

Score One for Popcorn!



Looking for an alternative to those predictable high-calorie game day snacks that have been served since the advent of football? Is the thought of yet another plate of fat-laden munchies enough to send you into diet overtime? Do you resign yourself to nibbling on the celery sticks that garnish an appetizer rather than the appetizer itself?

It's time to change things up, and as they say in football, the best defense is a good offense. A healthful strategy is called for, and popcorn—this year's whole-grain MVP—is the key. The following snack recipes deliver a wining combination of popcorn and almonds, providing twice the crunch for your game-day bunch to munch. And you'll gain valuable



nutrients including fiber, vitamin E, and magnesium with every flavorful bite. Both savory snacks score extra points for easy portability and they can be made in just minutes, which means less time in the kitchen and more time with family and friends enjoying the game.

No matter which bowl game you watch, the superstar of this post-season just may be the Popcorn Bowl!

Sweet and Smoky Almond Popcorn

Fans of all ages will enjoy this recipe for Sweet and Smoky Almonds—you may need to make a double batch!

2 tablespoons sugar
1 tablespoon water
1 tablespoon butter
1/2 cup hickory smoke flavor almonds
5 cups popped popcorn

- In a large saucepan or pot, heat sugar and water over medium heat. Cook about 3 minutes or until sugar is melted and mixture is bubbling, stirring occasionally. Stir in butter until melted and well blended. Stir in popcorn and almonds until well coated. Remove from heat and allow to cool before serving.
- Serve immediately or store in an airtight container.

Yield: 5 cups

Tamari Popcorn Snack Mix

The flavors of soy sauce, lemon and chives combine with popcorn for a sophisticated Asian snack your guests will love. Don't forget to try this recipe for Chinese New Year, too!

6 cups popped popcorn
1 cup sliced almonds
2 tablespoons Tamari or soy sauce
1 teaspoon lemon juice
1 teaspoon dried chives, optional
Small spray bottle

- Preheat oven to 300° F. Line a 9 x 13-inch baking pan with foil and spread popcorn and almonds into pan. Fill small spray bottle with Tamari and lemon juice and spray popcorn mixture. Bake 10 minutes and sprinkle with chives just before serving.

Yield: 7 cups

