

# FRESH POPCORN

**PREP TIME: 10 min**  
**COOK TIME: 10 min**  
**SERVINGS: 4**  
**SERVING SIZE: 2 cups**



## INGREDIENTS

- 2 tablespoons vegetable oil
- ¼ cup popcorn kernels
- ½ teaspoon salt

### FLAVORING INGREDIENTS

Spicy Curry: ¼ teaspoon red pepper flakes + ½ teaspoon curry powder

Kettle Corn: 2 tablespoons sugar

Rosemary Parm: 1 sprig fresh rosemary, minced (or ½ teaspoon dried) + ¼ cup parmesan cheese

## DIRECTIONS

1. Heat oil and 2-3 popcorn kernels over medium-high heat in a large pot with a tight fitting lid.
2. Once the popcorn kernels in the oil have popped, add the remaining kernels. Put the lid on and cook, shaking the pan often to prevent burning until there are 2-3 seconds between pops.
3. Toss hot popcorn with your choice of flavoring ingredients.

**Tip:** Make in the microwave! Put kernels in a brown paper bag. Fold over the top of the bag a few times. Popping times vary—set microwave for ~3 minutes and listen for when the popping slows to 2-3 seconds between pops, then stop. Toss with desired flavorings.



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