



FOOD ACTIVITY:

# Taco Popcorn

## What You'll Need:

- ✓ Mom or Dad's help
- ✓ Oven
- ✓ Large baking pan
- ✓ Measuring cups
- ✓ Measuring spoons

## Ingredients:

- ✓ 7 ½ cups unflavored popcorn, popped
- ✓ Butter-flavored cooking spray
- ✓ 1 ½ tsp. cumin
- ✓ 1 ½ tsp. garlic powder
- ✓ 1 ½ tsp. onion powder
- ✓ 1 ½ tsp. Worcestershire sauce
- ✓ Cayenne pepper (optional)

This low-fat and low-carbohydrate treat is excellent for your next movie night. The spices add an interesting flavor to the snack. And it only takes about 15 minutes to prepare.

## Directions:

1. Preheat oven to 300° degrees F.
2. Put popped popcorn in a large mixing bowl.
3. Lightly coat popcorn with cooking spray. Toss and coat again.
4. Combine cumin, garlic powder, onion powder, and cayenne pepper (optional).
5. Sprinkle spices over popcorn and toss to coat evenly.
6. Drizzle Worcestershire sauce over popcorn and toss again.
7. Spread popcorn evenly in large baking pan.
8. Bake for 10 minutes, tossing once.

