

# Summer Snacks that POP

FAMILY FEATURES

Whether you're gathering the neighborhood kids for a backyard celebration or going on a weekend hike with family, you can make fueling up for the fun easy with snacks the whole family can enjoy. Everyone loves popcorn, and this tasty treat is easy to incorporate into a wide range of nibbles perfect for summer. Popcorn's wholesome taste makes it an excellent partner to ingredients that tease your taste buds with flavors that are sweet, salty or even zesty. Creating a delicious trail mix to carry on an adventurous hike is a cinch when you combine fresh popcorn with your favorite sweet dried fruits and lightly salted nuts. Or, if you're staying closer to home, use popcorn treats as a more nutritious alternative to traditional party desserts. Each of these recipes features freshly popped popcorn paired with common ingredients that appeal to both kids and adults for summery snacks that are big on both flavor and fun. For more creative recipes that give some pop to your summer, visit [www.popcorn.org](http://www.popcorn.org).

## Sweet N Salty Popcorn Pretzel Sticks

Yield: 6 sticks

- 6 tablespoons peanut butter
- 6 large pretzel rods
- 3 cups popped popcorn
- Sugar sprinkles
- 3/4 cup mini chocolate chips (optional)

Spread 1 tablespoon of peanut butter over each pretzel, leaving a two-inch "handle" without peanut butter. Press and roll popcorn onto peanut butter to coat. Sprinkle with sugar sprinkles.

For optional chocolate drizzle, place chocolate chips in small sealable plastic bag and seal. Microwave 30 seconds or until chocolate is melted. Clip small corner from bag and squeeze to drizzle chocolate over popcorn. Sprinkle with additional sugar sprinkles. Allow chocolate to harden before serving.

## Chili Lime Popcorn Snack Mix

Yield: 1 quart

- 1 quart popped popcorn
- 1 teaspoon brewer's yeast powder
- 1 teaspoon lime juice
- 1/2 teaspoon chili powder
- 1/4 teaspoon salt

Preheat oven to 300°F. Spread popcorn on baking sheet. Sprinkle yeast powder, lime juice, chili powder and salt over popcorn. Heat about seven minutes and toss just before serving. Serve warm.



Sweet N Salty Popcorn Pretzel Sticks



Chili Lime Popcorn Snack Mix



Popcorn Trail Mix

## Blueberry & Pomegranate Power Bars

Yield: 12 bars

- 8 cups popped popcorn
- 1 1/2 cups old-fashioned rolled oats
- 1 cup dried blueberries
- 1/2 cup pomegranate seeds
- 1/2 cup toasted and coarsely chopped whole natural almonds
- 2/3 cup honey
- 2/3 cup light brown sugar
- 2 tablespoons butter or margarine
- 6 ounces melted bittersweet chocolate

Line 13-by-9-inch pan with foil; spray with cooking spray. Combine popcorn, oats, blueberries, pomegranate seeds and almonds in large bowl. Combine honey, brown sugar and butter in small saucepan. Cook over low heat to boiling; boil two minutes. Pour over popcorn mixture and mix thoroughly. Using damp hands, press mixture firmly into prepared pan. Refrigerate until firm, about two hours. Cut into 12 bars. Dip bottoms of bars into melted chocolate. Place on wax paper-lined pan. Store in tight covered container in refrigerator until ready to serve.

## Popcorn Trail Mix

Yield: 5 cups

- 1 quart popped popcorn (air popped)
- 6 ounces diced, dried fruit (apricots, apples, etc.)
- 8 ounces raisins

Place freshly popped popcorn in large bowl. Add diced fruit and raisins. Toss popcorn and fruit until combined thoroughly. **Note:** Add whatever fixings your family enjoys: dried fruits, seeds, nuts, etc.

## Popcorn S'mores

Yield: 20 pieces

- 1 cup firmly packed light brown sugar
- 1/2 cup (1 stick) butter or margarine
- 1/2 cup corn syrup
- 1/2 teaspoon baking soda
- 10 cups freshly popped popcorn
- 1 package (10 1/2 ounces) miniature marshmallows
- 2 cups mini graham cookies (teddy bears)
- 1 cup chocolate chips

Combine brown sugar, butter and corn syrup in medium saucepan. Cook over high heat for five minutes; remove from heat and stir in baking soda. Combine popcorn and marshmallows in large bowl. Pour sugar mixture over popcorn to coat. Gently stir in graham cookies and chocolate chips. Spread mixture evenly into greased 15-by-10-inch pan. Let cool completely, then break into pieces. Store in airtight container.



Blueberry & Pomegranate Power Bars



Popcorn S'mores

## USDA Seeks Grant Applications To Further Econ. Development

LINCOLN, Neb. — USDA Rural Development has announced that competitive grant applications are being accepted through the Rural Business Opportunity Grant (RBOG) Program, to improve economic conditions for members of Native American tribes in rural areas.

Government entities, non-profit corporations, institutions of higher education, rural cooperatives and Native American tribes may apply for grants of up to \$100,000.

Funding may be used to support business incubators, feasibility studies and business plans, long-term strategic business planning, leadership and entrepreneurial training, and other related efforts. Just more

than \$1.3 million is reserved for projects benefiting Native American communities.

"The RBOG program provides key support needed to create rural jobs and promote local and regional economic growth," said USDA Rural Development Maxine Moul.

As an example, the Village of Walthill, Nebraska received a \$50,000 RBOG that funded a complete renewable energy feasibility study and a library strategic plan which will allow the Village to determine the next phase of their economic development plan for an energy park and library expansion. RBOG funding of \$135,200 has allowed the Nebraska Indian Community College at Macy to provide entrepreneurial

leadership education and training to students for job development by creating a program offered as part of its college courses list.

Applications for projects benefiting Native American communities must show that at least 75 percent of the benefits of the project will be received by members of an Indian tribe on a Federal or State reservation or other federally recognized tribal group.

The application deadlines for the Rural Business Opportunity Grant Program Native American funding are June 17, 2014, for paper applications and June 13, 2014, for electronic applications. For additional information on how to apply, see the May 2 Federal Register, page

25102 at <http://www.gpo.gov/fdsys/pkg/FR-2014-05-02/pdf/2014-10080.pdf>.

To discuss a proposed project or to obtain application resources, please contact one of the following Business Program Specialists:

- Marla Marx, [marla.marx@ne.usda.gov](mailto:marla.marx@ne.usda.gov) or 308-632-2195 extension 1132 — panhandle including northwest and southwest counties.
- Kelley Messenger, [kelly.messenger@ne.usda.gov](mailto:kelly.messenger@ne.usda.gov) or 308-237-3118 extension 1120 — north and south central counties.
- Bill Sheppard, [bill.sheppard@ne.usda.gov](mailto:bill.sheppard@ne.usda.gov) or 402-371-5350 extension 1004 — northeast and southeast counties.

For more information about USDA loans and grants, call the Nebraska Rural Development Office at (402) 437-5551 or visit [www.rurdev.usda.gov/ne/](http://www.rurdev.usda.gov/ne/).

For additional information on RD projects, please visit Rural Development's new interactive web map featuring program funding and success stories for fiscal years 2009-2012. The data can be found at: <http://www.rurdev.usda.gov/RDSuccessStories.html>.

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