

# Make-Your-Own Popcorn



*This popcorn is a delicious, whole grain snack with fun flavor options customized for any type of snack cravings!*

<b>YIELD</b> <b>8 SERVINGS</b>	<b>PREP TIME</b> <b>1 MIN</b>	<b>TOTAL TIME</b> <b>5 MIN</b>
-----------------------------------	----------------------------------	-----------------------------------

## INGREDIENTS

¼ cup	Popcorn Kernels, un-popped
As needed	Nonstick Cooking Spray
1 Tbsp	Salt-free Seasoning of choice (see chef's note)
¼ tsp	Kosher Salt

## CHEF'S NOTES

Some seasoning options to try:

- Sweet and spicy: cinnamon and cayenne
- Garlic and herb: grated parmesan cheese, garlic and parsley
- Umami-bomb: 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 brown paper bag, add the popcorn kernels. Fold the top of the bag down tightly and place in the microwave until the kernels stop popping, about 2 minutes.
3. While still hot, remove the popcorn from the microwave and pour it into a large bowl. Spray the top of the popcorn with the nonstick cooking spray and sprinkle some of the seasoning and salt. Gently toss the popcorn and continue to lightly spray the pan spray and sprinkle with the seasonings until well coated.
4. In a serving bowl, place the coated popcorn, discarding any excess toppings or pour over the finished popcorn in the serving bowl.

# Nutrition Facts

8 servings per container

**Serving Size** 1/2 cup (7 g)

Amount per serving

**Calories** 25

% Daily Value \*

**Total Fat** 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 60mg 3%

**Total Carbohydrate** 5g 0%

Dietary Fiber less than 1g 3%

Total Sugars 0g

Includes 0g Added Sugars 0%

**Protein** less than 1g 0%

Vitamin D 0mcg 0%

Calcium 3mg 0%

Iron 0.1mg 0%

Potassium 7mg 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.

Recipe adapted from *Health meets Food*, "Make-Your-Own Popcorn" (04/14/20)



goldringcenter.tulane.edu



@culinarymedicine



Goldring Center for Culinary Medicine

