

VIVA EL FLAVOR!



Fiestas abound in Mexico. Holiday celebrations are a huge part of this vibrant and colorful culture. Search for Mexican holidays on the Internet and you'll find dozens of celebrations take place throughout the year. Many of us North of the border are familiar with Cinco de Mayo, using it as an excuse to indulge in some of our favorite "go-to" party flavors, but who wouldn't want to celebrate the equally charming Day of the Charro, or Cowboy Day, on September 14?

When your *apetito* for lively cuisine strikes, try this satisfying recipe for **Adobo and Roasted Peanut Popcorn**. With the popularity of "skinny" food and drinks now available at the supermarket, we've found a great way to make flavors adhere to the popcorn with less fat and calories*. Ole!

OLE!



Adobo and Roasted Peanut Popcorn

Makes: 4 quarts

Preparation time: 25 minutes

*Note: the use of egg white helps the flavors adhere to the popcorn, without adding fat through the more traditional use of oils.

Ingredients:

- 4 quarts unbuttered and unsalted popcorn (air popped)
- 1/4 cup peanuts
- 1 egg white
- 2 tablespoons sugar
- 1 tablespoon adobo sauce (from one 7-ounce can chipotle chilies in adobo sauce; reserve chilies for other use) OR 1 tablespoon chipotle pepper sauce
- 1/4 teaspoon salt

Directions:

1. Preheat oven to 300 degrees F. Line a large, rimmed baking sheet with parchment paper (or foil sprayed with cooking spray). Spread popcorn and peanuts onto prepared baking sheet.
2. In a small bowl, whisk together egg white, sugar, adobo sauce and salt until foamy. Pour over popcorn and toss to coat evenly.
3. Bake 20 minutes, stirring once midway through baking time. Cool completely before storing in an airtight container.