



Terrific Taco Popcorn



Entire recipe (about 5 cups): 156 calories, 2g total fat (0g sat. fat), 454mg sodium, 28g carbs, 4g fiber, 0.5g sugars, 5g protein

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Prep: 5 minutes or less



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Ingredients

5 cups popped 94% fat-free butter-flavored microwave popcorn (about 1 mini bag)
1/2 tsp. taco seasoning mix
1/2 oz. (about 9) cheddar-flavored popped chips or mini rice cakes

Directions

Place popcorn in a wide sealable container (or a large bowl). Spritz with nonstick spray, and sprinkle with taco seasoning.

Lightly crush chips/rice cakes, and add to the container (or bowl). Seal, and shake to mix. (If using a bowl, lightly toss.) Enjoy!

MAKES 1 SERVING

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