

Make-Your-Own Snack Mix

Making your own snack mix can be healthier and less expensive than buying it

Ingredients

- 1 C toasted oat cereal
- ¼ C unsalted dry roasted peanuts (or other unsalted nut)
- ¼ C raisins
- ¼ C dried cranberries



Directions

1. Combine all ingredients, and toss well.
2. Serve immediately, or store for later snacking.

Tip: Put snack mix in individual snack-sized bags for a great grab-and-go snack.

Ranch-Chive Popcorn



Serves 6

\$0.42 Per Serving

All the herby dill and garlic flavors of a Ranch dressing, just in popcorn form are in this Simple Cooking with Heart recipe. Stovetop popcorn only takes a few minutes and yet is both healthier and cheaper than microwave popcorn.



Ingredients

- 4 Tbsp. canola oil or safflower oil, divided
- ¾ cup popcorn kernels

- 1 1/2 Tbsp. dried chives
- 1 Tbsp. dried parsley
- 1 tsp. dried dill

- 1/2 tsp. garlic powder
- 1/4 tsp. salt
- 1/4 tsp. pepper



Directions

1. In a heavy-duty large pot, warm 1 tablespoon canola oil and a few popcorn kernels over high heat. Wait a couple minutes until these kernels have popped? this shows the oil is at the perfect popcorn-popping temperature.
2. As quickly as possible, add in remaining popcorn kernels and cover with a lid. Reduce the heat to medium-high. Using potholders and shaking the pot constantly as the kernels pop, cook until the popping slows down, about 3 to 4 minutes. Remove the pot from heat but keep the lid on; some remaining kernels may continue to pop.
3. In a small bowl, stir together oil and seasonings to combine.
4. Carefully transfer the hot popcorn into a large bowl. Drizzle with the herbed oil, tossing as you add the oil so all the popcorn is coated. Serve.



Additional Tips

Serving size about 1 ½ cups

Cooking Tip: The common 3-ounce microwave popcorn will yield a little more than the 10 cups of popcorn in this recipe. Continue to follow the directions for the Ranch-Chive oil and drizzle over the microwave popcorn.

Keep it Healthy: Oils like canola, safflower, or olive oil are a heart-healthier alternative to drizzle over popcorn in place of butter.

Tip: If going the microwave popcorn route, make sure to choose the 94 percent fat-free variety. Also, compare the sodium content, aiming for bags with 30 to 40 milligrams of sodium per serving.

Chili Popcorn

Makes: 4 servings

Total Cost: \$0.42

Serving Cost: \$0.10

Ingredients

- 4 cups popped corn
- 1 tablespoon margarine (melted)
- 1 teaspoon chili powder
- 1 dash garlic powder

Directions

1. Mix popcorn and margarine in a bowl.
2. Mix seasonings thoroughly and sprinkle over popcorn. Mix well.
3. Serve immediately and enjoy with family and friends.

Spicy Oven-Roasted Chickpeas



Serves 6

This Simple Cooking with Heart Middle Eastern appetizer recipe is best served right out of the oven when the chickpeas are at the height of their crispiness. They make a great, fiber-friendly afternoon snack.



Ingredients

- 2 (15.5-ounce) canned, no-salt-added chickpeas, drained, rinsed
- 2 Tbsp. canola oil
- 2 tsp. sodium-free chili powder
- 1/2 tsp. sweet paprika
- 1/4 tsp. garlic powder
- 1/4 tsp. salt
- 1/4 tsp. ground black pepper
- 1/8 tsp. ground cayenne pepper



Directions

1. Preheat oven to 425°F.
2. Line a large rimmed baking sheet with foil. Drain and rinse chickpeas; add to the baking sheet. Using a few paper towels, blot the chickpeas to remove excess liquid.
3. In a small bowl, combine the oil and spices. Mix to combine. Pour oil over chickpeas; using a spatula or hands, mix together so chickpeas are coated with spices.
4. Roast chickpeas in the preheated oven until crispy, about 35 minutes, rotating and shaking the pan halfway through the cooking process. Remove from oven and serve.



Additional Tips

Cooking Tip: Increase the amount of chili powder and cayenne pepper depending on your desired spice level. Also note that the spiciness of chili powder s vary across the board so make sure to taste before using.

Keep it Healthy: If you can't find no-salt-added chickpeas, opt for reduced-sodium, making sure to drain and rinse well to remove any excess sodium.

Tip: Cannellini beans can also be used in this recipe in place of the chickpeas.