

# The Price \$aver February 2007

Wisconsin Nutrition Education Program (WNEP)

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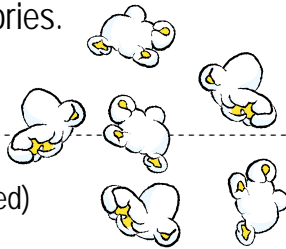
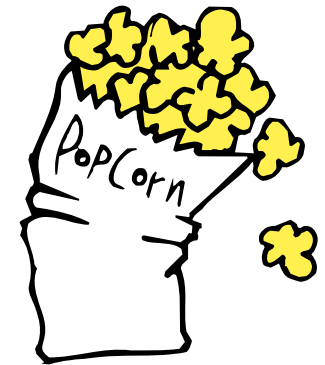
## Looking for a Snack that is Low in Calories and Tasty Too?

It's POPCORN!

This versatile "whole grain" food can be sugar-free, fat-free, contains no artificial additives or preservatives and is low in calories, while providing fiber. Skip the butter and try one of these versatile, flavorful toppings.

Kernels bought by the bag are just pennies per serving.

One cup of unbuttered oil-popped corn has only 48 calories. Choose air-popped and it is only 30 calories.



### Tex Mex

- 2 quarts popped popcorn (air-popped)
- 2 teaspoons ground chili powder
- 2 teaspoons paprika
- 2 teaspoons ground cumin
- Butter-flavored cooking spray

In a small bowl, combine all seasonings together. Put popped popcorn in a large bowl and spray lightly with butter-flavored cooking spray. Add spices to popcorn and mix thoroughly until all kernels are coated.

### Spicy Italian Popcorn

- 10 cups hot, freshly popped popcorn
- 2 tablespoons olive oil
- 1/3 cup grated Parmesan and Romano cheese
- 1 teaspoon oregano
- 1/4 teaspoon cayenne pepper
- 1/4 teaspoon garlic salt

Drizzle olive oil over popcorn in large bowl. Add remaining ingredients; toss well.

### Herbed Popcorn Chili and Soup Topper

- 4 cups air-popped popcorn
- Butter or original flavored cooking spray
- 1/4 teaspoon parsley flakes
- 1/4 teaspoon thyme
- 1/4 teaspoon dried basil
- 1/4 teaspoon dried oregano
- 1/4 teaspoon Cajun Creole seasoning *or* chili powder

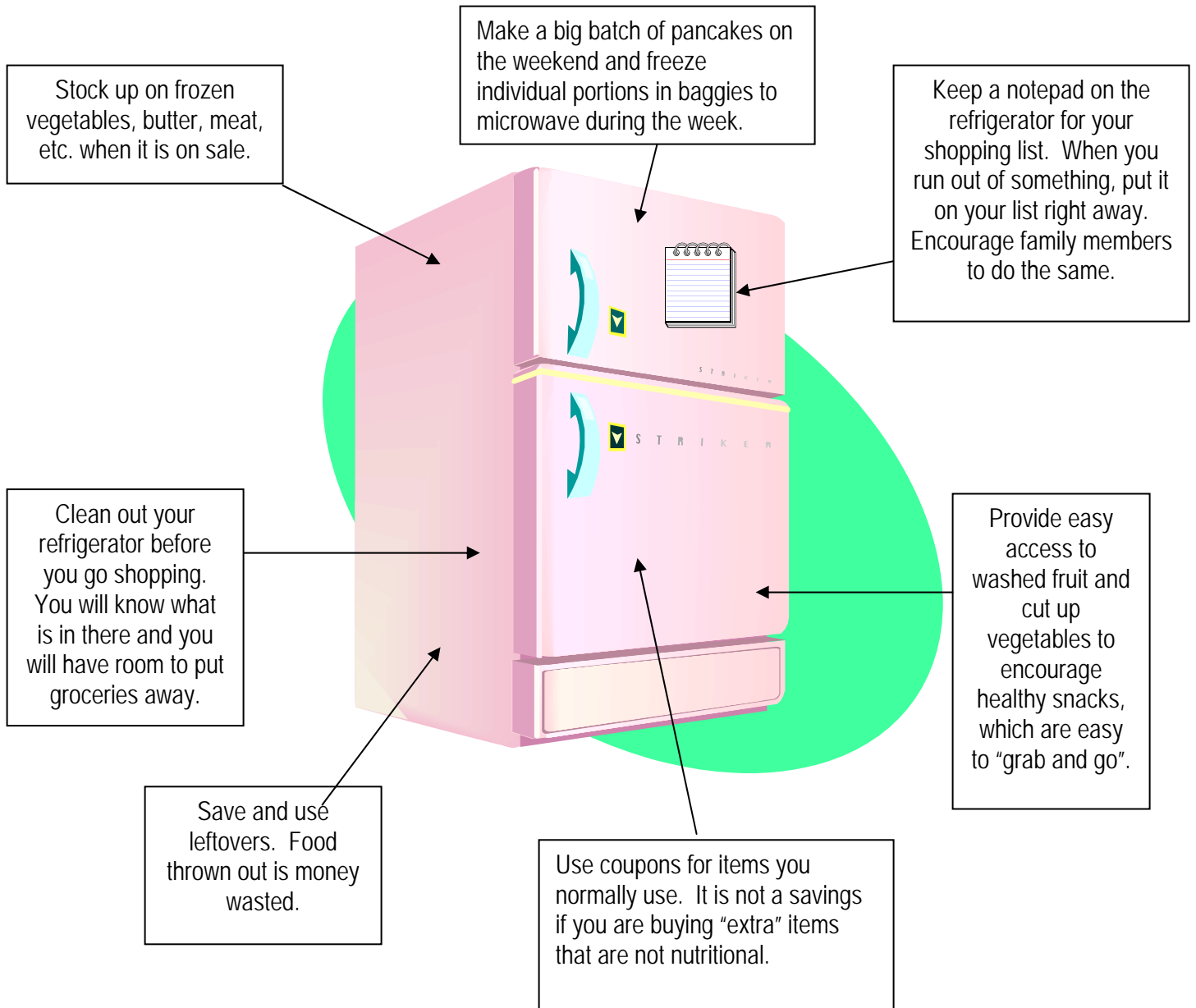
Place popcorn in a large tightly covered container. Spray popcorn lightly with cooking spray, about 5 quick sprays. Sprinkle parsley, thyme, basil, oregano and Cajun Creole seasoning onto popcorn. Close bag and shake to distribute seasoning. Sprinkle popcorn on chili or soup at serving time.

### Homerun Sugar Corn

- 1/2 cup unpopped popcorn
- 3 tablespoons white sugar
- 1/4 cup vegetable oil for popping

Heat oil in medium-sized pan until hot. Add popcorn and sprinkle all of the sugar over it. Cover and shake continuously until popped, being careful not to burn.

# "In the Kitchen" TIPS



*UW-Extension, in cooperation with the University of Wisconsin, USDA & Wisconsin Counties, provides equal opportunities in employment and programming, including Title IX and American with Disabilities (ADA) requirements. WNEP education is supported by the USDA Food Stamp Program, UW-Extension, FoodShare Wisconsin, and local partners.*

*Your Price County Nutrition Education Program Educators have been trained to help individuals and families stretch food \$\$ by creating spending plans and preparing low-cost nutritious meals and snacks. Call or stop by our office. There is no charge for this service.*

*Wendy Rebne & Connie Grapa, WNEP Educators*