



## POPPIN' GOOD SNACK

Popcorn is a “good-for-you” snack, full of fiber, whole grains and important health benefits. Compared to many snack foods, popcorn is low in calories and naturally low in fat. Three cups of popcorn is considered a serving of whole grain. Health benefits from popcorn include:

- Excellent source of fiber - helps curb hunger between meals, helping with appetite control.
- Whole grain foods such as popcorn, along with a low-fat, high fiber diet, may help to reduce risk for heart disease, certain cancers and type 2 diabetes.
- Smart snack for diabetes – The American Diabetes Association lists a 3-cup serving of popcorn as equaling 15 grams of carbohydrate or “1 carb serving.”

Toss in healthy mix-in ingredients to boost the nutrition and flavor:

- |                              |                            |
|------------------------------|----------------------------|
| • Almonds                    | • Pepitas                  |
| • Dried fruit                | • Pretzels                 |
| • Chocolate-covered soy nuts | • Shredded Parmesan cheese |
| • Yogurt-covered raisins     | • Cereal                   |
| • Trail mix                  |                            |

(Adapted from Jolly Time popcorn)

### POPCORN PARTY “PIZZA”

Yield: 8 “slices”

#### ALL YOU NEED:

- 3 tablespoons butter
- 1 (10.5 ounce) bag mini marshmallows
- 2 quarts popped popcorn
- 1 package red strawberry fruit roll-up
- Green jelly beans, coconut, candy-coated chocolate pieces, etc. for decorating, as desired

#### ALL YOU DO:

1. Spray a 12-inch pizza pan with cooking spray; set aside. Heat butter in a large sauce pan over medium heat. Stir in marshmallows until marshmallows are melted. Stir in popcorn until well-coated.
2. Spread mixture evenly onto prepared pizza pan. Cut small circles (about 1.5-inch diameter) from fruit roll-up and place on pizza for “pepperoni” slices. Decorate as desired with jelly beans, coconut and candies. Allow to cool completely before cutting into wedges to serve.

Nutrition per serving: 190 calories, 5 g fat, 3 g saturated fat, 0 g trans fat, 10 mg cholesterol, 40 mg sodium, 38 g carbohydrate, 1 g fiber, 22 g sugar, 2 g protein. Recipe adapted from Popcorn Board

# WHAT'S NEW & EXCITING



## EZEKIEL 4:9 SPROUTED GRAIN PASTA - SPAGHETTI

Ezekiel 4:9 sprouted grain pasta spaghetti is high in protein (9 grams per serving) and fiber (7 grams). A naturally low-glycemic food, making it a smart choice for diabetes and weight control. Grains are germinated and sprouted, which releases nutrients found in whole grains. Other varieties include elbow, penne and fettuccine.

## NEXT ORGANICS

New organic dark chocolate-covered dried fruits – made with 70% cacao dark chocolate. No additives, no preservatives. Varieties include: dark chocolate cherries, dark chocolate apricots and dark chocolate bananas. A nice addition to holiday appetizer trays or holiday gift baskets. Packaging is 100% eco-friendly.

## JOLLY TIME BUTTER LIGHT MICROWAVE POPCORN

Popcorn lovers will love the new microwave popcorn from Jolly Time, made with the Smart Balance patented blend of oils. Contains no trans fat and no hydrogenated oils. Gluten-free.

## Dietitian Pick of the Month WINTER SQUASH

### Did you know?

- Winter squash provides nutrients important for a healthy immune system.
- Is a good source of heart-healthy nutrients.
- Is an excellent source of fiber, helping you feel full longer and it may help lower cholesterol.
- Is rich in nutrients supporting skin and vision health.
- 1 cup squash = 75 calories and 6 grams fiber
- Choose firm skin, heavy for size.

## CRANBERRY-ORANGE CARAMEL CORN

Serves: 20 (about 1/2 cup each) Source: Popcorn Council

### ALL YOU NEED:

- |                            |  |
|----------------------------|--|
| 10 cups popped popcorn     | 1/4 cup corn syrup                                       |
| 1 cup dried cranberries    | 2 tablespoons frozen orange juice concentrate, undiluted |
| 1/2 cup whole almonds      | 1 teaspoon orange or vanilla extract                     |
| 1/2 cup (1 stick) butter   | 1/2 teaspoon baking soda                                 |
| 1/2 cup packed brown sugar |  |

### ALL YOU DO:

1. Preheat oven to 300°F.
2. Place popcorn, cranberries and almonds in a large bowl; set aside.
3. In a medium saucepan heat butter, brown sugar, corn syrup and orange juice concentrate over medium heat until butter is melted. Bring to a boil and boil 2 minutes. Remove from heat.
4. Stir in extract and baking soda (mixture will foam).
5. Pour syrup mixture over popcorn mixture in bowl; stir to coat well. Spread evenly in a large, rimmed baking sheet or roasting pan, lined with foil and sprayed with nonstick spray.
6. Bake 30 minutes, stirring twice during baking time. Stir caramel corn as it cools on baking sheet. Store in an airtight container.

Nutrition per serving: 140 calories, 7 g fat, 3 g saturated fat, 0 trans fat, 10 mg cholesterol, 40 mg sodium, 19 g carbohydrate, 1 g fiber, 12 g sugar, 2 g protein.

