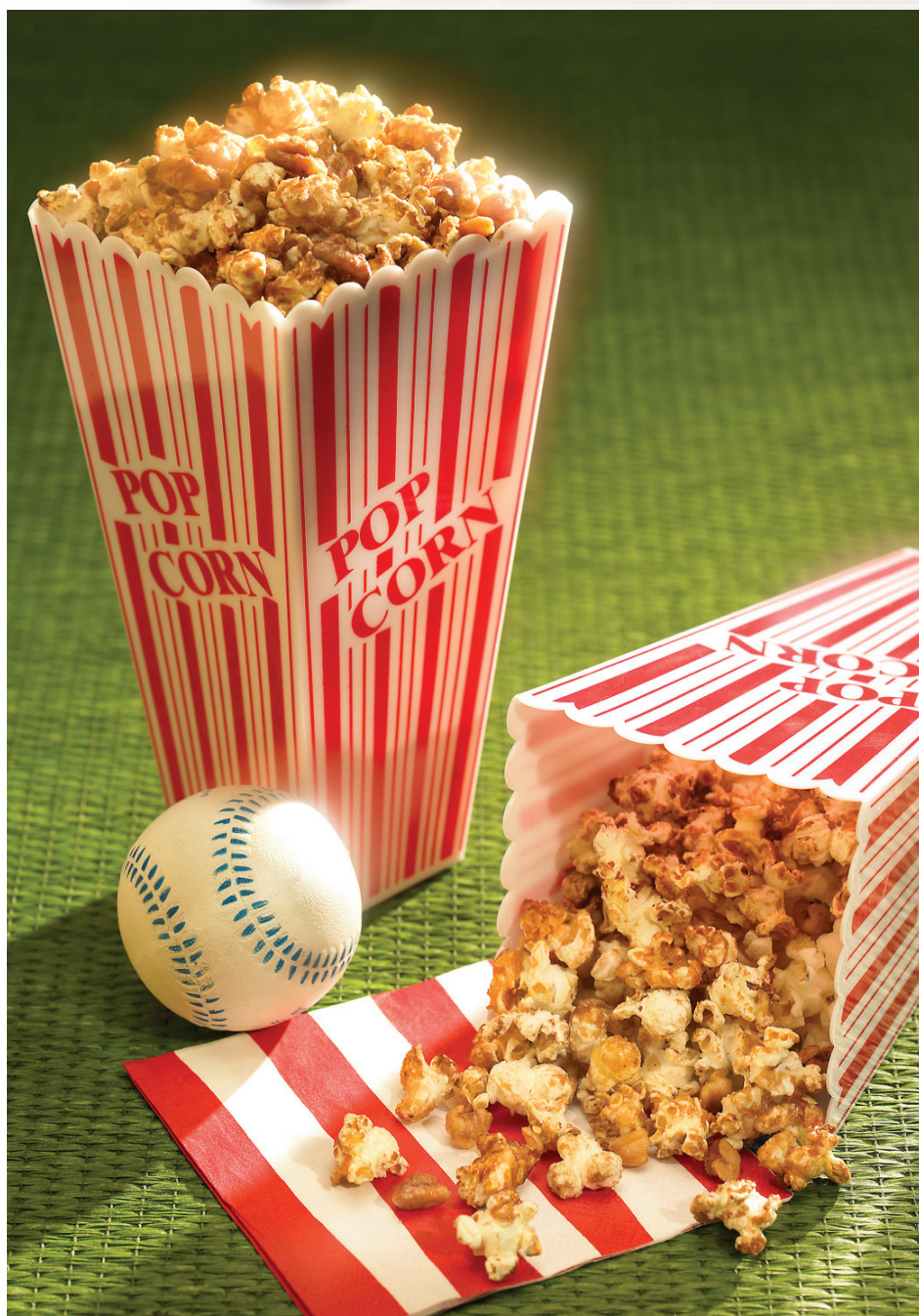


Home Run Snacking



It's been said that baseball is the emblem of the American spirit: Simple in concept, complex in reality. You start with a ball and a bat and end up with a game that ignites passions for generations.

Baseball is in our nation's collective DNA and whether you're cheering on your child's first base run or barking at the ump in a big league ballpark, baseball is best enjoyed in the company of another All-American—popcorn.

Like baseball, popcorn is deceptively simple in concept: A seed from a grass—which just happens to undergo a unique physiological transformation when heated turning it into a captivating and delicious snack.

And, like baseball, popcorn is American thru and thru. It's been around for thousands of years, yet over time, it has remained a humble little kernel of goodness. Wholesome and whole grain, popcorn contains energy-producing carbohydrates and provides needed fiber to the diet. And, popcorn is naturally low in fat and calories, putting it in a league

of its own. Get in the spirit with these ballpark inspired snacks courtesy of the Popcorn Board (www.popcorn.org).

Ballpark Popcorn Crunch

Yield: 3 quarts

Ingredients

1/2 cup butter
1/2 cup brown sugar
3 quarts unsalted popped popcorn
1 cup chopped nuts

Directions

- Cream together butter and brown sugar till light and fluffy.
- In a separate bowl, toss popcorn and walnuts.
- Add creamed mixture to popcorn and nuts. Combine until coated.
- Spread on a large baking sheet in a single layer.
- Bake at 350-degree oven for 10 minutes or until crisp.

Big League Snack Attack

Yield: 8 cups

Ingredients

1/3 cup butter
1 teaspoon Worcestershire sauce
1/4 teaspoon garlic salt
1/4 teaspoon onion salt
6 cups unsalted popped popcorn
1 cup thin pretzel sticks
1/2 cup salted, roasted peanuts

Directions

- Toss together the popcorn, pretzel sticks and peanuts in a large bowl. Melt the butter and stir in the seasonings.
- Drizzle butter/seasoning mixture over popcorn mixture, stirring to coat well.
- Spread the mixture in a large, shallow baking pan and put it in a preheated 250-degree oven to bake for 45 minutes.
- Stir with a wooden spoon every 10 minutes while it's baking.

