

# MICROWAVE POPCORN IN A PAPERBAG

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Ingredients	Equipment
<ul style="list-style-type: none"><li>• ½ c popcorn</li><li>• 2 tsp oil (canola or vegetable)</li><li>• ½ tsp salt, or to taste (<b>omit if you are using a topping!</b>)</li></ul>	<ul style="list-style-type: none"><li>• Microwave</li><li>• Paper bag</li><li>• Measuring cup (½ c)</li><li>• Measuring spoons (1 &amp; ½ tsp)</li><li>• Small bowl</li><li>• Large bowl</li></ul>

**Prep:** 2 mins **Cook:** 3 mins

**Servings:** 3

## Instructions:

1. In a cup or small bowl, mix together the unpopped popcorn and oil. Pour the coated corn into a brown paper lunch sack, and sprinkle in the salt. Fold the top of the bag over twice to seal in the ingredients.

2. Cook in the microwave at full power for 2 1/2 to 3 minutes, or until you hear pauses of about 2 seconds between pops. Carefully open the bag to avoid steam, and pour into a serving bowl.

## Note

A few kernels will remain unpopped. Longer cooking may pop the rest, but will burn some of the already-popped kernels, so it is not recommended.

## Nutrition Facts

### Per Serving:

137 calories;

protein 4.1g 8% DV;

carbohydrates 24.6g 8% DV;

fat 3.1g 5% DV;

sodium 388.6mg

16% DV.

# STOVE TOP POPCORN

<u>Ingredients</u>	<u>Equipment</u>
<ul style="list-style-type: none"><li>• 2 tbsp oil (canola, vegetable, peanut, or coconut)</li><li>• ½ c popcorn kernels</li></ul>	<ul style="list-style-type: none"><li>• Large pot or skillet with lid</li><li>• Wooden spoon</li><li>• Measuring utensils (1/3 C dry measuring cup, measuring spoons, custard cups)</li><li>• Large bowl</li></ul>

**Prep Time: 10 minutes**

## **Procedure:**

1. Put oil and **3** popcorn kernels in a **COLD** pan.
2. Cover pot and turn burner on to med-high (7 on our stoves). Wait until all 3 kernels pop and then take them out of the pan with a wooden spoon and discard.
3. Pour the remaining 1/3 C of kernels in the pan, cover with lid, and remove from heat.
4. Count out 30 seconds, then put pan back on burner and shake gently until the popping slows down, about 2 minutes in total.
5. Remove lid and pour popcorn into a large bowl. Top with desired toppings, divide and serve or place in small bags.

## **Topping Options**

<u>Sweet &amp; Salty</u>	<u>Garlic Bread</u>	<u>Buffalo Wing</u>	<u>Cinnamon Bun</u>
2 TBSP Butter 2 TBSP Honey ¼ tsp Salt  Measure butter, honey, and salt put in a custard cup. Microwave for 30 seconds or until butter is melted. Drizzle mixture over popcorn and stir with a wooden spoon until popcorn is well coated.	2 TBSP Butter or Olive Oil ½ tsp Garlic powder ½ tsp Italian Seasoning ½ tsp Salt 3 TBSP grated Parmesan cheese  Measure butter, garlic powder, Italian seasoning, and salt and put in a custard cup. Microwave for 30 seconds or until butter is melted. Drizzle mixture over popcorn and sprinkle with Parmesan cheese. Stir with a wooden spoon until popcorn is well coated.	2 TBSP Butter 3 TBSP Frank's Hot Sauce  Measure butter and hot sauce and put in a custard cup. Microwave for 30 seconds or until butter is melted. Drizzle mixture over popcorn and stir with a wooden spoon until well coated.	2 TBSP Butter 2 TBSP Brown Sugar ½ tsp Cinnamon ¼ tsp Salt  Measure butter, brown sugar, cinnamon, and salt put in a custard cup. Microwave for 30 seconds or until butter is melted. Drizzle mixture over popcorn and stir with a wooden spoon until popcorn is well coated.