

Garlic Dill Popcorn

This quick, make-your-own fancy popcorn is a delicious, whole grain snack where you control the amount of fat and sodium without sacrificing on savory flavor!

YIELD 8 SERVINGS	PREP TIME 2 MIN	TOTAL TIME 5 MIN
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INGREDIENTS

2 Tbsp	Nutritional Yeast
1 tsp	Dried Dill
1 tsp	Garlic Powder
1 tsp	Fine Salt (Iodized, Table, Sea, etc.)
Pinch	Cayenne Pepper (optional)
¼ cup	Popcorn Kernels, un-popped
1 Tbsp	Olive Oil
1 each	Brown Paper Lunch Bag
As needed	Nonstick Cooking Spray or Spray Oil (Olive, Canola, Avocado)

CHEF'S NOTES

Adding seasoning and oil before cooking the popcorn allows you to achieve maximum flavor payoff. This microwave method makes for easy cleanup, but you can also cook this one the stove in a saucepot with a lid.

Some other seasoning ideas to try:

- cinnamon and cayenne
- grated parmesan cheese, garlic powder and dried parsley or basil
- nutritional yeast and smoked paprika
- GGCM's Salt-Free Taco Seasoning or Salt-Free Creole Seasoning

DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. In a small bowl, combine the nutritional yeast, dried dill, garlic powder, salt and cayenne pepper. Stir to combine evenly and transfer half of the spice mixture to a large mixing bowl. Set aside remaining half of spice mixture.
3. Add the popcorn kernels and 1 tablespoon olive oil to the large mixing bowl and using a rubber spatula, stir to combine until the popcorn is evenly coated with oil and spices.
4. Transfer the seasoned kernels to the brown paper lunch bag, scraping in any excess spices. Fold to the top of the bag twice to close it tightly, leaving room for the popcorn to expand when it pops.
5. Place the bag in the microwave laying on its side. Microwave until the kernels stop popping, about 2 minutes. Once you hear the popping slow and there are about 2-3 seconds between pops, stop the microwave and carefully remove the bag to avoid burning the popcorn.
6. Immediately pour the popped popcorn back into the large mixing bowl. Quickly spray the popcorn with nonstick spray for about 5 seconds then pour the remaining seasoning onto the popcorn. Stir to coat, spraying 1-2 more times, as needed, until most of the seasoning has adhered to the popcorn. Serve immediately!

Nutrition Facts

6 servings per container

Serving size 1 cup (15g)

Amount Per Serving

Calories 70

% Daily Value*

Total Fat 4g 5%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 200mg 9%

Total Carbohydrate 8g 3%

Dietary Fiber 1g 4%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 2g 4%

Vitamin D 0mcg 0%

Calcium 0mg 0%

Iron 0.5mg 2%

Potassium 40mg 0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

