



# RECIPES

**Feel free to cut these out and add them to your own cookbook!**

## 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

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

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.

## 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  
12 – 1 1/2 oz rolls

*Nutrition Facts:*  
Calories 202  
Fat 6.2g  
Protein 10.2g  
Carbs 27mg  
Cholesterol 19mg  
Sodium 392mg

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.

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## 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!