

Southwestern Spiced Popcorn

- 1 bag of light popcorn or 8 cups of air-popped popcorn
- Nonstick spray
- 2 tsp chili powder
- 1 tsp ground cumin
- 1 tsp paprika
- ¼ tsp salt
- ½ tsp garlic powder

Directions: Place popped popcorn in a large bowl; spray with nonstick spray, tossing well. In a small bowl, stir together chili powder, cumin, paprika, salt, and garlic powder. Sprinkle over the popcorn, tossing all the while, until well coated. Enjoy!

A 3-cup serving of popcorn contains 3 grams of dietary fiber -- a substantial amount for a snack. This provides about 14% of the daily fiber needs for most people. Men should aim for up to 38 grams of fiber a day! This can be a lot considering most Americans only get 10 to 15 grams a day.

Fiber plays an important role in digestion, heart health, and maintaining healthy blood sugar. So include popcorn and other high-fiber foods, such as fruits, vegetables, nuts/seeds, and whole-wheat products in your diet every day. Just remember, portion control and choosing a light or air-popped popcorn is very important!

Use this to make air-popped popcorn.



Save for special occasions!



This is a good choice as well!

