

Entertaining Ideas

Celebrating With Popcorn The Smart Snack Alternative

(NAPSA)—When friends and family get together, snacks are usually a big part of the fun. From the big game to the big moment on the red carpet, most agree that it's not a party without snacks adding to the occasion.

The good news is that serving great-tasting snacks doesn't have to mean that your guests will be consuming great quantities of empty or even unhealthy calories. Popcorn is a great choice for today's health-conscious host or party-goer.

"Getting together with friends is always a reason for celebration, but for many Americans who struggle with overeating and weight loss, parties can also be a time to experience anxiety about food," said Garrett Smith, president of JOLLY TIME Pop Corn. "But it's easy to relax and make the right food choices. Just prioritize foods that aren't full of empty calories and enjoy them in moderation."

Many people don't realize that popcorn can be one of the healthiest snacks available. It's a whole grain chock-full of antioxidants and dietary fiber, it's naturally low in calories and it's gluten free. Air-popped popcorn contains just 20 calories per cup.

"Even with some butter, sugar or salt, popcorn is a great snack without sacrificing a regular routine of healthy eating and active living," said Amy Fischl, a registered dietitian. "Plus, popping is part of the fun!"

For a fun indulgence in moderation, here is a classic caramel corn recipe from JOLLY TIME Pop Corn that's sure to be a hit with guests at your next get-together. It's delicious and filling, perfect for nibbling during social occasions of all kinds, from birthday parties for the kids to just-for-the-fun-of-it, spontaneous weekend gatherings with the neighbors.

Family owned and operated for nearly 100 years, JOLLY TIME has a single-minded obsession: making the world's best popcorn. For five generations, the Smith family has been proud to produce the finest-quality popcorn available—no wonder the Smiths are considered by many to be the "First Family of Popcorn."

To learn more about healthy,



Popcorn is considered one of the healthiest—and tastiest—snacks available and great for any occasion.

satisfying snacking with popcorn and to access exclusive recipes and features, visit www.jollytime.com.

Smith Family Famous Baked Caramel Corn

**24 cups popped JOLLY TIME®
Pop Corn**

Nonstick cooking spray

1 cup butter or margarine

**2 cups firmly packed brown
sugar**

**½ cup light or dark corn
syrup**

1 tsp. salt

½ tsp. baking soda

1 tsp. vanilla

Coat bottom and sides of large roasting pan with nonstick cooking spray. Pop popcorn according to package directions. Open bag carefully and pour into roasting pan; discard unpopped kernels. In large, heavy saucepan, slowly melt butter; stir in brown sugar, corn syrup and salt. Heat to a boil, stirring constantly; boil without stirring 5 minutes. Remove from heat; stir in baking soda and vanilla. Carefully pour over popped popcorn, mixing well. Bake 1 hour at 250° F, stirring every 15 minutes. Remove from oven; cool completely. Break apart and store in tightly covered container. Makes 24 (1-cup) servings.