



Make-Your-Own Popcorn

Popcorn can be a delicious, healthy, whole grain snack as long as you limit the butter and salt. Try these tasty ideas for seasoning your popcorn instead of using fats and salt.

<u>U.S.</u>		<u>Metric</u>
1/4 cup	Popcorn Kernels, un-popped	56 g
1 Tbsp	Salt-free Seasoning	14 g
1 Tbsp	Olive Oil	15 mL
1/4 tsp	Salt, Kosher	1.5 g

Seasoning Recommendations:

- * Garlic powder, onion powder, dried oregano, and 1 Tbsp of grated parmesan cheese.
- * Dried oregano, paprika, garlic powder, cayenne, and onion powder for creole flavored popcorn.
- * Cinnamon and nutmeg will make a sweeter seasoning variation.

Preparation:

1. Gather all ingredients and equipment.
2. Place the popcorn kernels in a brown paper bag and fold the top tight, then place in the microwave for 2 minutes or until the popcorn kernels stop popping.
3. Pour popped popcorn into bowl. Combine popcorn with 1 tbsp of oil, your choice of salt free seasonings, and 1/4 tsp of salt.
4. Mix well and enjoy!

Nutrition Facts

Serving size	1/2 cup
Servings	8
Calories	45
Calories from Fat	20
Total Fat	2 g
Saturated Fat	0 g
Trans Fat	0 g
Monounsaturated Fat	1 g
Cholesterol	0 mg
Sodium	35 mg
Carbohydrates	6 g
Dietary Fiber	1 g
Sugars	0 g
Protein	1 g
Vitamin A	0 %
Calcium	0 %
Vitamin C	0 %
Iron	0 %
Phosphorus	0 mg
