



## Parmesan Garlic Popcorn

You can experiment with a combination of herbs or seasonings such as garlic and onion powder, curry powder, or paprika to add zest and even other cheeses such as gruyere or cheddar. Store in a Ziploc plastic bag.

### U.S.

1/4 cup	Popcorn kernels, un-popped
2 tsp	Olive Oil
1 each	Brown Paper Bag
4 Tbsp	Parmesan Cheese, grated
1 Tbsp	Garlic Powder

### Metric

57 g
10 ml
1 each
57 g
14 g

### **Preparation:**

#### **Microwave Method:**

1. Gather all ingredients and equipment.
2. Place popcorn in the brown paper bag.
3. Fold the paper bag over three times from the top to close.
4. Place the paper bag on its side in the microwave and microwave for about 2
5. Allow the bag to stay in the microwave until the last pop.
6. Pour the olive oil into the popcorn bag and add parmesan cheese and garlic powder.
7. Close the top and shake to ensure all the popcorn is coated.
8. Serve in a popcorn bowl or enjoy from the bag.

#### **Stove Top Method:**

1. Gather all ingredients and equipment.
2. Place 1 tsp (10 ml) of oil and a small portion of popcorn kernels in a medium to
3. Cook on medium-high heat, occasionally shaking to avoid burning. If popcorn starts to burn, turn down the heat. Once popcorn starts popping, add remaining kernels and replace the lid.
4. Pop the popcorn, shaking the pan occasionally, until there are about 3 second intervals between pops.
5. Put popped popcorn in the brown paper bag.
6. Pour the remaining olive oil, parmesan cheese and garlic powder into the bag.
7. Close the top and shake to ensure all the popcorn is coated. Enjoy immediately!

**\*\*Nutrition Facts on Reverse**

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**Nutrition Facts****Serving size**            **2 cups (454 g)****Servings**                    **5****Calories**                    80

Calories from Fat            30

Total Fat                    3.5 g

Saturated Fat                1 g

Trans Fat                    0 g

Monounsaturated  
Fat                            1.5 g

Cholesterol                 3.5 mg

Sodium                      60 mg

Carbohydrates              10 g

Dietary Fiber                2 g

Sugars                        0 g

Protein                        3 g

Vitamin A                    0 %

Calcium                      4 %

Vitamin C                    0 %

Iron                            2 %

Phosphorous                0 mg

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