

Caramel Popcorn

Serves 10

Serving size: 1 cup

Ingredients

2 quarts air popped popcorn
1 cup roughly chopped, toasted pecans
1 tablespoon butter
1/2 cup dark corn syrup
1 cup sugar
1/2 teaspoon baking soda
2 teaspoons vanilla extract

Instructions:

1. Toast the pecan – place on a cookie sheet and put in an oven preheated to 350 – occasionally toss and cook until pecan start to become aromatic
2. Put popped popcorn and toasted pecans in a brown paper bag
3. Combine the butter, corn syrup and sugar in a medium sized saucepan. Bring the mixture to a boil and remove from heat.
4. Quickly stir in the baking soda and vanilla – be careful doing this, the sugar mixture may bubble a bit
5. Pour the hot mixture over the popcorn and nuts in the brown paper bag, fold the top of the bag securely and shake it 10-15 times
6. Place the bag in the microwave and heat for 1 minute on high remove the bag and shake it another 10-15 times
7. Repeat this 2 more times or until caramel has thoroughly covered most of the popcorn
8. Pour the popcorn mixture onto a parchment or silicone lined cookie sheet and cool
9. Once cooled break it up into smaller chunks and enjoy!

Nutrition information Per Serving			
Calories	224	Carbohydrate	40 g
Fat	7 g	Fiber	2 g
Protein	2 g	Saturated Fat	1 g
Sodium	91 mg		