

The Living is easy with Popcorn S'mores



In the great American opera Porgy and Bess, George Gershwin and DuBose Heyward capture the essence of summer in a lilting lullaby called Summertime. “*Summertime and the living is easy. Fish are jumpin’, and the cotton is high.*”

Like every season, summer has a magic all its own. The texture of these warmer months signals an age-old urge to slow the pace down and take in some of life’s simple pleasures.

The challenge comes in allowing ourselves the time to relax, given the hectic pace of everyday life to which we’ve become accustomed.

Before the magic of summer ends; before the fall holiday inventory invades the back-to-school sale space; before we take yet another deep sigh and wonder “Where did the summer go?;” make it a priority to do something quintessentially summer before the season officially ends in late September. And make sure to pack this delightful “to-go” version of a quintessentially summertime treat, Popcorn S’mores (see recipe below).

Summer To-Do List: Pack a picnic, go on a hike or try camping for an inexpensive getaway (even if it’s in your own backyard). Spend a day at the beach, pick through shells and let sand run through your fingers. Take a stroll through a thick, cool forest preserve; stop and study the creepy-but-cool insects along the way. Listen to bullfrogs croak and the singing of cicadas and crickets. Watch fireflies dance. Road trip down a long stretch of highway with the windows down and the wind whipping through your hair; extend your arm out the window and let it ride the wind current. Watch Mother Nature’s wide screen—a panoramic, multi-colored sunset. Visit your local farmer’s market and taste a summer ripe tomato. Hunker down with a chunk of watermelon and have a seed spitting contest. Eat an ear of corn on the cob. Help your kids set up a lemonade stand. Run through a sprinkler. Skip stones across a pond.

Need more inspiration? Visit www.popcorn.org for great popcorn recipes and let your imagination run wild!



Popcorn S'mores

Popcorn S'Mores

Yield: 20

- 1 Combine brown sugar, butter and corn syrup in medium saucepan. Cook over high heat for 5 minutes; remove from heat and stir in baking soda.
- 2 Combine popcorn and marshmallows in large bowl. Pour sugar mixture over popcorn to coat. Gently stir in graham cookies and chocolate chips.
- 3 Spread mixture evenly into greased 15 x 10 inch pan. Let cool completely. Break into pieces. Store in an airtight container.

Ingredients:

- 1 cup firmly packed light brown sugar
- ½ cup (1 stick) butter or margarine
- ½ cup corn syrup
- ½ teaspoon baking soda
- 10 cups freshly popped popcorn
- 1 package (10 oz.) miniature marshmallows
- 2 cups mini graham cookies (teddy bears)
- 1 cup chocolate chips

NUTRITIONAL INFORMATION:
(Based on 1 serving)

Total calories: 250 Fat: 10 g Carbohydrate: 44 g Sugar: 30 g Fiber: 1 g Protein: 2 g Sodium: 170 mg Cholesterol: 10 mg