

Popcorn Toppers A Poppin' Good Idea

Cook's Comment:* Perhaps you've tried eating air-popped popcorn to cut back on salt and fat, but thought it tasted pretty bland. These speedy tips will spice it up.

Directions

1. Pop desired amount of popcorn.
2. Place in a large bowl where the popcorn is a couple of inches below the rim so you can mix the corn and seasonings (see below) without spills over the side.
3. Spray your corn lightly with a butter-flavored cooking spray.
4. Add seasonings and mix thoroughly until all kernels are coated.

NOTE: It's the spray that makes the spices stick to the corn in the absence of fat.

Some Seasoning Ideas

- **Sugar/cinnamon mixture.** Mix sugar and cinnamon together using a ratio of about 2 teaspoons cinnamon per 1/3 cup sugar. Store extra mixture in a covered container such as a spice jar or a covered shaker. This keeps moisture out and prevents the sugar from hardening.
- **Sugar/Chinese 5 spice powder mixture.** Use the same ratio as above.
- **Chili powder.** Note: some chili powders contain salt . check label.
- **Experiment with salt-free seasoning blends.** Check out the various seasoning blends available at your grocery store or favorite Internet spice site.

Cook'sTip*

The National Popcorn Board at www.popcorn.org recommends AGAINST storing popcorn in the refrigerator. The kernels are more likely to dry out in the refrigerator and do not pop as well. It's the water inside a popcorn kernel that expands when the popcorn is heated, causing the kernel to explode or .pop..