

Ingredients:

Southwest Popcorn
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8 cups plain popped popcorn
3 cups toasted oat cereal
2 Tablespoons margarine
1/2 teaspoon chili powder
1/4 teaspoon salt
1/4 teaspoon garlic powder

Directions:

1. Wash hands with warm water and soap.
2. In a large bowl mix popcorn and cereal.
3. In a nonstick skillet, heat margarine, chili powder, salt and garlic powder over low heat. Stir occasionally until margarine is melted.
4. Drizzle margarine mixture over popcorn/cereal and toss.
5. Serve warm.

Nutrition Facts (Per Serving)

Calories, 76; Carbohydrate, 11 g; Protein, 2 g; Total Fat, 3 g; Saturated Fat, 1 g; Trans Fat, 0 g; Cholesterol, 0 mg; Fiber, 2 g; Total Sugars, 0 g; Sodium, 137 mg; Calcium, 35 mg; Folate, 84 mcg; Iron, 3 mg; Percent Calories from Fat, 35%.

Makes 10 servings, about 1 cup each

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. This institution is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

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