

Score Big

with Buffalo Ranch Popcorn



Nothing blasts the winter blues like gathering your favorite fans to watch the Big Game. Good friends, a giant flat screen and fantastic food make it worth everyone's while to come out of hibernation. Remember, though, under those football jerseys and

team tees is your beach body — and yes, Memorial Day is just three short months away.

Happily, there are options that will get you swimsuit ready without skimping on Game Day flavor. Of course, there's always the standard veggie platter (skip

the dip!). But gathering with friends to watch the Big Game is a time-honored tradition that comes with its own special menu, at the top of which is an American favorite: buffalo wings.

Named for their birthplace of Buffalo, New York, these bad

boys are a staple of Game Day gatherings everywhere. But six of them will set you back more than 400 calories. Add ranch or blue cheese dressing and in you're in for at least a couple hundred more.

This year, shake out the fat and calories by pairing spicy buffalo taste with another American classic: popcorn. A healthful whole grain (fiber), naturally low in fat, popcorn delivers the satisfying crunch your guests crave. This easy-to-make Buffalo Ranch Seasoning Mix lets you sprinkle the crowd-pleasing flavor of wings on top of a heart-healthy snack that won't bring regrets on the scale come Monday morning. Touchdown!

Blazing Buffalo Ranch Seasoning Mix for Popcorn

Makes: about 2 tablespoons seasoning mix

Ingredients:

- 1 tablespoon ranch dressing or dip mix (from a 1 ounce package)
- 1 tablespoon seafood spice mix (or celery salt)
- 1 teaspoon garlic powder
- 1 teaspoon powdered sugar (or sugar)
- 1/8 teaspoon cayenne pepper
- 1/4 teaspoon vegetable oil
- 6 quarts popped popcorn
- Cooking spray, optional

Directions:

1. In a small bowl, blend ranch dressing mix, spice mix, garlic powder, powdered sugar and cayenne pepper. Sprinkle with vegetable oil and blend until well incorporated.
2. Place popcorn in a serving bowl and spray lightly with cooking spray. Sprinkle seasoning mix over popcorn to taste and toss. Store leftover seasoning mix in an airtight container for future use.

