

Curry Popcorn and Nuts

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Recipe type: Healthy Snack Cuisine: Vegan / healthy Prep time: 8 mins Cook time: 6 mins

Total time: 14 mins Serves: 7 cups

A seasoned popcorn mixture with a lingering bite, this is an “adult” snack that is good to have at parties.

Ingredients

- 2 tablespoons vegetable oil
- ½ teaspoon turmeric
- 1 teaspoon cumin
- 1 tablespoon sesame seeds
- ½ cup peanuts or almonds
- ½ cup unroasted cashews
- ½ cup popping corn
- ¼ cup shredded, unsweetened coconut, optional
- ½ teaspoon salt
- ¼ teaspoon cayenne
- ¼ teaspoon cinnamon

Instructions

1. Heat the oil in a large, broad pot with a tight-fitting lid. Sauté turmeric, cumin, sesame seeds, peanuts, and cashews over medium heat for 1 to 2 minutes until aromatic but not more than very lightly colored.
2. Add popping corn, cover, turn heat to high and cook, shaking until popping is over, about 5 minutes. Remove from heat and toss in optional coconut and remaining seasonings.
3. Let cool to room temperature before serving. Store any unusual portion in an airtight container.

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