



## **Spicy Popcorn**

### **Ingredients:**

2 tbsp. olive oil  
½ tbsp. Worcestershire sauce  
10 cups popped popcorn  
1 tsp. paprika  
1 tsp. pepper  
½ tsp. salt  
½ tsp. garlic powder  
½ tsp. onion powder  
1/8 tsp. cayenne pepper

### **Directions:**

Combine the olive oil, Worcestershire sauce, and spices in a bowl.  
Drizzle over popcorn and place in the oven at 350 degrees F for about 15 minutes.  
Stir occasionally throughout cooking time and then serve.

*Nutrition information (makes 10 servings): 54 calories, 6.2 grams of carbs, 3 grams of fat, 1 grams of protein*