Ingredients
¼ cup popcorn kernels
1T canola oil
Seasonings of your choice
For Curry Popcorn, 2 teaspoons curry powder
For Jerk Popcorn, 1 teaspoon jerk seasoning
Experiment with other favorite seasoning combinations

Directions
1. Pop popcorn in an air popper. If you don’t have an air popper put popcorn kernels in a brown paper bag, loosely fold the bag closed, and place in microwave.
2. Microwave for 2-3 minutes or until you hear about 3 seconds between pops
3. Pour oil over popcorn and mix well so popcorn is evenly coated
4. Add spice mixture and toss until evenly coated

Tips
Sodium content may change depending on seasoning mixture added. Nutrition label based on Curry Popcorn recipe.

Using different types of oil may change the flavor profile to ones more desirable—using butter or coconut oil will add saturated fat, which is less healthy. Optimal oils to use for health benefits are canola, olive, safflower, or sunflower oils.

Curry powder contains turmeric which has anti-inflammatory properties and is an antioxidant—so it plays a role in keeping you healthy.

Popcorn, when tossed with healthy fats and lower sodium seasoning mixes makes for filling high-fiber snack.