and fill each half with the mixture.

Mix all of the tempura ingredients together and dip jalapeños (or other veggies) in one at a time and drop in the oil until they start to brown.

Since we had a ton of batter left and we ran out of jalapeños, we used some musrooms we had on hand. We broke off the stems and filled them with the extra cream cheese mixture for a twist on stuffed mushrooms. They were SO good! I even took a metal straw and pushed a hole in the middle of the stems so I could add a bit of filling to those as well.

You could do this with just about any veggie you like. Would you go for the Jalapeño Tempura Poppers, or use another veggie to fry with this tempura batter? If you try this recipe, make sure to post a photo with the hashtag #mallorieowensrecipe!

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