



# Fresh Popcorn

**Prep Time: 10 min**  
**Cook Time: 10 min**  
**Makes 7 cups**

## INGREDIENTS

- 2 tablespoons vegetable oil (if making on stovetop)
- 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 Parmesan: 1 sprig fresh rosemary, minced (or ½ teaspoon dried) + ¼ cup parmesan cheese

## DIRECTIONS



Start with clean hands!  
Wash your hands with soap and water.

### Stovetop 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 salt and your choice of flavoring.

### Microwave Directions:

1. Put kernels in a brown paper bag. Fold over the top of the bag a few times. This seals in the hot steam that will pop the popcorn.
2. Popping times vary. Set microwave for 3 minutes. While the popcorn cooks, listen for when the popping noises slow to 2-3 seconds between pops, then stop. Immediately stop cooking at this point to avoid burning your popcorn.
3. Remove popcorn from bag and place in a large bowl. Toss with salt and your choice of flavorings.



Public Health

This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

This institution is an equal opportunity provider.



@DINE.nutrition  
dineforlife.org