

~Mexicali Popcorn~



Ingredients:

- 10 Cups popped popcorn
- 1 Tablespoon taco seasoning
- 1/4 Cup melted butter
- 1/4 Cup low fat Cheddar or Colby cheese, grated



Directions:

- Place the warm popped popcorn in a large bowl
- In a small bowl mix together the taco seasoning and melted butter.
- Add the grated low fat Cheddar or Colby cheese.
- Stir into the popcorn and enjoy!



Change can be fun!

Popcorn is an easy low fat snack that can be a lot of fun. Try this new twist! The taco seasoning adds a little zing and spice for a nice change from regular popcorn. The low fat cheese is also healthy because it is loaded with calcium to help give you strong bones. Just be careful with how much butter you add, because butter tends to be higher in calories and fat. If you want, try different seasonings to change the taste and add some more flavor to your snacks!