Fitness programs evolve as our understanding and definition of health evolves. There was a time when we thought vibrating belts could jiggle the fat off and chocolate candies would suppress the appetite, keeping the pounds at bay (diet conscious moms in the 70’s kept a box of them in the fridge).

Being in shape looks a lot different today. Gone is the goal of “model thin” and in its place is being fit. Today’s health conscious know about working the core and may incorporate a cross section of classes in spinning, boot camp, yoga and strength training all the while tracking progress on a smartphone app. If none of these things are familiar to you, don’t throw in the towel. Keep it simple. Go for a walk or run 3-5 times a week, learn about the nutrition your body needs, and feed it properly.

Nobody wants to undo a successful workout, so seek out fitness friendly foods that are low in fat and healthful. Popcorn is a great post-workout snack choice. It’s a whole grain food that adds fiber to the diet—and there are plenty of ways to keep it lean, like this yummy cheesy popcorn recipe. Nutritional yeast (found at health food stores) adds a cheese-like flavor without the calories or fat. Certainly, Nacho Mamma’s Popcorn!

### Nacho Mamma’s Popcorn

**Makes: 10 cups**

**Ingredients:**

- 2 tablespoons oil
- 1/2 cup popcorn kernels
- 1/3 cup nutritional yeast
- 1 teaspoon cayenne pepper sauce, divided
- 1/4 teaspoon garlic powder
- 3 tablespoons butter
- sea salt

**Directions:**

1. Place oil in large, heavy-bottomed pot (with a lid). Add about 3 popcorn kernels.
2. Heat over medium-high heat until a kernel pops. Add remaining popcorn; cover.
3. Once corn begins to pop, shake pot constantly over heat.
4. When popping slows, remove pot from heat and transfer popcorn to a large bowl.
5. Place nutritional yeast and garlic powder in small bowl. Slowly add 1/2 teaspoon of the cayenne pepper sauce, a few drops at a time, stirring with fork to blend it very well.
6. Melt butter and mix in remaining 1/2 teaspoon of cayenne pepper sauce. Pour mixture over popcorn, and toss.
7. Sprinkle nutritional yeast mixture over popcorn and toss to distribute evenly.
8. Add salt to taste. If you like an even hotter and spicier taste, sprinkle on a dried cayenne pepper spice blend to taste.
9. Serve immediately or store in an airtight container.

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Popcorn is a whole grain that provides carbohydrates and fiber to the diet and is naturally low in fat and calories. One cup of air-popped popcorn contains between 15-30 calories while oil-popped contains 40-55 calories. Eating fiber helps make you feel fuller longer. Consuming at least 3 or more ounce equivalents of whole grains per day can reduce the risk of several chronic diseases and may help with weight maintenance.

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For more simple and tasty popcorn recipes, visit www.popcorn.org