

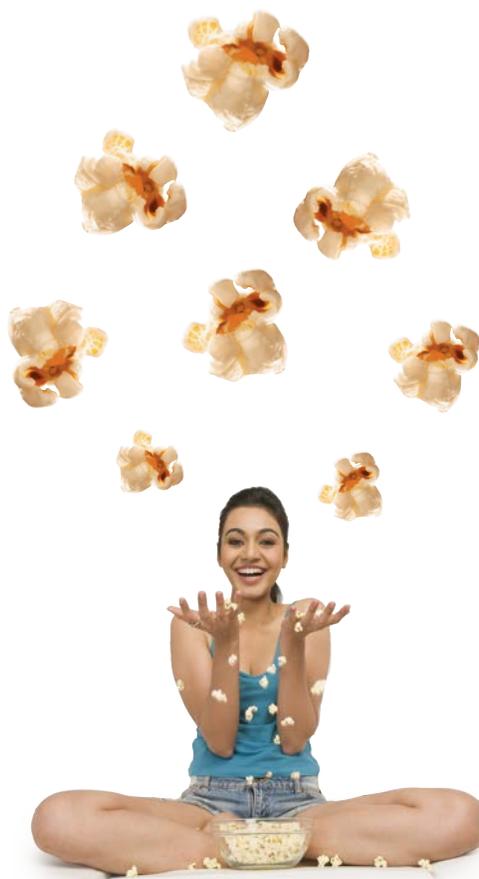


CLEAN EATING, SIMPLE FLAVORS

After the heft of the holidays, easing into the new year with clean, simple eating holds great appeal. From the first taste of last fall's deep harvest spices thru Christmastime's overwhelming bounty of aromas and delights, comes a desire for quick and uncomplicated eats. Cue: popcorn.

Popcorn is a simple yet satisfying whole grain. By itself, popcorn is delicious and unpretentious. And while it's tough to eat just a handful, the fact that popcorn is naturally low in fat and calories makes it a great choice when trying to lose holiday weight. The fiber in popcorn makes you feel fuller longer, which helps curb hunger. Eating a little more here means you'll eat a little less elsewhere.

A quick stovetop pop will fill any craving, but if you're looking to add a bit more flavor—again, simple and uncomplicated—try this recipe from the Popcorn Board (www.popcorn.org). Here the rosemary rises in harmony with a dash of Parmesan cheese without overpowering the senses. Add more or less according to taste. And for mere pennies per serving, popcorn is kind on your wallet too. Another post holiday relief.



Rosemary Parmigiano – Reggiano Popcorn

Makes: 4 quarts, 16 servings (1 cup each)

Preparation time: 10 minutes

Ingredients:

- 4 quarts popped popcorn
- 1 tablespoon butter
- 1 tablespoon olive oil
- 2 teaspoons finely crushed rosemary (fresh or jarred)
- ¼ cup grated Parmigiano- Reggiano cheese (or Parmesan cheese)
- 1 teaspoon garlic salt (or sea salt)
- 1/8 teaspoon white pepper, optional

Directions:

1. Place popcorn in a large serving bowl. Mix butter, olive oil and rosemary together in a small bowl; microwave 20 seconds to melt butter. Stir butter mixture and pour over popcorn; toss.
2. Sprinkle cheese, garlic salt and pepper over popcorn; toss again and serve.