

## Game-Day Spicy Popcorn

### Ingredients:

- 16 cups air-popped popcorn
- Chopped almonds, pecans, or walnuts (optional)
- 2 cups shredded sharp jalapeño cheese
- 1/4 cup butter (optional; can replace with trans fat-free margarine)
- 1 tsp pepper
- 1/2 tsp red pepper flakes
- 3 tsp chili powder
- 1 tsp cumin
- 1 tsp paprika

### Preparation:

1. In a large bowl, combine the popcorn, nuts (if using), and shredded cheese.
2. Melt the butter in a microwave, add the spices, and stir well. Pour the butter-spice mixture over the popcorn and toss.

### Yield:

8 servings

### Nutritional Information:

Per serving: 209 calories, 17 g protein, 27 g carbohydrate, 6.5 g fat, 1.3 g saturated fat, 37 mg cholesterol, 3 g fiber, 273 mg sodium. Calories from fat: 25%.

SOURCE: Kathleen Zelman, MPH, RD/LD

## Pretzel Potpourri

This snack is like Chex® Party mix without all the hype. There's a little of everything in this mixture: that irrepressible pretzel flavor, a taste of cheese, a boost of bran, and the crunchy savory surprise of a roasted soybean every now and then. Although dry roasted soybeans contain seven times the omega-6s compared with omega-3s, it still has a better omega profile than many other types of nuts (for example, pistachio nuts have 100 times more omega-6s than omega-3s, and peanuts have 6,000 times more omega-6s than omega-3s).

### Ingredients:

- 1 cup pretzel sticks
- 1 cup reduced fat Cheez-Its®
- 1 cup Multi-Bran Chex® cereal (or similar)
- 1/2 cup roasted soybeans (original or any other flavor)

### Preparation:

1. TOSS: Add all of the ingredients to a half-gallon or gallon-size resealable bag, seal it well, and toss the ingredients to blend.
2. GO: Take it with you on your road trip for a healthful, flavorful, high-fiber snack!

### Yield:

7 (1/2 cup) servings.

### Nutritional Information:

Per serving: 129 calories, 7 g protein, 18 g carbohydrate, 4 g fat (0.8 g saturated fat), 0.5 mg cholesterol, 2.5 g fiber, 245 mg sodium. Calories from fat: 27%.

## Totally Tasty Trail Mix

This trail mix has staying power. The dried fruit gives you some energy right away, and the walnuts and Grape-Nuts® cereal give you some fat and fiber that will help satisfy your hunger and make sure your body gets some additional energy a little later on. Walnuts were chosen because they have the most omega-3s and one of the lowest amounts of omega-6s of all the nuts.

### Ingredients:

- 1 cup dried fruit medley (i.e. Fruit Bits® or Harvest Medley®, includes dried cranberries, apples, and tart cherries)
- 1/2 cup English walnut halves (unsalted or lightly salted)
- 1 cup Grape-Nuts® (or similar)
- 1/2 cup raisins or cinnamon raisins (if the dried fruit medley doesn't include raisins)

### Preparation:

1. TOSS: Add all of the ingredients to a gallon re sealable bag, seal it well, and toss the ingredients together to blend.
2. GO: Take it with you on your road trip for a healthful, flavorful, high-fiber snack!

### Yield:

6 (1/2 cup) servings

### Nutritional Information:

Per serving: 225 calories, 4.5 g protein, 42 g carbohydrate, 6 g fat (0.5 g saturated fat), 0 mg cholesterol, 4 g fiber, 133 mg sodium (more if walnuts are salted). Calories from fat: 24%.