

POPPED WHEAT

Soak 4 cups soft whole wheat in cold water for 24-30 hours. (Have water 1 inch above wheat.)

Drain and rinse well.

Drain for about 4 hours, stirring once every hour.

Heat 3" of oil in a deep, heavy pan to 450°F.

Pour 2/3 cup of wheat into a strainer and lower into hot oil.

After oil quits bubbling and settles down, cook for exactly 30 seconds.

Remove strainer from hot oil and spread wheat onto paper towels.

Sprinkle lightly with the following mixture:

- 1 teaspoon onion salt
- 1/2 teaspoon salt
- 1/4 teaspoon garlic salt
- 1/8 teaspoon black pepper
- 1 teaspoon Lawry's seasoned salt

Mix well and dispense with salt shaker.

You may also sprinkle with Kraft Grated American Cheese Food, Sharp Cheddar Flavor or use it as a cereal served with honey butter and milk.