



Crowd Pleaser Popcorn

- 12 cups popped JOLLY TIME[®] Healthy Pop 94% Fat Free Microwave Pop Corn
- 2 cups fat-free mini pretzels
- 4 teaspoons dried chives
- 1 tablespoon grated parmesan cheese
- 1 teaspoon dry ground mustard
- 1/4 teaspoon salt-free seasoning blend
- Butter-flavored non-stick cooking spray

Prep Time: 5 minutes

Here's How:

Place popped popcorn in a large bowl, removing any unpopped kernels. Add

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pretzels; toss to combine. In a small bowl, combine chives, parmesan, ground mustard and seasoning blend; mix well. Spray popcorn mixture for 5 seconds with non-stick cooking spray; sprinkle with 1/4 of the seasoning mixture. Toss. Repeat spraying with cooking spray and sprinkling with the seasoning mixture 3 more times, tossing well after each addition and ending with the seasoning mixture. Best served within 24 hours of preparation. Store in a tightly covered container.

Yield: 6 (2 cup) servings. 12 cups total yield.

Nutritional Analysis per (2 cup) serving:

Calories: 127

Dietary fiber: 4g

Total fat: 3g

Carbohydrates: 21g

Protein: 4g

Sodium: 305mg

Cholesterol: 1mg