

Popcorn Treats for Halloween Parties

Give these recipes a try

What makes popcorn so popular?

It's a wholesome, tasty treat that's versatile and fun to make. With a little imagination and some common household ingredients, you can make original snacks for your Halloween parties or any special occasion.

Happy Halloween Mini Popcorn Balls

Ingredients

- 10 cups popped corn
- 1 (1-lb.) bag miniature marshmallows
- 1/4 cup (1/2 stick) butter or margarine
- 1 cup diced dried fruit (papaya, mango or peaches)
- 1 cup butterscotch chips
- Orange food coloring

Directions

Place popcorn, fruit and butterscotch chips in large bowl; set aside.

Heat marshmallows and butter in a large saucepan over low heat until melted and smooth. Stir in several drops of food coloring. Pour over popcorn and candy, tossing to coat evenly. Cool 5 minutes.

Grease hands and form into 3-inch balls. Yields About 16 balls total.

Nutritional Information: (Based on 1 serving) 250 Total Calories; 8g Total Fat; 10mg Cholesterol; 60mg Sodium; 43g Carbohydrate; 1g Fiber; 31g Sugars; 2g Protein.



Haunted Popcorn Hands

Ingredients

- Clear Polyethylene food service gloves
- Candy corn
- Popcorn
- Ribbon or yarn

Directions

Place 1-3 pieces of candy corn at the end of each finger (depending on size of glove), pointy side first, to make fingernails.

Fill the glove with popcorn and tie it off with ribbon or yarn.

Caramel Almond Popcorn Clusters

Ingredients

- 10 cups freshly popped popcorn
- 2 cups whole almonds
- 1 cup firmly packed light brown sugar
- 1/2 cup butter or margarine
- 1/4 cup light corn syrup
- 2 teaspoons vanilla
- 1 teaspoon almond extract
- 1/2 teaspoon baking soda

Directions

Preheat oven to 225 degrees. Spray 15 x 10 baking sheet with non-stick spray. Mix popcorn and almonds in large bowl.

Combine brown sugar, butter and corn syrup in medium saucepan. Over low heat, stir mixture until sugar dissolves. Increase heat to high and boil 5 minutes. Remove from heat; stir in vanilla, almond extract and baking soda.

Pour over popcorn and almonds, im-

mediately stirring gently to coat. Pour mixture onto prepared baking sheet, spreading evenly.

Bake for 1 hour in preheated oven. Cool completely. Break into pieces and store in airtight container. Yields 20 pieces.

Nutritional Information: (Based on a 1 piece serving) 210 Total calories; 14g Fat; 19g Carbohydrate; 14g Sugar; 1g Fiber; 3g Protein; 120mg Sodium; 10mg Cholesterol

Spicy Cajun Popcorn & Nuts

Ingredients

- 8 cups popped popcorn
- 1/2 cup toasted, coarsely chopped pecans
- 1/2 cup peanuts
- 1/4 cup (1/2 stick) butter or margarine, melted
- 1/4 teaspoon each: dry mustard, garlic powder
- 1/8 teaspoon cayenne pepper

Directions

Place popcorn and nuts in large bowl.

In small microwave-safe bowl, microwave butter on HIGH until melted, about 30 seconds. Stir in dry mustard, garlic powder and cayenne pepper.

Drizzle over popcorn mixture and toss well.

Makes 9 servings.

Nutritional Information: (Based on 1 serving) Total Calories 190; Total Fat 17g; Cholesterol 15mg; Sodium 100mg; Carbohydrate 8g; Fiber 2g; Sugars 1g; Protein 3g



Link Between Diet and Cancer Studied

Oregon State University researchers are launching a new study on the effects of nutrition on prostate cancer. Investigators will study how certain compounds in "whole foods" may slow the spread of cancer

cells at the molecular level. The researchers will look at the impact of tomatoes, soy compounds and teas on cancer cells because of their combination of antioxidants and other properties, including anti-inflammation and

anti-proliferation.

"We think these bioactive compounds in whole foods work in concert to slow the spread of cancer," said Tammy Bray, dean of OSU's College of Health and Human Sciences.

Prostate cancer is the second leading cause of cancer-related deaths among American men and the rate of prostate cancer is much higher in the United States than elsewhere in the world.

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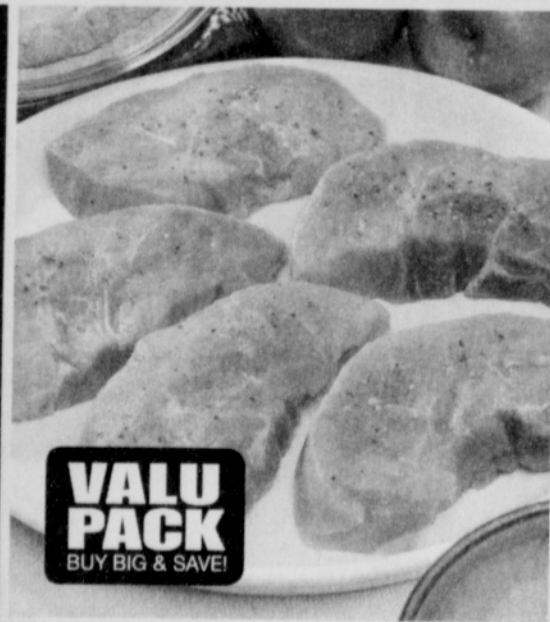
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