# club vtech



#### IN THE KITCHEN

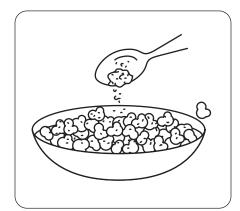
Taco Popcorn

## 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.