

# Lemon Dilly Popcorn

Captain CREATE Recipes to Try at Home

GRAINS  
3rd Graders

## INGREDIENTS

- ½ cup popcorn, not popped
- Canola oil pan spray
- Lemon pepper seasoning
- Dill weed seasoning

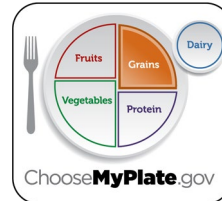
## DIRECTIONS

In an air popcorn popper, pop popcorn into a large bowl. As soon as popcorn is popped, spray lightly with canola oil pan spray. Sprinkle on lemon pepper and dill weed seasoning to taste.

If you don't have an air popcorn popper, pop corn in skillet with a small amount of oil. Sprinkle on lemon pepper and dill weed as soon as you pour into a bowl.

Source: Recipe created by Mary Anna Henke, NEA for Utah State University Extension, Food Sense

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# Creamy Apple Oatmeal

Captain CREATE Recipes to Try at Home

GRAINS  
3rd Graders

## INGREDIENTS

- 2 cups low-fat milk
- Dash of salt
- 1 tsp cinnamon
- 1 Tbsp brown sugar
- ½ cup apples, diced (can use dried or fresh chopped apples)
- 1 cup quick oatmeal

## DIRECTIONS

In a medium saucepan, heat milk, salt, diced apples, and oatmeal. Cook until thickened. Sprinkle with cinnamon and sugar. Mix well. Serve immediately.

Source: Adapted from Food, Fun, and Reading, Pre-kindergarten through Grade 2 Nutrition and Literacy Education Program – Breakfast Lesson, The University of Vermont Extension.

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