



## RECIPES

Why pay gourmet store prices for popped-corn snacks when you can make a delicious nutty treat at home?

### HONEY NUT CRUNCH

8 cups popped popcorn

2 cups Fisher Chef's Naturals Walnuts

1/2 cup honey

1/4 cup (1/2 stick) unsalted butter, cut into pieces

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Preheat oven to 350°F. Lightly spray 12 x 18-inch baking pan with vegetable oil spray; set aside. In extra-large bowl combine popcorn and walnuts; set aside.

Place honey and butter in sauté pan over low heat. Heat 2 to 3 minutes until butter is melted. Pour honey mixture over popcorn mixture; stir gently to coat. Spread popcorn mixture evenly onto prepared pan.

Bake 8 to 10 minutes; stir mixture once halfway through baking. Remove from oven to cooling rack. Cool completely. Store in airtight container up to 1 week.

Yield: 10 cups

Nutrition information per serving (1/2 cup): 130 Calories, 9 g Total Fat, 2 g Saturated Fat, 0 g Trans Fat, 5 mg Cholesterol, 0 mg Sodium, 11 g Carbohydrate, 1 g Dietary Fiber, 7 g Sugars, 2 g Protein