

SEASONED POPCORN

Makes 2 servings

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

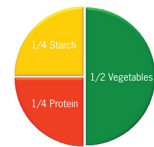
Tips

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.



Nutrition Facts

4 servings per container	
Serving size	1.5 cups
Amount Per Serving	110
	% Daily Value*
Total Fat 7g	9%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 2g	
Monounsaturated Fat 4g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 10g	4%
Dietary Fiber 2g	7%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 2g	4%
Vitamin D 0mcg	0%
Calcium 26mg	2%
Iron 0.54mg	4%
Potassium 47mg	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.