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**Microwave Popcorn**

1 tablespoon popping corn  
1/4 teaspoon oil  
1/4 teaspoon salt

1. Put corn, oil and salt in medium microwave-safe bowl. Stir together.  
2. Cover bowl with plastic wrap. Pierce a couple of holes in the plastic.  
3. Cook popcorn on High for 2-3 minutes, until the popping sounds stop. Take bowl out of the microwave. Allow to sit 1 minute before eating the popcorn.  

*Note: Use oven gloves or dry tea-towel when taking bowl from microwave - it will be very hot.*

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**Salad Boat**

- Hot Dog style bread roll or half a bread stick  
- Lettuce  
- Tomato  
- Sliced Cold Meat  
- Sliced cheese cut into triangles  
- Butter

1. Cut roll/bread stick in half and butter each one - this will make two boats.  
2. Place lettuce, sliced tomato and cold meat on roll.  
3. Attach cheese slice to a toothpick and form a sail.
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