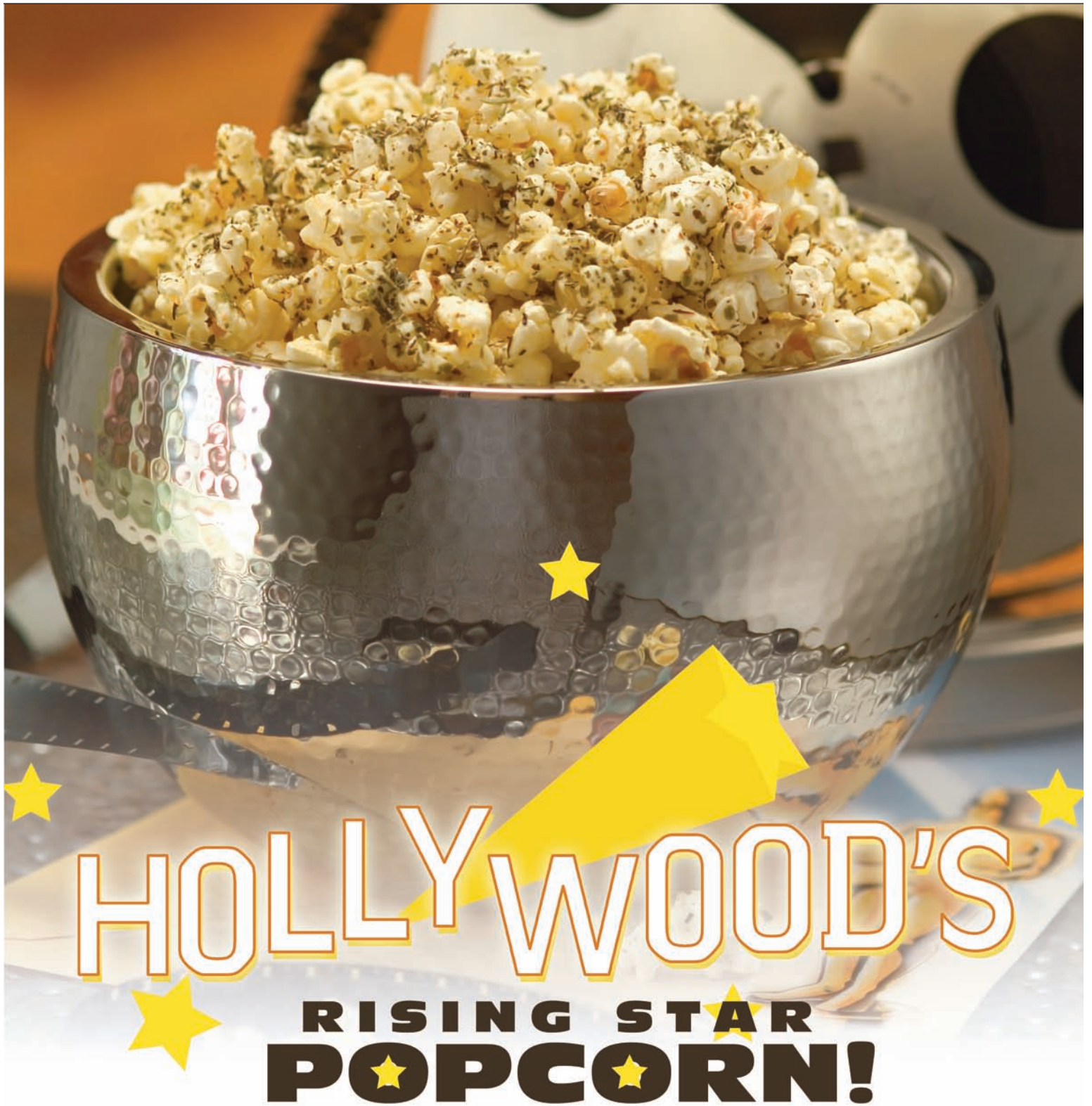


Popcorn

T A N T A L I Z I N G , H Y P N O T I Z I N G , A P P E T I Z I N G P O P C O R N



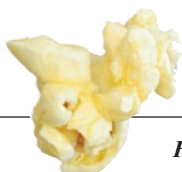
HOLLYWOOD'S RISING STAR POPCORN!

Summertime means movies – action-packed thrillers, romantic comedies and searing dramas. And, whether you're at your favorite theatre, or at home curled up on the couch, the best supporting role goes to the most versatile and flavorful snack – that's right, the winner is popcorn!



Did You Know?

- Popcorn and the movies became castmates in the early 1900s. Street vendors moved their concessions inside theatres, resulting in a century-old partnership.
- Americans consume 17 billion quarts of popped popcorn annually or 54 quarts per man, woman and child.



- 70% of popcorn consumed is eaten in the home and 30% is consumed outside the home, with movie theatres being the top venue for outside-the-home-consumption.
- Popcorn is a versatile, whole-grain snack — a yummy and good-for-you delight for young and old alike.
- Of the five varieties of corn, popcorn is the only corn that pops.

So whether you head to the theater for the newest release or enjoy great movie watching at home, be sure to include popcorn in a starring role!

Treating yourself to an at-home movie night? Try Savory Popcorn de Provence, sit back, relax and enjoy the show!

Savory Popcorn de Provence

Yield: 8 servings

- 8 cups popped popcorn
- 1/4 cup (1/2 stick) butter or margarine
- 2 garlic cloves, finely minced
- 2 tablespoon herbs de Provence (a blend of dried marjoram, thyme, summer savory, basil, rosemary, sage and fennel)
- Melt butter in small saucepan; add garlic and cook 1 minute. Stir in herbs de Provence.
- Place popcorn in large bowl. Toss flavored butter mixture over popcorn; serve immediately.

NUTRITIONAL INFORMATION:

(Based on 1 serving)

Total Calories 110; Total Fat 9g; Cholesterol 15mg; Sodium 40mg; Carbohydrate 7g; Fiber 1g; Sugars 0g; Protein 1



For more great popcorn recipes, visit www.popcorn.org.