

Celebrate an American Original Popcorn!



What *is* an American Original? “American” evokes a fantastic range of images from baseball and apple pie to Betsy Ross and Bill Gates. We take pride in those things that we can call our own, including popcorn!

Popcorn is one of the oldest American foods. Its roots reach back thousands of years and have had a significant role in our history.

Did you know:

- Some of the oldest ears of popcorn were found in 1948 by archaeologists exploring the Bat Cave in west central New Mexico. These ears were proven to be about 4,000 years old.

- Popcorn was used by the Native Americans as a staple in their diet and for decoration. Sixteenth century Aztec Indians used popcorn in their ceremonies; young women danced a “popcorn dance” and wore garlands of popcorn in their hair.

- Early Americans threw popcorn kernels directly into the fire or into

heated sand. Once popped, the corn was sifted and then pounded into a fine, powdery meal and later mixed with water for eating. This was especially handy when traveling, making it a true American “to go” meal.

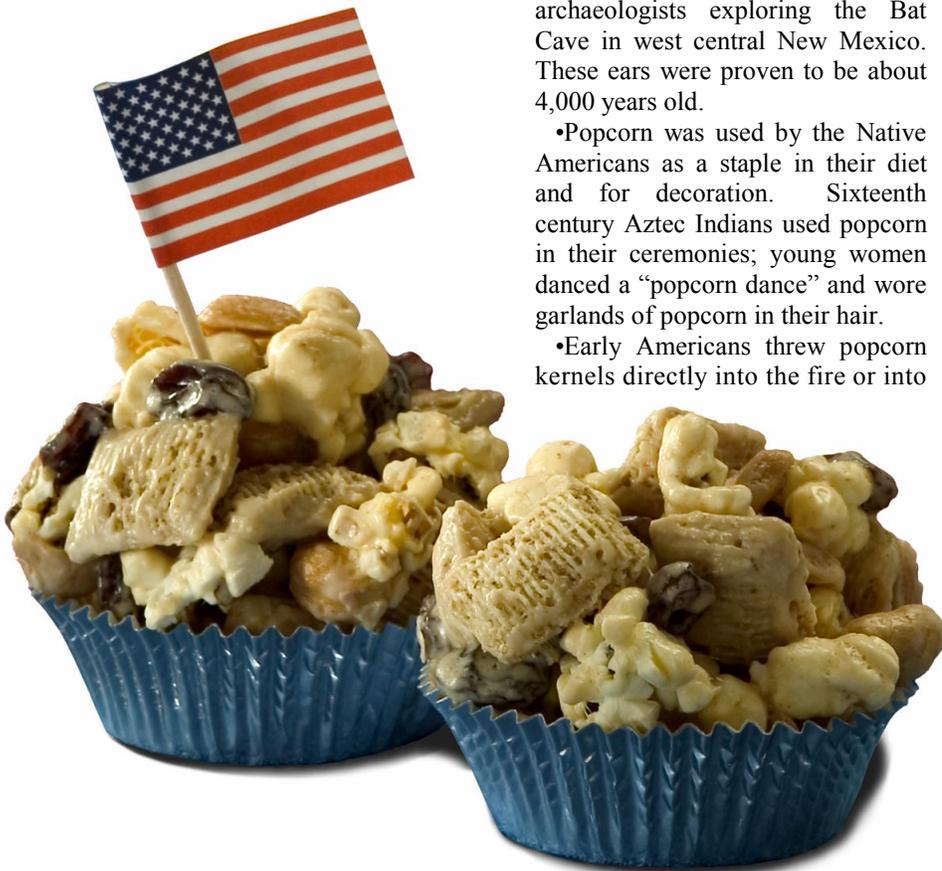
- In South America, kernels of popcorn found in burial grounds in the coastal deserts of North Chile were so well preserved they would still pop even though they were 1,000 years old!

Despite the fact that popcorn has been around for thousands of years, it has remained relatively unchanged. It’s still a small, simple kernel of goodness that’s full of surprises.

Part of the grain family, popcorn contains basic components of germ, starch and hull and a tiny amount of water, which, when heated, creates pressure and forces the insides to turn out. Each kernel is its own magic show waiting to happen!

The longevity of popcorn’s staying power attests to its strength and tenacity and the fact that it is a mighty popular food. Popcorn is a wholesome fun snack the whole family can enjoy. In a land that claims scores of great people and things, we’re proud to call popcorn an American Original.

Visit www.popcorn.org for more great popcorn recipes.



PEANUT BUTTER “CUPS”

Yield: 24 “cups”

- ½ cup peanut butter
- ½ cup butter or margarine
- 1 package (10 ½ oz.) miniature marshmallows
- 6 cups freshly popped popcorn
- 6 cups spoon-size shredded wheat
- 1 cup dry roasted peanuts
- 1 cup raisins

- Melt peanut butter & butter in large microwaveable bowl on HIGH heat for 1 minute. Add marshmallows and heat another minute or until marshmallows puff; stir.
- Add popcorn, shredded wheat, peanuts and raisins; stir gently.
- Place paper liners into two 12-cup muffin pans. Divide mixture into 24 cups.
- Bake at 250° for 10 minutes. Store “cups” in airtight container.

Nutritional Information (Based on 1 “cup”):

Total calories: 210; Fat: 10 g; Carbohydrate: 28 g; Sugar: 11 g; Fiber: 2 g; Protein: 5 g; Sodium 140 mg; Cholesterol 10 mg