

Chicago Sun-Times FOOD

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JIM FROST/SUN-TIMES

Popcorn seasonings add dash to many a dish

OUTTA THE BOX

BY DENISE I. O'NEAL

Kernel Season's Parmesan & Garlic Seasoning
Per ¼ teaspoon: 0 calories,
0 fat, 55 mg sodium
Price: \$3.99
★★★★

Kernel Season's Gourmet Popcorn Seasoning will make your food pop with flavor.

The entries in this line were designed as popcorn seasonings, but

I put my creative talents to work finding other ways to use what I discovered to be versatile products.

I chose what I thought would be the most multipurpose—the Parmesan & garlic seasoning—and discovered that it was great not only on light buttered popcorn, but even better on a baked potato, as a seasoning for chicken, sprinkled over spaghetti, mixed with butter to create a spread for garlic bread and in a salad.

The western Cheddar proved to be a perfect alternative to cheese for topping salsa and chips.

The barbecue flavor spiced up a steak.

It became a personal quest to find something that the seasonings didn't work on.

A hard-boiled egg, excellent.

Deciding to set a real challenge, I chose one that I found less appealing: chocolate marshmallow.

Taking a different approach, I used a bag of Orville Redenbacher Sweet Popcorn and was surprised to find that it was pretty good. My next thought was—ice cream. A sprinkle on vanilla ice cream gave the bland frozen treat some pizzazz.

The apple cinnamon was next. Top a toasted, buttered bagel or toasted slice of bread with the seasoning and you have a healthy alternative to a calorie-laden serving of jam or jelly.

The bottom line is that the seasonings are very versatile. The possibilities have no bounds: baked potatoes, grilled meats, vegetables, toast, scrambled eggs and, of course, popcorn.

The seasonings are all-natural, contain no MSG and are low-fat. Flavors include: apple cinnamon, barbecue, Cajun, chocolate marshmallow, jalapeno, Parmesan & garlic, ranch, sour cream & onion, southwest Cheddar and white Cheddar.

Kernel Seasonings are available at Potash Brothers, Sunset Foods and Presidential Towers. The seasonings can be purchased online at: www.kernelseasons.com or www.nomore nakedpopcorn.com.

Recipes and other tips are also available on the company's Web site.