**Spicy Chips**
Makes 2 Servings; Serving size: 4 wedges

1 (8-in) flour tortilla
1/8 tsp garlic powder
1/8 tsp ground cumin
1/8 tsp chili powder
Butter-flavored vegetable cooking spray

Cut tortilla into 8 wedges, and place on a baking sheet. Lightly coat wedges with cooking spray. Combine garlic powder, cumin, and chili powder; sprinkle evenly over wedges. Bake at 350° for 12 minutes; until crisp.

**Nutrition Facts:**
- Calories: 73
- Fat: 1.9g
- Protein: 1.9g
- Carbs: 11.9g
- Cholesterol: 0.00g
- Sodium: 102mg

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**Sloppy Joes**
Makes 12 Servings; Serving size: 1 sandwich

3/4 cup chopped onion
1/2 cup chopped green bell pepper
3/4 lb ground round
2 cups no-salt tomato sauce
2 tbsp tomato paste
1 tbsp prepared mustard
1 tsp chili powder
2 tsp Worcestershire sauce
1/2 tsp. salt
1/2 tsp sugar
1/2 tsp dried oregano
1/8 tsp pepper

Heat a large nonstick skillet over medium heat. Add onion, green bell pepper, and ground round; cook until beef is browned, stirring to crumble. Stir in tomato sauce, tomato paste, mustard, chili powder, Worcestershire sauce, salt, sugar, oregano, and pepper; reduce heat to medium-low. Cover and cook 15 minutes, stirring occasionally. Spoon 1/4 cup beef mixture over bottom half of each bun. Cover with top halves.

**Nutrition Facts:**
- Calories: 202
- Fat: 6.2g
- Protein: 10.2g
- Carbs: 27mg
- Cholesterol: 19mg
- Sodium: 392mg
Grilled Eggplant Panini
Makes 4 Servings; Serving size: 1 sandwich

2 tbsp reduced-fat mayonnaise
2 tbsp chopped fresh basil
2 tbsp extra-virgin olive oil, divided
8 – ½ in slices eggplant
½ tsp garlic salt
8 slices whole-grain country bread
8 thin slices fresh mozzarella cheese
1/3 cup sliced jarred roasted red peppers
4 thin slices red onion

Nutrition Facts:
Calories 337
Fat 16g
Protein 12g
Carbs 36g
Cholesterol 22mg
Sodium 659mg

Preheat grill to medium-high. Combine mayonnaise and basil in a small bowl. Using 1 tbsp oil, lightly brush both sides of eggplant and sprinkle each slice with garlic salt. With remaining 1 tbsp oil, brush one side of each slice of bread. Grill the eggplant for 6 minutes, turn with spatula, top with cheese, and continue grilling until the cheese is melted and the eggplant is tender, about 4 minutes more. Toast the bread on the grill, 1-2 minutes per side. To assemble sandwiches: spread basil mayonnaise on 4 slices of bread. Top with the cheesy eggplant, red peppers, onion, and the remaining slices of bread. Cut in ½ and serve warm.

Easy Chicken Salad
Makes 5 Servings; Serving size: ~1 cup

6 skinless, boneless chicken breast halves – boiled
1 (15 oz) can mixed vegetables - drained
1 (8.75 oz) can sweet corn
1 bunch green onions, chopped
½ cup mayonnaise
1 tbsp prepared mustard
Salt and pepper to taste

Nutrition Facts:
Calories 280
Fat 7g
Protein 35g
Carbs 17g
Cholesterol 90mg
Sodium 370mg

Combine the chicken, vegetables, corn, scallions, mayonnaise, mustard, salt and pepper. Mix well. Ready to serve!