

# Happy Hour

So, friends are stopping by. You could spend hours in the kitchen whipping up patés and hors d'oeuvres. Or you could open a can of nuts, a bag of chips and some store-brought salsa. Somewhere in between, there's an array of easy to prepare and tasty food that will keep you sane and make your guests feel special. These recipes are just that - doable in 15 minutes flat and perfect for munching with beer, wine or your favorite cocktail. Now that's a happy hour. ♪

By Gretchen Roberts, a food writer based in Knoxville, Tenn.

## Curried Popcorn

*Give your popcorn international intrigue with a quick curry topping. If you're used to tossing a bag in the microwave, rediscover how easy and good-for-you stovetop popcorn really is. Serve immediately after making with a lightly sweet bubbly like Asti Spumanti, India pale ale or ginger-lemon vodka martinis.*

- 3 tablespoons olive oil, divided
- 1½ teaspoons curry powder
- ½ teaspoon salt
- ⅛ teaspoon cayenne (or up to ¼ teaspoon)
- ⅓ cup popcorn kernels

1. Stir 1 tablespoon oil, curry powder, salt and cayenne in a small bowl.

2. Coat the bottom of a heavy 4-quart saucepan with 2 tablespoons oil. Add a couple of popcorn kernels and cover pan. Turn heat to medium. When the first kernel pops, add remaining popcorn kernels. Cook, covered, shaking pan frequently until popping slows to 3 to 5 seconds between pops. Remove pan from burner and uncover carefully to allow steam to escape.

3. Pour popcorn into a large bowl. Drizzle with curry mixture and toss well. Serve immediately. Serves 8.

Per serving: 80 calories, 6g fat, 1g prot., 6g carbs., 1g fiber, 150mg sodium.

