



## FOOD DEMONSTRATION: SOUTHWEST POPCORN

### Preparation:

1. Make arrangements for the food demonstration and advertise it.
2. Check out the room if possible. If not, find out the size of the room, if electricity is available, if you have a table to demonstrate on, etc.
3. Think about a theme and decorations, posters, etc. to make the area attractive.
4. Check the amount of time available for the demonstration. To decrease time of demonstration, have ingredients measured ahead of time in closed containers. Otherwise demonstrate measuring the items.
5. Review demonstration techniques found in the Network Food Demonstration Guide located at [www.eatwellbewell.org](http://www.eatwellbewell.org).
6. Practice the demonstration at least two times before the actual demonstration for timing.
7. Make enough samples ahead of time and have them dished up before the demonstration.

### Materials needed:

Large mixing bowl, spatula or mixing spoon  
Nonstick electric skillet (extension cord if needed)  
Measuring cups and spoons  
Small disposable cups, napkins and tray for tasting  
Copies of recipe for handout  
Ingredients for recipe  
A bowl of the finished product to show  
Sink or bowl of water and soap plus paper towels to model hand washing

### Introduction:

Introduce yourself, where you are from and what you are going to do. "Today we are going to make Southwest Popcorn that is low cost, high in fiber and low in fat. First I'm going to wash my hands as good hand washing before preparing food is important for food safety."

### Talking Points:

As you demonstrate the recipe, talk about the nutrient benefits in the recipe such as:

- Popcorn and toasted oat cereal are considered whole grains
- At least half of our grains should be chosen as whole grains
- Whole grains are higher in fiber which gives us a full feeling, helping to control our weight and help with digestion (like a scrub brush for our digestive track)
- Fiber also helps with prevention of heart disease and certain cancers
- There is much less fat in this recipe which helps keep our weight under control

While demonstrating, talk about how this recipe would make a great snack. Ask for questions and pass out samples along with a copy of the recipe.



**Champions for Change**  
Arizona Nutrition Network

## **SOUTHWEST POPCORN RECIPE**

### **Ingredients:**

- 8 cups plain popped popcorn
- 3 cups toasted oat cereal
- 2 tablespoons margarine
- ½ teaspoon chili powder
- ¼ teaspoon salt
- ¼ teaspoon garlic powder

### **Directions:**

1. Wash hands with warm water and soap.
2. In a large bowl mix popcorn and cereal.
3. In a nonstick skillet, heat margarine, chili powder, salt and garlic powder over low heat. Stir occasionally until margarine is melted.
4. Drizzle margarine mixture over popcorn/cereal. Toss.
5. Serve warm.

Makes 10 Servings, about 1 cup each

Nutrition information per serving: calories, 81; carbohydrate, 12gm; protein, 1.7gm; total fat, 3gm; saturated fat, 0.4gm; trans fat, 0.4gm; cholesterol, 0mg; fiber, 1.6gm; total sugars, 0.6gm; sodium, 144mg; calcium, 31mg; folate, 2.1mcg; iron, 2.7mg; percent calories from fat, 34%.

Adapted from Betty Crocker Whole Grains Cookbook