

# Make-Your-Own Popcorn

**Yield: 3 servings**

## Ingredients

- ¼ cup popcorn kernels
- 1 tablespoon of spices  
(see recommendations below)
- 1 tablespoon extra virgin olive oil
- ½ teaspoon kosher salt

## Seasoning Recommendations:

- Garlic powder, onion powder, dried oregano and nutritional yeast
- Dried oregano, paprika, garlic powder, cayenne and onion powder
- Cinnamon and nutmeg

## Instructions for Cooking in the Microwave:

1. Place the popcorn kernels in a small brown paper bag and fold the top tight, then place it in the microwave for 2 minutes or until the popcorn kernels stop popping.
2. Pour popped popcorn into a large bowl. Drizzle with the olive oil and then sprinkle with the seasonings and salt. Stir to combine.

## Instructions for Cooking on the Stovetop:

1. Place the popcorn kernels and the oil in a medium sized saucepan and heat, uncovered, over high heat.
2. As soon as the first kernel pops, cover the saucepan with a lid such that it is not tightly sealed so steam can escape but the popcorn does not.
3. Once the sound of the kernels popping has slowed down, pour the popcorn into a large bowl.
4. Sprinkle the popcorn with your desired seasoning and stir to combine.

## Nutrition Information

**Serving Size:** 2 cups popped popcorn  
Calories: 41  
Total Fat: 2 g  
Saturated Fat: 0.3 g  
Monounsaturated Fat: 1.3 g  
Sodium: 18 mg  
Total Carbohydrate: 5.2 g  
Dietary Fiber: 0.9 g  
Sugars: 4.3 g  
Protein: 0.8 g

Source: Adapted from Health meets Food

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