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Spiced Popcorn

Total Time: 10 mins

Ingredients

- 1/2 teaspoon cumin, ground
- 1/2 teaspoon chili powder
- 1/4 teaspoon salt
- dash(es) pepper, cayenne
- dash(es) cinnamon, ground
- 12 cup(s) popcorn, air-popped
- cooking spray

Recipe Tip:

Indian Spiced Popcorn: Prepare Spiced Popcorn as directed, except substitute 1/2 teaspoon curry powder, 1/2 teaspoon garam masala, 1/4 teaspoon ground turmeric, and 1/4 teaspoon ground black pepper for the cumin, chili powder, cayenne pepper, and cinnamon. Nutrition Facts per serving: 31 cal., 0 g fat, 0 mg chol., 49 mg sodium, 6 g carbo., 1 g dietary fiber, 1 g protein. Exchanges: 1/2 Starch Carb Choices: 1/2

Preparation

1. In a small bowl, stir together cumin, chili powder, salt, cayenne pepper, and cinnamon.
2. Spread popped popcorn in an even layer in a large shallow baking pan. Lightly coat popcorn with nonstick cooking spray. Sprinkle the cumin mixture evenly over popcorn; toss to coat.

