



Super Spicy Popcorn Snack



Sweet and Smoky Almond Popcorn



Honey Mustard Snack Mix

THE HEART IS DIN!

Another football season is here and fans are hungry for plenty of great action...and great snacks. If you're looking to pass on those fat-laden munchies that have been served since the advent of football, then it's time for a healthy defensive strategy. Satisfy the rough and tumble sports fans in your life with this delicious line up of MVP (Most Valuable Popcorn) snacks.

Variety is the key to a happy crowd. These popcorn recipes range from spicy to sweet to savory but they all have the power of whole grains behind them. You can feel good about serving popcorn, a whole grain food that contains energy-producing carbohydrates and provides needed fiber to the diet. And popcorn is naturally low in fat and calories—a great asset for a team player.

Super Spicy Popcorn Snack

If your football fans can handle the heat on the field, they'll love this recipe for Super Spicy Popcorn Snack. It's a flavorful snack that's a cinch to tackle in the kitchen.

- 8 cups air-popped popcorn
- Butter-flavored cooking spray
- 1 1/2 tsp. dry mustard
- 1 1/2 tsp. Italian seasoning
- 1/4 tsp. ground black pepper
- 1/8 tsp. cayenne pepper

- Combine mustard, Italian seasoning, black pepper, and cayenne pepper in a small bowl; mix well.
- Spray popcorn lightly with butter-flavored cooking spray; immediately sprinkle with seasonings and toss to coat and mix. If desired, place popcorn and seasonings in zip-style bag and shake to coat.

Serves: 4

Sweet and Smoky Almond Popcorn

Fans of all ages will enjoy this recipe for Sweet and Smoky Almond Popcorn—you may need to make a double batch!

- 2 tbsp. sugar
- 1 tbsp. water
- 1 tbsp. butter
- 1/2 cup hickory smoke flavor almonds
- 5 cups popped popcorn

- In a large saucepan or pot, heat sugar and water over medium heat. Cook about 3 minutes or until sugar is melted and mixture is bubbling, stirring occasionally. Stir in butter until melted and well blended. Stir in popcorn and almonds until well coated. Remove from heat and allow to cool before serving.

- Serve immediately or store in an airtight container.

Yield: 5 cups

Honey Mustard Snack Mix

This delectable treat combines the sweetness of honey with the zest of mustard for a mouth-watering taste. Irresistible!

- 1 quart popped popcorn
- 2 tsp. honey
- 1 tsp. dry mustard
- 1/2 tsp. cumin powder
- 1/4 tsp. salt
- 1/8 tsp. ground white or black pepper

- Preheat oven to 325°F. Spread popcorn on a baking sheet. Drizzle honey over popcorn and sprinkle with dry mustard, cumin, salt and pepper. Bake about 9 minutes and toss just before serving. Serve warm.

Yield: 1 quart

